



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SUMMER FUN FOR EVERYONE!

SOUTHINGTON-CHESHIRE COMMUNITY YMCAs
SUMMER 2026 MEMBERSHIP & PROGRAM GUIDE

Registration Begins: Family Members - Wednesday, June 3rd
Full Members - Friday, June 5th
Non-Members - Wednesday, June 10th

Session Dates: Monday, June 22nd - Friday, July 31st
Make-up Session Dates: Monday, August 3rd - Saturday, August 8th

**ONLINE
REGISTRATION:
BEGINS AT 6AM**

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



SOUTHINGTON BRANCH HOURS

Main Facility

Monday-Friday 5AM-9PM
Saturday & Sunday 7AM-2PM

Spirit, Mind & Body Center

Monday-Friday 5:30-11AM
Saturday 7:30-11AM

CHESHIRE BRANCH HOURS

Monday-Thursday 6AM-8PM
Friday 6AM-7PM
Saturday & Sunday 7AM-12PM

UPCOMING HOLIDAY HOURS

Holiday	Date	Notes (SCY - Southington YMCA CCY - Cheshire YMCA)
Summer Hours	5/30	Southington - Saturday & Sunday 7AM-2PM Cheshire - Saturday & Sunday 7AM-12PM
Independence Day	7/4	All Y Branches Closed
Labor Day	9/7	SCY & CCY Open with Reduced Hours & Services (7AM-2PM); No Classes, AKC, Programs or Child Care
Columbus Day	10/12	SCY & CCY Open Regular Hours & Services; YMCA Child Care Closed, School Age Fun Day Available
Fall Hours Begin	10/17	SCY Monday-Friday 5AM-9PM Saturday & Sunday 7AM-5PM

CONTACT INFORMATION

SCCYMCA Association Staff

Mark Pooler, CEO - mpooler@sccymca.org

Tabitha Stein, CFO - tstein@sccymca.org

Chrissy Cassesse, HR Director - ccassesse@sccymca.org

Mark Guerin, Marketing Director - mguerin@sccymca.org

Southington Community YMCA Front Desk - 860.628.5597

Doug Levens, Cheshire Branch Director - dlevens@sccymca.org

Jay Jaronko, Southington Branch Director - jjaronko@sccymca.org

Kevin Simms, Operations Director - ksimms@sccymca.org

Dave Langdon, Facilities Director - dlangdon@sccymca.org

Cheshire Community YMCA Front Desk - 203.272.3150

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

YMCA CAMP SLOPER OUTDOOR CENTER

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

OUTDOOR CENTER LEADERSHIP TEAM

Justin Hubeny, Outdoor Center Director

Phone: 860.621.8194

Email: jhubeny@sccymca.org

Sarah Dupre, Outdoor Center Admin

Phone: 860.621.8194

Email: sdupre@sccymca.org

Tom Sangeloty, Outdoor Center Program Director

Phone: 860.621.8194

Email: tsangeloty@sccymca.org



REGISTER TODAY!

YMCACAMPSLOPER.ORG



YOUTH DEVELOPMENT

Child Care

We offer a variety of child care options for preschool & school age students. These programs provide a safe space for children to learn, develop social-emotional skills, stay active and make friends. Our staff are experienced and highly trained professionals. All of our child care programs are licensed by the State of CT's Office of Early Childhood. To learn more, set up a tour, or register, please reach out to our Child Care Leadership Team listed below.

CHILD CARE LEADERSHIP TEAM

SOUTHINGTON COMMUNITY YMCA

Childcare Director
Phone: 860.426.9541
Email: ylc@sccymca.org

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

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

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


CHESHIRE COMMUNITY YMCA

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

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

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

2026-27 Child Care Registration is OPEN FOR ALL PROGRAMS!



the 

» FIND YOUR Y AT THE
SOUTHINGTON
COMMUNITY YMCA
&
CHESHIRE
COMMUNITY YMCA

REGISTER TODAY
AT SCCYMCA.ORG!

SCAN BELOW FOR
MORE INFO!



**FIND YOUR BEFORE &
AFTER SCHOOL SPOT.
FIND YOUR Y.**

For a better us.®



WHY WE'RE HERE

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING

Improving our community's health and well-being

In neighborhoods across our community, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, thousands of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The SCCYMCA has been listening and responding to our community's most critical social needs for 98 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.



