



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# WARM UP YOUR WINTER

**SOUTHINGTON-CHESHIRE COMMUNITY YMCAs  
WINTER 2 2021 MEMBERSHIP & PROGRAM GUIDE**

Registration Begins: Family Members – Monday, January 25th at 8AM  
Full Members – Monday, January 25th at 8AM  
Non-Members – Friday, January 29th at 8AM

Session Dates: Monday, February 1st – Sunday, February 28th

**ONLINE  
REGISTRATION  
BEGINS AT  
6AM!**



# SOUTHINGTON BRANCH HOURS

**Monday–Friday 5AM–8PM**  
**Saturday & Sunday 8AM–12PM**

# CHESHIRE BRANCH HOURS

**Monday–Friday 7AM–7PM**  
**Saturday & Sunday 8AM–12PM**

## COVID-19 INFO & PROTOCOLS

### WHEN YOU ARRIVE

All YMCA programs comply with all COVID-19 precautions as directed by local, state and federal agencies. All participant and spectators must have their temperature checked and must be wearing a face mask at all times. We ask that only one parent escort children to all indoor programs, including swimming lessons.

### FACEMASKS

Masks must be worn as you arrive to all programs, both indoors and outdoors. Your program director will communicate all program-specific mask requirements prior to the start of the session. Be sure to register early so you don't miss any communication!

### SOCIAL DISTANCE

Everyone is asked to maintain 6–10 feet distance throughout their time in a YMCA facility. Markers are placed throughout the facility to indicate where people should stand to ensure appropriate social distance. Plexiglass barriers have been constructed at all service areas. We ask that all questions directed to YMCA staff occur at a service station with plexiglass barrier.

### ENHANCED CLEANING

All program spaces and equipment will undergo a thorough cleaning process following each use. Classes have been scheduled in order to ensure an appropriate time for cleaning & disinfection.

### CREDITS & CANCELLATIONS

If our session is cut short due to directives from local or state health agencies, we will provide credits or refunds as appropriate for each program.

### 5 RULES FOR ALL

**IF YOU'RE SICK, PLEASE STAY HOME.**

**PLEASE KEEP SOCIAL DISTANCE FROM OTHER MEMBERS AND PARTICIPANTS.**

**WEAR A FACE MASK THAT COVERS YOUR NOSE AND MOUTH.**

**COVER YOUR COUGHS AND SNEEZES**

**CLEAN YOUR HANDS AND SURFACES THOROUGHLY**

## CONTACT INFORMATION

### ASSOCIATION STAFF

Mark Pooler, CEO – [mpooler@sccymca.org](mailto:mpooler@sccymca.org)

Tabitha Stein, CFO – [tstein@sccymca.org](mailto:tstein@sccymca.org)

Wendy Stevens, HR – [wstevens@sccymca.org](mailto:wstevens@sccymca.org)

Kevin Simms, Operations – [ksimms@sccymca.org](mailto:ksimms@sccymca.org)

Renny Hanson, Facilities – [rhanson@sccymca.org](mailto:rhanson@sccymca.org)

Mark Guerin, Marketing – [mguerin@sccymca.org](mailto:mguerin@sccymca.org)

Chrissy Cassesse, Child Care – [ccassesse@sccymca.org](mailto:ccassesse@sccymca.org)

Jay Jaronko, Programs & Membership – [jjaronko@sccymca.org](mailto:jjaronko@sccymca.org)

Wendy Fisher, Membership – [wfisher@sccymca.org](mailto:wfisher@sccymca.org)

Justin Hubeny, YMCA Camp Sloper – [jhubeny@sccymca.org](mailto:jhubeny@sccymca.org)

Southington Community YMCA Front Desk – 860-628-5597

Cheshire Community YMCA Front Desk – 203-272-3150

YMCA Camp Sloper – 860-621-8194



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

# 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. We are fully complying with all health directives from local, state and federal health agencies. We are working closely with public schools and are preparing to meet the needs of families in a number of different education models. No matter what changes may face our community, we are committed to providing a safe education space for those that need it. We're here for you.

