



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FIND YOUR Y THIS NEW YEAR!

**SOUTHBURY-CHESHIRE COMMUNITY YMCAs
WINTER 2023 MEMBERSHIP & PROGRAM GUIDE**

Registration Begins: Family Members – Wednesday, December 7th
Full Members – Friday, December 9th
Non-Members – Wednesday, December 14th

Session Dates: Monday, January 2nd – Sunday, February 19th
Make-up Week: Monday, February 20th – Sunday, February 26th

**ONLINE
REGISTRATION:
BEGINS AT 6AM**

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



SOUTHINGTON BRANCH HOURS

29 High St

Monday-Friday 5AM-9PM
Saturday & Sunday 7AM-5PM

Spirit, Mind & Body Center:

Monday-Friday 5:30-11AM
Saturday 9-11AM

CHESHIRE BRANCH HOURS

Monday-Thursday 6AM-8PM
Friday 6AM-7PM
Saturday & Sunday 8AM-2PM

DEC-FEB HOLIDAY HOURS

Holiday	Date	Notes
Christmas Eve	12/24	YMCA Open; Reduced Hours
Christmas Day	12/25	YMCA Closed
Christmas (Observed)	12/26	YMCA Open; No Child Care
New Year's Eve	12/31	YMCA Open; Reduced Hours
New Year's Day	1/1	YMCA Open; Reduced Hours
New Year's Day (Obs)	1/2	YMCA Open; No Child Care
MLK Jr Day	1/16	YMCA Open; Early Learning Child Care Running School Age Child Care Fun Days Offered
Presidents' Day	2/20	YMCA Open; No Early Learning Child Care; School Age Child Care Fun Days Offered

CONTACT INFORMATION

Association Staff

Mark Pooler, CEO - mpooler@sccymca.org

Tabitha Stein, CFO - tstein@sccymca.org

Wendy Stevens, HR - wstevens@sccymca.org

Justin Hubeny, YMCA Camp Sloper - jhubeny@sccymca.org

Mark Guerin, Marketing - mguerin@sccymca.org

Chrissy Cassesse, Child Care - ccassesse@sccymca.org

Jay Jaronko, Programs & Membership - jjaronko@sccymca.org

Kevin Simms, Operations - ksimms@sccymca.org

Dave Langdon, Facilities - dlangdon@sccymca.org

Southington Community YMCA Front Desk - 860.628.5597

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 are permitted access to the trails, the fields, the play scape 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



EARLY BIRD
REGISTRATION STARTS 2/4
www.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

Chrissy Cassesse, Association Child Care Director
Phone: 203.272.3150 x510
Email: ccassesse@scvcymca.org

SOUTHBURY COMMUNITY YMCA

Kari Robarge, Early Childhood Director
Phone: 860.426.9542
Email: krobarge@scsymca.org

Emily Snow, School Age Child Care Director
Phone: 860.426.9587
Email: esnow@scsymca.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@scvcymca.org

School's Out Fun Days

WINTER 2022-2023

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: \$65/day Non-members: \$75/day
Register at: sccymca.org/register (search for "Schools Out")

SOUTHWICH

6:30-5:30PM - YMCA AT 29 HIGH STREET

- 12/27/22
 - 12/28/22
 - 12/29/22
 - 12/30/22
 - 1/16/23
 - 2/20/23
 - 2/21/23

CHESHIRE

6:30-6PM - NORTON SCHOOL UNLESS NOTED

- 12/23/22
 - 12/27/22
 - 12/28/22
 - 12/29/22
 - 12/30/22
 - 1/16/23
 - 2/21/23

2023-24 Child Care Registration Dates

Program	Current Families	Y Members & New 3's	Open to the Community
Preschool, Nursery School & Jumpstart	1/3/23	1/16/23	1/30/23
School Age Child Care	2/27/23	3/20/23	3/20/23
Naciwonki Summer Adventures & YMCA Camp Q			2/6/23
Preschool Summer Adventures			2/13/23
Cheshire Preschool Part Day			3/6/23

Open Houses are starting for these programs in January 2023. Please contact the Leadership Team, listed above, for dates, times and to schedule your appointment for these Open Houses.



WHY WE'RE HERE

FOR
YOUTH
DEVELOPMENT

FOR
HEALTHY
LIVING

FOR
SOCIAL
RESPONSIBILITY

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.

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.

