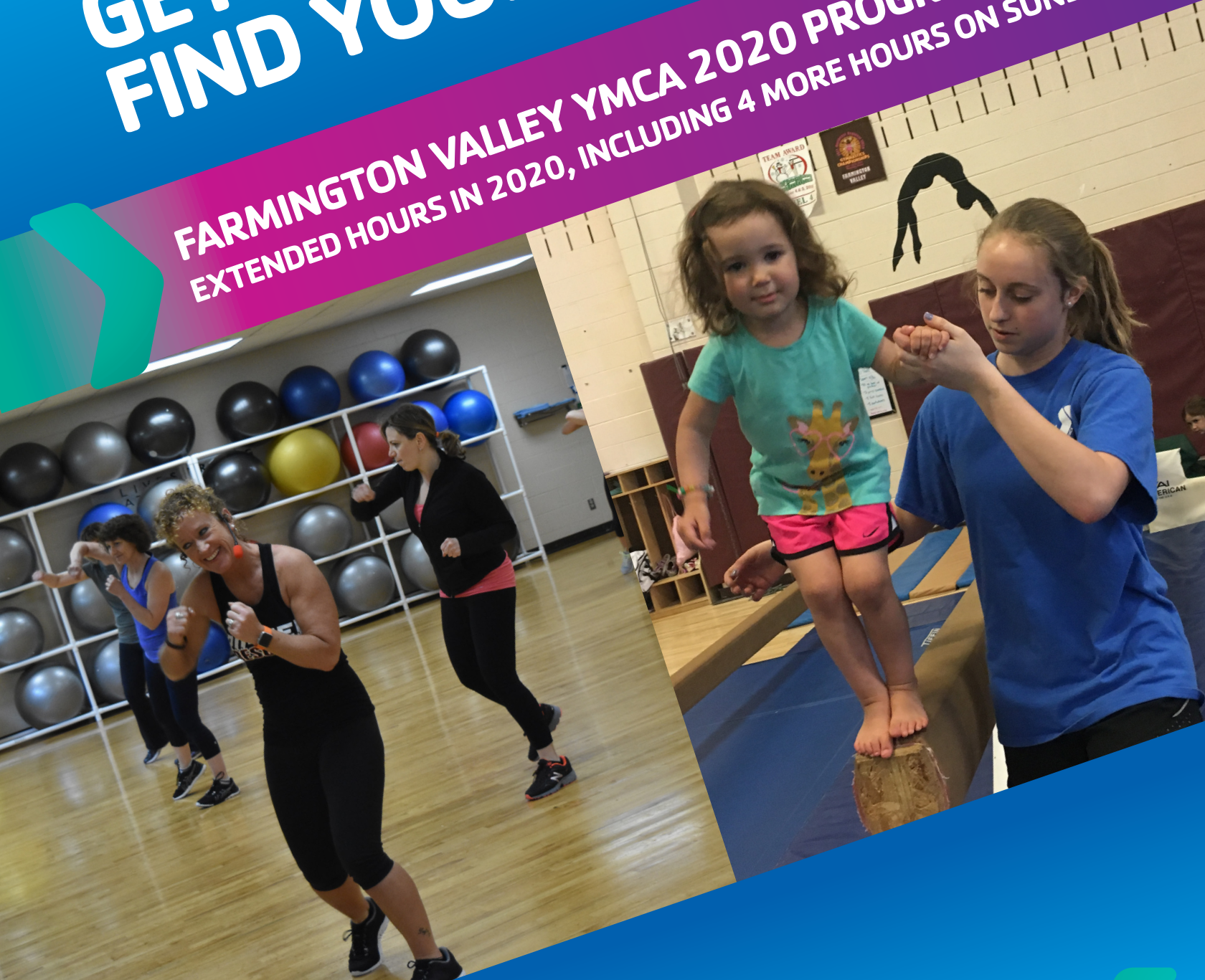




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET FIT. FIND YOUR FIT.

FARMINGTON VALLEY YMCA 2020 PROGRAM GUIDE
EXTENDED HOURS IN 2020, INCLUDING 4 MORE HOURS ON SUNDAYS!



FARMINGTONVALLEYYMCA.ORG
WE BUILD LIFELONG SUCCESS



WE BUILD LIFELONG SUCCESS

GHYMCA.ORG/JOIN

SIX YMCAs, ONE MEMBERSHIP

GHYMCA.ORG/LOCATIONS

2020 Session & Registration Dates

WINTER: 1/6-2/16, registration starts 12/2/19
SPRING 1: 2/24-4/5, registration starts 1/20
SPRING 2: 4/13-5/24, registration starts 1/20
SUMMER 1: 6/15-7/19, registration starts 5/11
SUMMER 2: 7/20-8/23, registration starts 5/11
FALL 1: 9/14-10/25, registration starts 8/10
FALL 2: 11/2-12/13, registration starts 8/10

GHYMCA.ORG

JOIN THE Y. JOIN A COMMUNITY.