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@sccymca.org

#### SOUTHINGTON

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

Nicole Guerra, School Age Child Care Director  
Phone: 860.426.9547  
Email: nguerra@sccymca.org

#### CHESHIRE

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

## 2021-2022 REGISTRATION START DATES

### Southington Early Childhood

Nursery School Reg - Current Families	1/11/2021
Nursery School Reg - Y Members	1/18/2021
Nursery School Reg - Community	1/25/2021
Preschool Reg - Current Families	2/1/2021
Preschool Reg - Y Members	2/8/2021
Preschool Reg - Community	2/16/2021
Preschool Open House 1*	1/19/2021
Preschool Open House 2*	1/27/2021

### Southington & Cheshire School Age

School Age Reg - Current Families	3/1/2021
School Age Reg - Y Members	3/1/2021
School Age Reg - Community	3/1/2021

### Cheshire Early Childhood

Preschool Reg - Current Families	1/4/2021
Preschool Reg - Y Members	1/4/2021
Preschool Reg - Community	1/4/2021
Preschool Open House 1*	1/14/2021
Preschool Open House 2*	1/27/2021

**FOR MORE INFORMATION  
ABOUT OUR THREE AMAZING  
CAMP & SUMMER CHILD CARE  
PROGRAMS, PLEASE VISIT  
PAGE 6!**

**Preschool Open House is by appointment  
only. To make an appointment, please call:**

**Southington - 860-621-8130  
Cheshire - 203-272-3150**





# YOUTH DEVELOPMENT

## Youth & Teen Programs

### YOUTH & TEEN SPORTS

#### PARENT & ME BASKETBALL (Ages 2-4)

An introduction to the game of Basketball! Focus is on basic development and non-competitive game experience. Fair play, sportsmanship and fun are emphasized. Dribbling, passing, shooting, defense team play and other basic game concepts/rules are highlighted.

Location: Southington Community YMCA - Gymnasium

#### PARENT & ME FLOOR HOCKEY (Ages 2-4)

A great introduction to the sport of floor hockey. Kids will learn basic skills and game play while meeting new friends. The Y will provide and sanitize hockey sticks each week. Participants use nerf-type equipment and a large size ball.

Location: Southington Community YMCA - APR

#### YOUTH FLOOR HOCKEY (Ages 5-10)

A great introduction to the sport of floor hockey. Kids will learn basic skills and game play while meeting new friends. The Y will provide hockey sticks each week.

Location: Southington Community YMCA - APR

#### YOUTH BASKETBALL (Ages 5-10)

Focus is on basic skill development and non-competitive game experience. Fair play, sportsmanship and fun are emphasized. Dribbling, passing, shooting, defense, team play and other basic game concepts and rules are highlighted.

Location: Southington Community YMCA - Gymnasium

#### DODGEBALL MADNESS (Ages 7-10)

For children who love to be active and play a variety of dodgeball games. Coach Nick will lead this class in his favorite dodgeball games and offer them a fun outlet to exercise and stay physically fit.

Location: Southington Community YMCA

#### 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 Community YMCA - Racquetball Courts

### GYMNASTICS

#### PARENT/TOT OPEN GYM (All Ages)

This 45 minute self guided program is for tots to interact with their parents and have fun at the same time. Come once a week for the whole session. This is for two families at a time.

Location: Southington Community YMCA - APR

#### LITTLE LEAPERS (Ages 3-4)

Activities use mats, beams, bars, and trampoline. Children learn to develop coordination, strength, flexibility and balance through movement.

Location: Southington Community YMCA - APR

#### JUNIOR GYMNAST (Ages 4-5)

A fun and exiting way for children to enjoy exercising while learning basic gymnastics skills. This class emphasizes strength, coordination and social skills.

Location: Southington Community YMCA - APR

#### INTRO TO GYMNASTICS (Ages 6-8)

This introductory program is for children ages 6-8 to try gymnastics for the first time. This is a beginner skills only class. Come join us and try out the sport of gymnastics!

Location: Southington Community YMCA - APR

### WELLNESS

#### KIDS FITNESS (Ages 7-10)

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

Location: Southington Community YMCA

### COVID PRECAUTIONS: SPORTS/GYM PROGRAMS

- ALL CLASSES WILL BE RUN IN SMALL GROUPS
- LIMIT OF 1 ADULT PER CHILD
- MASKS ARE REQUIRED AT ALL TIMES
- EQUIPMENT WILL BE CLEANED AFTER EACH USE

### CONTACT INFO

Gymnastics - Barb Glaude - [bglaude@sccymca.org](mailto:bglaude@sccymca.org)  
Sports - Nick Charnysh - [ncharnysh@sccymca.org](mailto:ncharnysh@sccymca.org)  
Wellness - Brandon Riollano - [briollano@sccymca.org](mailto:briollano@sccymca.org)



