



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# LAUNCH INTO SPRING AT THE Y!

SOUTHBURY-CHESHIRE COMMUNITY YMCA  
SPRING 1 2021 MEMBERSHIP & PROGRAM GUIDE

Registration Begins: Members - Monday, March 22nd at 8AM  
Non-Members - Friday, March 26th at 8AM

Session Dates: Monday, March 29th - Sunday, May 9th\*

\*No classes during April Vacation - April 12-17

ONLINE  
REGISTRATION  
BEGINS AT  
6AM!



# SOUTHBURY BRANCH HOURS

Monday-Friday 5AM-8PM  
Saturday & Sunday 7AM-2PM

# 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.

### FACE MASKS

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

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](mailto:ccassesse@sccymca.org)

#### SOUTHINGTON

Kari Robarge, Early Childhood Director

Phone: 860.426.9542

Email: [krobarge@sccymca.org](mailto:krobarge@sccymca.org)

Nicole Guerra, School Age Child Care Director

Phone: 860.426.9547

Email: [nguerra@sccymca.org](mailto:nguerra@sccymca.org)

#### CHESHIRE

Bonnie Genest, Early Childhood Director

Phone: 203.272.3150 x560

Email: [bgenest@sccymca.org](mailto:bgenest@sccymca.org)

Lisa Zaborowski, Senior Director of Youth Development

Phone: 203.272.3150 x509

Email: [lzaborowski@sccymca.org](mailto:lzaborowski@sccymca.org)

## 2021-2022 REGISTRATION START DATES

### Southington Early Childhood

Nursery School - Y Members	Open
Nursery School - Community	Open
Preschool/Jump Start - Y Members	Open
Preschool/Jump Start - Community	Open
PS/NS/JS Open House*	4/8/2021

### Southington & Cheshire School Age

School Age - Y Members	Open
School Age - Community	Open

### Cheshire Early Childhood

Preschool Reg - Y Members	Open
Preschool Reg - Community	Open
Preschool Open House*	5/5/2021

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

### Cheshire Book Fair

From March 26-April 1, the Cheshire YMCA will be hosting a book fair in the YMCA Front Lobby. The book fair is open to the public. For more information, please email Bonnie Genest at [bgenest@sccymca.org](mailto:bgenest@sccymca.org) or visit: <https://www.scholastic.com/bf/cheshireymcapreschool>

**\*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

#### **SOCER (Ages 2-10)**

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.

Location: YMCA Camp Sloper Sports Fields

#### **T-BALL (Ages 3-7)**

A great introduction to America's past time. This program is designed for children who have never played baseball before. The basics of the game will taught. Throwing, batting, base running, and FUN will be emphasized.

Location: YMCA Camp Sloper Sports Fields

#### **NINJA WARRIORS (Ages 7-10)**

Learn the fundamentals of being a Ninja Warrior at YMCA Camp Sloper state-of-the-art Ninja Warrior Course. Learn how to master all the elements, beat your times, work as a team, and build confidence! Some weeks we will utilize YMCA Camp Sloper's Climbing Tower and Low Ropes Obstacle Course!

Location: YMCA Camp Sloper Ninja Warrior Course

#### **YOUTH GOLF (Ages 7-10)**

Must bring your own clubs. Learn the fundamentals of golf through individual instruction and games!

Location: YMCA Camp Sloper Sports Fields

#### **FAMILY OUTDOOR ADVENTURE (All Ages)**

ONLY ONE Family member needs to sign up for their whole family. Be prepared to travel around camp as a family and visit Sloper's Best Spots, including Boating, Hiking, Crystal Mine, the Fort Village, Ninja Warrior Course and so much more!

