



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FALL INTO FUN AT THE Y!

**SOUTHINGTON-CHESHIRE COMMUNITY YMCAs
FALL 1 2023 MEMBERSHIP & PROGRAM GUIDE**

Registration Begins: Family Members - Wednesday, August 2nd
Full Members - Friday, August 4th
Non-Members - Wednesday, August 9th

Session Dates: Tuesday, September 5th - Sunday, October 22nd
Make-up Week: Monday, October 23rd - Sunday, October 29th

**ONLINE
REGISTRATION:
BEGINS AT 6AM**

**IN-PERSON/PHONE
REGISTRATION:
BEGINS AT 8AM**



SOUTHINGTON BRANCH HOURS

29 High Street

August 1– October 13, 2023

Monday–Friday 5AM–9PM

Saturday & Sunday 7AM–2PM

Starting October 14, 2023

Monday–Friday 5AM–9PM

Saturday & Sunday 7AM–5PM

Spirit, Mind & Body Center

Monday–Friday 5:30–11AM

Saturday 7:30–11AM

CHESHIRE BRANCH HOURS

Monday–Thursday 6AM–8PM

Friday 6AM–7PM

Saturday & Sunday 8AM–2PM

SEPT & OCT HOLIDAY HOURS

Holiday	Date	Notes
Labor Day	9/4	Southington 7AM–2PM Cheshire 8AM–12PM No Child Care or Babysitting (AKC) Pool Closed
Apple Harvest Road Races	10/1	Southington YMCA Branch Closes at 2PM
Columbus Day	10/9	No Child Care

CONTACT INFORMATION

Association Staff

Mark Pooler, CEO – mpooler@sccymca.org

Tabitha Stein, CFO – tstein@sccymca.org

Wendy Stevens, HR – wstevens@sccymca.org

Mark Guerin, Marketing – mguerin@sccymca.org

Southington Community YMCA Front Desk – 860.628.5597

Chrissy Cassesse, Cheshire Branch Exec – ccassesse@sccymca.org

Jay Jaronko, Southington Branch Exec – jjaronko@sccymca.org

Kevin Simms, Operations Director – ksimms@sccymca.org

Dave Langdon, Facilities – dlangdon@sccymca.org

Cheshire Community YMCA Front Desk – 203.272.3150

COMMUNICATION INFO FOR PROGRAM DIRECTORS CAN BE FOUND ON EACH PROGRAM PAGE

YMCA CAMP SLOPER OUTDOOR CENTER

YMCA Camp Sloper is a 143 acre Outdoor Center located at 1000 East St in Southington. As a Y member, you can enjoy the trails, the fields, the play scape and the SUPERSLIDE all year long!

OUTDOOR CENTER LEADERSHIP TEAM

Justin Hubeny, Outdoor Center Director

Phone: 860.621.8194

Email: jhubeny@sccymca.org

Sarah Dupre, Outdoor Center Admin

Phone: 860.621.8194

Email: sdupre@sccymca.org

Tom Sangeloty, Outdoor Center Program Director

Phone: 860.621.8194

Email: tsangeloty@sccymca.org



YOUTH DEVELOPMENT

Child Care

We offer a variety of child care options for preschool & school age students. These programs provide a safe space for children to learn, develop social-emotional skills, stay active and make friends. Our staff are experienced and highly trained professionals.

All of our child care programs are licensed by the State of CT's Office of Early Childhood. To learn more, set up a tour, or register, please reach out to our Child Care Leadership Team listed below.

SOUTHINGTON COMMUNITY YMCA

Karen Yorker, Southington Child Care Director

Phone: 860.426.9541

Email: kyorker@sccymca.org

Kari Robarge, Early Childhood Director

Phone: 860.426.9542

Email: krobarge@sccymca.org

Emily Snow, School Age Child Care Director

Phone: 860.426.9587

Email: esnow@sccymca.org

CHESHIRE COMMUNITY YMCA

Bonnie Genest, Early Childhood Director

Phone: 203.272.3150 x560

Email: bgenest@sccymca.org

Lisa Zaborowski, Senior Director of Youth Development

Phone: 203.272.3150 x509

Email: lzaborowski@sccymca.org

Early Learning (32 months–5 years)

SOUTHINGTON COMMUNITY YMCA

Space available in Nursery School 4's.

Base Hours	MWF	9–11:30AM	\$230/month*
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Extended Hours	MWF	9AM–1PM	\$350/month*
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*Member Rates. Non-member rates are available.

Please contact Kari Robarge (see info above)

CHESHIRE COMMUNITY YMCA

Limited space still available for Tue/Thu full day or part day.

Full Day	Tue & Thu	6:30AM–6PM	\$490/month*
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Part Day	Tue & Thu	9AM–1PM	\$268/month*
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*Member Rates. Non-member rates are available.

Please contact Bonnie Genest (see info above)



The programs listed to the left are the programs that have open spots for this fall. For a full list of Child Care programs, please visit www.sccymca.org/child-care

School's Out Fun Days

SEPT–OCT 2023

School's Out Days provide our families with care when our School-Age students are out of school due to school vacations and holidays. The day is loaded with fun activities of all kinds. A morning and afternoon snack will be provided and children should come with a cold packed lunch. Occasionally, we book field trips on these days, too!