A YMCA membership sets you on the path to good health in spirit, mind and body, helping you enjoy a full and balanced life. With **no contracts**, your membership provides quality programs for you and your whole family to enjoy! We offer financial assistance for those who meet income requirements so that everyone can feel welcome to apply for a Y membership.

FIND THE CATEGORY THAT IS RIGHT FOR YOUR FAMILY!

- Family 1 Parent** | \$86
1 adult & dependent children (under age 23) sharing the same address
- Family 2 Parents** | \$96
2 adults & dependent children (under age 23) sharing the same address
- Y Kids/Youth** \$26 | 6 weeks-18
- Couple** \$89 | ages 30-64
- Young Adult** \$41 | ages 19-29
- *Senior** \$56 | ages 65+
- Adult** \$62 | ages 30-64
- *Senior Couple** \$83 | ages 65+

*Seniors who have Silver Sneakers or Renew Active qualify for a free membership.



Rates subject to change with 30-days notice.

Visit ghymca.org/join to learn more and become a member

CORPORATE MEMBERSHIP

Partner with the YMCA's Corporate Membership program to provide a healthy, happy workspace for you and your employees. Get discounts on membership dues, value-added wellness programming and more!
Contact workplacewellness@ghymca.org or call Lisa Reinhardt at 860-595-3025.

JOIN OUR YMCA TEAM—WE'RE HIRING!

Employment and volunteer opportunities available. We are always looking for lifeguards, personal trainers, head teachers, youth sports coaches, and other positions.

Visit ghymca.org/employment to apply!

VOLUNTEER AT THE Y!

We have several opportunities to participate in your community.
Visit ghymca.org/volunteer to find out more.

PROGRAM REFUND POLICY

Classes run for 6 weeks unless otherwise noted. A full refund will only be issued for withdrawals received in writing before the 1st class. A pro-rated refund will be issued for withdrawals after the 1st class. Refunds after the 2nd class are provided only with a doctor's note for the unused portion. Deposits to secure a spot in a program or for a facility rental are non-refundable.

FARMINGTON VALLEY YMCA

97 Salmon Brook Street
Granby, CT 06035
860-653-5524

FarmingtonValleyYMCA.org

OPEN 6 HOURS
MORE PER WEEK
IN 2020!

- **Mon-Thurs 5am-9pm**
- **Fri 5am-8pm**
- **Sat-Sun 7am-6pm***

*Memorial Day-Labor Day: Sat-Sun 7am-4pm

FINANCIAL ASSISTANCE PROVIDED
WITH HELP FROM OUR ANNUAL CAMPAIGN

As a community benefit organization, the YMCA wants to ensure that ALL members of our communities have access to our facilities and programs. That is why we offer financial assistance for membership, child care, sports, swim lessons, summer camp, and more. All funds come from generous donations made to our Annual Campaigns.

Please call our Welcome Centers today and we'd be happy to go over your options with you!

The YMCA's Annual Campaign provides financial assistance to ensure that all members of our community can take part in our life-changing programs and services regardless of their ability to pay.

In 2019, the branches of the YMCA of Greater Hartford provided \$2.35 million in program Financial Assistance so that individuals could achieve lifelong success through summer camp, child care, swim lessons, and LiveSTRONG.

2020 ANNUAL CAMPAIGN

The YMCA is a place where everyone is welcome regardless of race, age, religion or financial standing. Each year, the Annual Campaign raises funds for families and individuals who can't otherwise fully afford YMCA programs and services.

Annual Campaign contributions are invested in people to provide resources to support those in need. 100% of the money raised goes to programs and services for children, teens, adults, families and seniors, and funds raised in each community stays in that community.

For more information on how you can support the Annual Campaign, go to ghymca.org/donate.

THIS BOOKLET COVERS
ALL OF 2020, SO HOLD
ON TO IT! FOR DETAILS
ON TIMES, COST AND
REGISTRATION, VISIT US
ONLINE!

