THE SKY’S THE LIMIT THIS FALL!

SOUTHTON-CHESHIRE COMMUNITY YMCA

FALL 1 2021 MEMBERSHIP & PROGRAM GUIDE

Registration Begins: Members – Monday, August 16th at 8AM
Non-Members – Friday, August 20th at 8AM

Session Dates: Tuesday, September 7th – Sunday, October 24th

ONLINE REGISTRATION BEGINS AT 6AM!
COVID-19 INFORMATION

FACEMASKS

CHILD CARE & DAY CAMP – Due to OEC rules, all Childcare & Day Camp participants, parents and staff are required to wear masks when they are indoors or in large outdoor gatherings, like LOGS at YMCA Camp Sloper. If your child is attending one of these programs, please make sure to pack them with at least 2 face masks from home every day.

YOUTH PROGRAMS – All youth program participants ages 12 & under must wear a mask for indoor programs, including swim lessons. Staff for these programs will also wear a mask if they are unable to maintain consistent social distance.

LOBBIES, LOCKER ROOMS, FITNESS & AQUATICS FACILITIES – If you are fully vaccinated, and would like to wear a mask to increase your protection, we encourage you to do so. If you are fully vaccinated, and would prefer not to wear a mask, you are NOT required to wear one. If you are NOT fully vaccinated, you are required to wear a mask at all times.

ENHANCED CLEANING

All program spaces and equipment will undergo a thorough cleaning process following each use. We ask all members to clean all YMCA equipment after use.

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.

VACCINES

Vaccines are safe and effective in protecting you against COVID-19, readily available, and free! If you are not vaccinated against COVID-19, we strongly encourage you to speak to your health care provider about the benefits of vaccination to see if it is right for you. Please also consider following the links below for Vaccine Information from our health partners at Hartford Healthcare:

Frequently Asked Questions
Frequently Asked Questions for Parents of Youth Ages 12-15
What to Expect: Before the Vaccine
What to Expect: After the Vaccine
Hartford Healthcare Vaccine Locations

All of this information is also available at www.hartfordhealthcare.org/health-wellness/covid-vaccine

VIRTUAL YMCA

In the event that you’re not feeling well and choose to stay home, we encourage you to take advantage of your Virtual YMCA, with dozens of classes lead by your favorite YMCA instructors from Southington & Cheshire!

Please visit your Virtual YMCA at https://sccymca.org
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

SOUTHBINGTON

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

YMCA Camp Sloper Outdoor Center

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

To learn more about how to rent YMCA Camp Sloper for your family reunion, business retreat, or birthday party, please reach out to the Camp Office today!

OUTDOOR CENTER LEADERSHIP TEAM

Justin Hubeny, Outdoor Center Director
Phone: 860.621.8194
Email: jhubeny@sccymca.org

Sarah Dupre, Outdoor Center Administrator
Phone: 860.621.8194
Email: sdupre@sccymca.org

Tom Sangeloty, Outdoor Center Program Director
Phone: 860.621.8194
Email: tsangeloty@sccymca.org
COMING IN SEPTEMBER
EQUIPMENT UPGRADES

S-Drive Treadmill  Woodway Treadmill  Stair Climber  Air Bike  NuStep

Power Rack  MX4 – SMALL GROUP TRAINING SPACE
Pictured with 3 “bays” – We will install 1 “bay”

FACILITY RENOVATION
NEW, LOWER RATES FOR ADULTS, FAMILIES & SENIORS

MEMBERSHIP TYPE

<table>
<thead>
<tr>
<th>CHESHIRE-ONLY</th>
<th>NEW RATE</th>
<th>OLD RATE</th>
<th>JOIN FEE</th>
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<tbody>
<tr>
<td>CH Young Adult - 18-25 years</td>
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<td>$34</td>
<td>$50</td>
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<tr>
<td>CH Adult - 26+ years</td>
<td>$28</td>
<td>$46</td>
<td>$50</td>
</tr>
<tr>
<td>CH 2 Adult</td>
<td>$50</td>
<td>$69</td>
<td>$80</td>
</tr>
<tr>
<td>CH Family 1 (1 adult + All Dependents)</td>
<td>$48</td>
<td>$61</td>
<td>$50</td>
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<tr>
<td>CH Family 2 (2 adults + All Dependents)</td>
<td>$70</td>
<td>$73</td>
<td>$80</td>
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<tr>
<td>CH Senior - 65+ years</td>
<td>$26</td>
<td>$42</td>
<td>$50</td>
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<tr>
<td>CH Senior Couple (at least one 65+)</td>
<td>$45</td>
<td>$63</td>
<td>$80</td>
</tr>
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Joiner Fees are only for new memberships. These fees will be waived for anyone who was a member prior to COVID and left because of the pandemic.