Members: \$70/day Non-members: \$80/day

Register at: sccymca.org/register (search for "Schools Out")

SOUTHINGTON COMMUNITY YMCA

6:30AM–5:30PM @ YMCA – 29 HIGH STREET

– 10/9 (at YMCA Camp Sloper from 6:30AM–5:30PM)

– 11/7

– 11/10

– 11/22

– 12/26–29

CHESHIRE COMMUNITY YMCA

6:30AM–6PM @ NORTON SCHOOL UNLESS NOTED

– 9/25

– 11/7 (at Cheshire YMCA from 8:30AM–4:30PM)

– 12/26–12/29



WHY WE'RE HERE

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING

Improving our community's health and well-being

In neighborhoods across our community, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, thousands of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The YMCA has been listening and responding to our community's most critical social needs for 88 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.



MEMBERSHIP & BENEFITS

Join the Y and enhance your life.

ASSOCIATION MEMBERSHIP INCLUDES:

- Tons of FREE adult group exercise classes per week
- State-of-the-art fitness centers
- Strength training and free weight rooms
- Access to pool for lap swim, family swim, and more
- Locker Rooms and Saunas
- Free, supervised babysitting for Family Members
- Priority online registration and account access
- Pickleball, Racquetball & Basketball options
- Free WiFi available
- Access to our branches in Southington & Cheshire
- Access to YMCA Camp Sloper Outdoor Center
- Nationwide Membership access to participating YMCAs across the country.

AMAZING KIDS CLUB (BABYSITTING)

Do you need someone to look after your child while you work out? We're here for you! You may bring your child for a maximum of two hours per day to our Amazing Kids Club. Kids will enjoy creative play in a fun, safe environment with responsible, qualified Y staff members. No registration needed. This is a free service available to Family Members. The cost for Full & Non Members is \$5/visit.

Amazing Kids Club is located at the Southington branch. Please see page 10 for hours.

Our Cheshire branch is now offering babysitting hours! Please see page 10 for hours.

VOLUNTEER OPPORTUNITIES

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole!

FINANCIAL ASSISTANCE

At the Y, we have a vision to strengthen our community and are committed to transforming lives every day. Our Financial Assistance Program provides support to youth, adults, and families that ensures everyone has the opportunity to learn, grow and thrive. To apply, visit our website or the Welcome Center at one of our branches.

JOB OPPORTUNITIES

Visit sccymca.org/careers for open positions in our staff family at the Y or you can stop by one of our locations to pick up an employment application.

MEMBERSHIP RATES 2023

Membership Types	Association Rate	Cheshire-ONLY
Youth (0-13)	\$23 per month	\$23 per month
Teen (14-17)	\$26 per month	\$26 per month
Young Adult (18-25)	\$38 per month	\$27 per month
Adult (26+)	\$58 per month	\$29 per month
2 Adult	\$84 per month	\$52 per month
Family 1 (1 adult + kids)	\$84 per month	\$50 per month
Family 2 (2 adults + kids)	\$99 per month	\$72 per month
Senior (65+)	\$50 per month	\$27 per month
Senior Couple (65+)	\$75 per month	\$47 per month

Family Memberships include dependent children who are under the age of 26. All individuals in a Family Membership must be a part of one household.

DISCOUNT GROUPS

- Corporate Discount - 10% off of the employee's membership or a family membership
- Military Discount - 25% off of the veteran's membership or a family membership & no join fee

Households with additional adults - additional adults (26+) may be added to a Family 2 Membership at the rate of \$15/ additional adult

JOINERS FEE

This is a one-time fee charged for new Young Adult, Adult, 2 Adult, Family, Senior and Senior Couple Memberships. Individuals who do not renew within 90 days are classified as new members.

- Senior: \$25
- Young Adults, Adults, Family 1 and Senior Couple: \$50
- 2 Adult and Family 2: \$80

PAYMENT PLANS

MONTHLY DRAFT

This is an opportunity to pay membership dues on a monthly basis through a checking/savings account or by credit card. We accept Visa, MC, Amex, and Discover. Depending on your home branch, you will be drafted monthly on the 1st of the month.

ANNUAL PAYMENT

Renewable one year from the join date. Non-refundable.

Y MEMBERSHIP STAFF CONTACT INFO

Southington - Christine Paulus - cpaulus@sccymca.org - 860.628.5597

Cheshire - Kristin Champagne - kchampagne@sccymca.org - 203.272.3150

YMCA Camp Sloper - Sarah Dupre - sdupre@sccymca.org - 860.621.8194



CHESHIRE COMMUNITY YMCA

961 South Main St, Cheshire, CT 06410

YOUTH DEVELOPMENT

PRESCHOOL 3'S & 4'S (Ages 32 months & older)

Our Preschool is lead by wonderful, qualified teachers. In our program, the whole child is nurtured & developed.

