



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# LAUNCH INTO SPRING AT THE Y!

**SOUTHINGTON-CHESHIRE COMMUNITY YMCAs  
SPRING 1 2024 MEMBERSHIP & PROGRAM GUIDE**

Registration Begins: Family Members - Wednesday, February 7th  
Full Members - Friday, February 9th  
Non-Members - Wednesday, February 14th

Session Dates: Monday, February 26th - Sunday, April 21st  
Please Note: There will be no classes the week of April 8-14

**ONLINE  
REGISTRATION:  
BEGINS AT 6AM**

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





# SOUTHINGTON BRANCH HOURS

## Main Facility

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

## 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 8AM-2PM

# UPCOMING HOLIDAY HOURS

Holiday	Date	Notes (SCY - Southington YMCA   CCY - Cheshire YMCA)
Presidents' Day	2/19	YMCA Open; No Early Learning Child Care; School Age Child Care Fun Days Offered (See Page 3)
February Recess	2/20	YMCA Open; School Age Child Care Fun Days Offered (See Page 3)
Good Friday	3/29	YMCA Open with Reduced Hours & Services; No Programs or Child Care
Easter Sunday	3/31	YMCA Closed
April Vacation	4/8-4/12	YMCA Open; School Age Child Care Fun Days offered; Spring 1 Program Make-Up Week. Programs resume Saturday, 4/14.

# CONTACT INFORMATION

## SCCYMCA Association Staff

Mark Pooler, CEO - [mpooler@sccymca.org](mailto:mpooler@sccymca.org)

Tabitha Stein, CFO - [tstein@sccymca.org](mailto:tstein@sccymca.org)

Wendy Stevens, HR Director - [wstevens@sccymca.org](mailto:wstevens@sccymca.org)

Mark Guerin, Marketing Director - [mguerin@sccymca.org](mailto:mguerin@sccymca.org)

Southington Community YMCA Front Desk - 860.628.5597

Chrissy Cassesse, Cheshire Branch Director - [ccassesse@sccymca.org](mailto:ccassesse@sccymca.org)

Jay Jaronko, Southington Branch Director - [jjaronko@sccymca.org](mailto:jjaronko@sccymca.org)

Kevin Simms, Operations Director - [ksimms@sccymca.org](mailto:ksimms@sccymca.org)

Dave Langdon, Facilities Director - [dlangdon@sccymca.org](mailto: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 VISITING OUR WEBSITE AT [SCCYMCA.ORG/STAFF](http://SCCYMCA.ORG/STAFF)

# YMCA CAMP SLOPER OUTDOOR CENTER

YMCA Camp Sloper is a 143 acre Outdoor Center located at 1000 East Street in Southington. 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](mailto:jhubeny@sccymca.org)

Sarah Dupre, Outdoor Center Admin  
Phone: 860.621.8194  
Email: [sdupre@sccymca.org](mailto:sdupre@sccymca.org)

Tom Sangeloty, Outdoor Center Program Director  
Phone: 860.621.8194  
Email: [tsangeloty@sccymca.org](mailto:tsangeloty@sccymca.org)



EARLY BIRD REGISTRATION

STARTS SAT 2/3

[ymcacampsloper.org](http://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

Karen Yorker, Child Care Director

Phone: 860.426.9541

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

Kari Robarge, Early Childhood Director

Phone: 860.426.9542

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

Samantha Lamkins, School Age Program Director

Phone: 860.426.9547

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

#### CHESHIRE COMMUNITY YMCA

Lisa Zaborowski, Senior Director of Youth Development

Phone: 203.272.3150 x509

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

Bonnie Genest, Early Childhood Director

Phone: 203.272.3150 x560

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

Nick Deschino, Assistant School Age Director

Phone: 203.272.3150 x515

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

## School's Out Fun Days

### SPRING 2024

School's Out Days provide our families with care when our School-Age students are out of school due to school vacations and holidays. The day is loaded with fun activities of all kinds. A morning and afternoon snack will be provided and children should come with a cold packed lunch. Occasionally, we book field trips on these days, too!

