



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**GLASTONBURY FAMILY YMCA**  
**Fall Program Guide**  
**2017**



**Fall Session 1: Sept. 11-Oct. 29**  
**Fall Session 2: Oct. 30-Dec. 17**  
**Member Registration Begins: Aug. 14**  
**Open Registration Begins: Aug. 21**

## THE Y FOR YOUTH DEVELOPMENT REACHING FURTHER TO HELP CHILDREN

Glastonbury Family YMCA  
a branch of the YMCA of Greater Hartford  
95 Oakwood Dr.  
Glastonbury, CT 06033  
860-633-6548

### Glastonbury Family YMCA Full Day PRESCHOOL program

The Glastonbury Family YMCA's Preschool program follows the Connecticut Early Learning Development Standards. The program fosters growth and development by providing a balance of activities that encourage physical and intellectual development while creating positive social and emotional attitudes.

This program combines a classroom atmosphere with:

- Kindergarten readiness curriculum
- Outdoor play
- Circle time
- Creative crafts
- Daily rest period
- Music and more

Caring and experienced teachers make this an exciting place for children to "grow, learn, and thrive."

**CURRENTLY TAKING REGISTRATIONS  
FOR THE 2017-2018 SCHOOL YEAR**

### Glastonbury Family YMCA Preschool

**Location:**

Glastonbury YMCA • 95 Oakwood Drive • Glastonbury

**Dates:** Year Round

No class on Thanksgiving, Christmas, New Year's Day, Memorial Day, July 4th, Labor Day and possibly other dates to be determined.

**Ages:** 2.9\* years to 5 years old

\*Children enrolling between January 1 and August 31, 2017 must be 3 years old. Children can only enroll at 2.9 years on September 1, 2017, if they are turning 3 by December 31, 2017.

**Days/Hours:** Monday-Friday - 6:30am - 6:30pm

**Fees:**

All fees are monthly and include breakfast and snacks daily. Children are to bring their own lunch daily.

<b>Full-Time</b>	<b>5 full days/week:</b>	<b>\$999/month</b>
<b>Full-Time</b>	<b>3 full days/week:</b>	<b>\$725/month</b>
<b>Part-Time</b>	<b>5 half days/week:</b>	<b>\$340/month</b>
<b>Part-Time</b>	<b>*3 half days/week:</b>	<b>\$175/month</b>

**Half Day Hours - 9:00am - 12:00pm**

**\*Monday-Wednesday-Friday ONLY.**

The YMCA offers a 5% second child discount for a sibling enrolled in our Preschool or Before/After school program. Financial assistance is available for those who qualify.

### YMCA School Aged Child Care Programs

Schools Served: Buttonball, Eastbury, Gideon Welles, Hebron Avenue, Hopewell, Nayaug, Naubuc, Smith School (Smith School students may attend Gideon Welles program)

**PER MONTH FEES**

<b>5 Day Option</b>	<b>AM only: \$255.00</b>	<b>PM only: \$420.00</b>
<b>2<sup>nd</sup> child fee</b>	<b>AM only: \$242.25</b>	<b>PM only: \$399.00</b>
<b>3 Day Option</b>	<b>AM only: \$155.00</b>	<b>PM only: \$270.00</b>
<b>2<sup>nd</sup> child fee</b>	<b>AM only: \$147.25</b>	<b>PM only: \$256.50</b>

Families with more than one child enrolled in a YMCA School Aged Child Care program are given a 5% discount on the lower priced program. The sibling discount does not apply if that family is receiving financial assistance. All YMCA School Aged Child Care programs are licensed by the State of Connecticut Department of Public Health.

All School-Age Child Care Programs follow the YMCA of the USA [School-Age Curriculum](#) and incorporate the following components:

- Arts & Humanities
- Character Development
- Health, Wellness & Fitness
- Homework Help
- Literacy
- Science & Technology
- Social Competence & Conflict Resolution

Morning program begins at 7:00 am and ends when school begins. Children are served a light breakfast. The afternoon program begins when school ends and closes at 6:00 pm. The afternoon program price includes early Wednesday dismissal. Children are served an afternoon snack.

### SCHOOL'S OUT PROGRAMS

**VACATION CLUB:**

The YMCA provides care for school aged children during school vacations and holidays. Registration forms will be available at the child care sites and the YMCA office 3 weeks prior to a vacation. Care is provided from 7:00am to 6:00pm. Children will go on field trips and enjoy special activities. This is a state licensed program. Current medicals must be on file with the Y office.

**Location: Hebron Ave. School**

**On Site Days: Fee:** \$65.00 per day; 2<sup>nd</sup> child - \$61.75

**\*Trip Days: Fee:** \$75.00 per day; 2<sup>nd</sup> child - \$71.25

Increased fee to cover admission fees and travel expenses.

**SNOW DAYS:**

The Glastonbury Family YMCA strives to provide care when the public schools are closed due to inclement weather. If the YMCA is able to safely provide care, it will be from 9:00AM - 4:30PM at the Hebron Avenue Elementary School.