Contact: Bonnie Genest - bgenest@sccymca.org

PRESCHOOL SUMMER ADVENTURES (Ages 3-4)

This is a summer pre-school option that runs in 1 week increments to help you plan your summer vacations! Summer themed activities and water play are a focus!

Contact: Bonnie Genest - bgenest@sccymca.org

BEFORE & AFTER SCHOOL (Grades K-6)

We host Before & After School programs at every public elementary school in Cheshire. Our program provides social engagement, physical activity and academic support.

Darcey School offers care for Pre-K-K ONLY.

Contact: Lisa Zaborowski - lzaborowski@sccymca.org

YMCA CAMP QUINNIPIAC (Grades K-9)

Day camp is a cornerstone of any kid's summer & YMCA Camp Quinnipiac is one of the best in the state. Campers learn new skills, make great friends and have fantastic role models!

Contact: Justin Biafore - jbiafore@sccymca.org

LEADERS' CLUB (Middle School & High School)

Leaders' Club teaches young adults how to work together, give back to the community, and make a difference in others' lives. It costs little to join Leader's Club, but the experience is PRICELESS!

Contact: Nick Deschino - ndeschino@sccymca.org

BABYSITTING (6 weeks-12 years)

We are now offering FREE babysitting hours for the first time since 2020. Please check in at the Front Desk.

Mon & Tues 6-7:30PM YMCA Preschool Class 1

Contact: Kristin Champagne - kchampagne@sccymca.org

2023 MEMBERSHIP RATES

Youth (0-13)	\$23 per month
Teen (14-17)	\$26 per month
Young Adult (18-25)	\$27 per month
Adult (26+)	\$29 per month
2 Adult	\$52 per month
Family 1 (1 adult + kids)	\$50 per month
Family 2 (2 adults + kids)	\$72 per month
Senior (65+)	\$27 per month
Senior Couple (65+)	\$47 per month



HEALTHY LIVING

SEA DOG SWIM CLUB

The Sea Dog Swim Club competes locally, regionally, and nationally in YMCA & USA Swimming events. Contact our coaches to arrange a tryout!

Contact: Sean Farrell - sfarrell@sccymca.org

Kyle Shadeck - kshadeck@sccymca.org

HEALTH & WELLNESS CENTER

We have a full Health & Wellness Center, complete with a variety of cardio & strength equipment. We recently added a functional training space for members seeking a new challenge!

Contact: Kristin Champagne - kchampagne@sccymca.org

GROUP EXERCISE

We offer more than 40 group exercise classes per week that are all FREE with your membership. These classes include yoga, pilates, cycling, Zumba, and High Intensity Small Group Training classes. We are adding new classes this fall!

Contact: Kristin Champagne - kchampagne@sccymca.org

SPORTS PERFORMANCE & PERSONAL TRAINING

Using our new training space, youth athletes and adults can train with a certified personal trainer to meet individual and team goals, gain strength & stamina, and recover from injury.

Contact: Doug Levens - dlevens@sccymca.org

CHRONIC DISEASE PROGRAMS

LIVESTRONG AT THE YMCA is for cancer survivors who are ready to return to physical activity. It's more than an exercise class - it provides the physical, social, & emotional support to stimulate your recovery. FREE for those who qualify. The next session starts in September - reserve your spot today!

DIABETES PREVENTION PROGRAM is for people who have elevated A1C levels or have been diagnosed as pre-diabetic. This program provides resources for healthy nutrition and physical activity to help prevent the onset of diabetes. This is run in partnership with Chesprocott Health District and is FREE for those who qualify.

Contact: Kristin Champagne - kchampagne@sccymca.org

RECLAIM YOUR ENERGY
**RECLAIM
YOUR POWER**

LIVESTRONG® AT THE YMCA

Take **ACTION** and change the odds and enroll in LIVESTRONG® at the YMCA



COMMUNITY DEVELOPMENT

Upcoming Special Events

THE Y's ANNUAL CAMPAIGN

You can help make a difference!

It's **people like you...our generous donors, supporters, and members...**who believe in our cause, values, and work that can directly impact our communities.

Together with your charitable donations, we can continue supporting both the Southington & Cheshire communities through the Y's programs & services.

Our Annual Campaign is an opportunity to extend your generosity to help families in need in our communities.

If you would like to make a donation to our Annual Campaign, please visit SCCYMCA.org/Give and help us build a better tomorrow!



October 1, 2023
REGISTER TODAY!
SCCYMCA.ORG/APPLE

SEPTEMBER IS PLANNED GIVING MONTH



GIVE THE GIFT OF A LIFETIME

To find out more about planned giving options and the Y's Heritage Society
Contact: Mark Pooler mpooler@sccymca.org 860-426-9508

FOREVER
in Blue Jeans

November 17, 2023
SAVE THE DATE!

YOUTH DEVELOPMENT

Youth/Teen Sports & Rec Programs

YOUTH SPORTS

SOCCER (Ages 2-10)

These classes focus on basic skills like passing, dribbling, shooting, trapping, & team play. Children will develop skills, gain experience, meet new friends, and have fun.

