FALL INTO FUN AT THE Y!

SOUTHINGTON-CHESHIRE COMMUNITY YMCA's
FALL 2 2020 MEMBERSHIP & PROGRAM GUIDE

Registration Dates:
- Family Members - Friday, September 25th at 8AM
- Full Members - Monday, September 28th at 8AM
- Non-Members - Friday, October 2nd at 8AM

Session Dates: Monday, October 5th – Sunday, November 1st

ONLINE REGISTRATION BEGINS AT 6AM!

SCCYMCA.ORG
THE Y IS THE UTMOST INCLUSIVE MEMBERSHIP ORGANIZATION, WHICH TRANSFORMS LIVES AND COMMUNITIES THROUGH PEOPLE WHO WANT TO BELONG AND GIVE BACK IN AN ERA THAT NEEDS INDIVIDUALS TO COME TOGETHER TO IMPROVE WELL-BEING FOR ALL.
COVID-19 INFO & PROTOCOLS
Southington-Cheshire Community YMCAs

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 upon arrival. 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.

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 today, please reach out to someone on 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

AMAZING KIDS CLUB & BABYSITTING UPDATES
We know how valuable our babysitting services are to YMCA members and we have heard your requests in our member surveys loud and clear. Currently, the CT Guidelines for Fitness Centers still restrict babysitting services. We are working on developing programs for young children to attend in order for parents to exercise. We want these programs to comply with all local and state health direction and also be affordable for families. These programs are not ready yet, but they will be available as soon as we have a program plan that works.

If you have any comments, questions or suggestions, please contact Jay Jaronko at jjaronkjo@sccymca.org.
YOUTH DEVELOPMENT
Youth & Teen Programs

PRESCHOOL SPORTS

PARENT & ME SOCCER (Ages 2-3)
Skill lessons will include passing, shooting, trapping and dribbling. Shin guards are encouraged. Participation required by parent/guardian.
Location: YMCA Camp Sloper

PRESCHOOL SOCCER (Age 4)
A great introduction to the popular sport of soccer. This class will focus on basic skills such as passing, dribbling, shooting, trapping, and team play. A great opportunity for children to develop their skills, gain experience, meet new friends, and have lots of fun. Volunteer coaches are needed. Any interested parents can let the staff know on the first day of class. Participants are encouraged to wear shin guards and bring a water bottle to class.
Location: YMCA Camp Sloper

OUTDOOR BASKETBALL (Ages 4-6)
An introduction to the popular sport, this class will focus on basic skill development and game experience. Dribbling, passing, shooting, defense, team play, and other basic game concepts and rules will be highlighted. Fair play, sportsmanship and FUN are emphasized. Volunteer coaches are helpful - please let us know the first day!
Location: YMCA Camp Sloper - East Coast Courts

INDOOR BASKETBALL (Ages 4-6)
An introduction to the popular sport, this class will focus on basic skill development and game experience. Dribbling, passing, shooting, defense, team play, and other basic game concepts and rules will be highlighted. Fair play, sportsmanship and FUN are emphasized. Volunteer coaches are helpful - please let us know on the first day of class.
Location: Southington Community YMCA - Gymnasium

YOUTH SPORTS

YOUTH SOCCER (Ages 5-6)
This is a great way for the beginner soccer player to continue to develop their skills while getting plenty of game experience. Basic skills focused on include: passing, dribbling, shooting, and trapping. Volunteer coaches are needed. Any interested parents can let the staff know on the first day of class. Participants are encouraged to wear shin guards and bring a water bottle to class.
Location: YMCA Camp Sloper

OUTDOOR BASKETBALL (Ages 7-10)
Focus is on basic skill development and game experience. Fair play, sportsmanship and Fun are emphasized. Volunteer parent-coaches are helpful.
Location: YMCA Camp Sloper - East Coast Courts

YOUTH GOLF (Ages 7-10)
Learn the fundamentals of golf through individual instruction and games! Must bring your own golf clubs.
Location: YMCA Camp Sloper

SPECIAL INTEREST

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 - APR

NINJA WARRIORS (Ages 7-10)
Learn the fundamentals of being a Ninja Warrior at YMCA Camp Sloper’s new Ninja Warrior Course. Learn how to master all the elements, beat your times, work as a team, and build confidence!
Location: YMCA Camp Sloper
ON-DEMAND
YOUTH PROGRAMS

If you don’t see a program that fits your schedule, your interests or if you would like to determine the group your child engages with, we have a new option this fall!

