



# STRENGTHENING OUR COMMUNITY

**Fall Session I: September 10–October 28**  
**Fall Session II: October 29–December 16**

**Member registration: August 6**  
**Open registration: August 13**

\*No paid programming:

## 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 for 90 minutes with our certified trainers to work on cardiovascular endurance, muscular strength and endurance, balance, flexibility, and mind-body-spirit.

This program is **FREE** for you and your family!  
**Contact:** 860-315-9622 x113 for more information.



### 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. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure.

**PROGRAM ASSISTANCE:** 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 860-315-9622.

**HOURS:** Monday–Thursday: 5am–9pm  
Friday: 5am–8pm  
Saturday: 7am–4pm  
Sunday: 9am–4pm

## THE GREAT HARTFORD SLIMDOWN

WORKOUTS ARE BETTER TOGETHER

**\*\*\*BACK BY POPULAR DEMAND\*\*\***  
**THE GREATER HARTFORD SLIMDOWN**

Join us for the biggest weight loss challenge in the Hartford area! Teams of 4 compete for 10 weeks to lose the most weight by percentage! The contest includes weekly weigh ins, workouts and challenges to get you moving and keep you motivated!

Members: \$55 | Program Members: \$75\*  
\*10-week memberships available for additional cost

**\*\*\*The challenge begins September 10!\*\*\***  
Weigh-ins start 9/4. Info session dates TBA!

## DIABETES PREVENTION PROGRAM

Are you 18+ years old? Are you overweight? Are you physically inactive or 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 certified lifestyle coach. The coach provides the tools and support to facilitate sustainable behavior changes, including healthier eating and increased physical activity.

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

\*Payment plans and financial assistance available to those who qualify

Contact: Rebecca Boisvert at 860-595-3026 or ymcadpp@ghymca.org or visit ghymca.org/diabetes for more info. New classes are always starting!

**ADDRESS:** Hale YMCA Youth and Family Center  
9 Technology Park Drive  
Putnam, Connecticut 06260  
**WEBSITE:** **HaleYMCA.org**

# HEALTH & WELLNESS



## GROUP FITNESS CLASSES

FREE with your membership! A current group exercise schedule can be found at [haleymca.org](http://haleymca.org)

Over **50 classes** to meet YOUR workout needs. Choose from classes like Zumba, strength training, yoga, TRX, cycling and water fitness! Dance, sweat, and have fun in a group! And don't miss out on our newest class, **STRENGTH TRAIN TOGETHER!** Blast your muscles with this high-rep weight-training workout. Using an adjustable barbell, weight plates and body weight, we combine squats, lunges, presses and curls with functional integrated exercises.

## FITPATH

Sometimes we all need the expert advice and attention from a personal trainer or coach. Our personal trainers will work with you, one-on-one, to define and focus your fitness goals and create an exercise plan that is right for you. Here at the Y, we are committed to your success. Your FREE 1 hour FITPATH consultation is included with your membership. Call to schedule your session TODAY !

Youth FITPATH available upon request (30 min)

## PERSONAL TRAINING

Our talented trainers offer individual and group personal training packages to help you achieve YOUR goals! We offer a variety of packages and payment plans to make your health goals become a reality.

## SMALL GROUP TRAINING PROGRAMS

**WOW: Women on Weights:** Learn to lift weights with proper technique to build strength for everyday activities while preventing injury!

**First Steps Back:** Coming back from an injury or dealing with chronic injuries? We'll help you ease back into a safe, effective workout.

**Refleksive Yoga:** This style of Power Vinyasa leverages your body against gravity using TRX. Build confidence with repetition while increasing strength, mobility and core reflexive stability.

**Youth Yoga:** Improve strength, flexibility and coordination! Children will learn to focus and center themselves through breathing and visualization. We work on social skills, problem solving and communication.

Check our website for pricing and schedules.

## SPECIALTY FITNESS CLASSES

**Tai Ji Quan: Moving for better balance:** A fall-prevention program for older adults. The program runs 12 weeks, and meets twice each week for 45 minutes.

**Members: \$80 | Program Members: \$120**

**Hydro Running:** A modified, non-impact form of running in deep water. You will wear a flotation belt during this class. Classes are 55 minutes per week.