Location: YMCA Camp Sloper Sports Fields

#### **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

#### **OUTDOOR TEEN VOLLEYBALL (Ages 11-14)**

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

Location: YMCA Camp Sloper Volleyball Court

### GYMNASICS

#### **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

#### **CONTACT INFO**

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

### COVID PRECAUTIONS: SPORTS/GYM PROGRAMS

- ALL CLASSES WILL BE RUN IN SMALL GROUPS**
- LIMIT OF 1 ADULT PER CHILD FOR CLASSES HELD INDOORS**
- MASKS ARE REQUIRED AT ALL TIMES**
- SPECTATORS MUST MAINTAIN 6 FEET OF DISTANCE AT ALL TIMES**
- EQUIPMENT WILL BE CLEANED AFTER EACH USE**

### CHESHIRE NOTE

We are working with the Town of Cheshire to offer Youth Sports at Cheshire fields. We hope to offer multiple programs this spring!

# 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 Soccer	2-3	\$50 Members \$100 Non-Members						9:00-9:45AM (YCS)	
Parent & Me T-Ball	3-4	\$50 Members \$100 Non-Members						9:00-9:45AM (YCS)	
YOUTH SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Pee Wee Soccer	4	\$50 Members \$100 Non-Members						10:00-10:45AM (YCS)	
Rookies Soccer	5-6	\$50 Members \$100 Non-Members						11:00-11:45AM (YCS)	
Rookies T-Ball	5-7	\$50 Members \$100 Non-Members						10:00-10:45AM (YCS)	
Winners Soccer	7-10	\$50 Members \$100 Non-Members						12:00-12:45PM (YCS)	
Ninja Warriors	7-10	\$50 Members \$100 Non-Members				7-10 years 6:00-6:45PM		7-8 years 11:00-11:45AM 9-10 years 12:00-12:45PM	
Youth Golf	7-10	\$50 Members \$100 Non-Members						1:00-1:45PM (YCS)	
Family Outdoor Adventure	All Ages	\$50 Members \$100 Non-Members						1:00-2:00PM (YCS)	
Dodgeball Madness	7-10	\$50 Members \$100 Non-Members			6-6:45PM (SCY - APR)				
Outdoor Teen Volleyball	11-14	\$50 Members \$100 Non-Members						6-6:45PM (YCS)	
GYMNASICS	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)			
Parent/Tot*	1-2	\$65 Members \$115 Non-Members						8:30-9AM (SCY - APR)	
Little Leapers*	3-4	\$75 Members \$125 Non-Members						9:15-9:45AM (SCY - APR)	
Junior Gymnast*	4-5	\$75 Members \$125 Non-Members						10-10:30AM (SCY - APR)	
Intro to Gymnastics*	6-8	\$90 Members \$140 Non-Members						10:45-11:30AM (SCY - APR)	

## SCHEDULE NOTE

**THERE WILL BE NO CLASSES HELD ON THE FOLLOWING DATES:**

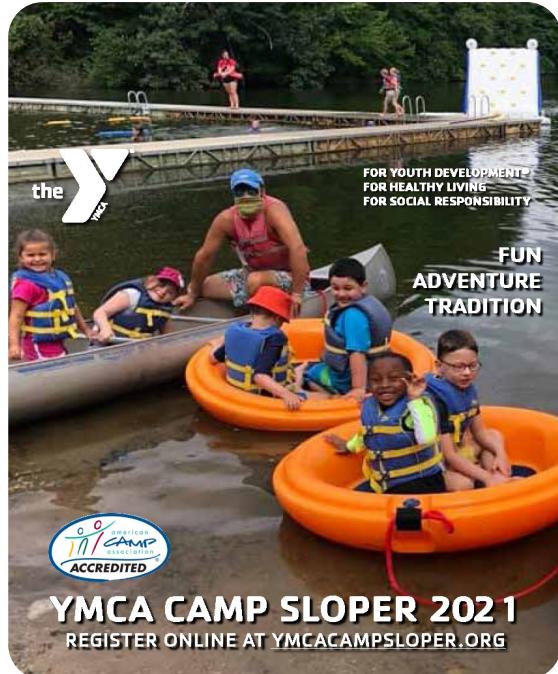
- **FRIDAY, APRIL 2 (GOOD FRIDAY)**
- **MONDAY, APRIL 12-SATURDAY, APRIL 17 (VACATION WEEK)**