| | DT | FV | HL | IV | WLR | WG |
|-----------------------------------|----|----|----|----|-----|----|
| Wellness Center | • | • | • | • | • | • |
| Fitness Machines | • | • | • | • | • | • |
| Free Weight Area | • | • | • | • | • | • |
| Turf Area | • | | | | • | |
| Functional Training Area | | • | | • | | • |
| Group Exercise Room & Classes | • | • | • | • | • | • |
| Cycle Studio/Classes | • | • | • | • | • | • |
| Mind-Body Studio | • | • | | | | |
| Boxing Studio | • | | | | | |
| Lap Pool | • | • | • | • | • | |
| Warm Water Pool | | • | • | • | • | |
| Water Playground | | | • | • | • | |
| Sauna & Steam Room | • | • | • | • | • | • |
| Whirlpool | • | • | • | • | • | |
| Gymnasium & Indoor Courts | | • | • | | • | • |
| Rock Wall | | • | | | • | • |
| Gymnastics Center | | • | | | | |
| Outdoor Basketball Court | | | | • | • | • |
| Babysitting Room(s) | | • | • | • | • | • |
| Teen Center/Tech Center | | • | • | | • | • |
| Outdoor Trails | | | • | • | | |
| Conference Rooms | • | • | • | • | • | • |
| Family Locker Rooms | • | • | • | • | • | • |
| Adult Locker Rooms | • | • | • | • | • | • |
| Locker Rentals | • | • | | • | | |
| Towel Service | • | | | | | |
| Subway Restaurant/Food Court | • | • | | | | |
| Programs & Services | DT | FV | HL | IV | WLR | WG |
| Group Exercise Classes | • | • | • | • | • | • |
| Specialized Small Group Training | • | • | • | • | • | • |
| Water Exercise Classes | • | • | • | • | • | |
| Personal Training | • | • | • | • | • | • |
| Nutrition Counseling | | • | • | • | • | |
| Adult Sports | | • | • | • | • | • |
| Senior Fitness Classes/Activities | • | • | • | • | • | • |
| Pickleball | | • | • | • | • | • |
| LiveSTRONG | • | • | • | • | • | • |
| Adaptive Programs | | • | | • | • | • |
| Lifeguard, CPR Certifications | • | • | • | • | • | |
| Licensed Childcare | | • | | • | • | • |
| Infant Care | | | | • | • | |
| Preschool | | | | • | • | |
| Before and After School Care | | • | | • | • | • |
| Vacation or Snow Day Care | | • | | • | • | • |
| Birthday Parties & Rentals | • | • | • | • | • | • |
| Summer Camp - Preschool | | • | • | • | • | • |
| Summer Camp - Elementary | | • | • | • | • | • |
| Summer Camp - Preteen/Teens | | • | • | • | • | • |
| Summer Learning - YBELL | | | | | | • |
| Youth Swim Lessons | • | • | • | • | • | |
| Adult Swim Lessons | • | • | • | • | • | |
| Private Swim Lessons | • | • | • | • | • | |
| Competitive Sports/Swim Teams | | • | • | • | • | |
| Preschool Activities & Sports | | • | • | • | • | • |
| Youth Sports | | • | • | • | • | • |
| Archery | | • | • | • | • | |
| Soccer | | • | • | • | • | • |
| T-Ball | | • | • | • | • | |
| Basketball | | • | • | • | • | • |
| Martial Arts | | • | | • | • | • |
| Gymnastics | | • | | | • | |
| Rock Climbing | | • | | | • | • |
| Other Sports | | • | • | • | • | • |
| Youth Activities | • | • | • | • | • | • |
| Leaders Club | | | • | • | | • |
| Youth & Government | | | | | | • |
| Drama, Dance, Other Activities | • | • | | • | | • |
| Kids Night Out/Teen Nights | | • | • | • | • | • |

THERE'S SOMETHING
FOR EVERYONE

MEMBERSHIP IS AN AMAZING VALUE!

INCLUDED WITH YOUR MEMBERSHIP*

*See location availability in the matrix to the left

- 50+ FREE group exercise classes each week
- 2 hours per day of FREE babysitting while you work out
- Swim and play games in our indoor pools
- Use of all YMCA of Greater Hartford facilities/branches
- Seasonal use of Camp Chase Outdoor Center, with hiking trails, outdoor pool, courts, giant slide, bouncing pillow, sports & more!
- Nationwide membership at all participating Ys
- Early registration & big discounts for programs and classes
- Access to Kids Night Out events and member-only family nights
- Work out in the fitness center with kids ages 12+, or take a family-friendly group exercise class

DID YOU KNOW?!

The YMCA is a non-profit, community benefit organization that provides financial assistance for programs and membership.
GHYMCA.org/donate

THINGS TO KNOW:

Members can use all YMCA of Greater Hartford facilities

Member must use home branch 51% of the time.

Nationwide Membership

Visit participating YMCAs across the country.

Your health insurance may pay for your membership...

Or at least some of it! Many health insurance companies reimburse for memberships to fitness facilities, including YMCAs. Call your insurance company for details.

No membership contracts EVER!

Just provide 30-days written notice when you wish to cancel. Be a member on YOUR terms.

YMCA OF GREATER HARTFORD
THE Y IS IN YOUR COMMUNITY:

Full Facility Branches

| | | |
|---|--|--|
| Downtown Hartford 90 State House Square, Hartford 860-522-4183 | Hale 9 Technology Park Drive Putnam, CT • 860-315-9622 | Wheeler 149 Farmington Avenue Plainville, CT • 860-793-9631 |
| Farmington Valley 97 Salmon Brook Street, Granby 860-653-5524 | Indian Valley 11 Pinney Street Ellington, CT • 860-871-0008 | Wilson-Gray 444 Albany Avenue Hartford, CT • 860-241-9622 |

Program Branches - visit us online for programming & amenities!

| | | |
|--|---|--|
| East Hartford 770 Main Street, East Hartford 860-289-6612 | Glastonbury 95 Oakwood Drive, Glastonbury 860-633-6548 | West Hartford/Tri-Town 12 North Main Street, West Hartford • 860-521-5830 |
|--|---|--|

GHYMCA.ORG

HEALTH & WELLNESS

GHYMCA.ORG/HEALTH

50+ FREE GROUP EXERCISE CLASSES WEEKLY

[GHYMCA.org/groupex](https://ghymca.org/groupex)

The YMCA offers a large variety of group exercise classes led by trained, energetic instructors. Try cardio, strength, yoga and Pilates, barre, Zumba, water exercise, senior classes, and more. There's no pre-registration or fee for our group exercise classes. Please check the schedule, drop in a class, and start working out.