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	\$25 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 - Wendy Fisher - wfisher@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 QUINNIPAC (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: 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!

Contact: Lisa Zaborowski - lzaborowski@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. The next session starts in September - reserve your spot today!

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



CHESHIRE COMMUNITY YMCA

961 South Main St, Cheshire, CT 06410

HEALTHY HABITS PROGRAM

A PILOT PROGRAM FOR DODD MIDDLE SCHOOL STUDENTS (GRADES 7-8)

Healthy Habits is a FREE 6 week program designed to help students improve both physical and mental health through exercise, nutrition and mindfulness. This program is made possible by a generous grant from Newman's Own Foundation and in partnership with the Cheshire Public Schools, Chesprocott Health District and the Cheshire Community YMCA.

WHY THIS MATTERS

Studies show that students who exercise and eat balanced diets:

1. Get better grades & test scores
2. Show fewer symptoms of anxiety or depression
3. Have a stronger skeletal system
4. Have increased self-confidence

CLASS STRUCTURE

20 minutes in a classroom setting, learning the topic of the day and 40 minutes of exercise.

Topics include: Goal Setting, Food Groups, Nutrition 101, Food Labels, Dining out, Healthy snacks & more!

REGISTER NOW at sccymca.org/healthyhabits or contact Kristin Champagne at kchampagne@sccymca.org

WHEN WE MEET

Tuesdays AND Thursdays

January 10-February 16, 2023

Most classes are at Dodd Middle School from 3-4PM

3 evening sessions from 7-8PM for students & parents:

1. 1/10 - Kickoff at Dodd Middle School
2. 2/9 - Grocery Store Field Trip
3. 2/11 - Cheshire High School Culinary Classroom

MADE POSSIBLE BECAUSE OF



CHESHIRE
PUBLIC
SCHOOLS



CHESPROCOTT
HEALTH DISTRICT



COMMUNITY DEVELOPMENT

Upcoming Special Events



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVE THE DATE!

18th Annual SLOPER PLUNGE

SATURDAY,
FEBRUARY 25, 2023

94TH ANNUAL MEETING & AWARDS CELEBRATION

2/15/23 AT THE AQUA TURF
TICKETS ON SALE 1/4



YOUTH DEVELOPMENT

Youth/Teen Sports & Rec Programs

YOUTH SPORTS

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: Southington YMCA Gymnasium

BASKETBALL (Ages 2-10)

Passing, dribbling, shooting, team play, and basic offensive and defensive concepts of the game are taught.

Location: Southington YMCA Gymnasium

GYMNASICS (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 All-Purpose Room

DIVERSE ABILITIES SPORTS (Ages 5-10)

We are excited to now offer sports programs for youth with diverse abilities! Kids will learn the basics of soccer, basketball, and floor hockey.

Neuro-typical partners & parent participants are highly encouraged. If you or your child would like to be a buddy in this program, please contact Coach Nick.

Location: Southington Community YMCA Gymnasium

SPECIAL INTEREST

PE MADNESS (Ages 7-10)

For children who love to be active and play a variety of games. Coach Nick and his 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

TEEN VOLLEYBALL (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

WELLNESS

KIDS FITNESS CLASS (Ages 7-10)

Class focuses on teaching fundamental skills, fitness & developing self-esteem while having fun!

Location: Southington Community YMCA

INFANT PROGRAMS ARE FREE THIS WINTER!

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

PROGRAM DETAILS

- Programs will run for 5 weeks, starting 1/7/23
- All classes are FREE for YMCA members for ONE SESSION ONLY
- All classes are lead by a licensed occupational therapist and certified perinatal exercise specialist
- All classes will be held in the YMCA Learning Center All-Purpose Room at 30 High St.