With On-Demand Youth Programs, you can set up one-day or recurring programs. You can determine the activity and the number of kids. We will help you find a time and location for your program that fits our facility schedules at the Southington YMCA (excluding the pool) or YMCA Camp Sloper. We will work out a price based on your specific requests.

To learn more, please contact Nick Charnysh, Youth Programs Director at 860.426.9521 or ncharnysh@sccymca.org.
## YOUTH & TEEN PROGRAMS ACTIVITY GRID

**SCY** – Southington YMCA  
**CCY** – Cheshire YMCA  
**YCS** – YMCA Camp Sloper

### PRESCHOOL SPORTS

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### GYMNASTICS

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### WELLNESS

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## HEALTHY LIVING
Southington Gymnasium Side A Schedule: 10/5–11/1

### MONDAY
- 12:45–1:30PM  BASKETBALL SHOOT AROUND
- 1:45–2:30PM  BASKETBALL SHOOT AROUND
- 2:45–3:30PM  BASKETBALL SHOOT AROUND
- 3:45–4:30PM  PICKLEBALL
- 4:45–5:40PM  PICKLEBALL

### TUESDAY
- 11:45–12:30PM  PICKLEBALL
- 12:45–1:30PM  PICKLEBALL
- 1:45–2:30PM  PICKLEBALL
- 2:45–3:30PM  BASKETBALL SHOOT AROUND
- 3:45–4:30PM  BASKETBALL SHOOT AROUND
- 4:45–5:50PM  BASKETBALL SHOOT AROUND

### WEDNESDAY
- 10:45–11:30AM  PICKLEBALL
- 11:45–12:30PM  PICKLEBALL
- 12:45–1:30PM  PICKLEBALL
- 1:45–2:30PM  PICKLEBALL
- 2:45–3:30PM  BASKETBALL SHOOT AROUND
- 3:45–4:30PM  BASKETBALL SHOOT AROUND
- 4:45–5:30PM  BASKETBALL SHOOT AROUND

### THURSDAY
- 12:45–1:30PM  PICKLEBALL
- 1:45–2:30PM  PICKLEBALL
- 2:45–3:30PM  BASKETBALL SHOOT AROUND
- 3:45–4:30PM  BASKETBALL SHOOT AROUND
- 4:45–5:30PM  BASKETBALL SHOOT AROUND

### FRIDAY
- 11:45–12:30PM  PICKLEBALL
- 12:45–1:30PM  PICKLEBALL
- 1:45–2:30PM  PICKLEBALL
- 2:45–3:30PM  BASKETBALL SHOOT AROUND
- 3:45–4:30PM  BASKETBALL SHOOT AROUND
- 4:45–5:30PM  BASKETBALL SHOOT AROUND
- 6:00–6:45PM  4–6 YEAR OLD BASKETBALL

### SATURDAY
- 9:45–10:30AM  BASKETBALL SHOOT AROUND
- 10:45–11:30AM  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 or by calling 860.628.5597.
- 4–6 Year Old Basketball – This program requires registration and includes a registration fee.
- Pickleball – There is an 8 person max for each block of time.
- Basketball Shoot Around – There is a 5 person max for each block of time.
- Both sports will be offered on Gymnasium Side A only.
- The YMCA will provide and clean all equipment. You may bring your own if you prefer.
- Everyone should arrive at the YMCA wearing a face mask. Pickleball players may remove their mask during their game, and should put it back on once their game is over. All basketball shooters should wear a mask for their entire session, unless they are alone in the gymnasium.
HEALTHY LIVING
Swim Lessons & Specialty Aquatics

PARENT/CHILD

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.

PRESCHOOL SWIM LESSONS

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. Classes are taught within the guidelines set up by the YMCA of the USA. Program elements include personal safety, personal growth, stroke development, water sports and games, and rescue. There are no makeup classes for missed classes.

YOUTH SWIM LESSONS

SCHOOL AGE SWIM LESSONS (Ages 5–14)
Our goal is to develop competent and confident swimmers. Children are introduced to the water through a graduated series of lessons developed and standardized by YUSA. 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 makeup classes for missed classes.