LESMILLS – NEW IN 2020

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit FAST. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically-backed moves while pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready for more!

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

SENIOR PROGRAMMING

[GHYMCA.org/seniors](https://ghymca.org/seniors)

We offer a variety of programs designed with seniors in mind, including land- and water-based exercise classes; pickleball; educational seminars; game days; and so much more!

FITPATH

[GHYMCA.org/fitpath](https://ghymca.org/fitpath)

FREE introduction to wellness at the Y

Our goal is to help you make the most of your membership and be successful at the Y. The FitPath is a time for you to sit down with a Wellness Coach to discuss your fitness background and how you move. Then we can show you how to use the equipment you're most interested in, discuss a plan of action, and suggest which exercise classes will best meet your needs.

Remember, the FitPath is only one part of your overall My Y Journey orientation! We plan to take you around the building and introduce you to all the Y has to offer, and then devise a weekly plan to help you get the most out of your membership!

YMCA WEIGHT LOSS PROGRAM – COMING FALL 2020

This program is designed to help those seeking a healthier weight achieve goals by making small, modest changes to daily behaviors and forming sustainable, healthy habits. Rather than advocate for specific or restrictive short-term solutions, this program helps participants build skills for successful lifestyle changes.

THE GREAT HARTFORD SLIMDOWN

WILL BE BACK IN 2020!

Visit [GHYMCA.org/slimdown](https://ghymca.org/slimdown) for more info on when this popular program will run and how to register.

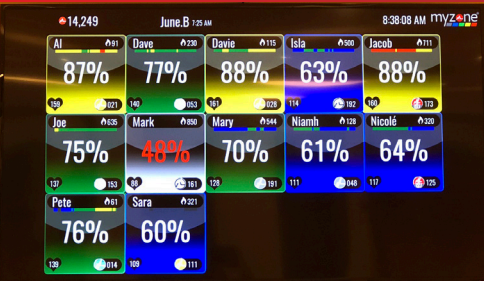
ABOUT OUR WELLNESS CENTER

Our 4,000-square-foot Wellness Center features more than 60 pieces of state-of-the-art cardio equipment, including ellipticals, treadmills, lifecycles, Espresso Bikes & rowers; more than 5,000 pounds of weights & more than 40 kettlebells—all you need for your routine. Concept rowers and hammer strength equipment are available, with personal viewing stations positioned on most cardio machines. Our Small Group Training Room features a Lifefitness Synrgy 360, 2 squat racks and more free weights for personal use.

myzone

HEARTRATE MONITOR

MyZone is an innovative, wearable, heart rate-based system that uses wireless technology to accurately monitor physical activity. It is 99.4% accurate, allowing for maximized success. It is great for anyone who wants a gamified and motivating experience. MyZone monitors heart rate and calories in real time, which you can monitor on your cell phone or on our LIVE DISPLAYS in our Wellness Center & Group Ex rooms.



PERSONAL TRAINING

[GHYMCA.org/personaltraining](https://ghymca.org/personaltraining)

Spend time with a personal fitness trainer in a one-on-one setting.

Our trainers are educated professionals, often with years of experience, who can help anyone, including working professionals, new moms, seniors and athletes. YMCA trainers come from as many different backgrounds and walks of life as our members, and we take great care in matching members with the right trainer.

Your initial visit includes a review of your health history, lifestyle and goals. Your trainer can then help you achieve goals through personal attention, accountability and expertise. Save money with our packages, ranging from 4 to 52 sessions!

SMALL GROUP TRAINING & SYNERGY 360

[GHYMCA.org/specialtyclasses](https://ghymca.org/specialtyclasses)

Join us for specialized dynamic small group training programs. Training programs that creates transformational and inspiring fitness experiences for a diverse audience of exercisers. Programs include: TRX Suspension, Synrgy 360, Senior Synrgy and Glove Up, Bosu, Extreme Fit, Ballet Ext Fit, and Sore No More.

LIVESTRONG AT THE YMCA

[GHYMCA.org/livestrong](https://ghymca.org/livestrong)

This is a free, 12-week health and exercise program for adult cancer survivors to achieve their holistic health goals. LiveSTRONG at the Y offers group-based physical activity and well-being programming and provides a supportive community.

Sessions start in January, April and September

Contact Information – Health & Wellness

Jackie Voelker: 860-653-5524 or
jackie.voelker@ghymca.org

SWIMMING

GHYMCA.ORG/SWIMMING

LEARN TO SWIM AT THE Y! HAVE FUN WITH A SPLASH OF CONFIDENCE!