MEMBERSHIP & BENEFITS

Join the Y and Enhance Your Life

ASSOCIATION MEMBERSHIP INCLUDES:

- Tons of FREE adult group exercise classes per week
- State-of-the-art fitness centers
- Strength training and free weight rooms
- Access to pool for lap swim, family swim, and more
- Locker Rooms and Saunas
- Free, supervised babysitting for Family Members
- Priority online registration and account access
- Pickleball, Racquetball & Basketball options
- Free WiFi available
- Access to our branches in Southington & Cheshire
- Access to YMCA Camp Sloper Outdoor Center
- Nationwide Membership access to Y's across the US

AMAZING KIDS CLUB (BABYSITTING)

Do you need someone to look after your child while you work out? We're here for you! You may bring your child for a maximum of two hours per day to our Amazing Kids Club. Kids will enjoy creative play in a fun, safe environment with responsible, qualified Y staff members. No registration needed. **This is a FREE service available to Family Members.** The cost for Full & Non Members is \$5/visit. Amazing Kids Club is located at the Southington branch. **Hours of operation are below.**

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

Friday: 8:30AM–1PM

Saturday: 8AM–11:30AM

Sunday: 9AM–11:30AM

VOLUNTEER OPPORTUNITIES

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole!

FINANCIAL ASSISTANCE

At the Y, we have a vision to strengthen our community and are committed to transforming lives every day. Our Financial Assistance Program provides support to youth, adults, and families that ensures everyone has the opportunity to learn, grow and thrive. To apply, visit our website or the Welcome Center at one of our branches.

JOB OPPORTUNITIES

Visit sccymca.org/careers for open positions in our staff family at the Y or you can stop by one of our locations to pick up an employment application.

2026 SCCYMCA MEMBERSHIP RATES

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

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

DISCOUNT GROUPS

- Corporate Discount – 10% off of the employee's membership or a family membership
- Military Discount – 25% off of the veteran's membership or a family membership & no join fee

Households with additional adults – additional adults (26+) may be added to a Family 2 Membership at the rate of \$20/additional adult.

JOIN FEE

This is a one-time fee charged for new Young Adult, Adult, 2 Adult, Family, Senior and Senior Couple Memberships. Individuals who do not renew within 90 days are classified as new members.

- Senior: \$25
- Young Adults, Adults, Family 1 and Senior Couple: \$50
- 2 Adult and Family 2: \$80

PAYMENT PLANS

MONTHLY DRAFT

This is an opportunity to pay membership dues on a monthly basis through a checking/savings account or by credit card. We accept Visa, MC, Amex, and Discover. Depending on your home branch, you will be drafted monthly on the 1st of the month.

ANNUAL PAYMENT

Renewable one year from the join date. Non-refundable.

Y MEMBERSHIP STAFF CONTACT INFO

Southington Community YMCA: Christine Paulus - cpaulus@sccymca.org | 860.426.9526

Cheshire Community YMCA: Vicki-Lynn Greco - vgreco@sccymca.org | 203.272.3150 x508

YMCA Camp Sloper: Sarah Dupre - sdupre@sccymca.org | 860.621.8194



2026 ANNUAL SUPPORT CAMPAIGN

Strengthening Our Community Together

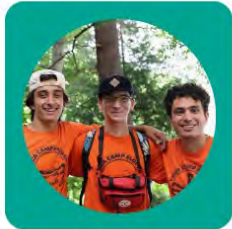
OUR 2026 ANNUAL CAMPAIGN GOAL: \$155,000



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

WARM-FILLED DAYS, HEART-FILLED GIVING

YOUR DONATION MAKES AN IMPACT



\$500

Assists with YMCA Summer Camp Scholarships



\$250

Supports one session of chronic disease programming



\$125

Gives a kid a safe place to grow



\$75

Helps a child build confidence and make friends

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



Leave A Legacy



Make a lasting gift to the Y through your IRA, Donor Advised Fund, or estate plans.

Contact Mark Pooler at mpooler@sccymca.org or 860.426.9508.



Give Today!

Cheshire Community YMCA

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

Southington Community YMCA

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

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



COMMUNITY DEVELOPMENT

Upcoming Special Events

RACE4CHASE 26 DAY CHALLENGE

June 1st to June 26th

Until June 26th, 26 volunteers at both our Southington & Cheshire branches are running, swimming, biking, and walking 2.6 miles per day or doing some sort of physical exercise for 26 minutes in memory of the 26 lives lost in the Sandy Hook tragedy. Funds raised help us honor Chase Michael Anthony Kowalski by providing a FREE triathlon camp for kids aged 6-12 in each of our communities.

Scan the QR Code or visit SCCYMCA.org/R4C26Day2026 for more information and to donate!



CAMP QUE BBQ & BREWS

June 14, 2026 at Cheshire Craft Brewing Company

This year's event will include both in-person and to-go options: A special BBQ meal from Smokin' with Chris and a seasonal cupcake, plus a beer from both Cheshire Craft Brewing & Counter Weight Brewing all in an insulated 2026 themed Camp Que bag for you to take home!