**Members: \$74 Per Day | Non-Members: \$84 Per Day**

**Register at [sccymca.org/register](https://sccymca.org/register) (Search for "Schools Out")**

#### SOUTHINGTON

**6:30AM-5:30PM @ SOUTHINGTON YMCA**

- 2/19/24
- 2/20/24
- 4/8/24
- 4/9/24
- 4/10/24
- 4/11/24
- 4/12/24

#### CHESHIRE

**6:30AM-6PM @ NORTON SCHOOL UNLESS NOTED**

- 2/19/24\*
- 2/20/24
- 3/14/24\*\*
- 4/8/24
- 4/9/24
- 4/10/24
- 4/11/24
- 4/12/24

\* Fun Day will be held at YMCA Camp Sloper

\*\* Fun Day will run from 9AM-4:30PM

## 2024-25 Child Care Registration Dates

Child Care Program Offering	Current Families	Y Members	Open to the Community
Early Learning: Preschool, Nursery School & Jumpstart	OPEN	OPEN	OPEN
School Age Child Care	2/26/24	3/18/24	3/18/24
Naciwonki Summer Adventures & YMCA Camp Q	2/5/24	2/5/24	2/5/24
Preschool Summer Adventures	2/12/24	2/12/24	2/12/24
Cheshire Preschool Part Day	3/4/24	3/4/24	3/4/24
Southington Club Y (Middle School)	4/15/24	4/15/24	4/15/24

**Open Houses are starting for these programs in January 2024. To schedule your appointment for these open houses, please contact the Leadership Team listed above for available dates and times.**



# 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 YMCA has been listening and responding to our community's most critical social needs for 88 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 participating YMCAs across the country.

### 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. Please see page 10 for hours.

Our Cheshire branch is now offering babysitting hours! Please see page 10 for hours.

### 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](https://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.

### 2024 MEMBERSHIP RATES

Membership Types	Association Rate	Cheshire ONLY
Youth (0-13)	\$24 per month	\$24 per month
Teen (14-17)	\$27 per month	\$27 per month
Young Adult (18-25)	\$40 per month	\$28 per month
Adult (26+)	\$61 per month	\$31 per month
2 Adult	\$87 per month	\$54 per month
Family 1 (1 adult + kids)	\$87 per month	\$52 per month
Family 2 (2 adults + kids)	\$103 per month	\$75 per month
Senior (65+)	\$52 per month	\$28 per month
Senior Couple (65+)	\$78 per month	\$49 per month

Family Memberships include dependent children who are under the age of 26. All individuals in a Family Membership must be a part of one household.

### 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 \$15/additional adult

### JOINERS 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 - Christine Paulus - [cpaulus@sccymca.org](mailto:cpaulus@sccymca.org) - 860.426.9526

Cheshire - Kristin Champagne - [kchampagne@sccymca.org](mailto:kchampagne@sccymca.org) - 203.272.3150 x508

YMCA Camp Sloper - Sarah Dupre - [sdupre@sccymca.org](mailto:sdupre@sccymca.org) - 860.621.8194



# 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](mailto:bgenest@sccymca.org)

### PRESCHOOL SUMMER ADVENTURES (Ages 3-4)

This is a summer pre-school option that runs in 1 week increments to help you plan your summer vacations! Summer themed activities and water play are a focus!

Contact: Bonnie Genest - [bgenest@sccymca.org](mailto: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.

Darcey School offers care for Pre-K-K ONLY.

Contact: Lisa Zaborowski - [lzaborowski@sccymca.org](mailto:lzaborowski@sccymca.org)

### YMCA CAMP QUINNIPIAC (Grades K-9)

Day camp is a cornerstone of any kid's summer & YMCA Camp Quinnipiac is one of the best in the state. Campers learn new skills, make great friends and have fantastic role models!

Contact: Nick Deschino - [ndeschino@sccymca.org](mailto:ndeschino@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!