Every day children and adults learn to swim at the Y! Swimmers 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 so that participants get personal attention. With a wide selection of classes and schedules, you're sure to find one that fits your needs and your schedule.

VISIT [GHYMCA.ORG/SWIMLESSONS](https://ghymca.org/swimlessons) FOR SCHEDULES

GROUP SWIM LESSONS CLASS SELECTOR

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

6 months–3 years **3 years–5 years** **6 years–12 years** **13+ years**
PARENT & CHILD PRESCHOOL SCHOOL AGE TEEN & ADULT
STAGES A–B STAGES 1–4 STAGES 1–6 STAGES 1–6

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? | 6 STROKE MECHANICS |

Contact Information – Swimming

Lessons: 860-653-5524 or krysta.downs@ghymca.org
Team: 860-653-5524 or mario.franco@ghymca.org



GROUP SWIM LESSONS

[GHYMCA.org/swimlessons](https://ghymca.org/swimlessons)

We offer group swim lessons for people of all ages and abilities! Choose the appropriate lessons for you and your family in the class selector to the left, and learn more about our programming and prices online.

ADAPTIVE GROUP SWIM LESSONS

Join us for these parent-child classes designed for anyone, of any ability, ages 6 months and older!

PRIVATE SWIM LESSONS

[GHYMCA.org/privateswimlessons](https://ghymca.org/privateswimlessons)

We offer private and semi-private 30-minute swim lessons to fit your schedule. Lessons are for any age and skill level. Contact us to schedule your lesson today!

WATER FITNESS CLASSES

[GHYMCA.org/waterexercise](https://ghymca.org/waterexercise)

We have several weekly, FREE water exercise classes! Find our schedule and class descriptions online.

TEST. MARK. PROTECT.

[GHYMCA.org/test-mark-protect](https://ghymca.org/test-mark-protect)

The YMCA of Greater Hartford has a new swim test model and marking system to ensure our youngest members' safety. All children ages 16 and younger must be swim tested with our new tests. Children will then receive a green band, yellow band, or red band so that lifeguards instantly know each child's swimming ability.

CERTIFICATIONS

[GHYMCA.org/certifications](https://ghymca.org/certifications)

American Red Cross Lifeguarding Class
Lifeguarding Recertification Class
CPR/Basic First Aid Course

EMPLOYMENT OPPORTUNITIES!

[GHYMCA.org/careers](https://ghymca.org/careers)

Apply today to join our team of lifeguards and instructors!

TSUNAMIS SWIM TEAM

MAKING A DIFFERENCE IN CHILDREN'S LIVES,
FROM NOVICES TO NATIONAL QUALIFIERS

The Tsunamis season starts in September, but you can join the team at any time! Join the Best Connecticut team at the YMCA New England Championship.

The Tsunamis is for children of all levels ages 5 to 18! Our team competes in both YMCA and USA Swimming leagues. Children must be able to swim on front and back.

Swimmers break into two phases. Phase one is Olympic stroke one, two and three, where swimmers will learn the fundamentals. Phase two is by age groups and includes more elaborated practices.

For team information, visit Teamunify.com/ymca-0964



SPORTS

GHYMCA.ORG/SPORTS
FVYSports.ORG

BASKETBALL
GHYMCA.org/basketball
Leagues & Classes

Schedule: Sessions start February 3, 2020 and November2, 2020

- Parent/child, ages 2-3 Tuesday 5:50-6:35pm
- Preschool, ages 3-4 Tuesday 5-5:45pm, Saturday 9-9:45am
- Youth, ages 5-grade K Monday 5:15-6:15pm, Wednesday 4:15-5:15pm, Saturday 10-11am
- Youth, grades 1-2 Monday 6:20-7:20pm, Wednesday 5:20-6:20pm, Saturday 10-11am

Grades 3-8 Division
Location: Various Simsbury elementary schools
Schedule: Season runs December-March with 9 Saturday afternoon games
Teams have preseason and weekly practices. Players receive equal playing time, jerseys and trophies. It is fun, instructional, and moderately competitive. Scores are kept without standings or personal stats. All skill levels are welcome and spread equally on Formation Day by volunteer coaches and YMCA Staff.

Grades 9-10 & 11-12 Divisions
Location: Henry James Middle School
Schedule: Season runs December-March with 9 Monday evening games
High School Recreational League called "Y-ball." Annual All-Star break! Team standings are posted! Games held at Henry James Middle School on Monday nights. There are no practices in this league. Captains choose teams on Formation Day. All players must attend Formation Day and sign a code of conduct.

