
the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
YOUR SEASON OF CHANGE!
SOUTHINGTON-CHESHIRE COMMUNITY YMCAs
FALL 2 2026 MEMBERSHIP & PROGRAM GUIDE
Registration Begins: Family Members - Wednesday, October 7th
Full Members - Friday, October 9th
Non-Members - Wednesday, October 14th
Session Dates: Monday, November 2nd - Saturday, December 19th
ONLINE REGISTRATION:
BEGINS AT 6AM
IN-PERSON/PHONE REGISTRATION:
BEGINS AT 8AM
SCCYMCA.ORG

# SOUTHINGTON BRANCH HOURS

### Main Facility (Beginning 10/17)

| | |
|---|---|
| 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 | 7AM-12PM |

# UPCOMING HOLIDAY HOURS

| Holiday | Date | Notes (SCY – Southington YMCA \| CCY – Cheshire YMCA) |
|---|---|---|
| Columbus Day | 10/12 | SCY & CCY Open Regular Hours & Services; YMCA Child Care Closed, School Age Fun Day Available |
| Fall Hours Begin | 10/17 | SCY Monday-Friday 5AM-9PM \| Saturday & Sunday 7AM-5PM |
| Halloween | 10/31 | YMCA Open Regular Hours; AKC Hours: 8:30-11:30AM |
| Thanksgiving | 11/26 | YMCA Closed |
| Black Friday | 11/27 | Y Open Regular Hours; No Child Care; AKC Available 8:30AM-1PM |
| Christmas Eve | 12/24 | Y Open 7AM-2PM; AKC 8:30AM-1PM; SMBC Closed; Modified Schedules |
| Christmas Day | 12/25 | YMCA Closed |
| New Year's Eve | 12/31 | Y Open 7AM-2PM; No Child Care; AKC 8:30AM-1PM; Modified Schedules |
| New Year's Day | 1/1 | Y Open 7AM-2PM; No Child Care; No AKC or SMBC; Modified Schedules |

# CONTACT INFORMATION

### SCCYMCA Association Staff

Mark Pooler, CEO – mpooler@sccymca.org
Tabitha Stein, CFO – tstein@sccymca.org
Chrissy Cassesse, HR Director – ccassesse@sccymca.org
Mark Guerin, Marketing Director – mguerin@sccymca.org
Southington Community YMCA Front Desk – 860.628.5597

Doug Levens, Cheshire Branch Director – dlevens@sccymca.org
Jay Jaronko, Southington Branch Director – jjaronko@sccymca.org
Kevin Simms, Operations Director – ksimms@sccymca.org
Dave Langdon, Facilities Director – dlangdon@sccymca.org
Cheshire Community YMCA Front Desk – 203.272.3150

**CONTACT INFORMATION FOR PROGRAM DIRECTORS CAN BE FOUND ON EACH PROGRAM PAGE OR BY VISTING OUR WEBSITE AT SCCYMCA.ORG/STAFF**

# YMCA CAMP SLOPER OUTDOOR CENTER

YMCA Camp Sloper is a 143 acre Outdoor Center located at 1000 East Street in Southington, CT. As a Y member, you are permitted access to the trails, the fields, the playscape and the SUPERSLIDE throughout the entire school year!

### 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

YMCACAMPSLOPER.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.

### CHILD CARE LEADERSHIP TEAM

#### SOUTHINGTON COMMUNITY YMCA

Early Childhood Director
Phone: 860.426.9541
Email: mnewman@sccymca.org

Nick Charnysh, Senior Director of Youth Development
Phone: 860.426.9521
Email: ncharnysh@sccymca.org

Samantha Lamkins, School Age Program Director
Phone: 860.426.9547
Email: slamkins@sccymca.org

Wendy Fisher, School Age Program Director
Phone: 860.426.9572
Email: wfisher@sccymca.org

#### CHESHIRE COMMUNITY YMCA

Lisa Zaborowski, Senior Director of Youth Development
Phone: 203.272.3150 x509
Email: lzaborowski@sccymca.org

Bonnie Genest, Early Childhood Director
Phone: 203.272.3150 x560
Email: bgenest@sccymca.org

Nick Deschino, School Age Program Director
Phone: 203.272.3150 x515
Email: ndeschino@sccymca.org

## School's Out Fun Days

### FALL & WINTER 2026

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!

