



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **GLASTONBURY FAMILY YMCA Winter/Spring Program Guide 2017-18**

**Winter Session: January 8, 2018 to February 25, 2018**  
**Spring Session: February 26, 2018 to April 22, 2018**  
**Registration Begins: December 11, 2017**



# OUR CAUSE: STRENGTHING OUR COMMUNITY

To our community:

As we enter the season of giving thanks and being thankful, we'd like to acknowledge our donors, volunteers and staff for all the generous contributions we've received in 2017. Your time and gifts made it possible for the Glastonbury Y to make a difference in the lives of children and families all over town and neighboring areas. You've helped strengthen our cause, which is to strengthen the Glastonbury community.

As we enter into 2018, our community campaign appeal will begin, allowing us to make a bigger impact as we grow year after year. We've seen our growth take shape in a number of different forms, including our free **LIVESTRONG** cancer survivor program, our Diabetes Prevention Program, teen advocacy programs, our after school programs, and, of course, in scholarships that we are able to award to families because of your support. These scholarships change the lives of families, like Brittany's:

"The scholarship means a lot to me because I am able to afford after-school and summer camp while I work, and my daughter is able to participate in engaging activities. Not many programs offer assistance, so I am grateful for the opportunity to be able to continue and work and provide for my children as a single parent."  
- Brittany

Please keep the Y in your thoughts this season as we continue to help members like Brittany provide a safe environment for their kids while they work to support their families.

Have a happy, fun and safe holiday season and new year; and remember to help us spread the word of what the Y does!

**The YMCA is for Youth Development, Healthy Living and Social Responsibility.**

**Eric Hutchinson, Executive Director**

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## INTRODUCING: THE Y WELLPASS

**\$25 per person per month**

Introducing the Y WellPass from the Glastonbury Family YMCA. For one low monthly fee, the 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 weekly group exercise classes, and free child watch during group sessions.



## DID YOU KNOW?

**the annual campaign changes lives**

At the Y, no child, family or adult is turned away based on their ability to pay for programs. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure.

### **YOUR DONATION MAKES THIS POSSIBLE!**

The YMCA offers programs and services designed to benefit people of all incomes and backgrounds. The Y uses contributed funds from the ANNUAL CAMPAIGN to ensure those unable to pay the stated fee are able to participate.

If fees are a concern, please contact us 860-633-6548 .



## DIABETES PREVENTION PROGRAM

Are you at least 18 years old, overweight and at high risk of developing type 2 diabetes? If so, we can help!

During this year-long program, participants meet for 1-hour per week in a small group class with a trained lifestyle coach. The coach provides participants tools and support to facilitate sustainable behavior changes, including healthier eating and increased physical activity.

**Program Fee: \$429 for one year**

Contact: Rebecca Boisvert at 860-595-3026 or [Rebecca.Boisvert@ghymca.org](mailto:Rebecca.Boisvert@ghymca.org) or visit [ghymca.org/diabetes](http://ghymca.org/diabetes) for more information.

## LIVESTRONG® AT THE YMCA

A 12-week program for adult cancer survivors at any point in their cancer journey. The small group meets twice per week with our certified trainers to work on cardiovascular endurance, muscular strength and endurance, balance, flexibility, and mind-body-spirit.

Program runs Tuesdays & Thursdays 2:45-4:15pm  
Next session begins at the end of February.

This program is FREE for you and your family!  
**Contact:** 860-633-6548 for more information.



# HEALTH & WELLNESS

## PERSONAL & SMALL GROUP TRAINING:

Our trainers at the Glastonbury Family YMCA are committed to helping each member achieve their goals. We modify and structure workouts for YOU!

We offer a variety of packages and payment plans to make your health goals become a reality.

Contact us at 860-633-6548 for rates and package offers!

## YOGA

**Session fee: \$30 | Drop in fee: \$5**

A class open to new and experienced students. Yoga helps cultivate self-awareness and stress reduction, while exploring strength, flexibility and balance.