Event Tickets: \$50 Per Person | Raffle Tickets: \$25 Per Person

Scan the QR Code or visit SCCYMCA.org/CampQue for more information and to register!



RACE4CHASE FINALE

August 1, 2026 at YMCA Camp Sloper

Volunteer and cheer on the hundreds of children from Y's across Connecticut and Rhode Island who train all summer for the Race4Chase Triathlon Finale at YMCA Camp Sloper on Saturday, August 1st! Come be inspired during this truly breathtaking event and witness the dedication, hard work, and spirit of what Race4Chase is all about and the impact it has on the youth in our community and beyond!

Scan the QR Code or visit SCCYMCA.org/R4C26Day2026 for more information and to donate!



**CMAK
FOUNDATION**



YMCA CHARITY GOLF TOURNAMENT

August 3, 2026 at TPC River Highlands

Join us at TPC River Highlands for a fun day of golfing for a great cause! The 2026 Southington-Cheshire Community YMCAs Charity Golf Tournament will take place on Monday, August 3rd. Immediately following the tournament, we will have dinner, refreshments, and awards as well as raffles, a silent auction and more!

Scan the QR Code or visit SCCYMCA.org/Golf for more information and to register!



APPLE HARVEST ROAD RACES

October 4, 2026

The Y's Apple Harvest Road Race is ready to take over the streets of Southington on Sunday, October 4th. Registration is open! We're back with our race line-up that includes the Classic 5-Mile Race, Popular 5K Race, Healthy 2-Mile Walk, the Crowd Favorite Little Fritter Fun Run, Y Cup for 4th & 5th Graders, and the Middle School 5K. First 800 to sign-up receive a race shirt!

Scan the QR Code or visit SCCYMCA.org/apple for more information and to register!



5K HARVEST TRAIL RACE AT IVES FARM

October 24, 2026 at Ives Farm

A partnership between The Cheshire Land Trust and the Cheshire Community YMCA is hosting the Harvest Trail Race that runs around the fields and through the woods at historic Ives Farm in Cheshire. The course is a single loop that starts and ends near the barn on property. Registration is now open! Join us for the 5K, Y Cup Relay and other fall themed activities. The Ives Farm Market will be open as well.

Scan the QR Code or visit SCCYMCA.org/TrailRun for more information and to register!



FOREVER IN BLUE JEANS

November 13, 2026 at The Aqua Turf

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

We are currently accepting sponsors. If interested, contact Jennifer McHale at jmchale@scCYMCA.org!

FOREVER
in Blue Jeans



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

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.

Contact: Lisa Zaborowski - lzaborowski@sccymca.org

LEADERS' CLUB (Middle School & High School)

Leaders' Club teaches young adults how to work together, give back to the community, and make a difference in others' lives. It costs little to join Leader's Club, but the experience is PRICELESS! Location: Cheshire YMCA

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

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

Contact: Nick Deschino - ndeschino@sccymca.org



HEALTHY LIVING

CHESHIRE SEA DOG SWIM CLUB

The Sea Dog Swim Club competes locally, regionally, and nationally in YMCA & USA Swimming events. Contact our coaches to arrange a tryout!

Contact: Rob Adams-Michaud, Head Coach

Email: radams-michaud@sccymca.org



HEALTH & WELLNESS CENTER

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

Contact: Brandon Riollano - briollano@sccymca.org

GROUP EXERCISE

We offer more than 40 group exercise classes per week that are all FREE with your membership. These classes include yoga, pilates, cycling, Zumba, and High Intensity Small Group Training classes. We are adding new classes this fall!

Contact: Brandon Riollano - briollano@sccymca.org

SPORTS PERFORMANCE & PERSONAL TRAINING

Using our new training space, youth athletes and adults can train with a certified personal trainer to meet individual and team goals, gain strength & stamina, and recover from injury.

Contact: Brandon Riollano - briollano@sccymca.org

LIVESTRONG AT THE YMCA

LIVESTRONG AT THE YMCA is for cancer survivors who are ready to return to physical activity. It's more than an exercise class - it provides the physical, social, & emotional support to stimulate your recovery. FREE for those who qualify. The next session starts this September - reserve your spot today!