**Full Day: Members: $82 Per Day | Non-Members: $92 Per Day (CCY Only Part Day: $63 Members/$73 Non-Members)**

**Register at sccymca.org/register (Search for "Schools Out")**

#### SOUTHINGTON YMCA

**6:30AM-5:30PM @ SOUTHINGTON YMCA**

- 10/12/26 @ YMCA Camp Sloper
- 11/3/26
- 11/11/26
- 11/25/26
- 12/28/26
- 12/29/26
- 12/30/26

#### CHESHIRE YMCA @ NORTON SCHOOL

**PART DAY: 9AM-3PM | FULL DAY: 6:30AM-6PM**

- 11/3/26 9AM-4:30PM only*
- 12/28/26
- 12/29/26
- 12/30/26

***11/3 will be at the Norton with drop off & pick up at the Cheshire YMCA. No AM or PM Care Available***



# 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 SCCYMCA has been listening and responding to our community's most critical social needs for 98 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 Y's across the US

### 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. **Hours of operation are below.**

**Monday-Thursday:** 8:30AM-1PM & 4-7:45PM

**Friday:** 8:30AM-1PM

**Saturday:** 8AM-11:30AM

**Sunday:** 9AM-11:30AM

### 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.

### 2026 SCCYMCA MEMBERSHIP RATES

| Membership Types | Association Rate | Cheshire ONLY |
|---|---|---|
| Youth (0-13) | $27 per month | $27 per month |
| Teen (14-17) | $30 per month | $30 per month |
| Young Adult (18-25) | $43 per month | $30 per month |
| Adult (26+) | $67 per month | $35 per month |
| 2 Adult | $96 per month | $60 per month |
| Family 1 (1 adult + kids) | $96 per month | $58 per month |
| Family 2 (2 adults + kids) | $112 per month | $83 per month |
| Senior (65+) | $58 per month | $30 per month |
| Senior Couple (65+) | $86 per month | $54 per month |

**Households with additional adults (26+) may be added to a Family 2 Membership at the rate of $20 per additional adult**

### 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.

### JOIN 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 YMCA:** Christine Paulus - cpaulus@sccymca.org | 860.426.9526
**Cheshire YMCA:** Vicki-Lynn Greco - vgreco@sccymca.org | 203.272.3150 x508
**YMCA Camp Sloper:** Sarah Dupre - sdupre@sccymca.org | 860.621.8194

# 2026 ANNUAL SUPPORT CAMPAIGN

## Strengthening Our Community Together

### OUR 2026 ANNUAL CAMPAIGN GOAL: $155,000



When you give to the Southington-Cheshire Community YMCAs, you help our neighbors who need it most. Make your gift today. For a better you. For a better community. For a better US.

# GIVE HOPE THIS FALL

### YOUR DONATION MAKES AN IMPACT



**$500**

**Assists with YMCA Summer Camp Scholarships**



**$250**

**Supports one session of chronic disease programming**



**$125**

**Gives a kid a safe place to grow**



**$75**

**Helps a child build confidence and make friends**

**All gifts, no matter the size, help us serve more youth, families, and older adults at the Southington-Cheshire Community YMCAs**

## Leave A Legacy

**Make a lasting gift to the Y through your IRA, Donor Advised Fund, or estate plans.**
**Contact Mark Pooler at mpooler@sccymca.org or 860.426.9508.**

**Give Today!**

**Cheshire Community YMCA**
Attn: Nina Vianese
nvianese@sccymca.org
203.272.3150 x518
961 South Main Street
Cheshire, CT 06410

**Southington Community YMCA**
Attn: Jennifer McHale
jmchale@sccymca.org
860.426.9509
29 High Street
Southington, CT 06489

**The Southington-Cheshire Community YMCAs is a nonprofit, 501(c)(3) organization. Your gift supports programs and access for individuals and families in our community. Our EIN is 06-0646905.**

# COMMUNITY DEVELOPMENT

## Upcoming Special Events

## 5K HARVEST TRAIL RACE & Y CUP RELAY

### October 24, 2026 at Ives Farm

Join us for our scenic Harvest Trail Race at historic Ives Farm! The course winds through the beautiful fields and wooded trails of the property on a single-loop course that starts and finishes near the farm's iconic red barn.

Participants can choose to do the 5K, the Y Cup Relay (for our elementary school students), or the Pumpkin Dash (for our youngest runners). After the race, stay and enjoy festive fall activities, live music and a photo booth. It's a morning of fun for the whole family.

**Scan the QR Code or visit SCCYMCA.org/TrailRun to register!**

IN PARTNERSHIP WITH THE CHESHIRE LAND TRUST

CHESHIRE Y CUP

Your participation helps provide financial assistance for camp, childcare, memberships, and essential YMCA programs for Cheshire residents of all ages. A portion of the proceeds also supports Cheshire Land Trust and the ongoing preservation of Ives Farm.