DISCOUNT GROUPS

Corporate Discount – 10% off the employee’s membership or a family membership
Military Discount – 25% off the veteran’s membership or a family membership + NO join fee
Households with Additional Adults – All additional adults in a household (ages 26+) may be added to a Family 2 Membership at the rate of $15/month per additional adult.

NATIONWIDE BENEFITS

An Association Membership is required to enjoy YMCA Nationwide benefits. For information about Association Memberships, please contact Wendy Fisher, Membership Director, at wfisher@sccymca.org

NEW FITNESS PROGRAMS

MX4 SMALL GROUP TRAINING

MX4 is a training program that is custom-made for some of the new equipment we are purchasing. It’s designed for 4-6 people, and focuses on 4 areas of training: cardio, strength, power & endurance.
Options for all ages & abilities will be available.
This program will have a registration fee starting in November 2021, but we will offer a FREE Demo schedule in September and October for all members to experience the benefits of the MX4 program.

PERSONAL TRAINING & SPORTS PERFORMANCE

We offer personal training for youth, teens, and adults and this fall, we will be adding Sports Performance and Athlete Training programs, too! The program schedule will be released to members in September!
If you are interested in registering your child, your team OR working as a coach, please contact Doug Levens, Cheshire Sports Performance Coordinator, at dlevens@sccymca.org.
YOUTH DEVELOPMENT
Youth & Teen Programs

YOUTH & TEEN SPORTS

SOCCER (Ages 2-10)
These classes focus on basic skills like passing, dribbling, shooting, trapping, & team play. Children will develop skills, gain experience, meet new friends, and have fun.
Location: YMCA Camp Sloper Sports Fields

FLAG FOOTBALL (Ages 3-7)
Passing, catching, team play, positions and basic offensive and defensive concepts of the game are taught.
Location: YMCA Camp Sloper Sports Fields

SPORTS SPECTACULAR (Ages 5-7)
A great introduction to a variety of sports. This program is for children who are still deciding on their favorite! New sports will be played every week.
Locations: YMCA Camp Sloper Sports Fields & Norton Elementary School, Cheshire

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

SPECIAL INTEREST

PE 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

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: YMCA Camp Sloper

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.

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

WELLNESS

KIDS FITNESS CLASS (Ages 7-10)
Class focuses on teaching fundamental skills, fitness & developing self-esteem while having fun!
Location: Southington Community YMCA.

NEW THIS FALL!

YMCA YOUTH SPORTS RETURNS TO CHESHIRE!
We will be offering a few Sports Spectacular options at Norton Elementary School.
If you are interested in registering your child OR working as a coach, please contact Nick Charnysh, Youth Programs Director, at ncharnysh@sccymca.org.

SPORTS PERFORMANCE OPTIONS IN CHESHIRE!
A schedule for these programs will be released to all members on September 1!
If you are interested in registering your child, your team OR working as a coach, please contact Doug Levens, Cheshire Sports Performance Coordinator, at dlevens@sccymca.org.

COMING IN NOVEMBER

YOUTH GYMNASTICS RETURN TO SOUTHINGTON!
We will resume our introductory Gymnastics programs in the Southington APR in our Fall 2 Session.
If you are interested in registering your child OR working as a youth gymnastics coach, please contact Nick Charnysh, Youth Programs Director, at ncharnysh@sccymca.org.
## YOUTH & TEEN PROGRAMS ACTIVITY GRID

**SCY** – Southington YMCA  
**NES** – Norton School, Cheshire  
**YCS** – YMCA Camp Sloper

### PRESCHOOL SPORTS

<table>
<thead>
<tr>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
</table>
| 2-3 | $70 Members  
$145 Non-Members |       |      |     |      |     | 9-9:45AM (YCS) |
| 4   | $70 Members  
$145 Non-Members |       |      |     |      |     | 10-10:45AM (YCS) |
| 2-3 | $70 Members  
$145 Non-Members |       |      |     |      |     | 10-10:45AM (YCS)  
9-9:45AM (YCS) |
| 4   | $70 Members  
$145 Non-Members |       |      |     |      |     | 11-11:45AM (YCS)  
10-10:45AM (NES) |
| 4   | $70 Members  
$145 Non-Members |       |      |     |      |     | 9-9:45AM (YCS) |