ROCK CLIMBING CLASSES
GHYMCA.org/rockclimbing

Schedule: Year round

- Parent/child, ages 4+ Saturday 11am
- Preschool rockers, ages 4-6 Tuesday 5pm, Friday 4pm
- Kid climbers, grades 1-4 Monday 4pm, Thursday 5pm, Saturday 9am
- Cliffhangers, grades 5-8 Saturday 10am

MARTIAL ARTS
GHYMCA.org/martialarts

Schedule: Year round
Ages 6 through adulthood Tuesday 6:30-7:30pm, Thursday 6:30-7:30pm
(\$10 discount if you sign up for both days)

OUTDOOR ARCHERY
GHYMCA.org/archery

Schedule: Spring 2, Summer 1, Summer 2, Fall 1

- Beginner, ages 7+ (adults welcome) Saturday 9am, Saturday 3pm
- Advanced, ages 10+ (adults welcome) Saturday 10am, Sunday 4pm
- Adults Saturday 11am

INDOOR ARCHERY
GHYMCA.org/archery

Schedule: Winter, Spring 1
All levels, ages 7+ Saturday 2:30pm, Saturday 3:35pm

SOCCER & T-BALL
GHYMCA.org/soccer-and-tball

Location: TBD
Schedule: Spring 2, Fall 1, days & times TBD

- Youth co-ed soccer, ages 4-5
- Youth co-ed soccer, ages 6-8
- Youth co-ed t-ball, ages 4-5
- Parent/child double play (soccer & t-ball), ages 2-3

***NOTE: Programs take place at the YMCA unless otherwise noted**



SPORTS & ACTIVITIES

GHYMCA.ORG/SPORTS
GHYMCA.ORG/ACTIVITIES

GYMNASTICS CLASSES
GHYMCA.org/gymnastics

Schedule: Runs year round on Tuesdays, Thursdays & Saturdays

- Tumblers parent/child, ages 18 months-3 years
- Tuckers beginner preschool, ages 3-4
- Jumpers intermediate preschool, ages 3-5
- Kippers advanced preschool, ages 4-5
- Rollers beginner youth, ages 6+
- Pikers intermediate youth, ages 6+
- Kippers advanced youth, ages 8+
- Boys beginner youth, ages 6+

OTHER SPORTS
GHYMCA.org/other-sports

PARKOUR, Schedule: year round

- Parkour kids, ages 4-6
- Beginner, ages 6+
- Intermediate, ages 6+
- Advanced, ages 8+

PICKLEBALL, Schedule: year round
Ages 18+, FREE for members, \$4 drop-in fee for non-members
Monday 11:30am-2:30pm, Tuesday 10am-1pm, Thursday 11:30am-2:30pm

SPORTS OF ALL SORTS, Schedule: year round
Ages 3-6 | Thursday 10am, Thursday 5pm, Friday 10am, Friday 11am

VOLLEYBALL, Schedule: year round

- Beginner, ages 7+
- Intermediate, ages 8+
- Advanced, middle & high school, ages 13-18

DANCE, Schedule: Winter, Spring, Fall
Ages 18 months-adult

- Parent/child, ages 18 months-3 years
- Creative movement, ages 3-4
- Tiny tot acrobatics, ages 3-4
- Jazz & tap combo, ages 4-6
- Jazz & ballet combo, ages 4-6
- Beginner acrobatics, ages 6+
- Youth ballet, ages 6+
- Intermediate ballet, ages 6+
- Youth tap, ages 6+
- Adult tap, ages 16+
- Adult beginner ballet, ages 16+

CHEERLEADING, schedule TBD
Ages 6-12

DODGEBALL, schedule TBD
Ages 6-12

KINDERMUSIK
GHYMCA.org/activities

- Foundations, newborn through 15 months, intended for lap babies and crawlers | Wednesday 11:45am -12:30pm
- Level 1, 12 months through 2.5 years old, intended for children who are walking | Wednesday 9:30-10:15am
- Level 2, 2-4.5 years old, intended for toddlers and preschoolers | Wednesday 10:40-11:25am



THE HOT SHOTS ARCHERY TEAM

SCHEDULE: May-October
All members, both kids and adults, are welcome to be evaluated for a spot in one of our team's divisions: Copper Arrow, Bronze Arrow, Silver Arrow, Gold Arrow, Platinum Arrow. Must have a YMCA family or youth membership. Weekday practices and competitions.

TWISTERS GYMNASTICS TEAM

SCHEDULE: Year round
Twisters gymnastics team is an opportunity for gymnasts to compete locally, regionally and nationally in both the Junior Olympics and Xcel programs. Competitive gymnasts train throughout the year, with level move-ups in June. Twisters Team is by invite-only. Contact Chrysta Young for more info!

MOUNTAIN LIONS ROCK CLIMBING TEAM

SCHEDULE: September-June
Join us for our competitive climbing team. Weekly practices focus on skill progression and preparing for local bouldering and speed climbing competitions, which are held throughout the season. Fees paid monthly by registration form.