## FOREVER IN BLUE JEANS: NASHVILLE NIGHTS

### November 13, 2026 at The Aqua Turf

Our largest fundraiser and party of the year, Forever in Blue Jeans will be held November 13, 2026! Join us to celebrate our community and helps raise funds for our financial assistance program, allowing all community members to access our Y through Membership & Programs.

**Scan the QR Code or visit SCCYMCA.org/FIBJ for tickets!**

FOREVER IN BLUE JEANS NASHVILLE NIGHTS

**We are currently accepting sponsors and auction items.**
**If interested, contact Jennifer McHale at jmchale@sccymca.org!**

## INTERESTED IN SPONSORING AN EVENT? CONTACT US!

**Cheshire Branch:** Nina Vianese at nvianese@sccymca.org

**Southington Branch:** Jennifer McHale at jmchale@sccymca.org

# 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. There are limited spots available for Tuesday/Thursday, both part day and full day for the 2026/27 school year!

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.

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

Contact: Lisa Zaborowski - lzaborowski@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! Location: Cheshire YMCA

Middle School: Wednesday's 6:15-7:15PM

High School: Wednesday's 7:15-8:15PM

Contact: Nick Deschino - ndeschino@sccymca.org

### *NEW* INSTRUCTIONAL CHESS (Grades 3-8)

Chess helps to improve concentration and memory, encourages and rewards hard work while in a fun way. Give your child the opportunity to play a game of strategy and logic all while learning the game of chess! The program will take place Wednesday's at 6-7PM.

Location: Cheshire Community YMCA

Contact: Lisa Zaborowski - lzaborowski@sccymca.org

## HEALTHY LIVING

### CHESHIRE 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: Rob Adams-Michaud, Head Coach

Email: radams-michaud@sccymca.org

### HEALTH & WELLNESS CENTER

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

Contact: Brandon Riollano - briollano@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: Brandon Riollano - briollano@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: Brandon Riollano - briollano@sccymca.org

### LIVESTRONG AT THE YMCA

**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 will begin in Winter 2027 - reserve your spot today!

Contact: B. Woznicki - bwoznicki@sccymca.org





# YOUTH DEVELOPMENT

## Teen Programs

# TW-Y-LIGHT IS BACK FRIDAY, OCTOBER 16TH!

**(GRADES 6-8) FRIDAY'S 7PM-8:45PM**

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 Game Room. There is a snack bar with simple snacks & drinks for sale. The pool may 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 $10/night for non-members.**

Contact: Kaylee Drobish - kdrobish@sccymca.org

# TEEN PROGRAMS

### LEADERS CLUB (Grades 6-12)

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

Middle & High School students welcome!

Southington: Kaylee Drobish - kdrobish@sccymca.org

### SLOPER TEEN VOLUNTEERING (Grades 6-12)

Teen Volunteers at YMCA Camp Sloper is designed to help fulfill service hours and give back to the community.

To volunteer, please contact the main office at 860.621.8194 to schedule your service hours.

Contact: Tom Sangeloty - tsangeloty@sccymca.org

### NEXT GEN STRENGTH (Ages 11-13)

Age-appropriate strength training that builds participant's confidence in the Health & Wellness Center as they begin their Fitness Journey. Participants will learn safe weight training principles utilizing our Cybex Circuit of selectorize equipment, and their own body weight.

Location: Spirit, Mind, & Body Center

Contact: Michelle Scott - mscott@sccymca.org

### *NEW* TABLETOP GAME CLUB (Ages 11-14)

A welcoming space for middle school students to connect through role-playing games, board games, card games, and other tabletop activities. Students can explore games like Catan, Magic: The Gathering, and Dungeons & Dragons while building friendships, practicing collaboration, and connecting with peers who share their interests.

Location: Southington YMCA - Room 202

Contact: Kaylee Drobish - kdrobish@sccymca.org

### *NEW* MADE BY ME CRAFTS CLUB (Ages 11-14)

A creative, hands-on program where teens can explore crafts like jewelry making, crocheting, bedazzling, embroidery and more. Participants can learn new skills, express their creativity, and discover hobbies they can enjoy for years to come.

