



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TURN OVER A NEW LEAF!

**SOUTHINGTON-CHESHIRE COMMUNITY YMCAs
FALL 3 2020 MEMBERSHIP & PROGRAM GUIDE**

Registration Begins: Family Members - Friday, October 23rd at 8AM

Full Members - Monday, October 26th at 8AM

Non-Members - Friday, October 30th at 8AM

Session Dates: Monday, November 2nd - Sunday, December 20th*

*Reduced Schedule November 23rd - November 29th

**ONLINE
REGISTRATION
BEGINS AT
6AM!**





FOR YOUTH DEVELOPMENT®
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SOUTHINGTON BRANCH HOURS

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

CHESHIRE BRANCH HOURS

Monday–Friday 6AM–7PM
Saturday & Sunday 8AM–12PM

Effective November 1, 2020

These extended hours will be in effect through the end of 2020 on a trial basis.
We will determine our hours of operation in 2021 based on the facility usage trends during the remainder of this year.



IT'S TIME TO GET #VOTEREADY!

Are you up-to-date on
your voter registration?

Check your status:
YMCA.NET/VOTE



For a better us.



COVID-19 INFO & PROTOCOLS

Southington-Cheshire Community YMCAs

WHEN YOU ARRIVE

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

FACEMASKS

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

SOCIAL DISTANCE

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

ENHANCED CLEANING

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

CREDITS & CANCELLATIONS

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

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

YOUTH DEVELOPMENT

Child Care

We offer a variety of child care options for preschool & school age students. These programs provide a safe space for children to learn, develop social-emotional skills, stay active and make friends. Our staff are experienced and highly trained professionals.

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

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

CHILD CARE LEADERSHIP TEAM

Chrissy Cassesse, Association Child Care Director
Phone: 203.272.3150 x510
Email: ccassesse@sccymca.org

SOUTHINGTON

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

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

CHESHIRE

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

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

AMAZING KIDS CLUB & BABYSITTING UPDATES

We know how valuable our babysitting services are to YMCA members and we have heard your requests in our member surveys loud and clear. Currently, the CT Guidelines for Fitness Centers permits babysitting services; but we are working on developing programs for young children to attend in order for parents to exercise. We want these programs to comply with all local and state health direction and also be affordable for families.

These programs are not ready yet, but they will be available as soon as we have a program plan that works.

If you have any comments, questions or suggestions, please contact Jay Jaronko at jjaronkjo@sccymca.org.



YOUTH DEVELOPMENT

Youth & Teen Programs

NO CLASSES WEEK OF
11/23-11/29

PRESCHOOL SPORTS

PARENT & ME BASKETBALL (Ages 2-3)

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

Location: Southington Community YMCA - Gymnasium

SPORTS SPECTACULAR (Ages 2-4)

A great introduction to a variety of sports. This program is designed for those children who can't get enough sports or are still deciding on their favorite including: Soccer, Hockey, T-Ball and more!

Location: Southington Community YMCA - APR

INDOOR SOCCER (Age 4)

This class will focus on teamwork, sportsmanship and fun! Skill lessons will include shooting, trapping and dribbling.

Location: Southington Community YMCA - APR

PRESCHOOL BASKETBALL (Age 4)

An introduction to the popular sport, this class will focus on basic skill development and game experience. Dribbling, passing, shooting, defense, team play, and other basic game concepts and rules will be highlighted. Fair play, sportsmanship and FUN are emphasized.

Location: Southington Community YMCA - Gymnasium

YOUTH & TEEN SPORTS

INDOOR SOCCER (Ages 5-6)

This is a great way for a soccer player to continue to develop their skills while getting plenty of game experience. Basic skills focused on include: passing, dribbling, shooting, and trapping. Participants are encouraged to wear shin guards and bring a water bottle to class.

Location: Southington Community YMCA - APR

SPORTS SPECTACULAR (Ages 5-7)

A great introduction to a variety of sports. This program is designed for those children who can't get enough sports or are still deciding on their favorite including: Soccer, Hockey, T-Ball and more!

Location: Southington Community YMCA - APR

YOUTH BASKETBALL (Ages 5-10)

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

Location: Southington Community YMCA - Gymnasium

TEEN BASKETBALL (Ages 11-13)

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

Location: Southington Community YMCA - Gymnasium

YOUTH GOLF (Ages 7-10)

Learn the fundamentals of golf through individual instruction and games! Must bring your own golf clubs. This program is only 3 weeks in length.