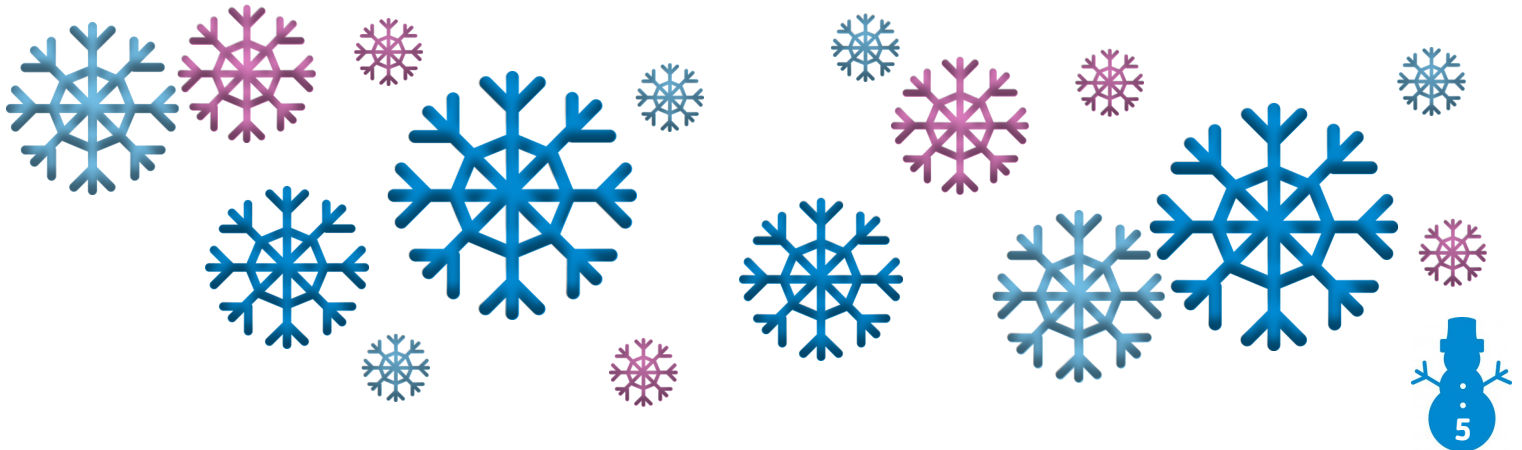
# YOUTH & TEEN PROGRAMS ACTIVITY GRID

(SCY) – Southington YMCA

(CCY) – Cheshire YMCA

(YCS) – YMCA Camp Sloper

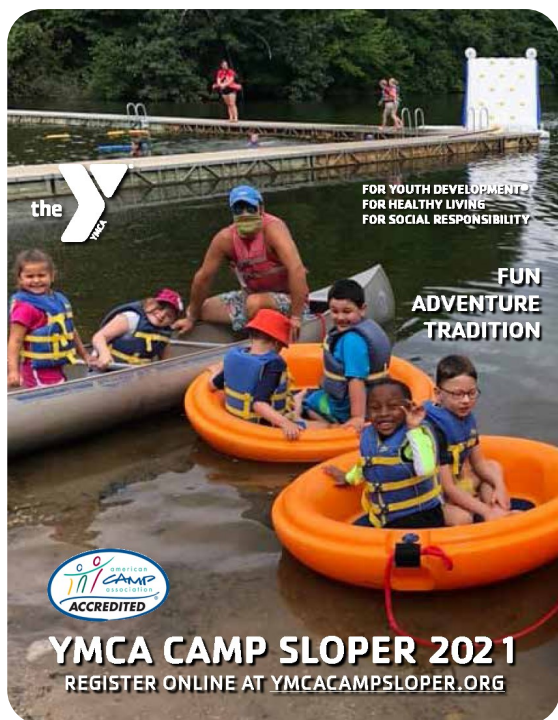
PRESCHOOL SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Parent & Me Basketball	2-4	\$40 Members \$90 Non-Members						11:30-12:15PM (SCY - Gym)	
Parent & Me Floor Hockey	2-4	\$40 Members \$90 Non-Members						9:45-10:30AM (SCY - APR)	
YOUTH SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Rookies Floor Hockey	5-6	\$40 Members \$90 Non-Members						10:45-11:30AM (SCY - APR)	
Winners Floor Hockey	7-10	\$40 Members \$90 Non-Members						11:45-12:30PM (SCY - APR)	
Rookies Basketball	5-6	\$40 Members \$90 Non-Members						9:30-10:15AM (SCY - Gym) OR 1:00-1:45PM (SCY - Gym)	
Winners Basketball	7-10	\$40 Members \$90 Non-Members						2:00-2:45PM (SCY - Gym) OR 10:30-11:15AM (SCY - Gym)	
Dodgeball Madness	7-10	\$40 Members \$90 Non-Members			6-6:45PM (SCY - APR)				
Teen Volleyball	11-14	\$40 Members \$90 Non-Members					6-6:45PM (SCY - Racquetball Court))		
GYMNASTICS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Parent/Tot Open Gym	All Ages	Members Only \$25				9:30-10:15AM (SCY - APR) 10:30-11:15AM (SCY - APR) 11:30-12:15PM (SCY - APR)			
Little Leapers	3-4	\$60 Members \$110 Non-Members						9:00-9:30AM (SCY - APR)	
Junior Gymnast	4-5	\$60 Members \$110 Non-Members						9:45-10:15AM (SCY - APR)	
Intro to Gymnastics	6-8	\$75 Members \$125 Non-Members						10:30-11:15AM (SCY - APR)	
WELLNESS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Kids Fitness	7-10	\$30 Members \$80 Non-Members		4:30-5:15PM (SCY)					