Wednesday AND Friday 11AM-12:30PM

Contact: B. Woznicki - bwoznicki@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

YMCA CAMP QUINNIPIAC

Cheshire Day Camp Information

CAMP Q GROUPS and SESSION THEMES DATES & PRICING

LOCATION OF YMCA CAMP QUINNIPIAC

Chapman **OR** Doolittle
Elementary School
(LOCATION TBD by 2/1/2026)

Little Rangers ****NEW GROUP****

Entering Pre K • Runs Sessions 1-10
FOR PRE-K (born before 1/1/2023) FULL DAY OPTION OF 8:45-2:45 OR HALF DAY OPTION OF 8:45-12:45

Rascals

Entering Grades K-1 • Runs Sessions Pre-Week-12

Mountaineers

Entering Grades 2-3 • Runs Sessions Pre-Week-12

Wranglers

Entering Grades 4-5 • Runs Sessions Pre-Week-12

Pathfinders

Entering Grades 6-8 • Runs Sessions Pre-Week-12

2026 YMCA CAMP QUINNIPIAC FULL MEMBER & NON-MEMBER PRICING

	FULL MEMBERS	NON-MEMBERS
Little Rangers (Full Day)	\$293	\$318
Little Rangers (Half Day)	\$228	\$253
Rascals (Gr. K-1)	\$252	\$277
Mountaineers (Gr. 2-3)	\$268	\$293
Wranglers (Gr. 4-5)	\$268	\$293
Pathfinders (Gr. 6-8)	\$268	\$293
Preview Week (9AM-3PM) (Per Day)	\$63	\$73
Preview Week (6:30AM-6:00PM) (Per Day)	\$82	\$92

2026 SESSION DATES & THEMES

Preview-Week: Themes will vary day to day (6/8-6/12)

Session 1: Disney (6/15-6/19)

Session 2: World Cup (6/22-6/26)

Session 3: Under the Sea (6/29-7/3)

Session 4: Marvel vs D.C. (7/6-7/10)

Session 5: Live, Love, Music (7/13-7/17)

Session 6: Winter in July (7/20-7/24)

Session 7: Cereal Showdown (7/27-7/31)

Session 8: Carnival (8/3-8/7)

Session 9: Game Show (8/10-8/14)

Session 10: Minecraft (8/17-8/21)

Session 11: Safari (8/24-8/28)

Session 12: Space Odyssey (8/31-9/4)



YOUTH DEVELOPMENT

Youth & Family Programs

INFANT/TODDLER

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

TUMMYTIME!™ METHOD (Birth to Pre-Crawl)

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

Location: YMCA Learning Center
Friday's 10AM-11AM



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: YMCA Learning Center
Friday's 12:30-1:30PM

***NEW* SENSORY SPROUTS (Ages 2-4)**

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

Location: YMCA Learning Center
Friday's 11:15-12:15PM

**TERRIFIC TWOS
WILL RETURN
FALL 2026!**

TONY PENNA'S EXTREME KARATE!

INTRO TO KARATE

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

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



CONTINUING KARATE

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

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

SPECIAL INTEREST

KIDS KITCHEN BY CHEF RON HOWARD

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

Location: Southington YMCA - Room 206

Choose One Class Per Week. Multiple Options Available.

- Monday's 5-6:30PM: Junior Chefs (Ages 4-6)
- Monday's 7-8:30PM: Chef Experience (Ages 7-10)
- Tuesday's 5-6:30PM: Junior Chefs (Ages 4-6)
- Tuesday's 7-8:30PM: Chef Experience (Ages 7-10)
- Thursday's 5-6:30PM: Junior Chefs (Ages 4-6)
- Thursday's 7-8:30PM: Chef Experience (Ages 7-10)

Y Member Pricing: \$280 | Non-Members: \$369



YOUTH DEVELOPMENT

Teen Programs

TW-Y-LIGHT

WILL RETURN FALL 2026!

Returning Fall 2026, Tw-Y-Light is for middle school students, and runs most Friday nights. It's an opportunity to hang out with and have fun with friends in a safe and fun environment. Participants will have exclusive access to the gymnasium, All-Purpose Room, and Game Room. There is a snack bar with simple snacks & drinks for sale. The pool may be available on specific nights, depending on the schedule. Please visit us at sccymca.org/twylight.

Tw-Y-Light is FREE for teens with Y memberships and \$10/night for non-members.

Contact: Nick Charnysh - ncharnysh@sccymca.org



TEEN PROGRAMS

LEADERS CLUB (Middle School & High School)

Returning Fall 2026, this weekly program helps teens build strong character values, practice leadership skills, and have! Program goals include building individual self-confidence, interpersonal skills, and gain volunteer hours and experience.