Location: YMCA Camp Sloper

SPECIAL INTEREST

FAMILY OUTDOOR ADVENTURE (Ages 5-7)

Be prepared to travel around camp as a family and visit Sloper's best spots! Please bring masks along for all family members as there may be activities where we cannot practice social distancing. Email reminders will be sent out each week on what to expect. This program is only 3 weeks in length.

Location: YMCA Camp Sloper

DODGEBALL MADNESS (Ages 7-10)

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

Location: Southington Community YMCA - APR

NINJA WARRIORS (Ages 7-10)

Learn the fundamentals of being a Ninja Warrior at YMCA Camp Sloper's Ninja Warrior Course. Learn how to master all the elements, beat your times, work as a team, and build confidence! This program is only 3 weeks in length.

Location: YMCA Camp Sloper



YOUTH DEVELOPMENT

Youth & Teen Programs

GYMNASTICS

PARENT/TOT OPEN GYM (All Ages)

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

Location: Southington Community YMCA - APR

PARENT/TOT GYMNASTICS (Ages 1+)

Children in this class learn to follow directions, improve balance, develop gross motor skills, gain strength and build self-confidence. A great way to spend time with your child!

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



QUESTIONS ABOUT GYMNASTICS?

For any gymnastics related questions, please contact Barbara Glaude at 860.426.9553 or via email at bglaude@sccymca.org.

WELLNESS

KIDS FITNESS (Ages 7-10)

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

Location: Southington Community YMCA

KID ATHLETES (Ages 7-10)

To prepare youth for SPC Classes, this program focuses on developing self-esteem, fun and fitness building skills!

Location: Southington Community YMCA

ON-DEMAND YOUTH PROGRAMS

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

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

To learn more, please contact Nick Charnysh, Youth Programs Director at 860.426.9521 or ncharnysh@sccymca.org.



YOUTH & TEEN PROGRAMS ACTIVITY GRID

(SCY) – Southington YMCA

(CCY) – Cheshire YMCA

(YCS) – YMCA Camp Sloper

PRESCHOOL SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Parent & Me Basketball	2-3	\$60 Members \$110 Non-Members						12-12:45PM (SCY - Gym)	
Sports Spectacular	2-4	\$60 Members \$110 Non-Members						Age 4 9-9:45AM (SCY - APR) Age 2-3 10:15-11AM (SCY - APR)	
Indoor Soccer	4	\$60 Members \$110 Non-Members						12:45-1:30PM (SCY - APR)	
Preschool Basketball	4	\$60 Members \$110 Non-Members						10:45-11:30AM (SCY - Gym)	
YOUTH SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Indoor Soccer	5-6	\$60 Members \$110 Non-Members						2-2:45PM (SCY - APR)	
Sports Spectacular	5-7	\$60 Members \$110 Non-Members						11:30-12:15PM (SCY - APR)	
Youth Basketball	5-10	\$60 Members \$110 Non-Members						Ages 5-6 9:30-10:15AM (SCY - Gym) 1:15-2PM (SCY - Gym) Ages 7-10 2:30-3:15PM (SCY - Gym)	
Youth Golf	7-10	\$30 Members \$80 Non-Members						11-11:45AM (YCS)	
Teen Basketball	11-13	\$60 Members \$110 Non-Members					6-6:45PM (SCY - Gym)		
SPECIAL INTEREST	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Family Outdoor Adventure	All Ages	\$30 Members \$80 Non-Members						1:30-2:15PM (YCS)	
Dodgeball Madness	7-10	\$60 Members \$110 Non-Members			6-6:45PM (SCY - APR)				
Ninja Warriors	7-10	\$30 Members \$80 Non-Members						12:15-1PM (YCS)	
GYMNASTICS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Parent/Tot Open Gym	All Ages	Members Only \$30 Tuesday's \$40 Thursday's		9:30-10:15AM (SCY - APR) 10:30-11:15AM (SCY - APR) 11:30-12:15PM (SCY - APR)		9:30-10:15AM (SCY - APR) 10:30-11:15AM (SCY - APR) 11:30-12:15PM (SCY - APR)			
Parent/Tot Gymnastics	1 & up	\$75 Members \$125 Non-Members						8:30-9AM (SCY - APR)	
Little Leapers	3-4	\$90 Members \$140 Non-Members						9:15-9:45AM (SCY - APR)	
Junior Gymnast	4-5	\$90 Members \$140 Non-Members						10-10:30AM (SCY - APR)	
Intro to Gymnastics	6-8	\$130 Members \$180 Non-Members						10:45-11:30AM (SCY - APR)	
WELLNESS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Kids Fitness	7-10	\$45 Members \$95 Non-Members		4:30-5:15PM (SCY)					
Kid Athletes	7-10	\$45 Members \$95 Non-Members				4:30-5:15PM (SCY)			