**Tuesdays 6:30-7:30pm**  
**Free child watch offered.**



## ZUMBA

**Session fee: \$30 | Drop in fee: \$5**

Dance yourself to a healthier you in Zumba! Zumba is a fitness program inspired by Latin dance, and includes cardiovascular exercise to create a fun and easy-to-follow aerobic routine. The name Zumba is derived from a Columbian word meaning to move fast and have fun.

**Fridays 6:30-7:30pm**  
**Free child watch offered.**



## SKIING/SNOWBOARDING

Grades 4-10

Grades 11-12 are counselors in training

Visit Mt Southington to ski or snowboard! All skill levels welcome. Transportation leaves from the Gideon Welles and Smith schools, and arrives back to the Smith School ONLY.

Students must wear a helmet. Supervision provided.

Held on 5 consecutive Wednesdays, starting Jan. 10.

### Packages:

1. **Basic:** Lift ticket only —\$265
2. **Lift & Lessons:** Lift ticket & lessons with participant's own equipment —\$295
3. **Lift & Rental:** Lift ticket & rental equipment (for experienced participants only) —\$347
4. **Complete:** Lift ticket, rental equipment & lessons—\$398
5. **CITs:** Volunteer application and interview required. Limited availability —\$145

A \$30 late fee will be added for registrations after November 21.

Parent volunteers are welcome.

## BASKETBALL

Children will learn basic basketball skills, including dribbling, passing and shooting.

**Ages 4-6 | \$95**

Friday: 5:30-6:15pm or 6:20-7:05pm

**Grades 1-3 | \$120**

Friday: 5:30-6:30pm or 6:30-7:30pm

Location: Glastonbury Tennis Club  
228 Oak Street, Glastonbury

## TENNIS

**Groups of ages 6-8 and ages 9-12 | \$153**

Children learn fundamental tennis skills, including strokes, serving, scoring and rallying.

**Fridays: 5:30-6:30pm**

Location: Glastonbury Tennis Club  
228 Oak Street, Glastonbury



## HORSEBACK RIDING AT 7 J'S FARM

**Ages 7-15 | FEE: \$360**

English riding instruction, and education about equipment, horse care and safety.

**Saturdays 2:30-3:30pm**

Location: 7 J's Farm,  
24 Candlewood Drive, Glastonbury

## TUCKERS GYMNASTICS

**Ages 3-4 | FEE: \$95**

Children must be able to follow directions and stay with the group. Class begins with a group warm up, followed by time on apparatuses like tunnels, hoops, parachutes and more! Kids learn forward rolls, swings, beam walks and more.

**Tuesdays: 10-10:45am**

## DANCING DARLINGS

**Ages 3-5 | FEE: \$95**

Learn beginner ballet steps, rhythm & coordination! Soft-soled ballet shoes or slippers recommended.

**Monday: 9:30-10:15am Friday: 9:30-10:15am**

## SPORTS OF ALL SORTS

**Ages 3-5 | FEE: \$95**

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

**Mon: 2-2:45pm, Thurs: 9:45-10:30am,  
Sat: 10-10:45am**



# YOUTH DEVELOPMENT

## DRAMA PRODUCTION

**Grades 3-8 | FEE: \$375**

It's a tale as old as time! Find your inner talent and be a headliner in our spring production! This year we will be putting on a show everyone knows: "Beauty and the Beast"! We need participants both on stage and behind-the-scenes.

**Monday: 6:30-8pm Thursdays: 6:30-8pm**

Production is scheduled for April 27-28 at the Gideon Welles School.

Parent volunteers are needed and welcome!



## CRAFTS & MORE

**Ages 2.5-4 | FEE: \$120**

A class to promote socialization and self-esteem through arts, crafts, music, story time and activities. Kids must be potty-trained.

**Wednesdays 9:15-10:45am**

## STAY AND PLAY

**Ages 12-30 months | FEE: \$115**

An adult/child class with interactive experience in story time, crafts and free play.