Fee: \$200 for 3 day package

**For more information, please call  
the YMCA office at 860-633-6548.**

FALL SESSION ONE: SEPTEMBER 11, 2017 – OCTOBER 29, 2017

FALL SESSION TWO: OCTOBER 30, 2017 – DECEMBER 17, 2017

www.glastonburyYMCA.org • Open Registration: August 21, 2017 • 860-633-6548

## FOR YOUTH DEVELOPMENT

*KIDS CHASE RACES - September 30, 2017*

*FREE TSHIRT for all registrations!*

*Rookies – Field course for Ages 5-12!*

*"NEW" CHAMPS – 1 Mile course for Ages 8-15!*

### BASKETBALL

AGES 4-6

GRADES 1-3

Children will learn basic skills (dribbling, passing, & shooting).

**Location:** Glastonbury Tennis Club  
228 Oak Street

**Day/Time:**

Ages 4-6 Friday 5:30pm - 6:15pm

Grades 1-3 Friday 5:30pm - 6:30pm

**Fee:** Ages 4-6 \$95

**Fee:** Grades 1-3 \$120

### TUCKERS

AGES 3-4

Children participate independently from parents, and must be able to stay with a group and follow instructions. Classes begin with a group warm up, followed by exciting circuits for two to three events incorporating preschool equipment. Tunnels, hoops, parachutes, and more will be utilized. Learn forward rolls, swings, squat-ons, beam walks and more! Skills are taught on all apparatus. Upon reaching age 5, children may advance to Jumpers.

**Location:** YMCA

**Day/Time:** Tuesday 10:00am - 10:45am

**Fee:** \$95

### SPORTS OF ALL SORTS

AGES 3-5

Learn team spirit and sportsmanship while increasing motor skills through a variety of fun, non-contact sports.

**Location:** YMCA

**Fee:** \$95

**Day/Time:** Monday 2:00pm - 2:45pm

Thursday 9:45am - 10:30am

Friday 2:00pm - 2:45pm

Saturday 10:00am - 10:45am

### YOUTH TENNIS

Ages 6-8 and 9-12

Children will learn fundamental skills including ground strokes, the serve, scoring and rally.

**Location:** Glastonbury Tennis Club  
228 Oak Street

**Day/Time:** Friday 5:30pm - 6:30pm

**Fee:** \$150

### SESSION 1 ONLY

#### T-BALL

AGES 3½-5½

As an entry to baseball and softball, this class will focus on basic skills and fundamentals of T-Ball (base running, hitting, throwing, and catching). Bats and balls will be provided.

**Location:** High Street School

**Day/Time:** Tuesday 2:00pm - 2:45pm

**Fee:** \$95

### HORSEBACK RIDING AT 7 J'S FARM

AGES 7-15

Participants will receive significant English riding instruction while learning about the parts of the horse, the equipment, the care, grooming and safety. Limited to 7 participants.

**Location:** 7 J's Farm, 24 Candlewood Dr.

**Day/Time:** Saturday 2:30pm - 3:30pm

**Fee:** \$390

### Youth Track

Grades 3-8

The goal of our running program is to introduce kids to running and to teach them the basic aspects of the sport. The main thing is for them to have fun while learning the benefits of running and being fit. A typical practice would consist of a combination of distance runs, drills/plyometrics, relay races, and hills to teach running from.

**Location:** TBD

**Day/Time:** TBD

**Fee:** TBD

### SKIING/SNOWBOARDING

GRADES 4-10

GRADES 11 and 12 - **Counselor in Training**

We will spend 5 Wednesdays beginning in January 2018, skiing or snowboarding at Mt. Southington. Fee includes transportation to and from Mt. Southington. Different packages are available. No equipment or experience is necessary. The YMCA will pick up at all the elementary schools in town as well as Gideon Welles and Smith School. **Drop off at Smith School only.** Parent volunteers welcome.

**PROGRAM FEE:** Varies with package.

**Call after October 1.**

### ARTS AND HUMANITIES

#### CRAFTS AND MORE

AGES 2 1/2 -4

This class is designed to promote socialization and high self-esteem through arts, crafts, music, story time and activities. Must be potty-trained.

**Location:** YMCA

**Day/Time:** Wednesday 9:15am - 10:45am

**Fee:** \$116

#### STAY AND PLAY

AGES 12 MONTHS-30 MONTHS

This adult/child class is an interactive experience consisting of story time, crafts and free play.

**Location:** YMCA

**Day/Time:** Monday 9:30am - 10:45am

Friday 9:30am - 10:45am

**Fee:** \$112

#### DANCING DARLINGS

AGES 3-5

This class will work on beginning ballet steps, creative movement, rhythm and coordination. Soft-soled ballet shoes or slippers recommended.

**Location:** YMCA

**Day/Time:** Wednesday 9:30am - 10:15am

Friday 9:30am - 10:15am

**Fee:** \$95

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## HEALTH AND WELLNESS

**Zumba®** is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The name Zumba® is derived from a Columbian word meaning to move fast and have fun.