Location: YMCA Camp Sloper Sports Fields

SPORTS SPECTACULAR (Ages 2-7)

A great introduction to a variety of sports. This program is for children who are still deciding on their favorite! New sports will be played every week.

Locations: YMCA Camp Sloper Sports Fields

GYMNASTICS (Ages 1-10)

A great introduction to tumbling and gymnastics. This program is for beginners who trying to find out if gymnastics is the right sport for them!

Locations: Southington YMCA - APR

FLAG FOOTBALL (Ages 3-10)

Passing, catching, team play, positions and basic offensive and defensive concepts of the game are taught.

Location: YMCA Camp Sloper Sports Fields

INFANT PROGRAMS

INFANT MASSAGE (Ages Birth-12 months)

Learn the techniques to complete a full-body massage with your baby to improve bonding, reduce discomfort, and relieve stress.

Location: Southington YMCA Learning Center
Saturdays 9-10AM

INFANT DEVELOPMENT (Ages Birth-12 months)

Encourage your baby to progress through early milestones in the seven main areas of development the best way they know how—play!

Location: Southington YMCA Learning Center
Saturdays 10:15-11:15AM

INFANT FEEDING (Ages Birth-12 months)

Discover the various ways to introduce solid foods to your baby to establish a healthy relationship with food and eating. (All infants welcome, but ideal for infants 4 months and older)

Location: Southington YMCA Learning Center
Saturdays 11:45AM-12:45PM

SPECIAL INTEREST

NEW! ARCHERY (Ages 7-14)

A great introduction to the sport of Archery! Archers will learn how to safely use and shoot a Recurve Bow at YMCA Camp Sloper's Michaud Family Archery Pavilion. Archers will grow in skill-development, build their confidence and aim for the bullseye each week!

Location: YMCA Camp Sloper Archery Pavilion

PE MADNESS (Ages 7-10)

For children who love to be active and play a variety of games. Coach Angie and her coaches will lead this class in their favorite gym games and offer them a fun outlet to exercise and stay physically fit.

Location: Southington Community YMCA - APR

FAMILY OUTDOOR ADVENTURE (All Ages)

Travel around camp as a family and visit Sloper's Best Spots, including Boating, Hiking, Crystal Mine, the Fort Village, Ninja Warrior Course & so much more! This is a program for the whole family. You will register each child separately, but adults are expected to stay and join the fun for FREE!

Location: YMCA Camp Sloper Playscape

NINJA WARRIORS (Ages 7-10)

Learn the fundamentals of being a Ninja Warrior at YMCA Camp Sloper state-of-the-art Ninja Warrior Course. Learn how to master all the elements, beat your times, work as a team, and build confidence!

Location: YMCA Camp Sloper Ninja Warrior Course

TEEN VOLLEYBALL (Ages 11-14)

Focus is on basic skill development and non-competitive game experience. Fair play, sportsmanship and fun are emphasized.

Location: YMCA Camp Sloper Beach Volleyball Court

Y STAFF CONTACT INFO

Youth Sports: Angie Dortenzio - adortenzio@sccymca.org

Infant/Toddler: Nick Charnysh - ncharnysh@sccymca.org

YOUTH/TEEN ACTIVITY GRID

All programs located at YMCA Camp Sloper unless noted: (SCY) – YMCA (YLC) Learning Center

INFANT/TODDLER	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Infant Massage	0-12 mos	FREE Members \$25 Non-Members						9-10AM (YLC)
Infant Development	0-12 mos	FREE Members \$25 Non-Members						10:15-11:15AM (YLC)
Infant Feeding	0-12 mos	FREE Members \$25 Non-Members						11:45-12:45PM (YLC)
Terrific Two's (Mon & Wed; Tue & Thu)	24-36 months	\$130 Members \$210 Non-Members	9-10:15AM Room 205	9-10:15AM Room 205	9-10:15AM Room 205	9-10:15AM Room 205		
SOCCER	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Parent & Me Soccer	2-3	\$75 Members \$155 Non-Members						9:15-9:45AM
Pee Wee Soccer	4	\$75 Members \$155 Non-Members						10-10:45AM
Rookies Soccer	5-6	\$75 Members \$155 Non-Members						11-11:45AM
Winners Soccer	7-10	\$75 Members \$155 Non-Members						12-12:45PM
SPORT SPECTACULAR	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Parent & Me Sport Spec.	2-3	\$75 Members \$155 Non-Members						10-10:30AM
Pee Wee Sport Spec.	4	\$75 Members \$155 Non-Members						11-11:45AM
Rookies Sport Spec.	5-7	\$75 Members \$155 Non-Members						9-9:45AM
GYMNASTICS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Parent & Me Gymnastics	1-2	\$75 Members \$155 Non-Members						8:30-9AM (SCY-APR)
Pee Wee Gymnastics	3-4	\$75 Members \$155 Non-Members						9:15-10AM 11:15AM-12PM (SCY-APR)
Rookies Gymnastics	5-6	\$75 Members \$155 Non-Members						10:15-11AM (SCY-APR)
Winners Gymnastics	7-10	\$75 Members \$155 Non-Members						12:15-1PM (SCY-APR)
FLAG FOOTBALL	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Pee Wee Flag Football	3-4	\$75 Members \$155 Non-Members						9-9:45AM
Rookies Flag Football	5-6	\$75 Members \$155 Non-Members						10-10:45AM
Winners Flag Football	7-10	\$75 Members \$155 Non-Members						11-11:45AM
YOUTH PROGRAMS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Archery	7-14	\$75 Members \$155 Non-Members	Age 11-14 5:30-6:15PM					Age 7-10 1:30-2:15PM
PE Madness	7-10	\$30 Members \$110 Non-Members		6-6:45PM (SCY-APR)		6-6:45PM (SCY-APR)		
Family Outdoor Adv.	All Ages	\$30 Members \$110 Non-Members						1:30-2:15PM
Youth Ninja Warriors	7-10	\$75 Members \$155 Non-Members			5:30-6:15PM			12-12:45PM
Teen Volleyball	11-14	\$75 Members \$155 Non-Members		5:30-6:15PM				
Youth Strength Training	11-14	Family Members FREE \$25 Full Members \$103 Non-Members			4:15-5:00PM (SCY-Fitness)			