TEEN/ADULT SWIM LESSONS

TEEN/ADULT SWIM LESSONS (Ages 13+)
If you need individualized attention in a group environment, this class is for you. Learn how to swim in a comfortable and relaxed environment.

ADULT CLASSES

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.

PRIVATE SWIM LESSONS

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.

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 lifelong 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

CHESHIRE SEA DOGS
Sean Farrell, Head Coach
Phone: 203.272.3150 x513
Email: sfarrell@sccymca.org

Dave Modzelewski, Head Age Group Coach
Phone: 203.272.3150 x512
Email: dmodzelewski@sccymca.org
# HEALTHY LIVING PROGRAMS ACTIVITY GRID

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

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<tr>
<th>PARENT/CHILD SWIM LESSONS</th>
<th>AGES</th>
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<th>TEEN &amp; ADULT SWIM LESSONS</th>
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<td>Private Swim Lessons</td>
<td>5 &amp; up</td>
<td>$130 Members Only</td>
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<td>Private/Family Swim Lessons</td>
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<td>$130 Members Only</td>
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|                            |      | $83 Non-Members        | 10:15-11AM | 10:15-11AM | 10:15-11AM  |
PRIVATE TRAINING

1-ON-1 COACHING

1-ON-1 Coaching is the newest brand of personal training at the Southington Community YMCA. Led by specially trained personal trainers out of the Sports Performance Center, this program is designed to help you get results.

Location: Southington Community YMCA

PERSONAL TRAINING

Personal Training is a training option that allows a little more flexibility for the client. Purchase the package that is right for you, and schedule your sessions when it fits your schedule. Please note that starting 1/1/2021, all Personal Training at the Southington Community YMCA will become 1-ON-1 Coaching. More details coming soon!

Location: Cheshire & Southington Community YMCAs

SPORTS & RECREATION

PIZZLEBALL

Pickleball is back starting in October! 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 starting in October! All players must reserve their spot in advance at the Southington Front Desk for 1v1 play for up to 45 minutes. You may use our racquets, balls and goggles or bring your own. Some times are reserved for Wallyball and other YMCA programs. Masks should be worn to the court, but may be removed during play. Players should be mindful to keep distance whenever possible.

Location: Southington Community YMCA

HEALTHY LIVING

Health & Wellness Programs

SMALL GROUP TRAINING

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

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.
HEALTHY LIVING
NEW Cheshire Community YMCA Fitness Programs

SWEAT. REST. REPEAT.
High Intensity Interval Training (HIIT)

PROGRAM DETAILS
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.

REGISTER TODAY!
1. Online at www.sccymca.org/register (Enter “intensity” in the search bar)
2. Over the phone at 203.272.3150
3. In-person at the Cheshire Community YMCA
4. Max of 6 spots per session

WHERE ATHLETES TAKE IT TO THE NEXT LEVEL
Strength & Conditioning for High School Athletes

PROGRAM DETAILS
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.

TO REGISTER:
You can register for ONE of the PILOT Program sessions in the following ways:
1. Online at www.sccymca.org/register (Enter “conditioning” in the search bar)
2. Over the phone at 203.272.3150
3. In-person at the Cheshire Community YMCA
4. Max of 6 spots per session
HEALTHY LIVING
Southington Group Ex Schedule: 10/5–11/1