**Members: \$48 | Program Members: \$72**

Check our website for schedules.

Stay tuned for additions to Senior Programming!

For all inquiries regarding Health & Wellness programs, contact Jennifer Looney at [Jennifer.Looney@ghymca.org](mailto:Jennifer.Looney@ghymca.org) or 860-315-9622 x113

Unless otherwise noted, classes run for 6 weeks, plus a make-up week. If the YMCA cancels a fee-based program that can't be made up, a credit/refund of the program fee will be issued. Withdrawal from programs for a full refund/credit must be submitted in writing before the second class. After that, refunds/credits for 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.

# YOUTH DEVELOPMENT

**Youth sports programs run Fall I & II and are priced as follows (unless otherwise noted):**

**Members: \$35 | Program Members: \$55**

## **PARENT/CHILD BASKETBALL** (ages 2-3)

Fri: 5pm (Fall I and II)

Parents participate with their children! We introduce a new skill each week, teach sportsmanship, and the basics of the sport invented at the Y!

## **PARENT/CHILD SOCCER** (ages 2-3)

Sat: 9am (Fall I and II)

Parents help teach the love of soccer to their children! Kids will learn the basics of soccer, as well as the art of teamwork! Watch their confidence grow!

## **PARENT/CHILD MOVEMENT/STORYTIME** (ages 2-3)

Tues: 10:30am (Fall I and II)

Children develop motor skills, rhythm and social skills through free play, song, games and story time.

## **ADVENTURES IN ART** (ages 2-5)

Fri: 10:30am (Fall I and II)

Children explore self-expression and creative through a variety of art media, including painting, drawing, crafts and more.

## **SPORTS OF ALL SORTS** (ages 3-6)

Sat: 10am (Fall I and II)

Kids learn a new sport each week! Kids warm up, then do skill development before playing a game!

## **T-BALL** (ages 3-6)

Mon: 5pm (Fall I and II)

Learn the basics of baseball! Kids will learn to throw, catch, field and hit while having fun.

## **BASKETBALL** (ages 3-6)

Tues: 5pm (Fall I and II)

Learn the basics of basketball! Kids will learn skills and fundamentals, and fair play and sportsmanship.

For inquiries regarding youth development, contact [Kim.Merchant@ghymca.org](mailto:Kim.Merchant@ghymca.org).

## **GAGA** (ages 6-12)

Thurs: 5pm (Fall I only)

This fast-paced, fun game incorporates cardio, endurance and hand-eye coordination. Inside the GaGa pit, kids slap the ball to try and make a strike below the knee of opponents.



## **ARCHERY** (ages 6-12)

Tues: 5pm (Fall I only)

Have fun and learn to shoot with a certified archery instructor! Learn form, technique and terminology, as well as scoring and safety. This beginner/intermediate class is held outdoors, and all equipment is provided.

## **DODGEBALL** (ages 6-12)

Thurs: 5pm (Fall II only)

Players use gator-skin dodgeballs to eliminate the risk of injury. Safety enforced—no throws above the chest. Teams grouped by grade and skill.

## **HOMESCHOOL SWIM & GYM** (Fall I and II)

**Members: \$55 | Program Members: \$85**

Ages 6-9: Mon: 10-11:30am

Ages 10-14: Wed: 10-11:30am

Swim & Gym is designed to promote lifetime fitness with sports, non-competitive games and a structured swim program. Kids will have 30 minutes of pool times, then a snack, followed by 30 minutes of gym time. Learn new sports and make new friends!

\*Age groups may combine depending on number of registrants

# KIDS, TEENS & ADULT PROGRAMS

## KIDS NIGHT OUT

Held the first Friday of each month

Parents: have a night out while your kids are safe and having fun! Kids will play a variety of games, go swimming, eat some pizza and watch a movie.

Members: \$15 | Program Members: \$20

\*Price for first three kids. Four & more are free!

## BIRTHDAY PARTIES

Have your child's next birthday party at the Y! Pick from ideas like a bounce house or pool party! Prices starting at \$200 for members!