# YOUTH DEVELOPMENT

## Summer Camp Programs

### YMCA CAMP SLOPER



#### REGISTRATION OPENS 2/6

YMCA Camp Sloper is our association's Outdoor Center day camp experience! We run a full day program for kids of all ages and interests.

For questions regarding day camp, outdoor programs, or registration, please call the Camp Office at 860-621-8194.

**EARLY BIRD REGISTRATION** – for returning campers from 2020 or Family/Full members of the Southington-Cheshire Community YMCAs.

Date: Saturday, February 6  
Time: 8:00am

#### OPEN REGISTRATION

Date: Sunday, February 7  
Time: 7:00am

### YMCA CAMP QUINNIPIAC

#### REGISTRATION & OPEN HOUSE

YMCA Camp Q is our fantastic building-based camp in Cheshire. With an emphasis on Friends, Adventure, and Memories – your camper is in for a GREAT time!

Please call the Cheshire YMCA at 203-272-3150 with any questions.

**REGISTRATION OPENS** – Monday, February 1  
**OPEN HOUSE** – Thursday, April 8 – 6:30-7:30pm

#### YMCA Camp Quinnipiac Friends • Adventure • Memories



### NACIWONKI SUMMER ADVENTURES



#### REGISTRATION & OPEN HOUSE

NSA is a one-of-a-kind building-based summer program in Southington, run out of the Southington Community YMCA. A wonderful staff and a great environment are waiting to welcome your child this summer!

Please call the Southington YMCA at 860-628-5597 with any questions.

**REGISTRATION OPENS** – Monday, February 1  
**OPEN HOUSE** – Wednesday, May 5 – 6:00-7:00pm



# HEALTHY LIVING

## Southington Gymnasium Schedule: 2/1-2/28

### MONDAY

2-3:30PM	PICKLEBALL
3:45-5:00PM	BASKETBALL SHOOT AROUND

### TUESDAY

12:45-2:30PM	PICKLEBALL
2:45-3:30PM	BASKETBALL SHOOT AROUND
3:45-4:30PM	BASKETBALL SHOOT AROUND

### WEDNESDAY

12:45-3:30PM	PICKLEBALL
3:45-4:30PM	BASKETBALL SHOOT AROUND
4:45-5:30PM	BASKETBALL SHOOT AROUND

### THURSDAY

12:45-2:30PM	PICKLEBALL
2:45-3:30PM	BASKETBALL SHOOT AROUND
3:45-4:30PM	BASKETBALL SHOOT AROUND

### FRIDAY

12:45-3:30PM	PICKLEBALL
3:45-4:30PM	BASKETBALL SHOOT AROUND
4:45-5:30PM	BASKETBALL SHOOT AROUND
6-6:45PM	BASKETBALL SHOOT AROUND
7-7:45PM	BASKETBALL SHOOT AROUND

### SATURDAY

NO OFFERINGS DUE TO YOUTH & TEEN PROGRAMS

### SUNDAY

8:15-10AM	PICKLEBALL
10:15-11AM	BASKETBALL SHOOT AROUND
11:15-12PM	BASKETBALL SHOOT AROUND

**TIMES ARE SUBJECT TO  
CHANGE EACH WEEK**

### PROGRAM DETAILS

- All participants must pre-register for all sessions.
- You may pre-register by visiting [www.sccymca.org/register](http://www.sccymca.org/register) or by calling 860.628.5597.
- Preschool, Youth & Teen Basketball - This program requires registration and includes a registration fee.
- Pickleball - There is an 12 person max for each block of time. 8 can play at any one time and 4 will wait in rotation.
- Basketball Shoot Around - There is a 4 person max for each block of time. No games are permitted.
- The Y will provide and clean all equipment. You may bring your own if you prefer.
- Everyone must wear a face mask at all times.