Location: Southington YMCA - Room 202

Contact: Kaylee Drobish - kdrobish@sccymca.org

### TEEN VOLLEYBALL CLINIC (Ages 11-14)

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

Location: Southington YMCA - Racquetball Court

Contact: Kaylee Drobish - kdrobish@sccymca.org

| TEEN PROGRAMS | AGES | PRICE | MON | TUES | WED | THUR | FRI | SAT |
|---|---|---|---|---|---|---|---|---|
| Next Gen Strength | 11-13 | **FREE** Family Members<br>$25 Full Members<br>$103 Non-Members | 4-4:45PM<br>(SCY - SMBC) | | | | | |
| ***NEW*** Tabletop Game Club | 11-14 | Members & Non-Members<br>**FREE** | | | 6-7PM<br>(SCY - Rm 202) | | | |
| ***NEW*** Made By Me Crafts Club | 11-14 | Members & Non-Members<br>**FREE** | 6-7PM<br>(SCY - Rm 202) | | | | | |
| Southington Y Leaders Club | Gr. 6-12 | Members & Non-Members<br>**FREE** | | | 5-6PM<br>(SCY - Rm 202) | | | |
| Teen Volleyball Clinic | 11-14 | $36 Members<br>$128 Non-Members | 5-6PM<br>(SCY - Racquetball) | | | | | |

# YOUTH DEVELOPMENT

## Youth & Family Programs

## INFANT/TODDLER

Friday classes are led by a licensed occupational therapist with specialized training in pregnancy, postpartum, and infant health & wellness, Amy Nasshan!

### SENSORY SPROUTS (Ages 2-4)

Explore all of the senses with your child through hands on play activities and homemade toys.

Location: Southington YMCA - Room 202
Friday's 9:45-10:45AM

### 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 - Room 202
Friday's 11AM-12PM

### 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 - Room 202
Friday's 12:15-1:15PM

### TUMMYTIME!™ METHOD (Ages Birth to Pre-Crawl)

Enjoy tummy time together with your baby using the TummyTime!™ Method, which emphasizes quality of movements and connection with loved ones. This class is most helpful for babies who are not yet crawling and their caregiver(s).

Location: Southington YMCA - Room 202
Friday's 1:30-2:30PM



### SENSORY SPROUTS (Ages 9-24 months)

Explore all of the senses with your child through hands on play activities and homemade toys.

Location: Southington YMCA - Room 202
Saturday's 9-10AM

### 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 - Room 202
Saturday's 10:15-11:15AM

### TERRIFIC TWO'S (Ages 24-36 months)

We are happy to continue to offer the Terrific Twos at the Y! 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 202
Monday's AND Wednesday's 9-10:15AM
Tuesday's AND Thursday's 9-10:15AM

## TONY PENNA'S EXTREME KARATE!

### INTRO TO KARATE

This is a once a week, introduction to Tony Penna's Extreme Karate program. This class is recommended for anyone trying Karate for the first time. Learn skills for self-improvement, better health, and overall peace of mind with our personalized classes.

Location: Southington YMCA - APR
Ages 5-11 Mon 5:30-6:15PM
Ages 11+ Mon 6:30-7:30PM

### CONTINUING KARATE

This is a once or twice a week, monthly, recurring class. Learn skills for self-improvement, better health, and overall peace of mind with our personalized karate classes. One class per week options available.

Location: Southington YMCA - APR
Ages 5-11 Mon & Wed 5:30-6:15PM
Ages 11+ Mon & Wed 6:30-7:30PM



# YOUTH DEVELOPMENT

## Youth Sports & Recreation Programs

## PRE-K & YOUTH SPORTS

### GYMNASTICS (Ages 1-10)

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

Location: Southington YMCA - APR

### 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! A new sport will be played every week.

Location: Southington YMCA - Gymnasium

### INTRO TO BASKETBALL (Ages 2-10)

Perfect for kids brand new to the sport who are not quite ready for scrimmages. This class introduces the basics of dribbling, shooting, and defense in a fun, energetic way. The goal is to build confidence and help kids associate basketball with having fun.

Location: Southington YMCA - Gymnasium

### NEXT LEVEL BASKETBALL (Ages 3-6)

Designed for players who have completed an intro program and are ready for more, but not quite ready for exhibitions only. This class focuses on building stronger fundamentals through age-appropriate drills, small group instruction, and controlled scrimmage opportunities. Kids continue learning the game while gaining the confidence and skills needed to take the next steps in basketball.

Location: Southington YMCA - Gymnasium

### READY-TO-PLAY BASKETBALL (Ages 5-7)

#### PRACTICES (THURSDAY'S)

For players who already know the basics and want to grow their game. Practices focus on improving dribbling, shooting form, passing, and defense, while introducing team concepts like spacing and movement. Each session combines skill-building drills with fun games, helping prepare kids for live game play.

Location: Southington YMCA - APR

#### GAMES (SATURDAY'S)

Geared toward players eager to put their skills into action. Ready-To-Play features fun, competitive weekly exhibitions and scrimmages where kids test what they've learning a supportive, game-like environment.