Cheshire - Middle & High School students welcome
Southington - Middle & High School students welcome

Cheshire - Nick Deschino - ndeschino@sccymca.org
Southington - Nick Charnysh - ncharnysh@sccymca.org

SLOPER TEEN VOLUNTEERING (Grade 6-12)

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

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

Contact: Tom Sangeloty - tsangeloty@sccymca.org



PARENTING FROM THE HEART

If you find yourself not knowing how to help your children in these challenging and confusing times, you are not alone. Parenting can be hard. Together we can guide you to find your way to a better understanding of life through the lens of your child. Coaching provides practical tools and insights in real-time to help parents and teens enhance their awareness, maintain grounding in tough situations, and strengthen their connections. Using the fundamentals of deep listening, looking for the good, and taking care of yourself, we will show you how our thinking gets in the way of our wisdom when parenting tweens and teens. No techniques. No tools. Sessions are 50 minutes and available both in-person or virtually.

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

For questions or to schedule sessions, contact Jolene Miceli at 860.426.9589 or jmiceli@sccymca.org.

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!



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 5-13)

Perfect for those looking for private instruction or Opportunity for families to participate in lessons together. Any questions contact Barbara Glaude at 860.426.9553 or bglaudef@scwymca.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, 13+)

In this program, parents/guardians will be asked what the needs are of their swimmer to help us create the best experience for the child. Swimming can boost physical activity levels, develop self-confidence, and teach a life saving skill.

TEEN & ADULT

TEEN/ADULT SWIM LESSONS (Ages 13+)

These small group lessons are available for adults who would like to learn to swim or work on their current swim skills.

AQUATIC FITNESS CLASSES (Ages 18+)

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

SWIM TEAM

SOUTHINGTON RAYS & CHESHIRE SEA DOGS

Competitive swimming is an incredible way for young athletes to get in great shape, compete individually and with a team, make life long friends, and learn from some of the best coaches in the area. We have competitive swimming options at both our branches in Southington and Cheshire. All of our teams comply with all safety measures as outlined by state, local and federal agencies, including USA Swimming.

COMPETITIVE SWIMMING LEADERSHIP TEAM

SOUTHINGTON RAYS

Barbara Glaude, Aquatics Director

Phone: 860.426.9553

Email: bglaudef@scwymca.org



RAYS SWIM TEAM TRYOUT DATES:

- Option 1: Wednesday, 7/23 at 5:15PM
- Option 2: Tuesday, 8/19 at 5:30PM
- Option 3: Monday, 8/25 at 5:00PM
- Option 4: Thursday, 9/4 at 5:15PM



CHESHIRE SEA DOGS

Rob Adams-Michaud, Head Coach

Phone: 203.272.3150 x513

Email: radams-michaud@scwymca.org



SUMMER AQUATICS PROGRAMS

Registration Information

REGISTRATION START DATES & TIMES

MEMBERSHIP TYPES	START DATE	ONLINE REGISTRATION OPENS	IN-PERSON REGISTRATION OPENS
Family Members	6/3	6AM	8AM
Full Members	6/5	6AM	8AM
Non-Members	6/10	6AM	8AM

Important Information

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 an 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.
5. Refund Policy: A refund will be given if the Y cancels a class before it begins. In the case of any medical restriction, a doctor's note is needed and a refund for the full amount of the unused program will be given to the participant.
6. We strive to make sure that you are satisfied with all Y programs. If your class is not meeting your expectations, please contact Barbara Glaude, Aquatics Director at bglaude@sccymca.org or 860.426.9553.
7. A processing fee of \$20 per class will be charged for all program changes made by program participants.

Swim Lesson Schedule

2 CLASSES PER WEEK OPTIONS

SWIM LEVELS & CLASS INFO	AGES	PRICES	TIMES	NOTES
Private Lessons - Mon/Wed 6 Lessons, 6/22-7/8 OR 7/13-7/29	5-13	\$300 Members/Non-Members N/A	8-8:30AM 8:35-9:05AM	N/A
School Age Swim Lessons - Tues/Thurs 6 Lessons, 6/23-7/9 OR 7/14-7/30	5-12	\$100 Members/\$192 Non-Members	1:30-2PM	N/A
Preschool Swim Lessons - Mon/Wed 6 Lessons, 6/22-7/8 OR 7/13-7/29	3-5	\$100 Members/\$192 Non-Members	3:35-4:05 PM	N/A



Swim Lesson Schedule

MONDAY: 6/22-7/27 | 6 WEEKS TOTAL

SWIM LEVEL	AGES	PRICES	TIMES	NOTES
Parent/Child Swim Starter	6 mos-3 yrs	\$87 Members/\$179 Non-Members	5:20-5:50PM 5:55-6:25PM	N/A
Preschool Swim Lessons	3-5	\$100 Members/\$192 Non-Members	5:20-5:50PM 5:55-6:25PM	N/A
School Age Swim Lessons	5-12	\$100 Members/\$192 Non-Members	5:20-5:50PM 5:55-6:25PM	N/A
Private Swim Lessons	5-13	\$300 Members/Non-Members N/A	3-3:30PM	N/A