Contact Information - Sports & Activities

- General sports & activities, rock climbing team: Senior Program Director Marissa Casarella at 860-653-5524 or marissa.casarella@ghymca.org
- Gymnastics, dance, parkour, volleyball: Program Director Chrysta Young at 860-653-5524 or chrysta.young@ghymca.org
- Archery classes & team: Coach Kim Grenfell at 860-653-5524 or kim.grenfell@ghymca.org



CAMP & SUMMER MEMBERSHIP

GHYMCA.ORG/CAMPING

CAMP FARMINGTON VALLEY

[GHYMCA.org/campfarmingtonvalley](https://ghymca.org/campfarmingtonvalley)

Traditional Camp

Ages: grades K-8

Schedule: Camp Day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm

Dates: June 15-August 21; camp runs on 1-week sessions

Camp Farmington Valley offers a positive developmental experience that builds confidence through age-appropriate skill-building activities. Campers explore creativity, teamwork and leadership in physically active programs that influence a lifetime of success. Led by caring, highly trained staff, your child will be in a safe, nurturing environment to have fun!

Preschool Camp

Ages: 3-5

Schedule: Half-day: 9am-12pm (can attend before camp care) | Full Day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm

Dates: June 22-August 21; camp runs on 1-week sessions

Our preschool summer camp provides full- and half-day options to experience traditional camp activities in a safe, age-appropriate setting. Preschoolers will discover the outdoors, swim, sing camp songs, and make special crafts in a caring and nurturing environment.

Twisters Gymnastics Camp

Ages: 6+

Schedule: Camp Day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm

Dates: June 22-August 21; camp runs on 1-week sessions

Improve and learn new gymnastics skills at our summer camp with our experienced staff. Each day includes gymnastics instruction plus activities like swimming, rock wall climbing, crafts, games, and outdoor activities! Children are divided into groups by skill level.

Youth Sports & Fitness Camp

Ages: 5+

Schedule: Camp Day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm

Dates: August 3-August 9

This camp is designed to teach kids at an early age the importance of proper nutrition and physical activity while having fun at the same time. Campers will learn how to identify tasty vegetables, learn about wellness through many fun interactive activities that will include swimming, dance, nutrition, cooking, climbing wall, sports, arts and crafts, Yoga and Zumba.

Contact Information - Camp Farmington Valley

Marissa Casarella: 860-653-5524 or
marissa.casarella@ghymca.org

OVERNIGHT CAMPS

GHYMCA.ORG/CAMPING

CAMP JEWELL

CampJewell.org

SUMMER CAMP OFFERINGS: Traditional Day Camp, Traditional Overnight Camp (New in 2020: 1 or 2 week sessions), Horseback Riding Camp (day and overnight), Teen Adventure Camp, Leadership Camp

YEAR-ROUND AND ADULT OFFERINGS: Family Camps, Volunteer Weekends, Mother-Daughter Horseback Riding Weekends, Women's Wellness Weekends, Retreats, Conferences, Team-Building, School Trips

Camp Jewell, located in the foothills of the Berkshires in Colebrook, Connecticut, is much more than a place for kids to get away from home, meet new friends, and have fun. It provides children with a community of caring adults who build self-respect and a safe environment where a kid can be a kid.

We offer tiered pricing and financial assistance to meet your needs. Call us today!

CAMP WOODSTOCK

CampWoodstock.org

SUMMER CAMP OFFERINGS: Traditional Day Camp, Traditional Overnight Camp, Leadership Camp

YEAR-ROUND AND ADULT OFFERINGS: Family Camps, Volunteer Weekends, Retreats, Conferences, Team-Building, School Trips

Welcome to The Friendship Camp! Summer camp is all about the kids, and our primary goal is to provide a safe and welcoming environment for our campers. We hire and train counselors who easily connect with each individual camper and provide countless opportunities for campers to make friends and build relationships. We are known as The Friendship Camp for good reason: Campers have been making lifelong friendships at Camp Woodstock since 1922!

We offer tiered pricing and financial assistance to meet your needs. Call us today!

MEMBERS SAVE BIG ON OVERNIGHT CAMP! SAVE \$175 PER WEEK AS A YMCA OF GREATER HARTFORD FAMILY MEMBER!



CAMP CHASE - 15 Canton Road (Rte. 4), Burlington

Traditional Day & Preschool Camp (ages 3-15), Sports Camps (archery, soccer, fishing), Leadership Camp
CampChase.org/day-camp

Ages: 3-15

Schedule: Half-day: 9am-12pm (can attend before camp care) | Full Day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm

Dates: June 15-August 21; camp runs on 1-week sessions

Camp Chase is all about discovery and outdoor exploration. Campers have the opportunity to discover nature, find new talents, try new activities like archery and bouldering, participate in crafts, swimming lessons, sports, and more, and gain independence while making lasting memories.

Free busing available from several towns for day camp, including from the Farmington Valley YMCA

Summer membership, outdoor facilities, and swim lessons
CampChase.org/outdoor-center

Members of the YMCA of Greater Hartford can use our wonderful facilities on nights and weekends between Memorial Day and Labor Day! Swim in our outdoor pool, use the playground, try out our soft court for basketball and volleyball, hike our trails, and do so much more!

jump on our giant trampoline, go down our giant 75-foot slide, hike our trails, and do so much more!
Not a member of the YMCA? No problem! We offer summer memberships (discounted for Burlington residents), and day passes. Call us to find out more!