Contact: Nick Deschino - [ndeschino@sccymca.org](mailto:ndeschino@sccymca.org)

## HEALTHY LIVING

### 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: Sean Farrell - [sfarrell@sccymca.org](mailto:sfarrell@sccymca.org)

Kyle Shadeck - [kshadeck@sccymca.org](mailto:kshadeck@sccymca.org)

### HEALTH & WELLNESS CENTER

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

Contact: Kristin Champagne - [kchampagne@sccymca.org](mailto:kchampagne@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: Kristin Champagne - [kchampagne@sccymca.org](mailto:kchampagne@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: Doug Levens - [dlevens@sccymca.org](mailto:dlevens@sccymca.org)

### CHRONIC DISEASE PROGRAMS

**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 February 28th - reserve your spot today!

## 2024 MEMBERSHIP RATES

Youth (0-13)	\$24 per month
Teen (14-17)	\$27 per month
Young Adult (18-25)	\$28 per month
Adult (26+)	\$31 per month
2 Adult	\$54 per month
Family 1 (1 adult + kids)	\$52 per month
Family 2 (2 adults + kids)	\$75 per month
Senior (65+)	\$28 per month
Senior Couple (65+)	\$49 per month

RECLAIM YOUR ENERGY  
**RECLAIM  
YOUR POWER**

LIVESTRONG® AT THE YMCA

Take **ACTION** and change the odds and enroll in LIVESTRONG® at the YMCA





# SPECIALTY WORKSHOPS

## SOUTHINGTON COMMUNITY YMCA

### FEBRUARY

#### COUPLES CONNECTION YOGA

A transformative couples experience designed to deepen the connection, trust, and intimacy between partners. This session creates a sacred space for you and your partner to explore the beauty of shared movement, breath, and mindful connection. It is a physical practice and a journey of emotional exploration and mutual growth. Leave with a renewed sense of closeness and a deeper understanding of each other. Ages 16 and up.

Friday, 2/9 6:30-7:30PM

Member Price: \$5 | Non-Member Price: \$20

Location: Studio 130

**\*Participants should bring a water & mat or chair to sit on outside**

#### CRYSTAL SINGING BOWL SOUND HEALING MEDITATION

You will be led through a sound bath and guided into a deep meditative state. The vibrational energy from the bowls will fill the space and penetrate your body to ease stress & anxiety, and promote an overall sense of well-being. Please bring any props that enable you to sit or lie comfortably. If you have neurological disorders, please consult your doctor before registering. Ages 16 and up.

**Date & Time:** Friday, 2/16 5:30-6:30PM

**Member Price:** \$5 | **Non-Member Price:** \$20

**Location:** Studio 130

**\*Participants should bring water**

#### VIRTUAL YOGA NIDRA

A comfortable, relaxing & grounding pranayama (breathing) and Yoga Nidra (guided meditation) experience. This is a perfect relaxing, self-care evening, done lying down or in any comfortable position. The class will gently fade off after resting, so you can go right to sleep if you choose. A zoom link will be emailed to participants prior to the start of class. Ages 11 and up.

**Date & Time:** Thursday, 2/22 8-9PM

**Member Price:** FREE | **Non-Member Price:** \$10

**Location:** Virtual

#### INTERFAITH GATHERING: LOVE IS THE ANSWER

Join Shelley for this beautiful opportunity to gather and connect with this theme of: Love Is The Answer. This will include live music, readings from various faith traditions & philosophies, discussion, and simple meditation. All faith traditions (or no faith tradition) are welcome here. Ages 16 and up.

**Date & Time:** Sunday, 2/25 4-5PM

**Member Price:** FREE | **Non-Member Price:** \$20

**Location:** Studio 130

**\*Participants should bring water**



#### SPECIALTY WORKSHOPS

ALL of our specialty workshops will require registration and a fee. Members & Non-Members are welcome! To register for a workshop, please visit the Membership Services Desk or call 860.628.5597.

#### FOR ANY QUESTIONS OR COMMENTS, PLEASE CONTACT:

**Jolene Miceli, Health & Wellness Director**

**E** [jmiceli@sccymca.org](mailto:jmiceli@sccymca.org) **P** 860.426.9589



# 2024 ANNUAL CAMPAIGN

## Strengthening Our Community Together

### OUR 2024 ANNUAL CAMPAIGN GOAL: \$145,000

Every dollar donated to our Annual Campaign helps those in our local community who need it most. Help us reach our goal and give today. For a better you. For a better community. For a better US.