TUESDAY: 6/23-7/28 | 6 WEEKS TOTAL

SWIM LEVEL	AGES	PRICES	TIMES	NOTES
Parent/Child Swim Starter	6 mos-3 yrs	\$87 Members/\$179 Non-Members	10-10:30AM 10:35-11:05AM	N/A
Preschool Swim Lessons	3-5	\$100 Members/\$192 Non-Members	10-10:30AM 10:35-11:05AM 4:05-4:35PM 4:40-5:10PM	N/A
Special Needs Buddy Swim	3-12	\$100 Members/\$192 Non-Members	3-3:30PM 3:30-4PM	N/A
School Age Swim Lessons	5-12	\$100 Members/\$192 Non-Members	9:30-10:00AM 4:05-4:35PM 4:40-5:10PM	N/A
Teen/Adult Swim Lessons	13+	\$100 Members/\$192 Non-Members	8:55-9:25AM	N/A

WEDNESDAY: 6/24-7/29 | 6 WEEKS TOTAL

SWIM LEVEL	AGES	PRICES	TIMES	NOTES
Preschool Swim Lessons	3-5	\$100 Members/\$192 Non-Members	10-10:30AM	N/A
Special Needs Buddy Swim	3-12	\$100 Members/\$192 Non-Members	3-3:30PM	N/A
School Age Swim Lessons	5-12	\$100 Members/\$192 Non-Members	10:35-11:05AM	N/A

THURSDAY: 6/26-7/31 | 5 WEEKS TOTAL

SWIM LEVEL	AGES	PRICES	TIMES	NOTES
Parent/Child Swim Starter	6 mos-3 yrs	\$87 Members/\$179 Non-Members	10:05-10:35AM 3:30-4PM	N/A
Preschool Swim Lessons	3-5	\$100 Members/\$192 Non-Members	9:30-10:00AM 10:05-10:35AM 3:30-4PM 4:05-4:35PM 4:40-5:10PM	N/A
Special Needs Buddy Swim	3-12	\$100 Members/\$192 Non-Members	8:55-9:05AM	N/A
School Age Swim Lessons	5-12	\$100 Members/\$192 Non-Members	9:30-10AM 3-3:30 PM 4:05-4:35PM 4:40-5:10PM	N/A
Teen/Adult Swim Lessons	13+	\$100 Members/\$192 Non-Members	10:40-11:10AM	N/A
Private Swim Lessons	5-13	\$300 Members/Non-Members N/A	10:40-11:10AM	N/A



Swim Lesson Schedule

FRIDAY: 6/26-7/31 | 5 WEEKS TOTAL

SWIM LEVEL	AGES	PRICES	TIMES	NOTES
Parent/Child Swim Starter	6 mos-3 yrs	\$73 Members/\$165 Non-Members	9-9:30AM	No Class 7/3
Preschool Swim Lessons	3-5	\$84 Members/\$176 Non-Members	9-9:30AM 9:35-10:05AM	No Class 7/3
Private Swim Lessons	5-13	\$250 Members/Non-Members N/A	10:10-10:40AM	No Class 7/3
Teen/Adult Swim Lessons	13+	\$84 Members/\$176 Non-Members	10:10-10:40AM	No Class 7/3
Special Needs Buddy Swim	3-12	\$84 Members/\$176 Non-Members	10:45-11:15AM	No Class 7/3

SATURDAY: 6/27-7/25 | 4 WEEKS TOTAL

SWIM LEVEL	AGES	PRICES	TIMES	NOTES
Parent/Child Swim Starter	6 mos-3 yrs	\$58 Members/\$150 Non-Members	8-8:30AM 8:40-9:10AM 9:20-9:50AM 10-10:30AM 11:25-11:55AM	No Class 7/4
Preschool Swim Lessons	3-5	\$67 Members/\$159 Non-Members	8-8:30AM 8:40-9:10AM 9:20-9:50AM 10-10:30AM 11:25-11:55AM	No Class 7/4
Special Needs Buddy Swim	3-12	\$67 Members/\$159 Non-Members	10:35-11:05AM 11:25-11:55AM	No Class 7/4
School Age Swim Lessons	5-12	\$67 Members/\$159 Non-Members	8-8:30AM 8:40-9:10AM 9:20-9:50AM 10-10:30AM 10:35-11:05AM 11:25-11:55AM	No Class 7/4
Private Swim Lessons	5-13	\$200 Members/Non-Members N/A	8-8:30AM 8:40-9:10AM 9:20-9:50AM 10-10:30AM 10:35-11:05AM 11:25-11:55AM	No Class 7/4
Aqua Fit For Kids	7-13	\$75 Members/\$167 Non-Members	10:35-11:20AM	No Class 7/4
Teen/Adult Swim Lessons	13+	\$67 Members/\$159 Non-Members	7:25-7:55AM	No Class 7/4

AQUATIC FITNESS SCHEDULE | FREE FOR MEMBERS, NO REGISTRATION!

