



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LIFELONG VALUES. FRIENDLY COMPETITION

WEST HARTFORD YMCA
SPRING PROGRAM GUIDE

SPRING SESSION 1: February 25–April 14, 2019

SPRING SESSION 2: April 22–June 9, 2019

Registration Begins: January 21, 2019

STRENGTHENING OUR COMMUNITY

GHYMCA.ORG

SPRING SESSION 1:
February 25–April 14, 2019

SPRING SESSION 2:
April 22–June 9, 2019

OPEN REGISTRATION: January 21, 2019

Facility Hours:
Monday–Friday | 8:30AM–5:00PM
Saturday–Sunday | Closed

West Hartford YMCA
12 North Main Street
West Hartford, Connecticut

860-521-5830

WestHartfordYMCA.org

Facebook.com/westhartfordYMCA



THANK YOU!
THE WEST HARTFORD YMCA WOULD LIKE
TO ACKNOWLEDGE THE GENEROUS
DONORS BELOW:



Lollipop Tree
Nursery School
Bloom, Blossom, Grow



Simsbury Bank.

Bank this way.



Sally and Bob's
EATERY

 **State Farm™**

Hoffman
Driven by trust.™



FAIRVIEW
CAPITAL

THANK YOU TO OUR SUPPORTERS

GHYMCA.ORG

BECOME A SPONSOR

There are so many ways to support this great charity all year long. To help support youth programming and access to camp for kids in our community, contact josue.irizarry@ghymca.org.

MAKE A DONATION

You don't have to own a business to help send kids to summer camp or to provide a scholarship to a family so they can attend sports classes, learn to swim, or gain care through our childcare programs.

ANYONE CAN GIVE! DONATE TODAY BY VISITING WESTHARTFORDYMCA.ORG

DID YOU KNOW? THE Y IS A CHARITY!

Supporting the Y supports West Hartford. All of the money we raise through donations and programming goes back into supporting our community. By participating in Y programs, you help provide scholarship families with access to our services, you help put a caring adult in the presence of every child, and you support our advocacy efforts, like **LIVESTRONG®**.

DID YOU KNOW? THE COMMUNITY 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!

FINANCIAL ASSISTANCE

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

If fees are a concern, please contact us 860-521-5830.

POLICIES

DID YOU KNOW?

Our sessions always start on a Monday, but keep in mind your program might start on a different day of the week. YMCA instructional classes are six weeks in duration. However, each program cycle (not including summer sessions) includes a "bonus" seventh week, which may be used for additional instruction time or as a make up for a canceled class. Our Sports Leagues always run for seven weeks.

DID YOU KNOW? YOU CAN REGISTER ONLINE!

Set up an account at westhartfordYMCA.org, and make sure to remember your password. Program registration stays open online until the program starts. Some special programs, like leagues, close online early to give us time to set up rosters. If you forget your password, give us a call in the office at 860.521.5830, and we can reset it for you. As always, we can register you over the phone or at the YMCA offices at 12 North Main Street, West Hartford.

FINANCIAL ASSISTANCE

The YMCA offers programs and services designed to benefit people of all incomes and backgrounds.

The Y uses contributed funds from the **COMMUNITY CAMPAIGN** to ensure those unable to pay the stated fee are able to participate. If fees are a concern, please contact us 860-521-5830.

WHY VOLUNTEER AT THE Y?

Our youth leagues depend on parent helpers and volunteers. Orientation meeting and on-site staff guidance provided! Visit our website for meeting info and handbooks. Experience not necessary, just a willingness to make a difference! If you are interested in volunteering, contact Youth Development Director Thomas Faeth at thomas.faeth@ghymca.org or 860-521-5830 ext. 14.

VOLUNTEER APPLICATIONS ARE ON OUR SITE AT WESTHARTFORDYMCA.ORG

To access the form:

- Click on the three lines in the top right corner
- Click on Volunteer, then click on Volunteer Today and download the file.
- If you are interested in volunteering to be coach, fill out the form and send it to thomas.faeth@ghymca.org

DID YOU KNOW?

The West Hartford Y is a "Y without walls" We host our programs at other facilities in the community. To find a full facility YMCA branch near you, visit GHYMCA.org.