### GIVING LEVELS SOUTHINGTON COMMUNITY YMCA

**\$1000+**

BLAKESLEE SOCIETY

**\$500-\$999**

FRIENDS OF MARTHA NEAL

**\$250-\$499**

EDNA WOODRUFF BENEFACTOR

**\$1-\$249**

PATRONS OF BERTHA M. BUELL WHEELER

### CHESHIRE COMMUNITY YMCA

**\$1000+**

CAMPAIGN ADVOCATE

**\$500-\$999**

CAMPAIGN PARTNER

**\$250-\$499**

CAMPAIGN ROLE MODEL

**\$1-\$249**

CAMPAIGN SUPPORTER

### WAYS TO DONATE ONLINE

Visit [SCCYMCA.org/Give](https://SCCYMCA.org/Give) or  
simply scan the QR Code below!



### BY MAIL

Southington YMCA  
ATTN: Development  
29 High Street  
Southington, CT 06489

Cheshire YMCA  
ATTN: Development  
961 South Main Street  
Cheshire, CT 06410

### BY PHONE

**Doug Levens, Cheshire:**  
E [dlevens@sccymca.org](mailto:dlevens@sccymca.org) P 203.272.3150  
**Julie Giancesini, Southington:**  
E [jgiancesini@sccymca.org](mailto:jgiancesini@sccymca.org) P 860.426.9509

### LEAVE YOUR LEGACY: YMCA HERITAGE CLUB

By making a gift to the Y Endowment Fund, you ensure your impact will be felt for generations to come.

### WANT TO LEARN MORE? CONTACT:

**Mark Pooler, Chief Executive Officer**  
E [mpooler@sccymca.org](mailto:mpooler@sccymca.org) P 860.426.9508





# COMMUNITY DEVELOPMENT

## Upcoming Special Events

### 19TH ANNUAL SLOPER PLUNGE

February 24, 2024

The coolest fundraiser in town, where hundreds of community leaders and volunteers from Southington and Cheshire will jump into the Sloper Pond this summer to raise money to provide local children with the camp experience.

Scan the QR Code for more information and to join a team!



### 19th Annual SLOPER PLUNGE

THANK YOU TO OUR EVENT SPONSORS



All Waste Inc.

J. Mongillo Concrete Construction

Matrix

Interested in becoming a YMCA Sloper Plunge Event Sponsor? Contact one of our Development Directors below!  
Southington YMCA: Julie Giancesini at [jgiancesini@sccymca.org](mailto:jgiancesini@sccymca.org) | Cheshire YMCA: Doug Levens at [dlevens@sccymca.org](mailto:dlevens@sccymca.org)



Wheeler SOUTHTON COMMUNITY HEALTH Outreach Project



#### 95TH ANNUAL MEETING & AWARDS RECOGNITION DINNER

February 28, 2024 • Aqua Turf Club, Plantsville

The Y staff & volunteers formally invite you to attend the YMCA Annual Awards Recognition Dinner to celebrate our community award honorees.

#### EVENT TIME

Social - 5:30PM

Dinner - 6:15PM

#### EVENT COST

\$50 Per Person

#### EVENT TICKETS

Available for purchase online January 5-February 16 by visiting [SCCYMCA.org/RecognitionDinner](https://SCCYMCA.org/RecognitionDinner)

#### 2024 HONOREES

##### Person of the Year

Dan Daigle

##### Youth Development

Stephen Pintarich

##### Healthy Living

Southington Behavioral Health & Social Services Stakeholders' Group

##### Social

##### Responsibility

Tony Micacci

##### Youth

##### Leadership

Ava Egan

Cassidy Plourde

For more information, contact Kristin Kelly at [kkelly@sccymca.org](mailto:kkelly@sccymca.org)

### SCY 95TH ANNUAL MEETING & AWARDS RECOGNITION

February 28, 2024

Join the Southington Community YMCA in honoring the YMCA Person of the Year and Recipients of the Youth Development, Healthy Living, Social Responsibility, & Youth Leadership Awards. Tickets are \$50 per person.

Purchase your tickets at [SCCYMCA.org/RecognitionDinner!](https://SCCYMCA.org/RecognitionDinner!)

### CCY 95TH ANNUAL MEETING & AWARDS RECOGNITION

March 20, 2024

Join the Cheshire Community YMCA in honoring the YMCA Person of the Year and Recipients of the Youth Development, Healthy Living, Social Responsibility, & Youth Leadership Awards. Tickets are \$50 per person.