**OUTDOOR CLASS LOCATIONS MAY CHANGE BASED ON WEATHER AND FIELD CONDITIONS. COACH NICK WILL COMMUNICATE ALL CHANGES AS NECESSARY.**

# YOUTH DEVELOPMENT

## Summer Camp Programs

### YMCA CAMP SLOPER



### REGISTRATION IS OPEN

Register TODAY to secure your child's spot at camp this summer!

You can easily register in the following ways:

- Online at [www.ymcacampsloper.campbrainregistration.com](http://www.ymcacampsloper.campbrainregistration.com)
- By calling the Camp Office at 860.621.8194
- By calling the Southington Y Front Desk at 860.628.5597

### 2021 SESSION THEMES

Preview Week - June 21-25 - JUMANJI

Session 1 - June 28-July 9 - Sloper Fairy Tales Gone Wrong

Session 2 - July 12-July 23 - Mascot Mania

Session 3 - July 26-August 6 - Space Jam "A Sloper Story"

Session 4 - August 9-20 - Battle of the Mythological Monster!

Finale Week - August 23-27 - How the Grinch Stole Sloper

### YMCA CAMP QUINNIPAC

Registration is open for Camp Q! To register, please call the Cheshire YMCA at 203.272.3150 with any questions.

**OPEN HOUSE** - April 8 & June 3 - 6:30-7:30pm

**REGISTRATION LINK** - <https://ymcacampquinnipiac.campbrainregistration.com/>

### SESSION THEMES

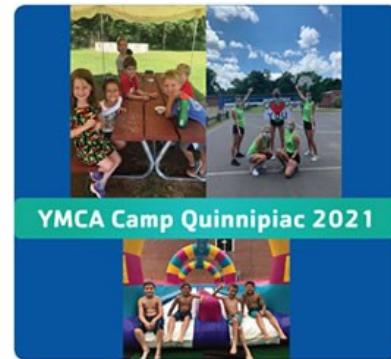
Sess.	Dates	Theme	Sess.	Dates	Theme
1	6/21-25	Disney	6	7/26-30	Winter in July
2	6/28-7/2	Party USA	7	8/2-6	Animal Action
3	7/5-9	Dino-Roar	8	8/9-13	Time Travelers
4	7/12-16	Carnival	9	8/16-20	Superheroes
5	7/19-23	Harry Potter	10	8/23-27	Treasure Island

### NACIWONKI SUMMER ADVENTURES

Registration for NSA is open! Please call the Southington YMCA at 860.628.5597 with any questions.

**OPEN HOUSE** - Wednesday, May 5th - 6-7PM

**REGISTRATION LINK** - <https://ymcacampnaciwonki.campbrainregistration.com/>



**APRIL VACATION  
PROGRAMS AVAILABLE  
AT ALL 3 LOCATIONS**

**PLEASE CALL THE YMCA  
FOR MORE INFORMATION:**

**Southington Y  
860-628-5597**

**Cheshire Y  
203-272-3150**

**YMCA Camp Sloper  
860-621-8194**

### SESSION THEMES

Sess.	Dates	Theme	Sess.	Dates	Theme
1	6/21-25	5,4,3,2, FUN!	6	7/26-30	The Jungle
2	6/28-7/2	Super Villains	7	8/2-6	Imaginationland
3	7/5-9	America Strong	8	8/9-13	Planet Heroes
4	7/12-16	Young Artists	9	8/16-20	World Music
5	7/19-23	Super Soakers	10	8/23-27	NSA's Talent!