# HEALTHY LIVING

## Swim Lessons & Specialty Aquatics

### GROUP SWIM LESSONS

#### NOT CURRENTLY RUNNING

Due to the state of CT's rules that govern public pools, we are unable to offer group swim lessons as we have in the past. We hope that this interruption is brief, and that soon we will be able to teach swimming skills and water safety to all children.

In the meantime, we have a few, limited options available. Please contact Barbara Glaude at [bglaude@sccymca.org](mailto:bglaude@sccymca.org) with questions regarding swim lessons.

### PRIVATE SWIM LESSONS

#### CURRENTLY AVAILABLE FOR ALL AGES

While group swim lessons are unavailable, we will be offering private lessons to all ages in the following categories:

- Parent/Child Private - Swim Starter Ages 6 mos-3yrs
- Preschool Private Lessons Ages 3-4
- Private Lessons Ages 5+
- Adult/Teen Private Lessons Ages 13+

Please see Page 9 for days, times & rates.

### YOUTH & ADULT CLASSES

#### AQUATIC FITNESS FOR KIDS (Ages 7-13)

This program is designed to teach children about aquatic fitness through lap swimming. This is not a replacement for swim lessons and participants should be able to swim the length of the pool comfortably.

#### AQUATIC FITNESS: SHALLOW & DEEP (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 in both Southington and Cheshire.

Our Southington Team practices in the YMCA pool, and our Cheshire Team practices in the Cheshire Town Pool. Some Cheshire practices will be held in the Southington YMCA during the 2020-21 season.

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

To learn more, set up a tour, or register today, please reach out to someone on our Competitive Swimming Leadership Team listed below.

#### COMPETITIVE SWIMMING LEADERSHIP TEAM

##### SOUTHINGTON RAYS

Barbara Glaude, Aquatics Director  
Phone: 860.426.9553  
Email: [bglaude@sccymca.org](mailto:bglaude@sccymca.org)

##### CHESHIRE SEA DOGS

Sean Farrell, Head Coach  
Phone: 203.272.3150 x513  
Email: [sfarrell@sccymca.org](mailto:sfarrell@sccymca.org)

Dave Modzelewski, Head Age Group Coach  
Phone: 203.272.3150 x512  
Email: [dmodzelewski@sccymca.org](mailto:dmodzelewski@sccymca.org)





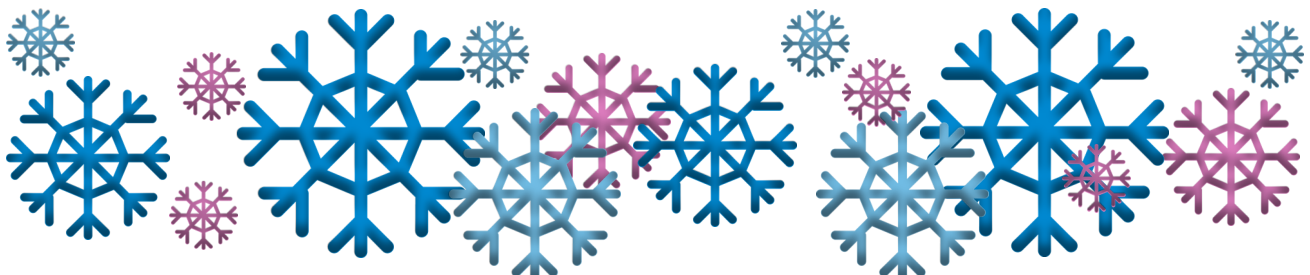
# HEALTHY LIVING PROGRAMS ACTIVITY GRID

Contact: Barbara Glaude, Aquatics Director at [bglaude@sccymca.org](mailto:bglaude@sccymca.org).