ADULT CLASSES	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquatic Fitness	18+	9:10-9:55AM 10:15-11AM	8:15-9AM	9:10-9:55AM	8:15-9AM	8:30-9AM



HEALTHY LIVING

Health, Well-Being & Fitness

PERSONAL TRAINING

PT @ 29

Do you struggle with knowing what exercises will help you reach your goals? Have you plateaued in your current program? Maybe you just need that extra boost of motivation. Regardless of your reason, we have got you covered with our certified personal trainers.

Visit sccymca.org/Personal-Training for more info!

SMALL GROUP TRAINING

STRENGTH TRAINING

Led by a Certified Personal Trainer, this program offers weight room instruction in a small group setting. All levels are welcome to participate! Classes meet in the Weight Room at the Southington YMCA.

Options: Mondays or Wednesdays 9:30-10:30AM

Y Member Pricing: \$78 | Non-Members: \$132

TGIF - TRAINER GUIDED INTERVAL FITNESS

Led by a Certified Personal Trainer, participants rotate through a circuit that builds endurance, strength, and power in a supportive group environment. All levels are welcome to participate. Classes held in the H&W Center.

Options: Mon/Wed 8-8:45AM or Tues/Thurs 1-1:45PM

Y Member Pricing: \$120 | Non-Members: N/A

WELLNESS EDUCATION & DISEASE PREVENTION

The Southington Community YMCA offers free educational programs throughout the year focused on the health conditions and wellness concerns most relevant to our community. Sessions begin in the Fall of 2026 and include:

- **DIABETES PREVENTION**
- **TYPE 2 DIABETES MANAGEMENT**
- **HEART HEALTHY**
- **BLOOD PRESSURE SELF-MONITORING**
- **BRAIN HEALTH**
- **LIVESTRONG AT THE YMCA**
- **MEET ME AT MENOPAUSE**
- **CARING FOR YOU - FROM THE INSIDE OUT**
- **MOVING FOR BETTER BALANCE**

For more information, please visit sccymca.org/disease-prevention-management or contact Jolene Miceli, Health & Wellness Director at 860.426.9589.

YEAR-ROUND HEALTHY LIVING FITNESS PROGRAMS

ENHANCE@FITNESS

Enhance@Fitness is an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants.

If you're interested in learning more about our Enhance@Fitness class offerings, or how to get started, call Michelle Scott, H&W Program Director at 860.426.9529.

Location: Southington YMCA - See Schedule for Days/Times

HEALTHY BONES

The Southington Community YMCA offers both Healthy Bones Strength and Healthy Bones Yoga. An exercise program for people with Osteoporosis, Osteopenia, or other postural-related issues. Classes focus on techniques to strengthen muscles, support spinal health, improve posture, fall prevention, and bring awareness to movements and activities that can lead to fracture. Every class includes floor exercises as well as safe strategies to get up off the floor.

This program is FREE to members.

Location: Southington YMCA - See Schedule for Days/Times

BALANCE TRAINING

A balance class for adults who present minimal fall risk, but want to preserve their stability. This program is FREE for members but does require registration.

Location: Southington YMCA - See Schedule for Days/Times

TEEN FITNESS (11-13)

Teen Fitness programming will continue this fall!

If you'd like to work out with your 11-13 year old child, you can! Southington YMCA Policy states that an adult 18+ is required to remain in the same room with them as they exercise.

If your child would like an orientation on our selectorized strength equipment, please call 860.426.9528 to make an appointment.

Reminder, no one under the age of 11 is permitted any Health & Wellness areas.

Children 14+ are free to work out on their own.



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	\$435
1 Month	3	\$645

YOUR ASSESSMENT

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

YOUR TRAINING

Next, we write a training program tailored to your personal needs and goals. Training sessions last 45 minutes and includes an individualized warm-up and goal-based training that is modified according to your perceived exertion and heart rate. Everything is documented & tracked so we can constantly make small improvements each training session.