YOUTH DEVELOPMENT

Youth & Family Programs

NEW! INFANT/TODDLER

Please see page 8 for more information about our new Infant/Toddler programs. Please contact Nick Charnysh at ncharnysh@sccymca.org

INFANT MASSAGE (Ages Birth-12 months)

Learn the techniques to complete a full-body massage with your baby to improve bonding, reduce discomfort, and relieve stress.

Location: Southington YMCA Learning Center
Saturdays 9-10AM

INFANT DEVELOPMENT (Ages Birth-12 months)

Encourage your baby to progress through early milestones in the seven main areas of development the best way they know how—play!

Location: Southington YMCA Learning Center
Saturdays 10:15-11:15AM

INFANT FEEDING (Ages Birth-12 months)

Discover the various ways to introduce solid foods to your baby to establish a healthy relationship with food and eating. (All infants welcome, but ideal for infants 4 months and older)

Location: Southington YMCA Learning Center
Saturdays 11:45-12:45PM

TERRIFIC TWO'S (24-36 months)

We are so happy to bring back Terrific Two's the YMCA! This program is a drop-off program for 2 year olds who are ready for their first program away from their primary caregivers. It runs twice per week, and each class is 75 minutes long and will include story time, something active and something creative. This is a food-free program.

Location: Southington YMCA Room 205
Mondays AND Wednesdays 9-10:15AM
Tuesdays AND Thursdays 9-10:15AM

BABYSITTING

SOUTHINGTON AMAZING KIDS CLUB

The Amazing Kids Club is designed so that you can use our YMCA to engage in a healthy lifestyle, while knowing your children are receiving the best available care.

Our program offers babysitting services for children 6 weeks to 12 years of age. Leave your children to engage in free and guided play in a safe nurturing environment while you work out or use our facilities. This service is FREE for Family Members, and there is a fee of \$5/visit for Full and Non Members.

Please contact Diane Nowack at dnowack@sccymca.org

Hours of Operation

MONDAY - THURSDAY	8:30AM-1PM 4PM-7:45PM
FRIDAY	8:30AM-1PM
SATURDAY	8AM-11:30AM
SUNDAY	9-11:30AM

CHESHIRE BABYSITTING

We are happy to announce that, this fall, our Cheshire branch will be offering babysitting hours for the first time since 2020.

Tues & Thu 6-7:30PM YMCA Preschool Class 1

YMCA Babysitting is FREE for YMCA Family Members, including all Full-Time Preschool families. There will be a \$5 fee per child per evening for youth members & non-members.

Contact: Kristin Champagne - kchampagne@sccymca.org



YOUTH DEVELOPMENT

Teen Programs

TW-Y-LIGHT RETURNS FALL 2023

(GRADES 6-8)

FRIDAYS

7:00PM-8:45PM

The fall marks the return of one of the most popular programs the Y offers: TW-Y-LIGHT!

Tw-Y-Light is for middle school students, and runs most Friday nights. It's an opportunity to hang out with and have fun with friends in a safe and fun environment. Participants will have exclusive access to the gymnasium, All-Purpose Room, and Katie's Place Game room. Additionally, there is a snack bar with simple snacks and drinks for sale. The pool may also be available on specific nights, depending on the schedule. Please visit us at <https://www.sccymca.org/twylight>

Tw-Y-Light is FREE for teens with Y memberships and \$8/night for non-members.

Contact: Nick Charnysh - ncharnysh@sccymca.org



FITNESS

SPORTS PERFORMANCE PROGRAMS

Please see page 15 for a full description of our Sports Performance programs in Southington and Cheshire.

Please contact Dylan Hogan at dhogan@sccymca.org for Southington athletes or Doug Levens at dlevens@sccymca.org for Cheshire athletes.

YOUTH STRENGTH TRAINING

This program is a 7 week program for teens ages 11-14 to learn the basics of strength training. This class will run in our HW Center under the supervision of a Certified Personal Trainer.