**Monday: 9:30-10:45am Friday: 9:30-10:45am**

**Winter 1: January 8-February 25**

**Spring 1: February 26-April 22**

**Registration opens: December 11**

**No classes April 9-April 15**

**Closed on Easter**

## LEADERS CLUB

**Grades 7-12 | FEE: \$200**

A chance for teens to bond and grow as individuals. The teen-led club provides leadership opportunities, plus the chance to do community service and mentor.

**Wednesdays: 6:30-7:45pm**

## YOUTH & GOVERNMENT

**Grades 9-12**

High school students get the opportunity to meet with experienced volunteers, politicians and attorneys and become part of the democratic process.

**Held on the second and fourth Thursday of each month at 6:15pm.**

Registration: \$135

Mock legislative weekend: \$275 (due in January)

**DID YOU KNOW? You can register online! Visit us at [glastonburyYMCA.org](http://glastonburyYMCA.org)**

**PROGRAM REFUND POLICY** Unless otherwise noted, classes run for 7 weeks. You pay for 6 and the 7th week is a free bonus or serves as a make-up. If the YMCA cancels a program, 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 are only provided for medical reasons with a doctor's note. Withdrawal of membership or programs due to medical reasons: full credit/refund for the unused portion with a doctor's note required. All deposits for the purpose of securing a spot in a program are non-refundable.



# CHILD CARE

## PRESCHOOL AT THE Y

We offer both full and half day preschool programs at the Glastonbury Family YMCA. All YMCA of Greater Hartford preschool programs use the Early Learning Development Standards (ELDS) for infant, toddler and preschool children set by the Connecticut Department of Education. These standards align with the Common Core, preparing children for kindergarten and life.

### Full day preschool

5 days per week  
Monday-Friday 6:30am-6:30pm  
\$999 per month

3 days per week  
Monday, Wednesday, Friday 6:30am-6:30pm  
\$725 per month

### Half day preschool

5 days per week  
Monday-Friday 9am-12pm  
\$340 per month

3 days per week  
Monday, Wednesday, Friday 9am-12pm  
\$175 per month

For more information, please contact our child care director, Sarah Ralston at [Sarah.Ralston@ghymca.org](mailto:Sarah.Ralston@ghymca.org) or at 860-633-6548.



## BEFORE AND AFTER SCHOOL CARE

Before school care runs 7am until start of school. After school care starts at the end of the school day and runs through 6pm.

### Locations:

- Buttonball School (PM only)
- Eastbury School
- Gideon Welles School (PM only)
- Hebron Avenue School
- Hopewell School
- Naubuc School (PM only)
- Nayaug School

### Pricing:

Morning care:  
3 days per week: \$155  
5 days per week: \$255

Afternoon care:  
3 days per week: \$270  
5 days per week: \$420



## REGISTER EARLY FOR CAMP 2018!

Camp registration opens January 1! Don't wait until the last minute to sign your child up to have the best summer of his or her life!

Visit [ghymca.org/camp](http://ghymca.org/camp) for pricing and info on the programs run at our 14 day camps, and visit [campjewell.org](http://campjewell.org) and [campwoodstock.org](http://campwoodstock.org) for information on our overnight camps.



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**GLASTONBURY FAMILY YMCA**  
a branch of the YMCA of Metropolitan Hartford, Inc.  
95 Oakwood Drive, Glastonbury, CT 06033  
[ghYMCA.org](http://ghYMCA.org)



# BUILD MORE THAN MUSCLE

## Workout for a **CAUSE!**

Join the Y today and help support programs like youth swim lessons, early childhood education, Live**STRONG**<sup>®</sup> – a health and wellness program for cancer survivors, and more!

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.

The YMCA of Greater Hartford is a charitable association open to all and committed to helping people develop their fullest potential in spirit, mind and body. This commitment is reinforced by our belief in living out universal values of caring, honesty, respect and responsibility.