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<tr>
<th>MONDAY</th>
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<th>THURSDAY</th>
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<tr>
<td>5:15–6AM</td>
<td>CARDIO/STRENGTH - INDOOR</td>
<td>7–7:45AM</td>
<td>OSTEO YOGA - VIRTUAL (PR)*</td>
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<tr>
<td>7:30–8AM</td>
<td>CARDIO/STRENGTH - VIRTUAL</td>
<td>9–9:30AM</td>
<td>Y360 - INDOOR</td>
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<tr>
<td>9:15–10AM</td>
<td>INDOOR CYCLING</td>
<td>10–10:45AM</td>
<td>CHAIR AEROBICS – INDOOR</td>
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<td>10:30–11AM</td>
<td>LOW IMPACT - VIRTUAL (PR)*</td>
<td>10:30–11AM</td>
<td>LOW IMPACT - VIRTUAL (PR)*</td>
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<td>10:30–11:15AM</td>
<td>LOW IMPACT - INDOOR</td>
<td>10:45–11:30AM</td>
<td>OSTEO YOGA** – SMBC</td>
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<td>6–6:45PM</td>
<td>ZUMBA® – INDOOR</td>
<td>1–1:45PM</td>
<td>OSTEO SCULPT** – SMBC</td>
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<td>TUESDAY</td>
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<td>2–2:30PM</td>
<td>BALANCE TRAINING** – SMBC</td>
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<td>5:15–6AM</td>
<td>ALL LEVELS YOGA – INDOOR</td>
<td>4:30–5:15PM</td>
<td>KID ATHLETES** – OUTDOORS</td>
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<tr>
<td>7:30–8AM</td>
<td>BARRE - VIRTUAL</td>
<td>6–6:45PM</td>
<td>BOOTCAMP – INDOOR</td>
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<td>8:30–9:15AM</td>
<td>LOW IMPACT – INDOOR</td>
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<td>Y360 – VIRTUAL (PR)*</td>
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<td>11–11:30AM</td>
<td>BALANCE TRAINING** – SMBC</td>
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<td>4:30–5:15PM</td>
<td>KID’S FITNESS** – OUTDOOR</td>
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<td>5–5:45PM</td>
<td>GENTLE YOGA – SLOPER</td>
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<td>INDOOR CYCLING</td>
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<td>6–6:45PM</td>
<td>POWER YOGA – SLOPER</td>
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<td>6–6:45PM</td>
<td>ZUMBA® – INDOOR</td>
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CLASS MAY BE SUBJECT TO CHANGE EACH WEEK

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

**PAGE 10/11 FOR MEMBER & NON-MEMBER CLASS PRICING

ADDITIONAL Y FITNESS PROGRAM OPTIONS

1-ON-1 COACHING: If you are interested in learning more about private/small group training and sports performance options, please contact Tommy Sienkowski at tsienkowski@sccymca.org.

AQUATIC FITNESS: The pool is a great venue to rebuild strength in a low-impact environment. Contact Barbara Glaude at bglaude@sccymca.org for info.

GROUP EXERCISE: Please contact Jolene Miceli at jmiceli@sccymca.org for more information about our Group Exercise schedule & programs.
### HEALTHY LIVING
Cheshire Group Ex Schedule: 10/5–11/1

#### MONDAY
- **7:15–8AM**  INDOOR CYCLING
- **9:30–10:15AM**  TOTAL BODY – INSIDE
- **5–5:45PM**  ZUMBA GOLD – INSIDE
- **6:15–6:50PM**  HIIT** – INSIDE

#### TUESDAY
- **7:15–8AM**  SCULPT & STRETCH – OUTSIDE
- **12:30–1:15PM**  SENIOR STRENGTH – INSIDE
- **3–3:45PM**  STRENGTH & CONDITIONING**
- **5:15–6PM**  CIRCUIT TRAINING – INSIDE
- **6–6:45PM**  PILATES – OUTSIDE

#### WEDNESDAY
- **8–8:45AM**  TAI CHI – OUTSIDE
- **9:15–10AM**  LOW IMPACT – OUTSIDE
- **5:45–6:30PM**  ZUMBA – OUTSIDE
- **6:15–6:50PM**  HIIT** – INSIDE

#### THURSDAY
- **7:15–8AM**  SCULPT & STRETCH – OUTSIDE
- **12:30–1:15PM**  SENIOR STRENGTH – INSIDE
- **3–3:45PM**  STRENGTH & CONDITIONING**
- **5:15–6PM**  CIRCUIT TRAINING – INSIDE
- **6:05–6:50PM**  YOGA – INSIDE

#### FRIDAY
- **9–9:45AM**  TAI CHI – OUTSIDE
- **5–5:45PM**  ZUMBA GOLD – INSIDE

#### SATURDAY
- **8:15–9AM**  PILATES – OUTSIDE
- **8:15–9AM**  INDOOR CYCLING
- **9:30–10:15AM**  ZUMBA – OUTSIDE

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### SOUTHINGTON & CHESHIRE GROUP EX SCHEDULE INFO

#### BEFORE YOU ARRIVE:
All participants must pre-register for all classes.

You may pre-register by visiting sccymca.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.

Outdoor classes will be cancelled due to inclement weather & a virtual classes will be posted in its place on our Group Exercise Facebook page.