HEALTHY LIVING

Southington Gymnasium Schedule: 11/2-12/20

MONDAY

2-2:30PM	BASKETBALL SHOOT AROUND
2:45-3:30PM	BASKETBALL SHOOT AROUND
3:45-4:30PM	PICKLEBALL
4:45-5:30PM	PICKLEBALL

TUESDAY

11:45-12:30PM	PICKLEBALL
12:45-1:30PM	PICKLEBALL
1:45-2:30PM	PICKLEBALL
2:45-3:30PM	BASKETBALL SHOOT AROUND
3:45-4:30PM	BASKETBALL SHOOT AROUND

WEDNESDAY

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

THURSDAY

12:45-1:30PM	PICKLEBALL
1:45-2:30PM	PICKLEBALL
2:45-3:30PM	BASKETBALL SHOOT AROUND
3:45-4:30PM	BASKETBALL SHOOT AROUND

FRIDAY

12:45-1:30PM	PICKLEBALL
1:45-2:30PM	PICKLEBALL
2:45-3:30PM	PICKLEBALL
3:45-4:30PM	BASKETBALL SHOOT AROUND
4:45-5:30PM	BASKETBALL SHOOT AROUND
6-6:45PM	11-13 YEAR OLD BASKETBALL
7-7:45PM	BASKETBALL SHOOT AROUND

SATURDAY

NO OFFERINGS DUE TO YOUTH & TEEN PROGRAMS

SUNDAY

8:15-9AM	PICKLEBALL
9:15-10AM	PICKLEBALL
10:15-11AM	BASKETBALL SHOOT AROUND
11:15-12PM	BASKETBALL SHOOT AROUND

**TIMES ARE SUBJECT TO
CHANGE EACH WEEK**



PROGRAM DETAILS

- All participants must pre-register for all sessions.
- You may pre-register by visiting www.sccymca.org/register or by calling 860.628.5597.
- Preschool, Youth & Teen Basketball - This program requires registration and includes a registration fee.
- Pickleball - There is an 8 person max for each block of time.
- Basketball Shoot Around - There is a 5 person max for each block of time. No games are permitted.
- Both sports will be offered on Gymnasium Side A only.
- The Y will provide and clean all equipment. You may bring your own if you prefer.
- Everyone should arrive at the YMCA wearing a face mask. Pickleball players may remove their mask during their game and should put it back on once their game is over. All basketball shooters should wear a mask for their entire session, unless they are alone in the gymnasium.



HEALTHY LIVING

Swim Lessons & Specialty Aquatics

**NO CLASSES WEEK OF
11/23-11/29**

PARENT/CHILD

PARENT/CHILD SWIM STARTER (Ages 6 mos-3 yrs)

This class is for children 6 months to 3 years old. Parent participation in the water is required.

PRESCHOOL SWIM LESSONS

PRESCHOOL SWIM LESSONS (Ages 3-5)

This program offers children their first experience in the pool without parental assistance. Children learn skills that are the basic building blocks of swimming. Classes are taught within the guidelines set up by the YMCA of the USA. Program elements include personal safety, personal growth, stroke development, water sports and games, and rescue. There are no 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.

TEEN/ADULT SWIM LESSONS

TEEN/ADULT SWIM LESSONS (Ages 13+)

If you need individualized attention in a group environment, this class is for you. Learn how to swim in a comfortable and relaxed environment.

YOUTH & ADULT CLASSES

AQUATIC FITNESS FOR KIDS (Ages 8-15)

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.

PRIVATE SWIM LESSONS

PRIVATE/FAMILY SWIM LESSONS (Ages 5+)

Perfect for those looking for private instruction or the opportunity for families to participate in lessons together. Contact Barbara Glaude at 860.426.9553 for more info.

