



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDIAN VALLEY FAMILY YMCA Winter/Spring Program Guide 2017-18

Winter Session: January 8, 2017 to February 25, 2018
Spring Session: February 26, 2018 to April 22, 2018
Member Registration Begins: December 4, 2017
Open Registration Begins: December 11, 2017



OUR CAUSE: STRENGTHENING 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 Indian Valley Family YMCA 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 our 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 ways, including our free LIVESTRONG cancer survivor program, our Diabetes Prevention Program, teen advocacy programs, our full- and half-day preschool and infant toddler 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.

John Reilly, Executive Director



LIVESTRONG® AT THE YMCA

We offer a 12 week program for adult cancer survivors at any point in their cancer journey. Our certified trainers work on cardiovascular endurance, muscular strength and endurance, balance, flexibility, and mind-body-spirit. We meet 2 times per week in a small group, where we combat the effects of this disease and its treatment.

This program is FREE for you and your family!

Contacts:

kendra.slack@ghymca.org | charlene.stimson@ghymca.org

DIABETES PREVENTION PROGRAM

Are you are 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
(Includes free family membership)**

Contact: Rebecca Boisvert at 860-595-3026 or Rebecca.Boisvert@ghymca.org or visit ghymca.org/diabetes for more information.

The Indian Valley Family YMCA is a charitable, not-for-profit organization committed to building stronger communities by offering programs dedicated to youth development, healthy living and social responsibility. We offer financial assistance for memberships and programs on an as-needed basis. Please visit our Welcome Center to learn more.



HEALTH & WELLNESS

Our trainers 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.

Call Sarah Policarpio at 860.871.0008 ext.107 for rates and package offers!



GROUP FITNESS CLASSES

FREE with your membership! A current group exercise schedule can be found at farmingtonvalleymca.org

Over **50 classes** to meet YOUR workout needs. Choose from classes like Zumba, strength training, yoga and cycling.

FITPATH

A one time, one-on-one consultation to familiarize members with our Wellness Center and health & wellness programs and facilities.

YOUTH FITPATH

An intro to exercise in a safe and supervised environment. Youth who successfully complete the course may use the Wellness Center without supervision (must be 60 inches tall).

(FitPath & Youth FitPath are free for members)

Ages: 16 and older

Fridays 5:15-6:15am, 6:30-7:30am, 10-11am

Sundays 11:30 a.m.-12:30 p.m.

Join the fitness phenomenon and train like a Navy SEAL! Use your bodyweight to perform exercises that develop strength, balance, flexibility and core stability. The 7-week class meets 1 hour per week. Pick your time!

Members: \$60

Program Members: \$75

We also offer a "punch card" flex option for \$77 if you don't have a set schedule. Drop ins welcome for \$15 per class. (Limit of 10 participants)



CHILDREN'S YOGA

Ages: 4-12 years old

Saturdays 11:15am -12pm

Sarita Nanda teaches children the ancient art of yoga!

Members: \$46

Program Members: \$67

BACK BY POPULAR DEMAND!

THE GREATER HARTFORD SLIM DOWN 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 are available for additional cost.

The challenge begins in February!



AQUATICS

PRESCHOOL & YOUTH SWIM LESSONS

We offer group swim lessons starting at 6 months with parent&me classes. Classes are offered 6 days a week, multiple times a day, and are scheduled based on age and swim level.

6 months-5 years — 30 minute classes
Members: \$55 | Program Members: \$100
6-12 years — 40 minute classes
Members: \$65 | Program Members: \$115

Visit ghymca.org/swimlessons for the most up-to-date times and schedules of classes.

TEEN/ADULT SWIM LESSONS (ages 13+)

Members: \$65 | Program members: \$115

We offer beginner and intermediate classes. Visit ghymca.org/swimlessons for the most up-to-date times and schedules.

PRIVATE SWIM LESSONS

We offer private and semi-private swim lessons. For more information, please visit ghymca.org.

SWIM BUDDIES (ages 3+)

Mondays: 6:35 p.m.
Tuesdays: 7:25 p.m.
Thursdays: 7:25 p.m.
Saturdays: 8:30 a.m., 11:20 a.m., 12 p.m.

30-minute adaptive swimming lessons modified for people of all abilities.

Members: \$65 | Program members: \$115

AQUA ARTHRITIS CLASS

Tuesday & Thursday: 10:30-11:15 a.m.
January 9-April 19 (no classes April 9-15)

Members: \$3 per class
Program Members: \$8 per class

HOME SCHOOL SWIM (ages 5+)

Tuesdays: 9:30-10:30 a.m.
Thursdays: 10:30 a.m.-12 p.m.

All non-swimmers must be accompanied by an adult in the water at all times.