Wednesday 4:15-5PM

Location: Southington YMCA - HW Center

FREE for Family Members

\$30 for Full Members

\$110 for Non-Members

POWERLIFTING FOUNDATIONS

This program is a 7 week program for teens ages 13-17 to learn how to do heavy weightlifting to help you get the best gains safely.

Tuesday 4:15-5PM

Location: Southington YMCA - Weight Rooms

FREE for Family Members

\$30 for Full Members

\$110 for Non-Members

ADDITIONAL PROGRAMS

OPEN BASKETBALL

The Southington Y Basketball Court is available for teens and adults after school on the following days & times:

MWF 3:15-4:30PM (half court); 4:30-8:45PM (full court)

Tue 3:15-5PM (half court); 6:30-8:45PM

Thu 4:30-5PM (half court); 6:30-8:45PM

Sun 7AM-4:45PM

TEEN/ADULT SWIM LESSONS (Ages 13+)

These small group lessons are available for adults who would like to learn to swim or work on their current swim skills.

Adults may also sign up for private swim lessons.

See page 13 for days and times.

LEADERS CLUB (Middle School & High School)

This weekly program helps teens build strong character values, practice leadership skills, and have! Program goals include building individual self-confidence, interpersonal skills, and gain volunteer hours and experience.

Cheshire - Middle & High School students welcome

Nick Deschino - ndeschino@sccymca.org

Southington - Middle School students welcome

Nick Charnysh - ncharnysh@sccymca.org

GROUP EXERCISE CLASSES

ALL of our Group Exercise Classes are available to kids as young as 11 years old. 11-15 years requires an adult in the room with them. 16 & older may participate by themselves. Please see [sccymca.org/schedules](https://www.sccymca.org/schedules) for our current class offerings. We recommend the following classes for any teens looking to start exercising!

HEALTHY LIVING

Swim Lessons & Specialty Aquatics

SWIM LESSONS

PARENT/CHILD SWIM STARTER (Ages 6 mos–3 yrs)

This class is for children 6 months to 3 years old. Parent participation in the water is required. Children with special needs are welcome.

PRESCHOOL SWIM LESSONS (Ages 3–5)

This program offers children their first experience in the pool without parental assistance. Children learn skills that are the basic building blocks of swimming. Program elements include personal safety, personal growth, stroke development, water sports and games, and rescue.

SCHOOL AGE SWIM LESSONS (Ages 5–12)

Our goal is to develop competent and confident swimmers. The program is divided into swimmers' ability and children move through levels at their own pace as their abilities and skills grow.

PRIVATE/FAMILY SWIM LESSONS (Ages 5+)

Perfect for those looking for private instruction or Opportunity for families to participate in lessons together. Any questions contact Barbara Glaude at 860.426.9553 or bglaude@sccymca.org.

AQUA FIT FOR KIDS (Ages 7–13)

This team program is designed to teach children about aquatic fitness through lap swimming. This is not a replacement for swim lessons and participants must be able to swim the length of the pool comfortably. Swimmers will perform the 4 competitive strokes during this program.

SPECIAL NEEDS BUDDY SWIM (Ages 3–12)

In this one on one class, parents/guardians will be asked what the needs are of their swimmer to help us create the best experience for the child. Swimming can boost physical activity levels, develop self-confidence, and teach a life saving skill.

TEEN/ADULT

TEEN/ADULT SWIM LESSONS (Ages 13+)

These small group lessons are available for adults who would like to learn to swim or work on their current swim skills. Adults may also sign up for private swim lessons.

AQUATIC FITNESS CLASSES (Ages 18+)

Develops flexibility, strength, and range of motion in individuals with limited ability. Participants can work at their own pace.



FREE SWIM LESSONS

SWIMMING IS AN ESSENTIAL SKILL NOT A PRIVILEGE

Funding provided by the American Rescue Plan Act (ARPA) administered by the Connecticut Department of Energy and Environmental Protection (DEEP).



FREE SWIM LESSONS

OPTIONS AVAILABLE FOR PEOPLE AGES 5–17 YEARS

You may be eligible to receive a free 7 week swim lesson program through funding from the American Rescue Plan, administered by the CT Dept of Energy & Environmental Protection. Please contact Barbara Glaude at bglaude@sccymca.org to find out if you or a loved one qualify.

LIFEGUARD CERTIFICATION

If you or anyone you know is looking for a great job opportunity & would like to be certified as a lifeguard, information for our upcoming spring & summer classes can be found at sccymca.org/lifeguard-certification

SWIM TEAM

SOUTHINGTON RAYS & CHESHIRE SEA DOGS

Competitive swimming is a great way for young athletes to get in great shape, compete individually and with a team, make life long friends, and learn from some of the best coaches in the area.

Tryout Information

- Monday, August 21 OR Tuesday, August 29 at 5:30PM
- Reservations are required. To reserve your spot, please email Barbara Glaude and leave your child's name, age, and date of birth in your message.
- Please arrive in a swim suit with goggles & swim cap, if needed

Barbara Glaude, Aquatics Director

Phone: 860.426.9553

Email: bglaude@sccymca.org

The Cheshire Sea Dogs offer try-outs by appointment. Please see page 6 for contact info for the Sea Dogs.



