



**FRIENDS
FLIP FLOPS
LEARNING
FUN
EXPLORE
SUMMER
PLAY RELAX GROW
2017 PROGRAMS & EVENTS**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GLASTONBURY FAMILY YMCA

**Summer Session 1:
June 19, 2017 – July 23, 2017**

**Summer Session 2:
July 24, 2017 – August 27, 2017**

Open Registration Begins: May 8, 2017

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.

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

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

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

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; 2nd child - \$61.75

***Trip Days: Fee:** \$75.00 per day; 2nd 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.**

SUMMER SESSION I: JUNE 19, 2017 – JULY 23, 2017
SUMMER SESSION II: JULY 24, 2017 – AUGUST 27, 2017

www.glastonburyYMCA.org • Open Registration: MAY 1, 2017 • 860-633-6548

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.

Thursday 8:45am – 9:30am

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

LIVESTRONG AT THE YMCA

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.

Prior to beginning the program, all participants will be asked meet with a LIVESTRONG specialist at the YMCA for an intake appointment. The intent of the intake is to properly review each survivor's medical needs and cancer history to create a personal and appropriate wellness plan.

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.

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

HEALTH AND WELLNESS

HORSEBACK RIDING ACADEMY

Ages 7 & up

Come take a ride with us, all ability levels welcome. Participants must be 7 years old or older. Participants will receive: English riding instruction, learning about the parts of the horse, equipment care, grooming, and safety around horses. Please wear pants and a hard sole shoe with a heel.

Location: Seven J's Farm

Time: 9:00 am-1:00pm

Date: July 17 – July 21

July 24 – July 28

July 31 – August 4

August 7 – August 11

Please bring lunch and wear long pants and boots with a hard sole and heel.

PROGRAM FEE: \$390/week

\$100 non-refundable deposit

SUMMER SESSION I ONLY

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 Drive

Day/Time:

Saturday 2:30pm – 3:30pm

Fee: \$390

SUMMER SESSION I 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). Only bats will be provided.

Location: High Street School (outdoors)

Day/Time:

Tuesday 5:00pm - 5:45pm

Thursday 5:00pm – 5:45pm

SWIMMING LESSONS Grange Pool

Grades Kindergarten – 8

Session 1 – June 19 – June 30

Session 2 – July 3 – July 14

Session 3 – July 17 – July 28

9:30AM – 10:00AM

PROGRAM FEE: \$55.00/SESSION

The Glastonbury Family YMCA strives to serve all people regardless of their ability to pay. Financial aid information is available by contacting our office at 860-655-6548.

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

PRESCHOOL PROGRAMS

PRESCHOOL DANCE & ART ACADEMY

AGES 3-5

A magical week of dance and creativity! We will combine ballet and jazz instruction with art projects and crafts. There will be a performance at the end of the week for parents. Soft-soled ballet shoes recommended. Please pack a healthy lunch for your child each day.

Location: YMCA

Day/Time:

July 17- July 21

July 24 – July 28

August 7- August 11

9:00am -12:30pm

PROGRAM FEE:

\$165 per session

ANIMAL ADVENTURES

AGES 3-5

Lions and tigers and dinosaurs? Each day your child will discover the wonderful world of animals through creative play, art projects and stories. Please pack a healthy lunch for your child each day.

Location: YMCA

Day/Time:

June 26 - June 30

July 10 – July 14

9:00am - 12:30pm

PROGRAM FEE:

\$165 per session

FAIRY TALES

AGES 3-5

Princesses, Frogs and Wolves, explore the wonderful world of Fairy Tales through stories, art, and drama. Your child will enter into a new fairy tale every day. Please pack a healthy lunch for your child each day.

Location: YMCA

Day/Time:

July 3- July 7

July 31-August 4

9:00am- 12:30pm

PROGRAM FEE:

\$165 per session

4th of July: \$132

SUMMER CAMP

The Glastonbury Family YMCA runs a state licensed and ACA Accredited summer camp program for grades K-8. The camp experience includes field trips twice a week, archery, arts & crafts, swimming and sports activities. All camps are located at High Street School, 30 High Street in South Glastonbury unless otherwise noted. Camps run weekly from June 20 - August 26. For additional information, please log onto our website www.glastonburyYMCA.org.

CAMP GLAWACKUS

Grades K-5

PROGRAM FEE: \$205/week

4th of July: \$164/week

CAMP LIGER

Grades 6-8

PROGRAM FEE: \$225/week

4th of July: \$180/week

LEADERS IN TRAINING

Ages 14-15

This program is for the campers who would like learn more about the responsibility of becoming a camp counselor.

PROGRAM FEE: \$200/week

4th of July \$160/week

LEGO BUILDERS CAMP

Grades 1-4

PROGRAM FEE: \$300/week

July 24 - 28

DARING DUDES

Grades 5-8 (boys only)

PROGRAM FEE: \$300/week

July 17-21

GIRL POWER CAMP

Grades 3-5 (girls only)

PROGRAM FEE: \$300/week

June 26-30

DARING CAMP

Grades 3-5 (boys only)

PROGRAM FEE: \$300/week

June 26-30

ADVENTURE CAMP

Grades 5-8

PROGRAM FEE: \$360/week

August 14-18

EXCURSION CAMP

Grades 5-8

PROGRAM FEE: \$350/week; July 24-2

PERFORMING ARTS CAMP

Grades 3-8

PROGRAM FEE: \$310/week

July 31-August 4

TEEN EMPOWERMENT FOR GIRLS

Grades 6-8 (girls only)

PROGRAM FEE: \$ 300/week

July 10-14

BEFORE and AFTER CAMP CARE

Available for all camps that run from 9:00am - 3:30pm

Time: Before Care

7:00am-9:00am

After Care

3:30pm-6:00pm

PROGRAM FEE:

Before Care \$52/week

After Care \$68/week

4th of July Week

Before Care \$42/week

After Care \$55/week

BEFORE and AFTER CARE CAMP INGERSOLL

PROGRAM FEE:

Before Care \$57/week

After Care \$74/week

4th of July Week

Before Care \$46/week

After Care \$60/week



SUMMER DAY CAMP 2017



This is going to be the
BEST SUMMER EVER!
REGISTER TODAY TO
SECURE YOUR SPOT!



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GLASTONBURY FAMILY YMCA
a branch of the YMCA of Metropolitan Hartford, Inc.
95 Oakwood Drive
Glastonbury, CT 06033

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.