LIVESTRONG® AT THE YMCA

**FREE 12-week program
HELPING SURVIVORS REDISCOVER THEIR INNER ATHLETE!**

- Offers survivors guidance and support
- Feel physically/emotionally strong again
- Work on goals such as:
 - building muscle mass/strength
 - increasing flexibility
 - improving confidence

For more information, contact Thomas Faeth
at 860-521-5830 or email thomas.faeth@ghymca.org



LIVESTRONG®
FOUNDATION

TEEN PROGRAMS

LEADERS CLUB

Ages: 12-17

Wednesdays | 6:30-7:30 pm

Location: West Hartford YMCA Administrative Offices
12 North Main Street, West Hartford

Fee: \$150 for the year (can join at any time)

Leaders Club helps develop youth as leaders while fostering a culture of service. With adult advisors, teens have role models and mentors who can have a positive impact on their lives as they grow in their desire and ability to be a positive force in the community.



For more information about our Leaders Club, contact Thomas Faeth,
Youth Development Director, at 860-521-5830 or thomas.faeth@ghymca.org.

PROGRAM REFUND POLICY

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.

SPRING 1 – fee \$85**BASKETBALL****Co-ed Youth Basketball League**

Locations: Kingswood Oxford School-Coolidge Gymnasium

Come to where basketball was invented in 1891! Dedicated, patient coaches use age-appropriate drills designed to teach essential skills in a fun environment. Volunteers are an essential part of YMCA basketball leagues.

Parent & Me Co-ed Basketball

Ages 2 & 3 years old | Saturdays | 9:00-9:45AM

Co-ed Basketball

Ages 3 & 4 years old | Saturdays | 11:15-12:15PM

Co-ed Basketball

Ages 5 & Kindergarten | Saturdays | 12:30-1:30PM

Co-ed Basketball

Grades 1 & 2 | Saturdays | 10:00-11:00AM

Boys Basketball

Grades 3 & 4 | Saturdays | 1:45-3:00PM

VOLLEYBALL

Location: TBD

Grades 3-5 | Saturdays | 11:30-12:30PM

Volleyball is the perfect blend of fun and fitness. In this instructional program, children will learn the basic skills involved in competitive volleyball from serving and digging to passing, setting and hitting. Sure to leave participants wanting to play more!

SPORTS OF ALL SORTS

Locations: TBD

Ages: 3-4 | Saturday | 10:15-11:15AM

Sports of all sorts! Each week a new sport is introduced including soccer, kickball, basketball, T-ball, followed by an obstacle course in the last class! Warm up and stretching is followed by skill development and a game. The children will learn team spirit and sportsmanship, all while having fun! Along the way, the children will also gain improved motor skills, hand eye coordination, and socialization.

INDOOR SOCCER

Location: TBD

ages 3-4 | Saturdays | 9:00-10:00AM

We strive to make your child's experience at the Y enjoyable, fun, and rewarding. Our league stresses fun and learning, not competition, while building self-confidence. Our players are coached by parent volunteers and games are played once a week with warm-ups and skills practice included in the one hour program.

SPRING 2 – fee \$85**SOCCER LEAGUES**

Location: TBD

Parent and Me Soccer

ages 2-3 | Saturdays | 9:00-9:45AM

Co-ed Soccer

ages 3-4 | Saturdays | 10:00-11:00AM

Co-ed Soccer

ages 5-7 | Saturdays | 11:15-12:15PM

We strive to make your child's experience at the Y enjoyable, fun, and rewarding. Our league stresses fun and learning, not competition, while building self-confidence. Our players are coached by parent volunteers and games are played once a week with warm-ups and skills practice included in the one hour program.

T-BALL

Location: TBD

ages 3-4 | Saturdays | 11:15-12:15PM

YMCA T-ball programs teach each child the basics of baseball to help them grow as players, all while encompassing the fun that comes standard with YMCA programs. Players develop skills, teamwork, sportsmanship, self-confidence and a love for the game. Skill development will cover the fundamentals of throwing, catching, batting (off a Tee), base running, game rules and etiquette. Games will be played without the emphasis on competition, but rather on creating a memorable, fun, and rewarding experience for all involved.

VOLLEYBALL

Location: TBD

Grades 3-5 | Saturdays | 12:30-1:30PM

Volleyball is the perfect blend of fun and fitness. In this instructional program, children will learn the basic skills involved in competitive volleyball from serving and digging to passing, setting and hitting. Sure to leave participants wanting to play more!

ARCHERY

Location: Westminster Presbyterian Church

Ages 6+ | Saturdays | 12:30-1:30PM

Have fun and learn to shoot with a certified Archery instructor. Students will learn proper form, technique, and terminology as well as scoring and range safety.