### YOUTH SPORTS

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<thead>
<tr>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
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</table>
| 5-6  | $70 Members  
$145 Non-Members |       |      |     |      |     | 11-11:45AM (YCS) |
| 5-7  | $70 Members  
$145 Non-Members |       |      |     |      |     | 9-9:45AM (YCS)  
11-11:45AM (NES) |
| 5-6  | $70 Members  
$145 Non-Members |       |      |     |      |     | 10-10:45AM (YCS) |
| 7-10 | $70 Members  
$145 Non-Members |       |      |     |      |     | 12-12:45PM (YCS) |
| 7-10 | $70 Members  
$145 Non-Members |       |      |     |      |     | 11-11:45AM (YCS) |
| 7-10 | $70 Members  
$145 Non-Members |       |      |     |      |     | 1:30-2:15PM (YCS) |

### SPECIAL INTEREST

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<thead>
<tr>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
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</table>
| 7-10 | $70 Members  
$145 Non-Members | 6-6:45PM (SCY - APR) |      |     |      |      |      |
| 7-10 | $70 Members  
$145 Non-Members | 6-6:45PM (SCY - APR) | 5:30-6:15PM (YCS) |      |      |      |
| 7-10 | $70 Members  
$145 Non-Members |      | 5:30-6:15PM (YCS) |      |      |      |
| 11-14 | $70 Members  
$145 Non-Members | 5:30-6:15PM (YCS) |      |      |      |      |
| All Ages | $70 Members  
$145 Non-Members |      | 1:30-2:15PM (YCS) |      |      |      |

### WELLNESS

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<tr>
<th>Ages</th>
<th>Price</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
</table>
| 7-10 | Family Members FREE  
$40 Program Members  
$115 Non-Members | 4:15-5:00PM (SCY) | 4:15-5:00PM (SCY) |      |      |      |
| 7-10 | Family Members FREE  
$40 Program Members  
$115 Non-Members | 4:15-5:00PM (SCY) |      |      |      |      |

### CONTACT INFO

Sports – Nick Charnysh – ncharnysh@sccymca.org  
Southington Fitness – Brandon Riollano – briollano@sccymca.org  
Cheshire Sports Performance – Doug Levens – dlevens@sccymca.org  
Southington Sports Performance – Tommy Sienkowski – tsienkowski@sccymca.org
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. Children with special needs are welcome.

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 makeups 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 makeups for missed classes.

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 or bglaude@sccymca.org.

ADULT CLASSES

AQUATIC FITNESS: SHALLOW (Ages 18+)
Develops flexibility, strength, and range of motion in individuals with limited ability. Participants can work at their own pace.

AQUATIC FITNESS: 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.

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

The RAYS are offering a tryout on Tuesday, August 31 at 5:30pm by appointment only. To learn more, set up a tour, or register for a tryout 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
## HEALTHY LIVING

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

<table>
<thead>
<tr>
<th>PARENT/CHILD</th>
<th>AGES</th>
<th>PRICE</th>
<th>MON</th>
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<tbody>
<tr>
<td>Parent/Child Swim Starter</td>
<td>6 mos – 3 years</td>
<td>$87 Members $162 Non-Members MON – $65 Member MON – $140 Non-Mem</td>
<td>5:25-5:55PM 6:00-6:30PM 5 Week Session 9/20-10/18</td>
<td>10:00-10:30AM</td>
<td>9:50-10:20AM</td>
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<tr>
<td>Preschool Swim Lessons</td>
<td>3-5</td>
<td>$100 Members $175 Non-Members MON – $75 Member MON – $150 Non-Mem</td>
<td>5:25-5:55PM 6:00-6:30PM 5 Week Session 9/20-10/18</td>
<td>10:00-10:30AM</td>
<td>10:40-11:10AM</td>
<td>4:05-4:35PM</td>
<td>4:40-5:10PM</td>
<td>9:10-9:40AM</td>
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<tr>
<td>School Age Swim Lessons</td>
<td>5-12</td>
<td>$100 Members $175 Non-Members MON – $75 Member MON – $150 Non-Mem</td>
<td>5:25-5:55PM 6:00-6:30PM 5 Week Session 9/20-10/18</td>
<td>4:05-4:35PM</td>
<td>4:40-5:10PM</td>
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<tr>
<td>Aqua Fit For Kids Team</td>
<td>6-7</td>
<td>$110 Members $185 Non-Members</td>
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<td>10:30-11:15AM</td>
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## PRESCHOOL AGES