Contact Heather Smith at [Heather.Smith@ghymca.org](mailto:Heather.Smith@ghymca.org) or 860-315-9622 x310

## TEEN LEADERS CLUB (ages 11-18)

Thurs: 6pm (Fall I and II)

This nationwide YMCA program for teens teaches leadership skills and personal growth through community service. Each week teens from around the area meet to do leadership development programming with a focus on volunteerism.

\*No cost to participate, free membership is earned if community service requirements are met

## ADULT/TEEN VOLLEYBALL

Thurs: 6pm (Fall I & II)

Drop in and play some pick-up games!

Members: Free | Program Members: Day pass needed



## ADULT BASKETBALL

Mon: 5pm (Fall I & II)

Stop in and pick up a team for some half-court basketball time! We play 5v5 games.

Members: Free | Program Members: Day pass needed

## MEN'S BASKETBALL LEAGUE

Wed: 6:30pm (Fall I & II)

Participation demands a high level of respect and play, as well as leadership off the court. A minimum of 5 players per team are needed, and there is a maximum of 10 players per team.

Cost: \$50/player

## ADULT/TEEN 5v5 BASKETBALL

Fri: 5pm (Fall I & II)

Get a group of friends together and stop in for some half-court basketball time!

Members: Free | Program Members: Day pass needed



## ADULT/TEEN PICKLEBALL

Tues: 6pm (Fall I & II)

Never heard of Pickleball? You're missing out! Pick up a paddle and play this cross between tennis, ping pong and badminton! It's easy to learn, fun to play, and will bring out your competitive side, so don't miss out! Bring a friend and come enjoy!

Members: Free | Program Members: Day pass needed



# YOUTH SWIM LESSONS

## FUN WITH A SPLASH OF CONFIDENCE

Every day, children learn the basics of swimming at the Y! Children enhance their skills, learn to be safe and healthy, and build their confidence with our progressive lessons, which turn beginners into experts.

The Y ensures a low instructor-to-student ratio to make sure your kids get plenty of personal attention. With a wide selection of classes and schedules, you're sure to find one that fits your child's needs and your schedule.

To learn more about pricing and swim lesson schedules, visit [GHYMCA.org/swimlessons](http://GHYMCA.org/swimlessons), or contact Susan Gada, director of aquatics at the Hale YMCA, at [Susan.Gada@ghymca.org](mailto:Susan.Gada@ghymca.org) or 860-315-9622 x110.

## GROUP SWIM LESSONS CLASS SELECTOR

### STEP 1: What age group does the student fall into?

<b>6 months-3 years</b>	<b>3 years-5 years</b>	<b>5 years-12 years</b>	<b>13+ years</b>
<b>PARENT &amp; CHILD</b>	<b>PRESCHOOL</b>	<b>SCHOOL AGE</b>	<b>TEEN &amp; ADULT</b>
<b>STAGES A-B</b>	<b>STAGES 1-4</b>	<b>STAGES 1-6</b>	<b>STAGES 1-6</b>

All age groups are taught the same skills, but are divided according to developmental milestones.

### STEP 2: Which level is your child ready for based on his or her skills?

Can the student respond to verbal cues and jump on land?

NOT YET?

**A/WATER DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET?

**B/WATER EXPLORATION**

Will the student go under water voluntarily?

NOT YET?

**1/WATER ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET?

**2/WATER MOVEMENT**

Can the student swim 10-15 yards on his or her front and back?

NOT YET?

**3/WATER STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET?

**4/STROKE INTRO**

Can the student swim front crawl, back crawl, and breast stroke across the pool?

NOT YET?

**5/STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breast stroke across the pool and back?

NOT YET?

**5/STROKE MECHANICS**

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

Private swim lesson (1 lesson): Members: \$35 | Program Members: \$70

Private swim lesson (6 lessons): Members: \$200 | Program Members: \$400

Semi-private swim lesson (1 lesson, 2 participants): Members: \$55 | Program Members: \$110

Semi-private swim lessons (6 lessons, 2 participants): Members: \$300 | Program Members: \$600

## RIPTIDES SWIM TEAM

For more info or to join our competitive swim team, please contact our coach at [Sarah.Froehlich@ghymca.org](mailto:Sarah.Froehlich@ghymca.org).