Contact: Barbara Glaude, Aquatics Director at bglaude@sccymca.org

Suzy Clemente, Assistant Aquatics Director at sclemente@sccymca.org

PARENT/CHILD	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Parent/Child Swim Starter	6 mos – 3 years	\$93 Member \$171 Non-member	5:25–5:55PM 6:00–6:30PM	9:25–9:55AM		10:00–10:30AM	9:50–10:20AM	8:00–8:30AM 8:40–9:10AM 9:20–9:50AM 10:00–10:30AM 11:25–11:55AM
PRESCHOOL	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Preschool Swim Lessons	3–5	\$106 Member \$184 Non-member	5:25–5:55PM 6:00–6:30PM	10:00–10:30AM 10:40–11:10AM 4:05–4:35PM 4:40–5:10PM		10:00–10:30AM 10:40–11:10AM 4:05–4:35PM 4:40–5:10PM	9:10–9:40AM	8:00–8:30AM 8:40–9:10AM 9:20–9:50AM 10:00–10:30AM 11:25–11:55AM
SCHOOL AGE	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
School Age Swim Lessons	5–12	\$106 Member \$184 Non-member	5:25–5:55PM 6:00–6:30PM	4:05–4:35PM 4:40–5:10PM		4:05–4:35PM 4:40–5:10PM		8:00–8:30AM 8:40–9:10AM 9:20–9:50AM 10:00–10:30AM 10:35–11:05AM 11:25–11:55AM
Aqua Fit For Kids	7–13	\$117 Member \$195 Non-member						10:35–11:20AM
PRIVATE SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Private Swim Lessons	5+	\$275 Member ONLY						8:00–8:30AM 8:40–9:10AM 9:20–9:50AM 10:00–10:30AM 10:35–11:05AM 11:25–11:55AM
SPECIAL NEEDS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Special Needs Buddy Swim	3–12	\$106 Member \$184 Non-member						10:35–11:05AM 11:25–11:55AM
TEEN & ADULT SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Teen & Adult Swim Lessons	13+	\$106 Member \$184 Non-member				9:25–9:55AM 10:35–11:05AM	10:30–11:00AM	7:25–7:55AM
ADULT CLASSES	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Aquatic Fitness	18+	FREE for Members	9:10–9:55AM 10:15–11AM	8:15–9:00AM 9:10–9:40AM	9:10–9:55AM 10:15–11AM	8:15–9:00AM 9:10–9:40AM	NEW! 8:30–9AM	

Important Session Notes, Make-ups, Refunds & Changes

1. Please only sign your child up for ONE swim lesson per session.
2. If you're unable to sign up for a swim lesson when registration opens, PLEASE sign your child up to be on a wait list. Please only sign up for ONE waitlist.
3. All lessons will be 7 weeks.
4. Monday lessons will start on 9/11 and the final class will be 10/23. There WILL be lessons on Columbus Day 10/9.
5. Refund Policy – A refund will be given if the YMCA cancels a class before it begins and cannot offer a make-up. In the case of any medical restriction, a doctor's note is needed and a credit for the full amount of the unused program will be given to the participant. No refunds or credits will be issued without a doctor's note after the second lesson.
6. A processing fee of \$20.00 per class will be charged for all program changes made by program participants.
7. We strive to make sure that you are satisfied with all YMCA programs. Please contact Barbara Glaude, Aquatics Director, if your class is not meeting your expectations.



HEALTHY LIVING

Health, Well-Being & Fitness

SMALL GROUP FITNESS

NEW! IGNITE YOUR TRANSFORMATION

This is a 6 week, twice per week, fitness journey that is dynamic and empowering. You and a small group will be inspired, supported, and motivated to break through your plateaus on your path to a healthier and happier you!

Monday AND Wednesday 10:30-11:15AM

Member Price: \$100 | Non-Member Price: \$180

Location: Southington YMCA - HW Center

STRENGTH TRAINING

Weight Room instruction in a small group setting.

All levels are welcome to participate!

Monday 9:30-10:30AM OR Wednesday 9:30-10:30AM

Member Price: \$84 | Non-Member Price: \$140

Location: Southington YMCA - Weight Room

ADULT SPORTS & REC

BASKETBALL/PICKLEBALL/RACQUETBALL

Please visit sccymca.org/schedules for the Gymnasium Schedule to see when the courts are available for basketball and pickleball. You may reserve your spot for racquetball in advance at the Southington Fitness Desk.

Location: Southington YMCA

MEN'S BASKETBALL LEAGUE

If you are interested in joining a new men's basketball league, contact Brandon Riollano at briollano@sccymca.org today, before spots run out!