SWIM TEAM

SOUTHINGTON RAYS & CHESHIRE SEA DOGS

Competitive swimming is an incredible way for young athletes to get in great shape, compete individually and with a team, make life long friends, and learn from some of the best coaches in the area.

We have competitive swimming options in both Southington and Cheshire.

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

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

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

COMPETITIVE SWIMMING LEADERSHIP TEAM

SOUTHINGTON RAYS

Barbara Glaude, Aquatics Director
Phone: 860.426.9553
Email: bglaude@sccymca.org

CHESHIRE SEA DOGS

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

Dave Modzelewski, Head Age Group Coach
Phone: 203.272.3150 x512
Email: dmodzelewski@sccymca.org



HEALTHY LIVING PROGRAMS ACTIVITY GRID

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

PARENT/CHILD SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Parent/Child Swim Starter	6 mos – 3 years	\$75 Members \$125 Non-Members				9:45-10:15AM	9:15-9:45AM	8:15-8:45AM 9-9:30AM	
PRESCHOOL SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Swim Lessons	3-5	\$90 Members \$140 Non-Members		9:45-10:15AM 10:30-11AM		9:45-10:15AM	9:15-9:45AM 10-10:30AM	8:15-8:45AM 9:50-10:20AM 10:40-11:10AM	
SCHOOL AGE SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
School Age Swim Lessons	5-14	\$90 Members \$140 Non-Members						9-9:30AM 9:50-10:20AM 10:40-11:10AM 11:25-11:55AM	
TEEN & ADULT SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Teen & Adult Swim Lessons	13+	\$90 Members \$140 Non-Members					10-10:30AM		
PRIVATE SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Private Swim Lessons	5 & up	\$195 Members Only						8:15-8:45AM 9-9:30AM 11-11:30AM	
Private/Family Swim Lessons	5 & up	\$195 Members Only		11:15-11:45AM					
YOUTH & ADULT CLASSES	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Aquatic Fitness For Kids	8-15	\$90 Members \$140 Non-Members						8:15-8:45AM 11:25-11:55AM	
Aquatic Fitness Shallow	18+	FREE Members \$83 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 \$83 Non-Members	9:10-9:55AM 10:15-11AM	8:30-9:15AM	9:10-9:55AM 10:15-11AM	8:30-9:15AM			

**NO CLASSES WEEK OF THANKSGIVING
MONDAY 11/23 – SUNDAY 11/29**



HEALTHY LIVING

Health & Wellness Programs

PRIVATE TRAINING

1-ON-1 COACHING

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

Location: Southington Community YMCA

PERSONAL TRAINING

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

Location: Cheshire & Southington Community YMCAs

SPORTS & RECREATION

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 Front Desk for 1v1 play for up to 45 minutes. You may use our racquets, balls and goggles or bring your own. Some times are reserved for Wallyball and other YMCA programs. Masks should be worn to the court, but may be removed during play. Players should be mindful to keep distance whenever possible.

Location: Southington Community YMCA

SMALL GROUP TRAINING

STRENGTH TRAINING

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

Member Price: \$52 | Non-Member Price: \$102

Location: Southington Community YMCA - Weight Room

HIGH INTENSITY INTERVAL TRAINING (HIIT)

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

Location: Cheshire Community YMCA

STRENGTH & CONDITIONING FOR HIGH SCHOOL ATHLETES

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

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

Location: Cheshire Community YMCA

OSTEO PROGRAM

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

Member Price: \$45 | Non-Member Price: \$95

Location: Spirit, Mind & Body Center

BALANCE PROGRAM

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

Member Price: \$37 | Non-Member Price: \$87

Location: Spirit, Mind & Body Center

BASKETBALL SHOOT AROUND

FOR ALL AGES

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

Location: Southington Community YMCA

HEALTHY LIVING

NEW Cheshire Community YMCA Fitness Programs

SWEAT. REST. REPEAT.