Location: Southington YMCA - Gymnasium

**NOTE: Each participant in this session will take part in both Thursday Practices and Saturday Games.**

### BASKETBALL DEVELOPMENT TRAINING (Ages 7-10)

Geared toward players with prior basketball experience including class participants or those coming from league play. This program focuses on skill development, strength in fundamentals, and advanced training techniques. Athletes work to sharpen their game, build competitive habits, and gain the edge needed for better individual and team play.

Location: Southington YMCA - Gymnasium

## SPECIAL INTEREST

### *NEW* KIDS KITCHEN (Ages 4-10)

Kids Kitchen by Chef Ron Howard is a 7-week hands-on culinary enrichment program where children build confidence, creativity, independence, and teamwork through engaging kitchen experiences. Meeting once per week, the program combines cooking with STEM-based learning, helping students explore math, science, problem-solving, sequencing, and critical thinking through measuring, experimentation, observation, and collaborative food creation.

Location: Southington YMCA - Room 206

### COLORFUL CREATIONS (Ages 5-10)

Each week, children will complete a craft or art project! This art class inspired program is intended for those who love creating, painting and crafting. The goal of this class is to get creative and be artistic!

Location: Southington YMCA - Room 206

### PE MADNESS (Ages 5-10)

For children who love to be active and play a variety of games. Our Youth Sports Coaches will lead this class in their favorite gym games and offer them a fun outlet to exercise and stay physically fit.

Location: Southington YMCA - APR

## YOUTH & TEEN STAFF INFO

**Infant & Toddler Programs: Nick Charnysh**
ncharnysh@sccymca.org

**Youth Programs: Darren Battle**
dbattle@sccymca.org

**Teen Programs: Kaylee Drobish**
kdrobish@sccymca.org

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# FALL 2 YOUTH SPORTS

## SOUTHINGTON YMCA














## Youth Sports at the Southington YMCA:

- Gymnastics: Ages 1-10
- Sports Spectacular: Ages 2-7
- Intro to Basketball: Ages 2-10
- Next Level Basketball: Ages 2-6
- Ready-to-Play Basketball: Ages 5-7
  - Thursday Practices & Saturday Games - Advanced Level Class
- Basketball Development Training: Ages 7-10