# HEALTHY LIVING

## Southington Gymnasium Schedule – Effective 3/29

### 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

7:15-8AM BASKETBALL SHOOT AROUND

8:15-9AM BASKETBALL SHOOT AROUND

9:15-10AM BASKETBALL SHOOT AROUND

10:15-11AM BASKETBALL SHOOT AROUND

11:15-12PM BASKETBALL SHOOT AROUND

12:15-1PM BASKETBALL SHOOT AROUND

1:15-2PM 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 16 person max for each block of time. 12 can play at any one time and 4 will wait in rotation.
- Basketball Shoot Around – There is a 18 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

#### PARENT/CHILD SWIM LESSONS

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

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 makeups for missed classes.

#### SCHOOL AGE SWIM LESSONS

Our goal is to develop competent and confident swimmers. Children are introduced to the water through a graduated series of lessons developed & standardized by the YMCA of the USA. 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 SWIM LESSONS

#### PRIVATE & PRIVATE/FAMILY SWIM LESSONS

Perfect for those looking for private instruction. If you are looking for Family Lessons, please only register one child and contact Barbara Glaude at 860.426.9553 or [bglade@sccymca.org](mailto:bglade@sccymca.org) with details for your family and/or any questions.

### YOUTH & ADULT CLASSES

#### AQUA FIT 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 at 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 TRYOUTS

#### SOUTHINGTON RAYS



Current participants - Monday 3/15

Open tryouts by appointment - Monday 3/29 - 5PM

Barbara Glaude, Aquatics Director

Phone: 860.426.9553

Email: [bglade@sccymca.org](mailto:bglade@sccymca.org)



#### CHESHIRE SEA DOGS

For info on Sea Dogs Tryouts, please contact the coaches:

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)



### LIFEGUARD CERTIFICATION

#### LIFEGUARD CLASSES FOR AGES 15+!

April 5, 7, 10, 19, 21, 22 OR

April 12, 13, 14, 15, 16

Start by scheduling a swim test on either 3/26 or 3/29!

To learn more, or schedule your swim test, please email Barbara Glaude at [bglade@sccymca.org](mailto:bglade@sccymca.org) or visit our website at <http://sccymca.org/lifeguard-classes>

#### LIFEGUARD RECERTIFICATION

Blended learning required prior to attendance. Contact [bglade@sccymca.org](mailto:bglade@sccymca.org) for details. Class will be on Sat 4/17

# 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	\$65 Members \$115 Non-Members					9:15-9:45AM	8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM	
PRESCHOOL SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Swim Lessons	3-5	\$75 Members \$125 Non-Members		10:00-10:30AM 10:40-11:10AM 3:50-4:20PM 4:25-4:55PM		10:00-10:30AM 10:40-11:10AM 3:50-4:20PM 4:25-4:55PM	9:00-9:30AM 9:40-10:10AM	8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM	
SCHOOL AGE SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
School Age Swim Lessons	5-12	\$75 Members \$125 Non-Members		3:50-4:20PM 4:25-4:55PM		3:50-4:20PM 4:25-4:55PM		8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM	
PRIVATE SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Private Swim Lessons	5+	\$160 Members Non-Members N/A		Private/Family 11:15-11:45AM				8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 10:35-11:05AM 11:10-11:40AM	
TEEN & ADULT SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Teen & Adult Swim Lessons	13+	\$75 Members \$125 Non-Members					9:50-10:20AM		
YOUTH & ADULT CLASSES	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Aqua Fit for Kids	7-13	\$75 Members \$125 Non-Members						10:30-11:15AM 11:20-12:05PM	
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			

## SCHEDULE NOTE

**THERE WILL BE NO CLASSES HELD ON THE FOLLOWING DATES:**

- **FRIDAY, APRIL 2 (GOOD FRIDAY)**
- **MONDAY, APRIL 12-SATURDAY, APRIL 17 (VACATION WEEK)**

## COVID PRECAUTIONS: SWIM LESSONS

- **ALL CLASSES WILL BE RUN IN SMALL GROUPS**
- **WHEN A CHILD IS NOT SWIMMING, INSTRUCTORS WILL HAVE THEM MAINTAIN DISTANCE**
- **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: \$62 | Non-Member Price: \$112