High Intensity Interval Training (HIIT)

PROGRAM DETAILS

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

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

TO REGISTER:

1. Online at www.sccymca.org/register
(Enter "intensity" in the search bar)
2. Over the phone at 203.272.3150
3. In-person at the Cheshire Community YMCA
4. Max of 8 spots per session



FALL 3: Tuesday or Thursdays
6:15-6:50PM

WHERE: Cheshire Community YMCA APR

AGES: 18 years & older

CLASS FEE: \$60 Members
\$120 Non-Members

WHERE ATHLETES TAKE IT TO THE NEXT LEVEL

Strength & Conditioning for High School Athletes



PROGRAM DETAILS

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

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

FALL 3: Monday or Wednesday
3-3:45PM

WHERE: Cheshire YMCA Fitness Center

AGES: 13-18 years

CLASS FEE: \$60 Members
\$120 Non-Members

TO REGISTER:

1. Online at www.sccymca.org/register
(Enter "conditioning" in the search bar)
2. Over the phone at 203.272.3150
3. In-person at the Cheshire Community YMCA
4. Max of 8 spots per session



HEALTHY LIVING

Southington Group Exercise Schedule: 11/2-12/20

MONDAY

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

TUESDAY

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

WEDNESDAY

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

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

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

THURSDAY

9-9:30AM	Y360
10-10:45AM	SILVERSNEAKERS®
10:45-11:30AM	OSTEO YOGA** - SMBC
11:30-12:15PM	TAI CHI
1-1:45PM	OSTEO SCULPT** - SMBC
2-2:30PM	BALANCE TRAINING** - SMBC
4:30-5:15PM	KID ATHLETES**
6-6:45PM	BOOTCAMP
7-7:45PM	INDOOR CYCLING

FRIDAY

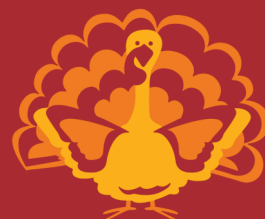
5:15-6AM	CARDIO/STRENGTH
8:30-9AM	CORE
9:30-10:15AM	ALL LEVELS YOGA
10:30-11:15AM	CHAIR YOGA
11:30-12:15PM	LOW IMPACT

SATURDAY

8:15-9AM	INDOOR CYCLING
9:15-10AM	OSTEO SCULPT** - SMBC

**WE WILL BE OFFERING A
MODIFIED SCHEDULE
FROM 11/23-11/29.**

**THAT SCHEDULE WILL
BE AVAILABLE IN
MID-NOVEMBER!**



HEALTHY LIVING

Cheshire Group Exercise Schedule: 11/3-12/23

MONDAY

9:30-10:15AM	TOTAL BODY
3-3:45PM	STRENGTH & CONDITIONING FOR HIGH SCHOOL ATHLETES**
5-5:45PM	ZUMBA GOLD®
6-6:45PM	BOOTCAMP

TUESDAY

7:15-8AM	SCULPT & STRETCH
12:30-1:15PM	SENIOR STRENGTH
5:15-6PM	CIRCUIT TRAINING
6:15-6:45PM	HIIT**

WEDNESDAY

8-8:45AM	TAI CHI
9:15-10AM	LOW IMPACT
3-3:45PM	STRENGTH & CONDITIONING FOR HIGH SCHOOL ATHLETES**
6-6:45PM	ZUMBA®

THURSDAY

7:15-8AM	SCULPT & STRETCH
12:30-1:15PM	SENIOR STRENGTH
5:15-6PM	CIRCUIT TRAINING
6:15-6:45PM	HIIT**
6:05-6:50PM	YOGA

FRIDAY

9-9:45AM	TAI CHI
5-5:45PM	ZUMBA GOLD®

SATURDAY

8:15-9AM	INDOOR CYCLING
9:30-10:15AM	ZUMBA

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

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

SOUTHINGTON & CHESHIRE GROUP EX SCHEDULE INFO

BEFORE YOU ARRIVE:

All participants must pre-register for all classes.

You may pre-register by visiting scnymca.org/register 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 when arriving to class and while setting up. Once class begins, masks can be removed.

DURING CLASS:

Participants must maintain a minimum of 12 feet of distance 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**

A separate Virtual Class Schedule is on Page 14.