## Weeknights at the Southington YMCA:

Tony Penna's Extreme Karate | Kids Kitchen | PE Madness | Colorful Creations

**Have a question or want more info?**
**Contact Darren Battle, Youth Program Director**

**Phone: 860.426.9556**
**Email: Dbattle@sccymca.org**

# YOUTH ACTIVITY GRID

## (SCY) – Southington YMCA (YCS) – YMCA Camp Sloper

| INFANT/TODDLER | AGES | PRICE | MON | TUES | WED | THUR | FRI | SAT |
|---|---|---|---|---|---|---|---|---|
| Sensory Sprouts | 2-4 | $25 Members<br>$50 Non-Members | | | | | 9:45-10:45AM<br>(SCY Rm 202) | |
| Infant Massage | 0-1 | $25 Members<br>$50 Non-Members | | | | | 11AM-12PM<br>(SCY Rm 202) | |
| Infant Development | 0-1 | $25 Members<br>$50 Non-Members | | | | | 12:15-1:15PM<br>(SCY Rm 202) | |
| TummyTime!™ Method | 0-1 | $25 Members<br>$50 Non-Members | | | | | 1:30-2:30PM<br>(SCY Rm 202) | |
| Sensory Sprouts | 9-24 months | $25 Members<br>$50 Non-Members | | | | | | 9-10AM<br>(SCY Rm 202) |
| Infant Feeding | 0-1 | $25 Members<br>$50 Non-Members | | | | | | 10:15-11:15AM<br>(SCY Rm 202) |
| Terrific Two's<br>(Mon & Wed; Tues & Thurs) | 24-36 months | $151 Members<br>$243 Non-Members | 9-10:15AM<br>(SCY Rm 202) | 9-10:15AM<br>(SCY Rm 202) | 9-10:15AM<br>(SCY Rm 202) | 9-10:15AM<br>(SCY Rm 202) | | |
| **PRE-K SPORTS** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Parent & Me Gymnastics | 1-2 | $87 Members<br>$179 Non-Members | | | | | | 8:30-9AM<br>(SCY - APR) |
| Pee Wee Gymnastics | 3-4 | $87 Members<br>$179 Non-Members | | | | | | 9:15-10AM<br>11:30AM-12:15PM<br>(SCY - APR) |
| Parent & Me Sports Spectacular | 2-3 | $87 Members<br>$179 Non-Members | | | | | | 8:30-9AM<br>(SCY - Gym) |
| Pee Wee Sports Spectacular | 4 | $87 Members<br>$179 Non-Members | | | | | | 8:30-9:15AM<br>(SCY - Gym) |
| Pre-K Intro to Basketball | 2-4 | $87 Members<br>$179 Non-Members | | | | | | 10:30-11:15AM<br>(SCY - Gym) |
| Pre-K Next Level Basketball | 3-4 | $87 Members<br>$179 Non-Members | | | | | | 10:30-11:15AM<br>(SCY - Gym) |
| **YOUTH SPORTS** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Rookies Gymnastics | 5-7 | $87 Members<br>$179 Non-Members | | | | | | 10:15-11:15AM<br>(SCY - APR) |
| Winners Gymnastics | 7-10 | $87 Members<br>$179 Non-Members | | | | | | 12:30-1:30PM<br>(SCY - APR) |
| Rookies Sports Spectacular | 5-7 | $87 Members<br>$179 Non-Members | | | | | | 8:30-9:15AM<br>(SCY - Gym) |
| Rookies Intro to Basketball | 5-6 | $87 Members<br>$179 Non-Members | | | | | | 9:30-10:15AM<br>(SCY - Gym) |
| Rookies Next Level Basketball | 5-6 | $87 Members<br>$179 Non-Members | | | | | | 9:30-10:15AM<br>(SCY - Gym) |
| Ready-to-Play Basketball | 5-7 | $104 Members<br>$196 Non-Members | | | | 5-6PM<br>(SCY - APR) | | 11:30-12:30AM<br>(SCY - Gym) |
| Winners Intro to Basketball | 7-10 | $87 Members<br>$179 Non-Members | | | | | | 1-2PM<br>(SCY - Gym) |
| Basketball Development Training | 7-10 | $87 Members<br>$179 Non-Members | | | | | | 1-2PM<br>(SCY - Gym) |
| **SPECIAL INTEREST** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Kids Kitchen by Chef Ron Howard | 4-6 | $280 Members<br>$369 Non-Members | | | | 5-6PM<br>(SCY Rm 206) | | |
| Kids Kitchen by Chef Ron Howard | 7-10 | $280 Members<br>$369 Non-Members | | | | 6:45-7:45PM<br>(SCY Rm 206) | | |
| Colorful Creations | 5-10 | $36 Members<br>$128 Non-Members | | | 5-5:45PM<br>(SCY Rm 206) | | | |
| Rookies PE Madness | 5-6 | $36 Members<br>$128 Non-Members | | 5-5:45PM<br>(SCY - APR) | | | | |
| Winners PE Madness | 7-10 | $36 Members<br>$128 Non-Members | | 6-6:45PM<br>(SCY - APR) | | | | |
| **KARATE** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Intro to Karate for Kids | 5-11 | $81 Members<br>$173 Non-Members | 5:30-6:15PM<br>(SCY - APR) | | | | | |
| Kids Continuing Karate | 5-11 | $81 Members<br>$173 Non-Members | 5:30-6:15PM<br>(SCY - APR) | | 5:30-6:15PM<br>(SCY - APR) | | | |
| Intro to Karate for Teens/Adults | 11+ | $81 Members<br>$173 Non-Members | 6:30-7:30PM<br>(SCY - APR) | | | | | |
| Teens/Adults Continuing Karate | 11+ | $81 Members/Month<br>$173 Non-Members/Month | 6:30-7:30PM<br>(SCY - APR) | | 6:30-7:30PM<br>(SCY - APR) | | | |

# 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. There are no makeups for missed classes.

### JUMPSTART SWIM LESSONS (Ages 4-7)

This program is for swimmers ages 4-7 and are not eligible to enter Kindergarten, or are homeschooled. Our goal is to develop competent and confident swimmers. This program is INDEPENDENT of our Jumpstart school program. There are no makeups for missed classes.

### 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. There are no makeups for missed classes.

### PRIVATE/FAMILY SWIM LESSONS (Ages 5-13)

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 program, 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.

### AQUATIC FITNESS CLASSES (Ages 18+)

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

## SWIM TEAM

### SOUTHINGTON RAYS & CHESHIRE SEA DOGS

Competitive swimming is an incredible 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. We have competitive swimming options at both our branches in Southington and Cheshire. All of our teams comply with all safety measures as outlined by state, local and federal agencies, including USA Swimming.