Location: Southington Community YMCA - Weight Room

#### BALANCE PROGRAM

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

Member Price: \$31 | Non-Member Price: \$81

Location: Spirit, Mind & Body Center

#### 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](mailto:tsienkowski@sccymca.org)

Member Prices:

Duration	Sessions/Week	Price
1 Month	2	\$150
1 Month	3	\$225
3 Months	2	\$450
3 Months	3	\$675



### 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. 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

The Gymnasium 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

### RACE 4 CHASE

Race4Chase is a FREE, six-week triathlon training program for kids. This program, which was created by the Kowalski Family in memory of their son Chase, who was tragically killed at Sandy Hook, is designed to bring to children the same opportunity their son Chase had. He LOVED triathlon and won his first race at the tender age of 6!

The Race4Chase Kid's Triathlon provides kids ages 6-12 with a safe, healthy, non-competitive environment to discover the sport! It brings together kids of all different backgrounds and educates them about how to adopt a healthy lifestyle, coaches them to develop a foundation of athletic skills, and inspires them to aim high in sports and in life!

We are currently taking applications for our programs in both Southington & Cheshire. For more information about the program, please contact:

Southington - Jolene Miceli at [jmiceli@sccymca.org](mailto:jmiceli@sccymca.org)  
Cheshire - Lisa Zaborowski at [lzaborowski@sccymca.org](mailto:lzaborowski@sccymca.org)

# 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.

#### SPC ATHLETE PROGRAM

Personal Training programs for young athletes. Choose Monday-Friday at 3:30, 4:30, 5:30, or 6:30p.m.

Location: Sports Performance Center

Contact: Tommy Sienkowski, CSCS, Pn L1, L2 – [tsienkowski@sccymca.org](mailto:tsienkowski@sccymca.org)

Duration	Sessions/Week	Member	Non-Member
1 Month	2	\$120	\$180
1 Month	Unlimited	\$225	\$300



"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 – Effective 3/29

### MONDAY

5:15-6AM	CARDIO/STRENGTH
8-8:45AM	CHAIR YOGA
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
10:15-11:00AM	LOW IMPACT
11-11:30AM	BALANCE TRAINING - SMBC**
11:15-12:00PM	GENTLE YOGA
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

### 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**
- **PARTICIPANTS MUST MAINTAIN A MINIMUM OF 6 FEET OF DISTANCE AT ALL TIMES**
- **MASKS ARE REQUIRED AT ALL TIMES**
- **EQUIPMENT WILL BE CLEANED AFTER EACH USE**

**CLASSES ARE SUBJECT TO CHANGE AT ANY TIME  
NON-MEMBER RATES: \$15 EACH DAY, PER CLASS**

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

# HEALTHY LIVING

## Cheshire Group Exercise Schedule – Effective 3/29

### MONDAY

9:15-10:00AM	TOTAL BODY
12:30-1:30PM	ENHANCE FITNESS
5-5:45PM	ZUMBA GOLD®
6-6:45PM	BOOTCAMP

### TUESDAY

7:15-8AM	SCULPT & STRETCH
12:30-1:15PM	SILVERSNEAKERS®

### WEDNESDAY

8:00-8:45AM	TAI CHI
9:15-10AM	LOW IMPACT
12:30-1:30PM	ENHANCE FITNESS
5:00-5:45PM	BARRE
6:00-6:45PM	ZUMBA

### THURSDAY

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

### FRIDAY

9:15-10:00AM	BOOT CAMP
10:15-11:00AM	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**

## SOUTHBURY & 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](http://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.

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/sccymcagroupexercise](http://www.facebook.com/groups/sccymcagroupexercise)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