PARENT/CHILD SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Parent/Child Swim Starter	6 mos – 3 years	\$120 Members Non-Members N/A					9:00-9:30AM	8:10-8:40AM 8:45-9:15AM 9:20-9:50AM	
PRESCHOOL SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Swim Lessons	3-4	\$120 Members Non-Members N/A		9:20-9:50AM 10:00-10:30AM		9:20-9:50AM 10:00-10:30AM 10:40-11:10AM	9:00-9:30AM 9:40-10:10AM 10:20-10:50AM	8:10-8:40AM 8:45-9:15AM 9:20-9:50AM	
PRIVATE SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Private Swim Lessons	5+	\$130 Members Non-Members N/A		10:40-11:10AM				8:10-8:40AM 8:45-9:15AM 9:20-9:50AM 10:00-10:30AM 10:40-11:10AM	
TEEN & ADULT SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Teen & Adult Swim Lessons	13+	\$130 Members Non-Members N/A					10-10:30AM		
YOUTH & ADULT CLASSES	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Aquatic Fitness for Kids - Team	7-13	\$60 Members \$110 Non-Members						10:00-10:30AM 10:40-11:10AM	
Aquatic Fitness Shallow	18+	FREE Members \$100 Non-Members	9:10-9:55AM 10:15-11AM	8:30-9:15AM	9:10-9:55AM 10:15-11AM	8:30-9:15AM			
Aquatic Fitness Deep	18+	FREE Members \$100 Non-Members	9:10-9:55AM 10:15-11AM	8:30-9:15AM	9:10-9:55AM 10:15-11AM	8:30-9:15AM			

## COVID PRECAUTIONS: SWIM LESSONS

- ALL CLASSES WILL BE RUN IN AS PRIVATES
- FAMILIES MAY PLACE MORE THAN 1 CHILD FROM THE SAME HOUSEHOLD IN ONE PRIVATE LESSON AT NO ADDITIONAL COST
- LIMIT OF 1 ADULT PER CHILD
- MASKS ARE REQUIRED AT ALL TIMES UNLESS IN THE POOL
- EQUIPMENT WILL BE CLEANED AFTER EACH USE



# HEALTHY LIVING

## Health & Wellness Programs

### SMALL GROUP TRAINING

#### STRENGTH TRAINING

Weight Room instruction in a small group setting. All levels are welcome to participate!

Member Price: \$35 | Non-Member Price: \$85

Location: Southington Community YMCA - Weight Room

#### HIGH INTENSITY INTERVAL TRAINING (HIIT)

This program focuses on a blend of timed cardio & weight training, and our coach will track the exercises to make sure that every participant is performing at the highest level. Please arrive at the Y wearing a mask, with a water bottle and towel. Please report any pre-existing injuries to YMCA staff prior to registration.

Location: Cheshire Community YMCA

#### STRENGTH & CONDITIONING FOR HIGH SCHOOL ATHLETES

Our Coaching Staff will focus on maintaining appropriate strength levels, proper form & technique, and the correct weight for each exercise to ensure positive results for each individual athlete. Please arrive at the Y wearing a mask, with a water bottle and towel.

Please report any pre-existing injuries to YMCA staff prior to registration.

Location: Cheshire Community YMCA

#### OSTEO PROGRAM

An exercise program for people with Osteoporosis, Osteopenia, or other postural issues. Classes focus on lengthening/straightening the spine, improving balance, building core strength, and strengthening muscles.

Member Price: \$30 | Non-Member Price: \$80

Location: Spirit, Mind & Body Center

#### BALANCE PROGRAM

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

Member Price: \$25 | Non-Member Price: \$75

Location: Spirit, Mind & Body Center

### RACQUET SPORTS

#### PICKLEBALL

Pickleball is back! Pickleball is a team racquet sport that is becoming very popular, especially among seniors. Please see page 7 for the Pickleball Schedule and information about how to reserve your spot, mask requirements, equipment and more.

Location: Southington Community YMCA

#### RACQUETBALL

Racquetball is back! All players must reserve their spot in advance at the Southington Fitness Desk. Up to 4 people may use the court. You may use our racquets, balls and goggles or bring your own. Some times are reserved for Wallyball and other YMCA programs. Masks must be worn at all times. Players should be mindful to keep distance whenever possible.