Other year-round programming: Retreats, conferences, team building, school trips, and more

CampChase.org/groups-rentals

Camp Chase, on the border of Burlington and Farmington, is located on 78 acres with facilities that will make your special event even better. We can host school end-of-year picnics, company picnics, family reunions, birthday parties, church socials and local Scout events.



CHILD CARE

GHYMCA.ORG/CHILDCARE

BEFORE & AFTER SCHOOL CARE

We serve kids in Avon, East Granby & Granby

The YMCA's Before and After School program is licensed by the Connecticut Office of Early Childhood. We offer a curriculum for elementary-aged children that teaches confidence, encourages self-expression and enriches social development.

We accept Care 4 Kids and offer financial assistance.

Locations:

- Roaring Brook School, Avon (AM & PM care)
- Pine Grove School, Avon (AM & PM care)
- Allgrove School, East Granby (PM care only)
- Farmington Valley YMCA, Granby (PM care only)

Busing:

- Avon: No busing available; Children who attend Thompson Brook School may walk to the Pine Grove School location to participate in before and after school care if given written permission by a parent or guardian.
- East Granby: Busing to Allgrove Elementary School available from Seymour School, but busing choice must be used 5 days per week, per school district rules.
- Granby: Busing to Farmington Valley YMCA available from Kelly Lane School and Wells Road School, but busing choice must be used 5 days per week, per school district rules.



NO SCHOOL DAYS @ THE FARMINGTON VALLEY YMCA

When school is out for vacation, the YMCA offers a fun-filled full-day program. The Y offers theme-based activities, games, sports, arts & crafts, and occasional field trips. This program is held at the Farmington Valley YMCA

Registration closes 2 days before the holiday for children who participate in our Before & After School program, and 3 days before the holiday for other children.

2020 Dates:

- January: 20
- February 17, 18
- April 10, 13, 14, 15, 16, 17
- October 12
- November 3, 11
- December 28, 29, 30

Grades: K-6

SNOW DAYS @ THE FARMINGTON VALLEY YMCA

When Granby Schools cancel for snow, the Y is here to help! We welcome children from all school districts, but only hold snow day club when Granby Schools cancel.

You may pre-purchase up to 3 snow days each school year to ensure your child has a spot, and we will refund the money if we do not have that many snow days.

Grades: K-6

Contact Information - Child Care

Beth Garza: 860-653-5524 or
beth.garza@ghymca.org

PARTIES & FAMILIES

GHYMCA.ORG/PARTIES-RENTALS

BIRTHDAY PARTIES & FACILITY RENTALS

[GHYMCA.org/parties-rentals](https://ghymca.org/parties-rentals)

Celebrate your birthday at the Y!

- Pool Party
- Gymnastics Party
- Sports Party
- Rock Wall Climbing Party

Subway catering and paper goods packages are available. Parties can be held on Saturday or Sunday.

Call our Welcome Center for more info at 860-653-5524!

KIDS NIGHT OUT & FAMILY NIGHTS

[GHYMCA.org/activities](https://ghymca.org/activities)

Kids Night Out

Schedule: Twice per month

Fee: \$20 for first child, \$15 for each additional child (up to \$50)

Enjoy date night or time to yourself! Drop your kids off at the Y for games, a movie, and dinner. Our fun evenings have themes, so stay tuned to our social media for information! And don't forget to take yourself out for dinner and a movie (even Rated R!) too!

Family Nights

Schedule: Every month

Fee: FREE for members

Looking for a fun event that your whole family can enjoy? Join us for craft nights, board games, movies and more! Our themes and activities change for each event, so stay tuned to our social media and email for what's coming up!

ANNUAL EVENTS

GHYMCA.ORG/EVENTS

**HEALTHY KIDS DAY:
MAY 16, 2020**



GRANBY ROAD RACE

May 2, 2020



BIKE FOR THE BATTLE

**MARCH 28, 2020
7-11AM
\$125/hour/bike**



HALLOWEEN AT THE Y

October 23, 2020



DINNER WITH SANTA

December 11, 2020

SUPPORTING OUR ANNUAL CAMPAIGN

The YMCA of Greater Hartford hosts events throughout the year to bring together members of the community and to support the Branch Annual Campaigns. All money donated to the Annual Campaign and raised at events goes towards helping those in our communities that could not otherwise afford to participate in our programs and services. If you'd like to give back, visit [GHYMCA.org/donate](https://ghymca.org/donate) to learn more!

[GHYMCA.org/events](https://ghymca.org/events)

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

The YMCA, for **Youth Development**: empowering young people to reach their full potential, for **Healthy Living**: improving individual and community well-being, for **Social Responsibility**: giving back and inspiring action in our communities. 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 by providing financial assistance (based on income) for programs and membership.

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.

FARMINGTON VALLEY YMCA 2020 PROGRAM GUIDE

EXTENDED HOURS IN 2020, INCLUDING 4 MORE HOURS ON SUNDAYS!



**WE BUILD
LIFELONG SUCCESS**

97 Salmon Brook Street, Granby, CT 06035
FarmingtonValleyYMCA.org
860-653-5524