Friday 6:30pm – 7:30pm

**Fee:** \$30 **Drop In Fee:** \$5

**Free Child Watch**

### Yoga

A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance.

Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being.

Tuesday 6:30pm – 7:30pm

**Fee:** \$30 **Drop In Fee:** \$5

**Free Child Watch**

## Y WellPass™

Introducing Y WellPass™, from the Glastonbury Family YMCA. For one low monthly fee, Y WellPass™ allows you unlimited use of our brand new Wellness Center, featuring state-of-the-art cardio equipment from Precor® and Keiser®, admission to all of our weekly Group Exercise Classes, and free Child Watch during group sessions.

**Just \$25 a month per person.**

## LIVESTRONG PROGRAM

Our YMCA is proud to offer LIVESTRONG at the YMCA to help cancer survivors feel alive again! This 12-week program is designed to help survivors overcome the effects of fatigue and deconditioning from treatment and the disease. The program is for adult survivors from the point of diagnosis through the balance of life.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.

Fall session will begin on

Tuesday, September 11.

For more information or to register,  
call the Y offices at 860-633-6548.

**Unless otherwise noted, all classes run for 7 weeks. Pay only for 6 and the final 7<sup>th</sup> week is your free bonus or serves as makeup for any YMCA cancellations. No fee based programs Black Friday or Halloween.**

### **LEADERS CLUB**

GRADES 7-12

Leaders Club is a fun environment for teens to bond, put into practice the YMCA core values of caring, honesty, respect and responsibility and enjoy new life experiences. The Leaders Club creates the chance for the participants to grow as individuals and make new friends. This teen-led service club provides the opportunity for leadership, community service and mentoring.

**Location:** YMCA

**Day/Time:**

Tuesdays @ 6:15 pm

**Fee:** \$200

### **YOUTH & GOVERNMENT**

GRADES 9-12

This exciting program brings together experienced volunteers, politicians, and attorneys with high school students. It is a great opportunity to be a part of the democratic process. Students meet twice per month to prepare their bills for the convention. They will learn the basics of parliamentary procedure, and how to write, research and debate bills with 300 other students from around the state of CT.

**Location:** YMCA

**Days/Time:** Beginning October 12, 2017

2nd & 4th Thursdays @ 6:15 pm

**Fees:** Registration-\$135

Mock Legislative Weekend-\$270 (due in January)

### **Greater Hartford YMCA Martin Luther King Basketball Tournament**

Held on January 13-15, 2018 for Boys and Girls team grades 4-8. Coed teams welcome. Level is moderately competitive. Guaranteed 3 games with awards to all first place teams. Teams wear their own uniforms. All championship games held at the Wilson/Gray YMCA, Hartford, CT. Some preliminary games may be held at alternative locations.

### **DRAMA PRODUCTION**

GRADES 3<sup>RD</sup>-8<sup>TH</sup>

Join all of your friends! Find your inner talent and be a headliner in our spring production. Talent is needed both on stage and behind the scenes. Practice times to be announced. Parent volunteers are needed and welcome!

Rehearsals will be on Thursday evening from 6:30pm-8:30pm.

**Fee:** \$375

### **ADVENTURE GUIDES**

In Adventure Guides, parents and children develop healthy relationships, gain a sense of belonging, and learn the importance of giving back to the community through one-on-one interactions, activities with other families and community service projects.

At the heart of the program are the 4 Compass Points;

**Family, Nature, Community and Fun!**

For more information, please call the Y office at 860-633-6548.

### **BABYSITTING**

AGES 11 AND UP

The American Red Cross babysitter's course is offered to students who are 11 years old by the end of the class. Learn how to provide safe care for children. Transportation will not be provided. Children will receive a book and snack.

**Location:** YMCA

**Day/Time:** Monday 3:00pm - 5:30pm

September 11, 18, 25

October 16, 21, 30

November 13, 20, 27

December 4, 11, 18

**Fee:** \$150

For more information or to register, call the Y offices at 860-633-6548.

If the YMCA must cancel a program that cannot be made up, a credit/refund of the program fee will be issued to you.

Withdrawal from programs for a full refund/credit must be submitted in writing prior to the second class. After the second class of a program, refunds/credits for unused portions are only provided for medical reasons with a doctor's note. All deposits for the purpose of securing a spot in a program are non-refundable.

**We invite you to help us serve our community by designating a gift to our Annual Campaign.**



**BEFORE AND  
AFTER SCHOOL  
CHILD CARE**

**GROW.  
LEARN.  
THRIVE.**

**DISCOVER MORE AT [GHYMCA.ORG](http://GHYMCA.ORG)**

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Glastonbury, CT 06033

**[ghYMCA.org](http://ghYMCA.org)**

The YMCA, for **Youth Development**: nurturing the potential of every child and teen, for **Healthy Living**: improving the nation's health and well-being, for **Social Responsibility**: giving back and providing support to our neighbors. The YMCA of Greater Hartford is a non-profit, 501(c)(3) charitable organization, established in 1852, and is one of the nation's oldest YMCAs. The YMCA strives to serve all regardless of their ability to pay.