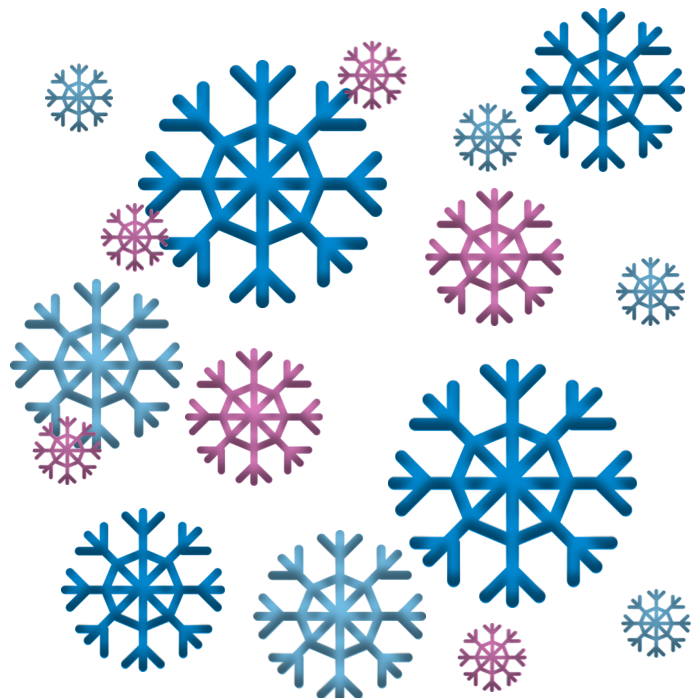
Location: Southington Community YMCA

### BASKETBALL SHOOT AROUND

#### FOR ALL AGES

Gymnasium Side A will be available at select times throughout the day for those interested in shooting basketballs. Please see page 7 for the Basketball Shoot Around Schedule and information about how to reserve your spot, mask requirements, equipment and more.

Location: Southington Community YMCA



# 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.

#### YOUR ASSESSMENT

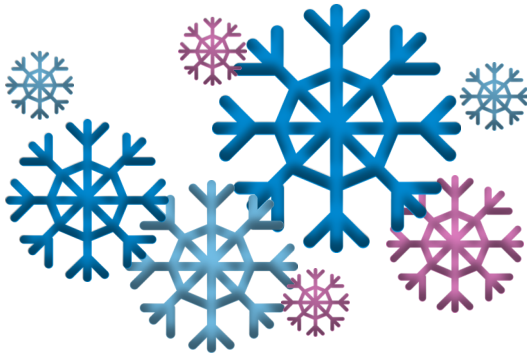
Your assessment will run between 60-90 minutes, and will cover nutrition, sleep, injury history, movement capacity and performance to establish your current fitness levels and what you want to achieve. Assessments allow us to identify the best, most efficient path to help you complete your goals.

#### 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 based on your perceived exertion and heart rate. Everything is documented and tracked so we can constantly make small improvements each training session.

#### TO REGISTER

Contact Tommy Sienkowski at [tsienkowski@sccymca.org](mailto:tsienkowski@sccymca.org) or at 860-426-9536 to set up your assessment date and time.



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

### NEW! COHORT TRAINING

#### COHORT STRENGTH & CONDITIONING TRAINING

With youth sports programs on pause, many people are looking for ways to keep kids active in safe, controlled environments. The YMCA has been working with several cohorts in Southington & Cheshire to deliver small group fitness programs during less-utilized times in our fitness facilities.

Our safety protocols include:

- Everyone will be symptom and temp screened before entering the Y. Anyone experiencing symptoms or who has been directed to quarantine will not be allowed access to the Y.
- Private training spaces available for up to 12 participants - space is based on availability.
- All exercises are being structured to limit & minimize cross contamination and all equipment will be thoroughly cleaned before and after each session.
- All participants are required to wear masks at all times, and appropriate social distance will be maintained.
- Coaches are certified and trained to ensure proper lifting techniques are used and that the cohort's goals are met.

#### TO REGISTER

Contact Jay Jaronko at [jjaronko@sccymca.org](mailto:jjaronko@sccymca.org) or at 860-426-9530 reserve your cohort's exclusive time and the available exercise spaces. These options are available at BOTH the Southington and Cheshire YMCA facilities.





# HEALTHY LIVING

## Southington Group Exercise Schedule: 2/1-2/28

### MONDAY

5:15-6AM	CARDIO/STRENGTH
9:15-10AM	INDOOR CYCLING
9:30-10:30AM	STRENGTH TRAINING - WR**
10:30-11:15AM	LOW IMPACT
11:30-12:15PM	TAI CHI
1-1:45PM	SILVERSNEAKERS®
5:15-5:45PM	BARRE
6-6:45PM	ZUMBA®
7-7:30PM	Y360

### TUESDAY

5:15-6AM	ALL LEVELS YOGA
8:30-9:00AM	BARRE
9:15-10:00AM	CARDIO/STRENGTH
10-10:45AM	OSTEO SCULPT - SMBC**
10:15-11:00AM	LOW IMPACT
11-11:30AM	BALANCE TRAINING - SMBC**
11:15-12:00PM	CHAIR YOGA
11:45-12:15PM	BALANCE TRAINING - SMBC**
4:30-5:15PM	KIDS FITNESS**
5:45-6:00PM	INTRO/PRE-RIDE CYCLING
6-6:45PM	INDOOR CYCLING
7-7:45PM	GENTLE YOGA