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 11:30AM-12:30PM



YOUTH/TEEN ACTIVITY GRID

(SCY) - Southington YMCA

(YLC) YMCA Learning Center

INFANT/TODDLER	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Infant Massage	Birth-12 months	FREE Members \$25 Non-Members						9-10AM (YLC)
Infant Development	Birth-12 months	FREE Members \$25 Non-Members						10:15-11:15AM (YLC)
Infant Feeding	Birth-12 months	FREE Members \$25 Non-Members						11:30-12:30PM (YLC)
Terrific Two's (Mon & Wed; Tue & Thu)	24-36 months	\$125 Members \$203 Non-Members	9-10:15AM Room 205	9-10:15AM Room 205	9-10:15AM Room 205	9-10:15AM Room 205		
PRE-K SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Parent & Me Sports Spectacular	2-3	\$72 Members \$150 Non-Members						10-10:45AM (SCY-Gym)
Pee Wee Sports Spectacular	4	\$72 Members \$150 Non-Members						12-12:45PM (SCY-Gym)
Parent & Me Basketball	2-3	\$72 Members \$150 Non-Members						11-11:45AM (SCY-Gym)
Pee Wee Basketball	4	\$72 Members \$150 Non-Members						10-10:45AM (SCY-Gym)
Parent & Me Gymnastics	1-2	\$72 Members \$150 Non-Members						8:15-9AM (SCY-APR)
Pee Wee Gymnastics	3-4	\$72 Members \$150 Non-Members						9:15-10AM 11:15AM-12PM (SCY-APR)
YOUTH SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Diverse Abilities School Age Sports	5-10	\$72 Members \$150 Non-Members						8-8:45AM (SCY - Gym)
Rookies Sports Spectacular	5-7	\$72 Members \$150 Non-Members						11-11:45AM (SCY-Gym)
Rookies Basketball	5-6	\$72 Members \$150 Non-Members						9-9:45AM 12-12:45PM (YCS)
Winners Basketball	7-10	\$72 Members \$150 Non-Members						1:30-2:15PM (SCY-Gym)
Rookies Gymnastics	5-6	\$72 Members \$150 Non-Members						10:15-11AM (SCY-APR)
Winners Gymnastics	7-10	\$72 Members \$150 Non-Members						12:15-1PM (SCY-APR)
SPECIAL INTEREST	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
PE Madness	7-10	\$27 Members \$105 Non-Members		6-6:45PM (SCY - APR)		6-6:45PM (SCY - APR)		
Teen Volleyball	11-14	\$72 Members \$150 Non-Members					6-6:45PM (Racquetball)	
WELLNESS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Kids Fitness	7-10	Family Members FREE \$25 Full Members \$103 Non-Members				4:15-5:00PM (SCY - Fitness)		
Youth Strength Training	11-14	Family Members FREE \$25 Full Members \$103 Non-Members			4:15-5:00PM (SCY - Fitness)			

Y STAFF CONTACT INFO

Youth/Teen Sports, Special Interest & Infant/Toddler: Nick Charnysh - ncharnysh@sccymca.org

Southington Babysitting (AKC): Christine Paulus - c paulus@sccymca.org

Wellness: Brandon Riollano - briollano@sccymca.org



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 11:30-12:30PM



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 Christine Paulus at [cпаulus@sccymca.org](mailto:cpaulus@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.

Mon & Tues 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

NEW! BABY BARRE

Are you a new mom, ready to get back in shape? Try Baby Barre! Barre is a great total body workout; combining movements from Pilates, Ballet and Yoga. It provides strength training, light cardio, some stretching and lots of core work.

Baby Barre is a program for new moms looking to get back in shape and connect with other moms. This is a parent/child program for babies that are not yet mobile.

Location: Cheshire YMCA

Wed & Fri 2-2:45PM

January 4 – February 17

Members: \$40 Non-Members: \$65

Registration Limited to 8

Contact: Kristin Champagne - kchampagne@sccymca.org



YOUTH DEVELOPMENT

Teen Programs

TW-Y-LIGHT

(GRADES 6-8)

FRIDAYS

7:00PM-8:45PM

Friday, 10/ 28 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.

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

Contact: Tom Sangeloty - tsangeloty@sccymca.org



FITNESS

SOUTHBINGTON 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
dhogan@sccymca.org or call 860.426.9535

Duration	Sessions/Week	Member	Non-Member
1 Month	2	\$125	\$185
1 Month	Unlimited	\$230	\$305

CHESHIRE YOUTH PERSONAL TRAINING

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

Location: Cheshire YMCA Sports Performance Center

Contact: Doug Levens
dlevens@sccymca.org or call 203-272-3150

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

TEAM RATES AVAILABLE

If you would like to get a group rate and a team-focused program for your school or club team, we can help you out with that! Please contact either coach listed above.

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 for our current class offerings. We recommend the following classes for any teens looking to start exercising!