PARENT AND ME SPORTS OF ALL SORTS

Locations: TBD

Ages: 2-3 | Saturday | 9:00-9:45AM

Sports of all sorts! Each week a new sport is introduced including soccer, kickball, flag football, T-ball, followed by an obstacle course in the last class! Warm up and stretching is followed by skill development and a game. The children will learn team spirit and sportsmanship, all while having fun! Along the way, the children will also gain improved motor skills, hand eye coordination, and socialization.

SPORTS SPRING 2 CONT.

SPORTS OF ALL SORTS

Locations: TBD

Ages: 5-7 | Saturday | 10:00-11:00AM

Sports of all sorts! Each week a new sport is introduced including soccer, kickball, flag football, T-ball, followed by an obstacle course in the last class! Warm up and stretching is followed by skill development and a game. The children will learn team spirit and sportsmanship, all while having fun! Along the way, the children will also gain improved motor skills, hand eye coordination, and socialization.

FLAG FOOTBALL

Location: TBD

Grades 3-5 | Saturdays | 12:30-1:30PM

YMCA Flag Football provides young players a safe, fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork and sportsmanship. Players will learn basic principles such as throwing, catching and running. Flag Football provides a fun, positive experience for your child through on-the-field instruction. Our staff and volunteer coaches strive to make this a memorable experience for all.

SUMMER CAMP

Are you looking for fun camps for your child this summer?

Summer is a time of growth and discovery, and summer camps are the source of countless memorable experiences for children. Your child will participate in water activities, crafts activities, field trips, sports and much more.

2019 CAMP WEST HARTFORD

Location: Wolcott Elementary School • 71 Wolcott Road

Fee: Full week: \$240 | 3-day: \$175

Hours | 7:00AM-6:00PM

ages 4-13

SESSIONS

Session 1 | Superheroes | June 24-June 28

Session 2 | Red, White, and Blue | July 1-July 5
no camp July 4

Session 3 | Safari | July 8-July 12

Session 4 | Celebration of Nations | July 15-July 19

Session 5 | Color Games | July 22-July 26

Session 6 | Halloweentown | July 29-August 2

Session 7 | Animation Nation | August 5-August 9

Session 8 | Harry Potter | August 12-August 16

Session 9 | Camp Favorites | August 19-August 23

LEADERSHIP PROGRAM

ages 14-15 | \$160 per week

- Traditional Camp (all summer)
- BELL Power Scholars Academy –Education Camp (5 week program)
- Nature Exploration
- STEM Activities
- Sports Activities
- Water Activities
- Field Trips
- Swimming
- Arts & Crafts

AQUATICS

Sessions: Spring 1, Spring 2

Location: Mandell JCC

PRESCHOOL SWIMMING LESSONS

6 Months-3yrs – 30 minute classes

Price: \$90

Level A (with parent)- Introduces infants & toddlers to water

Friday: 5:30PM

Saturday: 10:00AM, 11:30AM

PRESCHOOL SWIMMING LESSONS

3-5 years – 30 minute classes

Price: \$90

Level 1: Increases comfort underwater & teaches basic self-rescue skills

Friday | 6:00PM, 6:50PM

Saturday | 9:00AM, 11:00AM

Level 2: Encourages forward movement & teaches self-rescue skills

Friday | 6:30PM

Saturday | 9:30AM, 10:30AM

Level 3: Develop self-rescue skills for longer distances

Friday | 7:00PM

YOUTH SWIMMING LESSONS

6-12 yrs – 40 minute classes

Price: \$95

Level 1: Increases comfort underwater & teaches basic self-rescue skills

Saturday | 11:15AM

Level 2: Encourages forward movement & teaches self-rescue skills

Friday | 6:10PM

Saturday | 9:00AM, 10:30AM

Level 3: Develop self-rescue skills for longer distances

Friday | 5:30PM

Saturday | 9:45AM



Swim lessons are held at the
Mandell Jewish Community Center
335 Bloomfield Avenue, Bloomfield



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST HARTFORD YMCA

a branch of the YMCA of Metropolitan Hartford, Inc.
12 North Main Street, West Hartford, CT 06107

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.

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.

Did you know that in addition to our fabulous branch day camps, we have two world class overnight camps and two regional day camps?

Learn more about Camp Jewell, Camp Woodstock, Camp Chase and Camp Yankee Trails at GHYMCA.org/camping