TO REGISTER

Contact Tommy Sienkowski at tsienkowski@sccymca.org or 860.426.9536 to set up your assessment date & time.

SPC ATHLETE PROGRAM

Individualized programs for young athletes.
Choose Mon-Fri at 3-4PM, 4:15-5:15PM, or 5:30-6:30PM

Location: Sports Performance Center
Contact: Dylan Hogan, M.S., C.S.C.S via email at dhogan@sccymca.org or call 860.426.9535

Duration	Sessions/Week	Member	Non-Member
1 Month	2	\$165	\$240
1 Month	3	\$230	\$305
1 Month	Unlimited	\$320	\$395



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. Please contact the SPC to set up your assessment first before signing up.

Location: Sports Performance Center
Contact: Tommy Sienkowski, CSCS, Pn L1, L2
tsienkowski@sccymca.org or call 860.426.9535.

MEMBER PRICING:

Duration	Sessions/Week	Member Price
1 Month	2	\$180
1 Month	3	\$260

“Lavanya has lost 30lbs and has kept it off for the past 3 years! She is no longer pre-diabetic and her measurements are down 28 inches.”

CHESHIRE SPORTS PERFORMANCE

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

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

YMCA CAMP SLOPER

Day Camp at 1000 East Street, Southington CT

YMCA CAMP SLOPER 2026

Session Dates

Sneak Peek Week

June 8th - June 12th

Preview Week

June 15th - June 19th

Session 1

Theme: "the Grinch: Mischief & Madness"

June 22nd - July 3rd

Session 2

Theme: "Cereal Mascots"

July 6th - July 17th

Session 3

Theme: "Shrek: A Far, Far Adventure"

July 20th- July 31st

Session 4

Theme: 'Color Games 31: Super Mario Galaxy'

August 3rd - August 14th

Finale Week

August 17th- August 21st

REGISTER TODAY

**OPENINGS FOR PRE-K
THROUGH GRADE 10
ALL SUMMER!**

**SCAN THE QR CODE
BELOW FOR MORE INFO**



For any questions regarding day camp or other programs, please call the main office at

860.621.8194

See our full digital brochure and register online at
ymcacampsloper.org

NACIWONKI SUMMER ADVENTURES

Day Camp at the Southington YMCA

INFORMATION, SESSION DATES & PRICING!

**Location of
YMCA Camp Naciwonki**

**Southington YMCA
29 High Street, Southington CT 06489**

CAMPER AGES

YMCA Camp Naciwonki is appropriate for children entering Kindergarten through 6th Grade.

First time ever: Campers entering 6th grade LIT Program! See back for more details

HOURS OF OPERATON

Adventure Hours: 9AM–4PM

Before Care Hours: 6:30–9AM

After Care Hours: 4–5:30PM

WHAT WILL YOUR CHILD BE DOING?

Each day YCN will consist of scheduled activities based on our weekly session themes. Campers will have the opportunity to do arts & crafts projects, teambuilding activities, water activities, and indoor & outdoor games. We will have dress up days and popsicle Fridays! Swimming will be offered once a week, and we aim for weekly guest presenters or a field trip.

WHAT TO BRING TO YCN?

- A non-perishable lunch. No heat-ups or refrigeration is offered. Must have an ice pack. (Please label all items as possible).
- Sunscreen/bug spray (with proper topical medical form) labeled with your child's first and last name.
- Sneakers and highly recommend water shoes.
- A bathing suit, towel, and a change of clothes, including undergarments for water play and swimming.
- A labeled water bottle with your child's name.

REGISTER ONLINE AT [SCCYMCA.ORG/YCN](https://www.sccymca.org/ycn)

2026 YMCA CAMP NACIWONKI FULL MEMBER & NON-MEMBER PRICING

	FULL MEMBERS	NON-MEMBERS
Day Session	\$291	\$321
Before Care	\$75	\$75
After Care	\$75	\$75
Before & After Care	\$125	\$125

2026 SESSION DATES & THEMES

Session 1: June 15-19

All Aboard the YCN Express

Session 2: June 22-26

Treasure of the Tide

Session 3: June 29-July 3

Think It. Test It. Try It

Session 4: July 6-10

Ruh- Roh! Can you Crack the Case

Session 5: July 13-17

Once Upon a Time

Session 6: July 20-24

Game Show Mania

Session 7: July 27-July 31

E-I-E-I-O

Session 8: August 3- August 7

Masterpiece in the Making

Session 9: August 10- August 14

Step right up to the YCN Carnival

Session 10: August 17- August 21

**CAMP WILL BE AT YMCA CAMP SLOPER
DUE TO RENOVATIONS AT MAIN YMCA**





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SCCYMCA.ORG