### COMPETITIVE SWIMMING LEADERSHIP TEAM

#### SOUTHINGTON RAYS

**Barbara Glaude, Aquatics Director**
Phone: 860.426.9553
Email: bglaude@sccymca.org

#### CHESHIRE SEA DOGS

**Rob Adams-Michaud, Head Coach**
Phone: 203.272.3150 x513
Email: radams-michaud@sccymca.org



**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 | $107 Member<br>$199 Non-Member | 5:20-5:50PM<br>5:55-6:25PM | 10-10:30AM | | 10-10:30AM | 9:45-10:15AM | 8-8:30AM<br>8:40-9:10AM<br>9:20-9:50AM<br>10-10:30AM<br>11:25-11:55AM |
| **PRESCHOOL** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Preschool Swim Lessons | 3-5 | $123 Member<br>$215 Non-Member | 5:20-5:50PM<br>5:55-6:25PM | 10-10:30AM<br>10:35-11:05AM<br>4:15-4:45PM<br>4:50-5:20PM | | 10-10:30AM<br>4:05-4:35PM<br>4:40-5:10PM | 9:10-9:40AM | 8-8:30AM<br>8:40-9:10AM<br>9:20-9:50AM<br>10-10:30AM<br>11:25-11:55AM |
| **SCHOOL AGE** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Jumpstart Swim Lessons | 4-7 | $123 Member<br>$215 Non-Member | | 1:30-2PM | | 10:35-11:05AM | | |
| School Age Swim Lessons | 5-12 | $123 Member<br>$215 Non-Member | 5:20-5:50PM<br>5:55-6:25PM | 4:15-4:45PM<br>4:50-5:20PM | | 4:05-4:35PM<br>4:40-5:10PM | | 8-8:30AM<br>8:40-9:10AM<br>9:20-9:50AM<br>10-10:30AM<br>10:35-11:05AM<br>11:25-11:55AM |
| Aqua Fit For Kids | 7-13 | $139 Member<br>$231 Non-Member | | | | | | 10:35-11:20AM |
| **PRIVATE SWIM LESSONS** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Private Swim Lessons | 5-13 | $375 Members ONLY | | | | | | 8-8:30AM<br>8:40-9:10AM<br>9:20-9:50AM<br>10-10:30AM<br>10:35-11:05AM<br>11:25-11:55AM |
| **SPECIAL NEEDS** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Special Needs Buddy Swim | 3-12 | $123 Member<br>$215 Non-Member | | | | | | 10:35-11:05AM<br>11:25-11:55AM |
| **TEEN & ADULT SWIM LESSONS** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Teen & Adult Swim Lessons | 13+ | $123 Member<br>$215 Non-Member | | | | 10:35-11:05AM | 10:20-10:50AM | 7:25-7:55AM |
| **ADULT CLASSES** | **AGES** | **PRICE** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** |
| Aquatic Fitness | 18+ | FREE for Members | 9:10-9:55AM<br>10:10-10:55AM | 8:15-9AM<br>9:10-9:40AM | 9:10-9:55AM<br>10:10-10:55AM | 8:15-9AM<br>9:10-9:40AM | 8:30-9AM | |

## MAKE-UP CLASSES, REFUNDS & CHANGES

1. All lessons will be 7 weeks except Thursday & Friday classes which are 6 weeks.
2. Please only sign your child up for ONE swim lesson per session. 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. **Refund Policy:** A refund will be given if the Y 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.
4. A processing fee of $20.00 per class will be charged for all program changes made by program participants.
5. We strive to make sure that you are satisfied with all Y programs. If your class is not meeting your expectations, please contact Barbara Glaude, Aquatics Director at bglaude@sccymca.org or 860.426.9553.

# HEALTHY LIVING

## Health, Well-Being & Fitness

## PERSONAL TRAINING

### PERSONAL TRAINING IS BACK AT 29 HIGH STREET

Do you struggle with knowing what exercises will help you reach your goals? Have you plateaued in your current program? Maybe you just need that extra boost of motivation. Regardless of your reason, we have got you covered! Visit SCCYMCA.org/Personal-Training for more info or contact Michelle Scott at mscott@sccymca.org.

## SMALL GROUP FITNESS

### STRENGTH TRAINING

Led by a Certified Personal Trainer, this program offers 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: $91 | Non-Member Price: $154

Location: Southington YMCA - Weight Room

### TGIF - TRAINER GUIDED INTERVAL FITNESS

Led by a Certified Personal Trainer, participants rotate through a circuit that builds endurance, strength, and power in a supportive group environment. All levels are welcome to participate. **TGIF will return in January 2027!**

## HEALTHY LIFESTYLES

### TYPE 2 DIABETES MANAGEMENT PROGRAM

Designed for individuals living with Type 2 Diabetes. This program provides resources for health nutrition & physical activity to help guide behavioral changes to better manage diabetes while building a healthy lifestyle.