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<tr>
<th>PRESCHOOL AGES</th>
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<td>5-12</td>
<td>$100 Members $175 Non-Members MON – $75 Member MON – $150 Non-Mem</td>
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<tr>
<td>Aqua Fit For Kids Team</td>
<td>6-7</td>
<td>$110 Members $185 Non-Members</td>
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## PRIVATE SWIM LESSONS AGES

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<tr>
<td>Private Swim Lessons</td>
<td>5+</td>
<td>$210 Members Non-Members N/A</td>
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<td>7:30-8:00PM 4 Week Session 9/22-10/13 $136</td>
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## SPECIAL NEEDS AGES

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<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>Special Needs Buddy Swim</td>
<td>3-12</td>
<td>$100 Members $175 Non-Members</td>
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<td>10:35-11:05AM</td>
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## TEEN & ADULT SWIM LESSONS AGES

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<th>TEEN &amp; ADULT SWIM LESSONS AGES</th>
<th>PRICE</th>
<th>MON</th>
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<th>THUR</th>
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</thead>
<tbody>
<tr>
<td>Teen &amp; Adult Swim Lessons</td>
<td>13+</td>
<td>$100 Members $175 Non-Members</td>
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<td>10:30-11:00AM</td>
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## ADULT CLASSES AGES

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<tr>
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<th>PRICE</th>
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<tbody>
<tr>
<td>Aquatic Fitness Shallow</td>
<td>18+</td>
<td>FREE Members $100 Non-Members</td>
<td>9:10-9:55AM 10:15-11AM</td>
<td>8:15-9:00AM</td>
<td>9:10-9:55AM</td>
<td>8:15-9:00AM</td>
<td>9:10-9:55AM</td>
</tr>
<tr>
<td>Aquatic Fitness Deep</td>
<td>18+</td>
<td>FREE Members $100 Non-Members</td>
<td>9:10-9:55AM 10:15-11AM</td>
<td>8:15-9:00AM</td>
<td>9:10-9:55AM</td>
<td>8:15-9:00AM</td>
<td>9:10-9:55AM</td>
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### SCHEDULE NOTE

THERE WILL BE NO CLASSES HELD ON THE FOLLOWING DATE:

- **MONDAY, SEPT 6 (LABOR DAY) & MONDAY, SEPT 13 (SHS SWIM MEET)**
- All Monday class prices will be prorated to account for a 5 week session.
HEALTHY LIVING
Health & Wellness Programs

RACQUET SPORTS

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

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

SMALL GROUP FITNESS

Strength Training
Weight Room instruction in a small group setting. All levels are welcome to participate!
Monday 9:30-10:30AM
Wednesday 9:30-10:30AM
Member Price: $72 Monday/$84 Wednesday
Non-Member Price: $147 Monday/$159 Wednesday
Location: Southington Community YMCA – Weight Room

Basketball
The Gymnasium will be available at select times throughout the day for those interested in shooting basketballs. Please visit www.sccymca.org for the Gymnasium Schedule.
Location: Southington Community YMCA Gymnasium

CHRONIC DISEASE PROGRAMS

Balance Program
A balance class for adults who may have minimal fall risk, but want to preserve their stability.
Monday 8:30AM
Tuesday 9:15AM & 11:00AM
Friday 10:30AM
Member Price: FREE | Non-Member Price: $105
Location: Southington – Spirit, Mind & Body Center

Healthy Bones
An exercise program for people with Osteoporosis, Osteopenia, or other postural issues. Classes focus on techniques to strengthen muscles, support spinal health, improve posture, practice balance, and educate on movements that can cause fracture. Class includes floor exercise. Instructors will teach safe strategies to get up and down from floor.
Member Price: FREE | Non-Member Price: $15
Location: Southington – See Schedule for Location