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 of the YMCA Camp Sloper Outdoor Classes must first have a health screening. These will be conducted at Jacob’s Pavilion.

Southington Indoor Classes will be in the gymnasium.

Cheshire Indoor Classes will be in the APR. Outdoor Classes will be at the side parking lot of the YMCA.

Masks must be worn when arriving to class and while setting up. Once class begins, masks can be removed.

#### DURING CLASS:
Participants must maintain a minimum of 12 feet of distance for indoor classes and 6 feet distance between all other participants for outdoor classes.

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

#### TO VIEW OUR VIRTUAL CLASSES, JOIN OUR FACEBOOK GROUP: SCCYMCA Group Exercise Club or visit:
facebook.com/groups/scymcagroupexercise

YMCA Camp Sloper Outdoor Classes are located at Jacobs Pavilion

*(PR) – Previously Recorded

**Registration & fee are required
HEALTHY LIVING
Healthy Lifestyles

FLU SHOT CLINICS
OCT 5th | 10-12 PM @ CCY
OCT 13th | 6-11 AM @ SCY
OCT 14th | 4-7 PM @ SCY

SCHEDULE YOUR FLU SHOT ONLINE & SAVE TIME!
www.velocityurgentcare.com/services/velocity-health/schedule

REDEFINE YOUR HEALTH
TRANSFORM YOUR LIFE

SOUTHTINGTON COMMUNITY YMCA PREVENTION PROGRAM
In partnership with Hartford HealthCare, the Y is excited to offer a virtual Diabetes Prevention Program from October 5th to December 8th. During this 11-week program, you’ll be able to experience live calls with dietitians and certified trainers as well as have the ability to participate in virtual exercise classes!
This program, which is for Southington & Cheshire residents, includes a free 11-week membership to the Y!

To be eligible, you must be 18 years of age and meet at least 1 or more of the following criteria:
• Adults that have been told they are at risk of developing Type 2 Diabetes
• Adults that have been told by a doctor they are overweight (BMI > 25)
• Adults who had a blood test result in the prediabetes range within 1 year

Questions or Comments?
Contact: Jolene Miceli, Healthy Initiatives Director at 860.426.9589 or jmiceli@sccymca.org
SOCIAL RESPONSIBILITY

Special Events

APPLE HARVEST FESTIVAL ROAD RACES
FRIDAY, OCTOBER 2ND – MONDAY, OCTOBER 12TH

With this year’s race being virtual, you can participate anywhere and anytime you want between 10/2–10/12! You can be outside on your favorite race route, on the trails, along the beach or inside on a treadmill!

Visit www.sccymca.org/apple for all race info and to register today!

CAMP QUE: BBQ & BREWS
SUNDAY, OCTOBER 18, 2020

The Cheshire Community YMCA is hosting a take-home version of Camp Que for 2020! This year’s event will include a special BBQ meal from Smokin’ with Chris, a beer from Counter Weight Brewing, a pint glass from Cheshire Craft Brewing and dessert all in an insulated 2020 themed Camp Que bag for you to take home and enjoy! A raffle of BBQ and beer-related items will be held to raise additional funds to support the community. The event will include video from both the Y and of our sponsors highlighting how your donations are helping your neighbors.

Orders must be placed by 10/11. Pick-up will be at Smokin’ with Chris between 3–5PM on Sunday 10/18

Visit www.sccymca.org/Camp-Que for all event info and to buy your tickets today!

FOREVER IN BLUE JEANS: HOUSE PARTY
FRIDAY, NOVEMBER 20, 2020

The Southington Community YMCA is hosting our largest and most important fundraiser of the year; announcing Forever in Blue Jeans: HOUSE PARTY! We are going to take this great event virtual and light up the town... house by house! Although it will be a little different, we are so excited to once again offer a night that celebrates our community with a silent auction and virtual premier auction with higher end packages! Each $75 ticket includes, a $25 Gift Card to Worldwide Wine & Spirits, a $25 Gift Card to Tops Marketplace and a $25 donation to the Southington YMCA. Each House Party host will also receive a FIBJ bag with items to get your party started with your party of 10 (or more)!

Forever in Blue Jeans event proceeds will be used to benefit our Southington community.

Visit www.sccymca.org/FIBJ for all event info, sponsorship opportunities and to buy your tickets today!