This program is FREE for those who qualify.

Location: Southington YMCA - Spirit, Mind & Body Center

### 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 YMCA - 29 High Street

### 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 YMCA - 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.

Location: Southington YMCA - SMBC & the Cheshire 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

### BLOOD PRESSURE SELF MONITOR 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.

Member Price: FREE for those who qualify.

Location: Southington YMCA - Spirit, Mind & Body Center

### PARENTING FROM THE HEART

If you find yourself not knowing how to help your children in these challenging and confusing times, you are not alone. Together we can guide you to find your way to a better understanding of life through the lens of your child. Coaching provides practical tools and insights in real-time to help parents and teens enhance their awareness, maintain grounding in tough situations, and strengthen their connections while using the fundamentals of deep listening, looking for the good, and taking care of yourself.

Member & Non-Member Pricing: One 50 Minute Session - $45 | Four 50 Minute Sessions: $160

### CARING FOR YOU - FROM THE INSIDE OUT

A whole-person approach to healthy living and wellness including exercise, nutrition, and support for emotional eating and food triggers, tools for managing stress and anxiety such as mediation and breath work, along with explorations of goal setting and journaling. We will work on skills building to help cope with life's curveballs.

This program is FREE for those who qualify.

Locations: Southington SMBC & Cheshire Community YMCA

### BRAIN HEALTH PROGRAM

Did you know that there are several modifiable risk factors that can help prevent your chances of experiencing cognitive change? In this twice per week program, we will cover healthy behavioral strategies and practice brain fitness exercises. This program is FREE to members.

Location: Southington YMCA - 29 High Street

# HEALTHY LIVING

## Sports Performance Center

## 1 ON 1 COACHING

### 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 & nutrition coaching.

| Duration | Sessions/Week | Rate |
|---|---|---|
| 1 Month | 2 | $415 |
| 1 Month | 3 | $615 |

### 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. Assessments & Online Programming cost $60.

### 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.
Choose Monday-Friday at 3:00, 4:00, 5:00, or 6:00PM

Location: Sports Performance Center
Contact: Dylan Hogan, CSCS, Pn L1 via email at dhogan@sccymca.org or call 860.426.9588

| Duration | Sessions/Week | Member | Non-Member |
|---|---|---|---|
| 1 Month | 2 | $155 | $215 |
| 1 Month | Unlimited | $290 | $365 |

### SPC SEMI-PRIVATE COACHING

Semi-Private Coaching 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. Please contact the SPC to set up your assessment first before signing up.

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 | $180 |
| 1 Month | 3 | $250 |







**"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

The Cheshire Community YMCA also runs Sports Performance programs. Please see page 8 for more information.

Please contact Brandon Riollano, Cheshire Sports Performance Director at briollano@sccymca.org with any questions.

# PERSONAL TRAINING AT 29

## PACKAGES AVAILABLE



| | |
|---|---|
| Start Me Up Package 3 Sessions *New Clients Only* | $175 |
| 6-Session Package | $341 |
| 12-Session Package | $682 |
| Single Session *Existing Clients Only* | $58 |

**INVEST IN YOURSELF**

**Our trainers aren't only trainers.**

They also have extensive experience teaching Group Fitness, Yoga, and coaching sports teams. Our trainers are all different - in the best way! We bring a wealth of knowledge and a variety of styles to our programs.

**For more information, please contact**
**Michelle Scott**
**Health & Wellness Program Director**
**Phone: 860.426.9529**
**Email: mscott@sccymca.org**

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# STAY FIT
# MAKE FRIENDS
# HAVE FUN



## ADULT COED VOLLEYBALL LEAGUE
## SOUTHINGTON COMMUNITY YMCA

**WHEN:** Begins January 6, 2027
Ends April 7, 2027

**LOCATION:** Southington Community YMCA

**TEAM FEE:** Competitive Division: $457
Recreational Division: $402

**REGISTRATION:** Begins November 30, 2026 at the Membership Desk

**CONTACT:** Michelle Scott at mscott@sccymca.org

**Last Day to Register is December 30, 2026**

The schedule will be emailed. Play begins on January 6th. Matches are held between 6-9PM in the Gymnasium. Matches may need to be scheduled beyond April 7th in the event of weather cancellations.

**Contact Michelle Scott for more info!**
**860.426.9529 or mscott@sccymca.org**

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