Diabetes Prevention
Designed for people who have elevated A1C levels or have been diagnosed as pre-diabetic. This program provides resources for healthy nutrition and physical activity to help guide behavioral changes to prevent the onset of diabetes.
This program is FREE for those who qualify.
Location: Southington – Spirit, Mind & Body Center

Livestrong at the YMCA
LIVESTRONG at the YMCA is a program for cancer survivors who are ready to return to physical activity. It’s more than an exercise class – it provides the physical, social, and emotional support to stimulate your recovery.
This program is FREE for those who qualify.
Locations: Southington – Spirit, Mind & Body Center & Cheshire Community YMCA

Heart Healthy
Adults 18 years of age or older who are interested in reducing their risk of heart disease are encouraged to register for this program.
This program is FREE for those who qualify.
Location: Southington – Spirit, Mind & Body Center

CONTACT INFO
If you are interested in more information about any of these programs please contact:
Jolene Miceli, Southington HW Director:
jmiceli@sccymca.org 860.426.9589
Donna Paventy, Cheshire HW Coordinator:
dpaventy@sccymca.org 203.272.3150
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 modified according to your perceived exertion and heart rate. Everything is documented & tracked so we can constantly make small improvements each training session.

TO REGISTER
Contact Tommy Sienkowski at tsienkowski@sccymca.org or 860-426-9536 to set up your assessment date & time.

SPC ATHLETE PROGRAM
Individualized programs for young athletes.
Choose Monday-Friday at 3:00, 4:00, 5:00, or 6:00PM

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

<table>
<thead>
<tr>
<th>Duration</th>
<th>Sessions/Week</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
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<tr>
<td>1 Month</td>
<td>2</td>
<td>$120</td>
<td>$180</td>
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<tr>
<td>1 Month</td>
<td>Unlimited</td>
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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

Member Prices:

<table>
<thead>
<tr>
<th>Duration</th>
<th>Sessions/Week</th>
<th>Price</th>
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<tbody>
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<td>1 Month</td>
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<tr>
<td>3 Months</td>
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<td>$675</td>
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</table>

"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 THIS FALL!
SPORTS PERFORMANCE OPTIONS IN CHESHIRE!
A schedule for these programs will be released to all members on September 1!

If you are interested in registering your child, your team OR working as a coach, please contact Doug Levens, Cheshire Sports Performance Coordinator, at dlevens@sccymca.org.
HEALTHY LIVING
Workshops & Events

Full Moon Yoga at YMCA Camp Sloper
Usher in the full moon and Autumnal Equinox outside at YMCA Camp Sloper.

Restorative Yoga with Bolsters
Focus on physical, mental, and emotional relaxation. Appropriate for all levels. Practiced at a slow pace, focusing on long holds, stillness, and deep breathing. Bolsters or yoga blankets required.

Runner’s Workshop Prep
Get ready for the Apple Harvest Road Race! Classes include strength & speed circuits, and end with 20 minutes of yoga.

Family Yoga at YMCA Camp Sloper
Bring the whole family for relaxation and fun at YMCA Camp Sloper. Each class, the children will get a color page and/or activity to take back home. We will be working closely with the Flow and Grow Yoga and Mindfulness curriculum. Strollers and wee ones welcome!

Family Sensory Yoga at YMCA Camp Sloper
In this program your yogi’s main goal is to focus on each step in their movement focusing their senses. There will be extra tools that will help encourage focusing and quieting the mind.

Moonlight Cycling
Enjoy the experience of our indoor cycling classes under the stars! Our indoor cycling bikes will be moved outside to the front of our 29 High St building for some fresh air and fun!