Members: Free | Program members: \$8

BREAKERS IVY SWIM TEAM

Join our award-winning team! We offer programs for kids of all ages!

Visit IvySwimTeam.com or email ivyswimteam@ghymca.org for info.



RED CROSS LIFEGUARDING CLASS

April 9-13 from 9am-5pm

Members: \$325 | Program Members: \$350

Winter 1: January 8-February 25

Spring 1: February 26-April 22

Member registration: December 5

Open registration: December 12

No classes April 9-April 15

Closed on Easter

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.



PRESCHOOL

Preschool full day, year round

Rockville: ages 3-4

Location: 23 Elm Street, Rockville, Connecticut

Tiny Tikes: age 2

Location: 375 Hartford Turnpike, Vernon, Connecticut

Tender Care: ages 3-5

Location: 375 Hartford Turnpike, Vernon, Connecticut

Nursery school half-day program

All programs held at: 375 Hartford Turnpike, Vernon, CT

Age 2

Monday, Wednesday Friday: 9-11:30am

Tuesday, Thursday: 9-11:30am

Age 3

Monday-Friday: 9am-12pm

Monday-Friday: 12:30-3pm

Age 4

Monday-Friday: 9am-2pm

The YMCA of Greater Hartford uses Early Learning Development Standards for infant, toddler & preschool children. The standards align with Common Core, preparing children for kindergarten and life.



INFANT AND TODDLER CARE

Rockville: 6 weeks-5 years

Price on scale based on income

Location: 23 Elm Street, Rockville, Connecticut

Open Arms: 6 weeks-2 years

375 Hartford Turnpike, Vernon, Connecticut

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SCHOOL AGE BEFORE & AFTER SCHOOL CARE

Our before and after school programs follow the State of Connecticut requirements and regulations for child care programs. In addition to meeting the state's expectations, we also collaborate with the National Afterschool Association, a premier professional organization in our field, to ensure that our programs set the standard for quality.

We serve children in Ashford, Ellington, Vernon and Willington.

Please contact Katie Riordan
Katie.Riordan@ghymca.org or at
860-872-7329 x13 for info on specific programs, schedules and pricing.

REGISTER EARLY FOR CAMP 2018!

Do you know what January 1 means? Camp registration is officially open! Don't wait until the last minute to sign your child up!

Visit ghymca.org/camp for information on our 14 day camps and visit campjewell.org and campwoodstock.org for information on our overnight camps.



YOUTH DEVELOPMENT

ROOKIES BASKETBALL

Ages 4-6

Tuesdays 5-6pm

Winter session starts January 8.

Spring season starts February 26.

Participants use junior-size to learn fundamental skills, including dribbling, passing and shooting. An emphasis is also placed on teamwork and fair play. Skill and drill stations are followed by a modified game each week.

Members: \$40 | Program Members: \$60

Participants receive a team shirt.

Location:

Indian Valley Family YMCA Child Care Center
375 Hartford Turnpike, Vernon, Connecticut

Parent volunteers wanted!



STAY AND PLAY

Ages 12 months-3 years

Fridays 3-4pm

This adult/child class is great time for you to bond with your child while socializing with other families. You and your children will do crafts with an educational twist, and while the adults chat the kids will have play time with an emphasis on physical and life skill development.

Members: \$55 | Program Members: \$75



PLAN AHEAD FOR SPRING SPORTS

Rookies Soccer (ages 4-6)

Rookies T-ball (ages 4-6)

This spring, we will offer outdoor soccer and t-ball. Participants learn skills like dribbling, passing, shooting and batting, with an emphasis on team work and fair play. Skill & drill stations are followed each week by a modified game.

We use size-3 soccer balls and softcore t-ball equipment. All participants receive a team shirt.

Members: \$40 | Program Members: \$60

Starts the week of April 23.

Visit indianvalleyfamilyymca.org for info on registration.

BIRTHDAY PARTIES AT THE Y

Remember the Indian Valley Family YMCA when planning your child's next birthday party! We offer parties for preschoolers through teens on Saturdays and Sundays, as well as the first and third Friday of each month. Parties are held from 1-3pm or 3-5pm on weekends, and 6-8pm on Fridays. Start your party off in our warm water pool, and then head to our Amazing Kids or group exercise rooms!

Theme ideas include: pool party, luau, Disney princesses, Disney "Cars," pirates or a dance party.

Pricing depends on packages, and members receive a discounted rate. For more information, please call us or email ivbirthdayparties@ghymca.org.



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INDIAN VALLEY FAMILY YMCA
a branch of the YMCA of Metropolitan Hartford, Inc.
11 Pinney Street, Ellington, CT 06029
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**[®] – 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.