To view our virtual classes, join our Facebook Group: SCCYMCA Group Exercise Club or visit directly at www.facebook.com/groups/scnymcagrouperercise

HEALTHY LIVING

Association Virtual Schedule: 11/2-12/20

MONDAY

7:30-8AM	CARDIO/STRENGTH
10:30-11AM	LOW IMPACT - PR*

TUESDAY

7:30-8AM	BARRE
9:30-10AM	Y360 - PR*
9:45-10:15AM	CHAIR YOGA - PR*

WEDNESDAY

10:30-11AM	LOW IMPACT - PR*
11:30-12:15PM	TAI CHI - PR*

THURSDAY

7-7:45AM	OSTEO YOGA - PR*
10:30-11AM	LOW IMPACT - PR*

FRIDAY

8-8:30AM	Y360 - PR*
10:30-11AM	LOW IMPACT

VIRTUAL CLASS INFO

To view our virtual classes, join our Facebook Group: SCCYMCA Group Exercise Club or visit directly at www.facebook.com/groups/sccymcagrouplexercise

*PR - Prerecorded Video

ADDITIONAL Y FITNESS PROGRAM OPTIONS

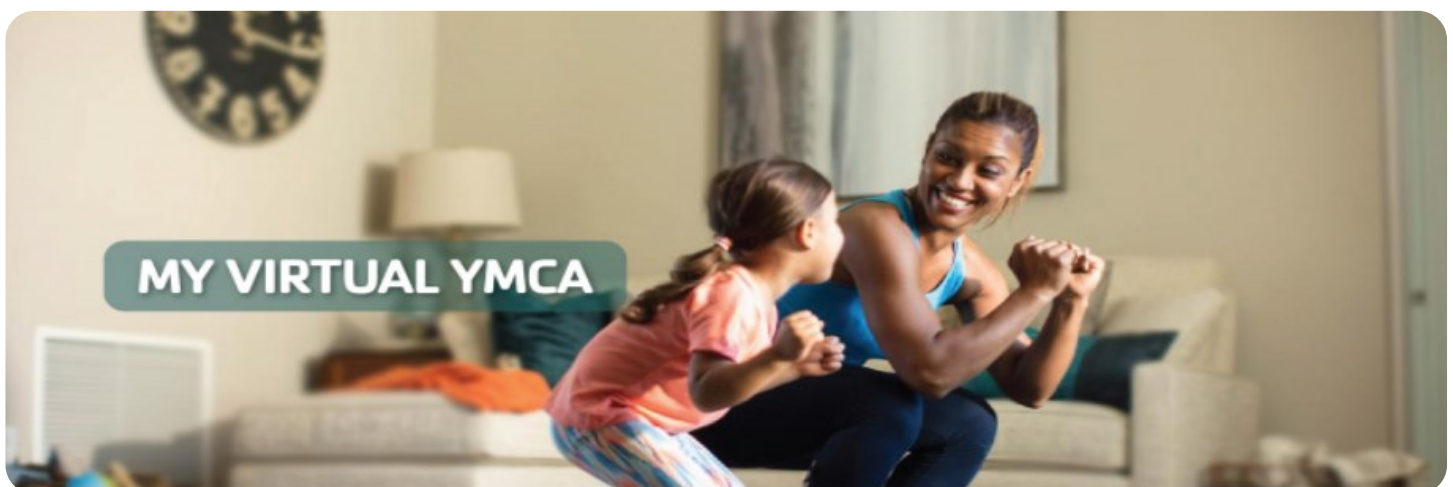
GROUP EXERCISE: Please contact Jolene Miceli at jmiceli@sccymca.org for more information about our Group Exercise schedule & programs.

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

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

KIDS FITNESS: This fall, we are offering weekly Kids Fitness programs at the Y. Please contact Brandon Riollano at briollano@sccymca.org for more info!

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



SOCIAL RESPONSIBILITY

Special Events



HOUSE PARTY VIRTUAL EVENT

**The Southington Community YMCA is hosting our largest and most important fundraiser of the year; announcing
Forever in Blue Jeans: HOUSE PARTY!**

With this year's theme of "House Party" we are going to take this great event virtual and light up the town... house by house! Although it will be a little different, we are excited to once again offer a night that celebrates our community with a silent auction, and a virtual premier auction with higher end packages! With each \$75 ticket, you get a \$25 Gift Certificate to World Wide Wine & Spirits, a \$25 Gift Certificate to Tops Marketplace, and a \$25 donation to the Southington Community YMCA. Each House Party house will also receive a goody bag with items to get your party started!

EVENT TICKETS: \$75 PER PERSON
BUY TICKETS AT SCCYMCA.ORG/FIBJ



THANK YOU TO OUR EVENT TITLE SPONSORS!





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