<table>
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<tr>
<th>WORKSHOP</th>
<th>AGES</th>
<th>PRICE</th>
<th>WHEN</th>
<th>WHERE</th>
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<tbody>
<tr>
<td>Full Moon Yoga</td>
<td>11+</td>
<td>$5 Members $20 Non-Members</td>
<td>Mon 9/20</td>
<td>YCS</td>
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<td></td>
<td></td>
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<td>6:30-7:30PM</td>
<td>Jacob Pavilion</td>
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<tr>
<td>Restorative Yoga With Bolsters</td>
<td>16+</td>
<td>WORKSHOP + BOLSTER $50 Members $70 Non-Members WORKSHOP ONLY* $5 Members $20 Non-Members</td>
<td>Sun 9/19</td>
<td>SCY Studio 130</td>
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<td>3:30-4:30PM</td>
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<tr>
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<td>16+</td>
<td>$10 Members/Day $30 Non-Members/Day</td>
<td>Saturdays</td>
<td>SCY Studio 29</td>
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<td>9/4, 9/11, 9/18, 9/25 9-10AM</td>
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<tr>
<td>Family Yoga</td>
<td>All Ages</td>
<td>Family Members FREE $10 Full Members* $30 Non-Members*</td>
<td>Thu 9/16</td>
<td>YCS Jacob Pavilion</td>
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<td>5:30-6:30PM</td>
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</tr>
<tr>
<td>Family Sensory Yoga</td>
<td>All Ages</td>
<td>Family Members FREE $10 Full Members* $30 Non-Members*</td>
<td>Sat 9/18</td>
<td>YCS Jacob Pavilion</td>
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<tr>
<td></td>
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<td>4:30-5:15PM</td>
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<tr>
<td>Moonlight Cycling</td>
<td>16+</td>
<td>$5 Members $20 Non-Members</td>
<td>Wed 9/15</td>
<td>SCY</td>
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<td></td>
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<td></td>
<td>6-7PM</td>
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Workshop Notes
- Full Moon Yoga – Children 11-15 years must be with an adult.
- Res. Yoga With Bolsters – A bolster or yoga blanket is required. You can bring one from home or purchase one through the Y.
- Family Yoga & Family Sensory Yoga – All prices are per family.
- All - No Day-Of registration is permitted.

Helping people who are living with chronic diseases is a major focus for us at the Y. We believe in helping people live a healthy life, for their entire life!

Sweating For Survivors is a series of 3 events over 3 days that will allow you help us offer these crucial, life-affirming programs like LiveStrong at the YMCA for cancer survivors, the Diabetes Prevention Program, the Heart Healthy Program, and more!

3 GREAT WAYS TO HELP

ZUMBATHON
DAY: Saturday, September 18
TIME: 9:30-11:30am
AT THE: Cheshire YMCA

LIFT-A-THON
DAY: Sunday, September 19
TIME: 9:00am-2:00pm
AT THE: Southington YMCA

CYCLE-A-THON
DAY: Monday, September 20
TIME: All Day!
AT THE: Southington YMCA

TO REGISTER
You can register online, over the phone or at the YMCA:
- To register online, please visit www.sccymca.org/register and search “SURVIVORS”
- To register by phone, please call the Y in Cheshire at 203-272-3150 OR Southington at 860-628-5597

All participants are asked to raise a minimum of $50 to participate. To make fundraising easy, please consider joining our team fundraising page at https://givebutter.com/s4s. If you choose to raise money on your own, you may turn it in to the Front Desk at either Y location.
SUNDAY
OCTOBER 3rd

• 5-Mile Race  • 5K Race
• 2-Mile Walk
• Y CUP 1-Mile Run
• Little Fritter Fun Runs

Registration Information

REGISTER ONLINE AT WWW.SCCYMCA.ORG/APPLE
Contact John Myers at jmyers@sccymca.org if you are unable to register online

T-Shirt and Bib Pick Up
Friday, October 1st 9AM-6PM
Saturday, October 2nd 8AM-2PM
Sunday, October 3rd 7AM-8AM
Southington Community YMCA
29 High Street, Southington

WILL YOUR TEAM TAKE HOME THE TROPHY?
Cheshire Y-Cup Relay

Relay Race for 3rd to 6th graders
What: Teams of 3 students represent their school and each run 1 mile around the trail of the Chapman property of Bartlem Park. The winning school will take home the Y Cup Trophy to display for the 2019-2020 school year. There are separate team divisions for male and female teams of 3rd, 4th, 5th and 6th graders.
When: Saturday, September 18, 2021 at 10:00 AM
Where: Bartlem Park, 520 S Main St, Cheshire, CT 06410
How To Prepare:
• Pick a team of 3 and start running together.
• Begin designing your own team t-shirts.
Registration:
• $30 per team, each racer registers separately using their team name and pays $10.
• Runners will receive an iron on logo 1 week before the race to add to their team t-shirts!
• Register at https://runsignup.com/Race/CT/Cheshire/Ycuprelay

For more information, contact
Doug Levens at dlevens@sccymca.org or 203.272.3150 ex.503.