For a Weekday Party Vibe

Zumba M&W 6-6:45pm, & Th 7-7:45pm
Cardio Dance Step Tues 5-5:45pm

For a Weekday Low-Key Vibe

W Breathe, Move, Meditate 6-6:45pm
Th All Levels Yoga 6-7pm

If You're Looking to Build Strength

Wed & Fri 6:30-7pm.



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.

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+)

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 bglade@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.

REGISTRATION NOTES

Swim lessons are always very popular, and always have a wait list. Please keep these notes in mind throughout the registration process:

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. Barb & Suzy do a great job placing kids from wait lists into classes, but they can't place your child if they are not on a wait list.
3. Please only sign up for ONE waitlist. When your child appears on multiple waitlists, it can become much harder for Barb & Suzy to place them correctly.
4. Please be patient and flexible through this process. Teaching your child to swim is one of the most important things we do at the Y, and we will do everything we can to get them into a lesson as soon as possible.

SWIM TEAM

SOUTHBINGTON 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.

Our Southington Team practices in the YMCA pool, and our Cheshire Team practices in the Cheshire Town Pool.

All of our teams comply with all safety measures as outlined by state, local and federal agencies, including USA Swimming.

COMPETITIVE SWIMMING LEADERSHIP TEAM

SOUTHBINGTON RAYS

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



CHESHIRE SEA DOGS

Sean Farrell, Head Coach
Phone: 203.272.3150 x513
Email: sfarrell@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	\$89 Member \$167 Non-member	5:25-5:55PM 6:00-6:30PM			10:00-10:30AM	9:50-10:20AM	8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 11:20-11:50AM
PRESCHOOL	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Preschool Swim Lessons	3-5	\$102 Member \$180 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 11:20-11:50AM
SCHOOL AGE	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
School Age Swim Lessons	5-12	\$102 Member \$180 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 11:20-11:50AM
Aqua Fit For Kids	7-13	\$112 Member \$190 Non-member						10:35-11:20AM
PRIVATE SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Private Swim Lessons	5+	\$225 Member ONLY						8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 10:35-11:05AM 11:20-11:50AM
SPECIAL NEEDS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Special Needs Buddy Swim	3-12	\$102 Member \$180 Non-member						10:35-11:05AM 11:20-11:50AM
TEEN & ADULT SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Teen & Adult Swim Lessons	13+	\$102 Member \$180 Non-member				10:30-11:00AM	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		

Make-ups, Refunds & Changes

1. All lessons will be 7 weeks. We will hold the week of 2/20 for make-ups, if necessary.
2. 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.
3. A processing fee of \$10.00 per class will be charged for all program changes made by program participants.
4. 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

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 Community YMCA - Weight Room

GYMNASIUM SPORTS

BASKETBALL

The Gymnasium will be available at select times throughout the day. Please visit sccymca.org/schedules for the Gymnasium Schedule. Location: Southington Community YMCA Gymnasium

RACQUET SPORTS

PICKLEBALL

Pickleball is back! Pickleball is a team racquet sport that is becoming very popular, especially among seniors. Please visit sccymca.org/schedules for the Gymnasium Schedule. Location: Southington Community YMCA Gymnasium

RACQUETBALL

Racquetball is back! All players must reserve their spot in advance at the Southington Fitness Desk. You may use our racquets, balls and goggles or bring your own. Some times are reserved for Wallyball and other YMCA programs. Location: Southington Community YMCA Racquetball Courts

CONTACT INFO

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

Kristin Champagne , Cheshire:

E kchampagne@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. Tues 11:15AM and Fri 10:30AM 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 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.

Details coming soon! 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	\$360
1 Month	3	\$540

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.

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 860.426.9535

Duration	Sessions/Week	Member	Non-Member
1 Month	2	\$125	\$185
1 Month	Unlimited	\$230	\$305

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	\$150
1 Month	3	\$225



"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 6 for more information.

Please contact Doug Levens, Cheshire Sports Performance Director at dlevens@sccymca.org with any questions.



FOR A **HEALTHIER TOMORROW**

**COMING SOON TO THE SOUTHBURY YMCA
HW CENTER ADDITIONS**



Glute Extension



Leg Extension



Leg Curl



3 New Step Mills



Hip Ab/Ad



Circuit Strength Training & Turf Floor



Tire Flip

WEIGHT ROOM ADDITIONS



3 New Bench Press



Plate Load Row



Pec/Fly



Plate Load Incl Press



Smith Machine



5 Station Cable Crossover



2 New Deadlift Platforms



Functional Storage & Racks