### WEDNESDAY

5:15-6AM	INDOOR CYCLING
8-8:45AM	ALL LEVELS YOGA
9:30-10:15AM	INDOOR CYCLING
9:30-10:30AM	STRENGTH TRAINING - WR**
10:30-11:15AM	ZUMBA GOLD®
11:30-12:15PM	SILVERSNEAKERS®
6-6:45PM	ZUMBA®
7-7:45PM	ALL LEVELS YOGA

**CLASSES ARE SUBJECT TO CHANGE AT ANY TIME**

**NON-MEMBER RATES: \$15 EACH DAY, PER CLASS**

**\*\*PAGE 10 FOR MEMBER & NON-MEMBER CLASS PRICING**

### THURSDAY

5:15-6:00AM	INDOOR CYCLING
9-9:30AM	Y360
10-10:45AM	SILVERSNEAKERS®
11:30-12:15PM	TAI CHI
6-6:45PM	BOOTCAMP
7-7:45PM	INDOOR CYCLING

### FRIDAY

5:15-6AM	CARDIO/STRENGTH
8:30-9AM	CORE
9:30-10:15AM	ALL LEVELS YOGA
10:30-11:15AM	CHAIR YOGA
11:30-12:15PM	LOW IMPACT

### SATURDAY

8:15-9AM	INDOOR CYCLING
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### COVID PRECAUTIONS: GROUP EX CLASSES

- RESERVATIONS ARE REQUIRED
- ALL CLASSES WILL BE RUN AT 25% ROOM CAPACITY
- MASKS ARE REQUIRED AT ALL TIMES
- EQUIPMENT WILL BE CLEANED AFTER EACH USE



# HEALTHY LIVING

## Cheshire Group Exercise Schedule: 2/1-2/28

### MONDAY

9:15-10:00AM	TOTAL BODY
5-5:45PM	ZUMBA GOLD®
6-6:45PM	BOOTCAMP

### TUESDAY

7:15-8AM	SCULPT & STRETCH
12:30-1:15PM	SILVER SNEAKERS

### WEDNESDAY

8:05-8:45AM	TAI CHI
9:15-10AM	LOW IMPACT (OUTSIDE) WEATHER PERMITTING
5:00-5:45PM	BARRE
6:00-6:45PM	ZUMBA

### THURSDAY

7:15-8AM	SCULPT & STRETCH
12:30-1:15PM	SILVER SNEAKERS
6:05-7:00PM	YOGA

### FRIDAY

9:15-10:00AM	BOOT CAMP
11:30-12:15PM	TAI CHI
5:00-5:45PM	ZUMBA GOLD

### SATURDAY

9:15AM-10:15AM	ZUMBA®
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**CLASSES ARE SUBJECT TO CHANGE AT ANY TIME**

**NON-MEMBER RATES: \$15 EACH DAY, PER CLASS**

**\*\*PAGE 10 FOR MEMBER & NON-MEMBER CLASS PRICING**

## SOUTHINGTON & CHESHIRE GROUP EX SCHEDULE INFO

### BEFORE YOU ARRIVE:

All participants must pre-register for all classes.

You may pre-register by visiting [scnymca.org/register](http://scnymca.org/register) or by calling the Southington YMCA 860.628.5597 or the Cheshire YMCA at 203.272.3150.

In the case of instructor unavailability, classes will be cancelled & a virtual class will be posted in its place on our Group Exercise Facebook page. Virtual Classes may differ from what is scheduled.

Participants should bring water and a mat for most classes. Call the Health & Wellness Desk if you want to verify if a mat is needed.

Babysitting services are not available at this time. Children may not wait unattended during class.

### WHEN YOU ARRIVE:

All participants must first have a health screening upon entering the facility at both branches. These will be conducted at the Front Desk upon check-in.

Southington Indoor Classes will be in the gymnasium.

Cheshire Indoor Classes will be in the APR.

Masks must be worn at all times.

### DURING CLASS:

Participants must maintain a minimum of 12 feet of distance from each other for indoor classes.

Instructors must remain 12 feet away from class when they are front-facing the class.

Expect distraction. At times, we are sharing space with other programs & class offerings.

### ROOM GUIDE:

WR - Weight Room

SMBC - Studio 130 in Spirit, Mind, Body Center

**\*\*Registration & fee are required**

To view our virtual classes, join our Facebook Group: SCCYMCA Group Exercise Club or visit directly at [www.facebook.com/groups/scnymcagrouplexercise](http://www.facebook.com/groups/scnymcagrouplexercise)





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



[SCCYMCA.ORG](https://www.sccymca.org)