Wednesday Nights - 6-9PM - Dates TBD

\$650/team - 10 teams available

T-shirts for every player

Location: Southington YMCA

CONTACT INFO

If you are interested in more information about any of these programs please contact:

Kristin Champagne, Cheshire:

E kichampagne@sccymca.org P 203.272.3150

Jolene Miceli, Southington:

E jmiceli@sccymca.org P 860.426.9589

HEALTHY LIFESTYLES

BALANCE PROGRAM

A balance class for adults who may have minimal fall risk, but want to preserve their stability.

This program is FREE to members.

Location: Southington - Spirit, Mind & Body Center

HEALTHY BONES

An exercise program for people with Osteoporosis, Osteopenia, or other postural issues. Classes focus on techniques to strengthen muscles, support spinal health, improve posture, practice balance, and educate on movements that can cause fracture. Class includes floor exercise. Instructors will teach safe strategies to get up and down from floor.

This program is FREE to members.

Location: Southington - See Schedule for Location

DIABETES PREVENTION

Designed for people who have elevated A1C levels or have been diagnosed as pre-diabetic. This program provides resources for healthy nutrition and physical activity to help guide behavioral changes to prevent the onset of diabetes. This program is FREE for those who qualify.

Location: Southington - Spirit, Mind & Body Center & Cheshire Community YMCA

LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a program for cancer survivors who are ready to return to physical activity. It's more than an exercise class - it provides the physical, social, and emotional support to stimulate your recovery.

This program is FREE for those who qualify.

Locations: Southington SMBC & Cheshire Community YMCA

HEART HEALTHY

Adults 18+ who are interested in reducing their risk of heart disease are encouraged to register for this program.

This program is FREE for those who qualify.

Location: Southington - Spirit, Mind & Body Center

BLOOD PRESSURE SELF MONITORING PROGRAM

This program will give you the tools to need to keep track of your heart health and the knowledge to make lifestyle changes that have real benefits.

Please contact Jolene Miceli at jmiceli@sccymca.org for more information.

HEALTHY LIVING

Sports Performance Center

PERSONAL FITNESS

1 ON 1 COACHING

At the Y, Personal Training is now called 1-ON-1 COACHING. With the expert Coaches, clients start with an assessment that covers movement, nutrition, wellness, and personal habits followed by ongoing 1-on-1 fitness and nutrition coaching.

Duration	Sessions/Week	Rate
1 Month	2	\$375
1 Month	3	\$560

YOUR ASSESSMENT

Your assessment will run between 60-90 minutes, and will cover nutrition, sleep, injury history, movement capacity and performance to establish your current fitness levels and what you want to achieve. Assessments allow us to identify the best, most efficient path to help you complete your goals.

YOUR TRAINING

Next, we write a training program tailored to your personal needs and goals. Training sessions last 45 minutes and includes an individualized warm-up and goal-based training that is modified according to your perceived exertion and heart rate. Everything is documented & tracked so we can constantly make small improvements each training session.

TO REGISTER

Contact Tommy Sienkowski at tsienkowski@sccymca.org or 860.426.9536 to set up your assessment date & time.

SPC ATHLETE PROGRAM

Individualized programs for young athletes. Team rates are available! Choose Monday-Friday at 3, 4, 5, or 6:00PM

Location: Sports Performance Center

Contact: Dylan Hogan, CSCS, Pn L1 via email at dhogan@sccymca.org or call 860.426.9535

MEMBER PRICING:

Duration	Sessions/Week	Member	Non-Member
1 Month	2	\$125	\$185
1 Month	Unlimited	\$225	\$315

SPC SEMI-PRIVATE TRAINING

Personal training programs done with a small group of, up to, 6 people and facilitated by a coach. Participants get the combined benefits of personalized coaching with the atmosphere of a group training environment. An assessment is required before joining, and is included in the price. Sessions will be 45 minutes. Contact the SPC once you have signed up to set up days and times.

Location: Sports Performance Center

Contact: Tommy Sienkowski, CSCS, Pn L1, L2
tsienkowski@sccymca.org or call 860.426.9535

MEMBER PRICING:

Duration	Sessions/Week	Member Price
1 Month	2	\$160
1 Month	3	\$240



"Lavanya has lost 30lbs and has kept it off for the past 3 years! She is no longer pre-diabetic and her measurements are down 28 inches."

CHESHIRE SPORTS PERFORMANCE

Individualized programs for young athletes and kids looking to start exercising!

Location: Cheshire YMCA Sports Performance Center

Contact: Doug Levens at dlevens@sccymca.org

Duration	Member	Non-Member
4 Sessions	\$140	\$180
1 Month	\$210	\$270



CONNECTICUT SUN YMCA DAY

SUNDAY AUGUST 27 VS LOS ANGELES @ 1:00PM

SOUTHINGTON-CHESHIRE COMMUNITY YMCAs



YMCA FAN EXPERIENCE INCLUDING

- BIG FLAG
- PRE-GAME SHOOT-AROUND
- POST GAME KNOCKOUT
- PRE-GAME FAN TUNNEL

SCAN HERE

TICKETS STARTING AT \$20

FOR MORE INFORMATION, PLEASE CONTACT
LINDSEY KAPLAN AT LKAPLAN@CONNECTICUTSUN.COM
OR 860-862-4320



@CONNECTICUTSUN