Scan the QR Code to purchase your tickets!



the Y

YOU'RE INVITED  
CHESHIRE COMMUNITY YMCA'S  
ANNUAL  
CELEBRATION &  
RECOGNITION

MARCH 20, 2024 | 5:30PM  
CHESHIRE ACADEMY  
GIDEON WELLS DINING COMMONS

#### INTERESTED IN SPONSORING AN EVENT? CONTACT:

Cheshire YMCA: Doug Levens at [dlevens@sccymca.org](mailto:dlevens@sccymca.org)

Southington YMCA: Julie Giancesini at [jgiancesini@sccymca.org](mailto:jgiancesini@sccymca.org)



# YOUTH DEVELOPMENT

## Youth & Family Programs

### INFANT/TODDLER

All classes are lead by a licensed occupational therapist and certified perinatal exercise specialist, Amy Nasshan!

#### INFANT MASSAGE (Ages Birth-12 months)

Learn the techniques to complete a full-body massage with your baby to improve bonding, reduce discomfort, and relieve stress.

Location: Southington YMCA Learning Center  
Saturdays 9-10AM

#### INFANT DEVELOPMENT (Ages Birth-12 months)

Encourage your baby to progress through early milestones in the seven main areas of development the best way they know how-play!

Location: Southington YMCA Learning Center  
Saturdays 10:15-11:15AM

#### 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: Southington YMCA Learning Center  
Saturdays 11:45-12:45PM

#### TERRIFIC TWO'S (24-36 months)

We are so happy to bring back Terrific Two's the YMCA! This program is a drop-off program for 2 year olds who are ready for their first program away from their primary caregivers. It runs twice per week, and each class is 75 minutes long and will include story time, something active and something creative. This is a food-free program.

Location: Southington YMCA Room 205  
Mondays AND Wednesdays 9-10:15AM  
Tuesdays AND Thursdays 9-10:15AM

### ALL AGES

#### NEW! FAMILY YOGA (All Ages)

This class is for kids and families who want to explore the art of yoga. Our instructor will lead this class through simple yoga routines that are doable for all ages! Parents are highly encouraged to join the program with their child.

Location: Southington Community YMCA Gymnasium

### BABYSITTING

#### SOUTHINGTON AMAZING KIDS CLUB

The Amazing Kids Club is designed so that you can use our YMCA to engage in a healthy lifestyle, while knowing your children are receiving the best available care.

Our program offers babysitting services for children 6 weeks to 12 years of age. Leave your children to engage in free and guided play in a safe nurturing environment while you work out or use our facilities. This service is FREE for Family Members, and there is a fee of \$5/visit for Full and Non Members.

Contact: Diane Nowack at [dnowack@sccymca.org](mailto:dnowack@sccymca.org)

#### HOURS OF OPERATION

MONDAY - THURSDAY	8:30AM-1PM 4PM-7:45PM
FRIDAY	8:30AM-1PM
SATURDAY	8AM-11:30AM
SUNDAY	9-11:30AM



# YOUTH DEVELOPMENT

## Teen Programs

### TW-Y-LIGHT

(GRADES 6-8)

FRIDAYS

7:00PM-8:45PM

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. Additionally, there is a snack bar with simple snacks and drinks for sale. The pool may also be available on specific nights, depending on the schedule. **Due to Good Friday, Tw-Y-Light will not run on March 29th.**

Please visit us at <https://www.sccymca.org/twylight>

Tw-Y-Light is FREE for teens with Y memberships and \$8/night for non-members.

Contact: Marina Oulundsen - [moulundsen@sccymca.org](mailto:moulundsen@sccymca.org)



## FITNESS

### SOUTHINGTON 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: Dylan Hogan, CSCS, Pn L1

[dhogan@sccymca.org](mailto:dhogan@sccymca.org) or call 860.426.9535

Duration	Sessions/Week	Member	Non-Member
1 Month	2	\$125	\$185
1 Month	Unlimited	\$230	\$305

### CHESHIRE YOUTH PERSONAL TRAINING

Individualized programs for young athletes and kids looking to start exercising!

Location: Cheshire YMCA Sports Performance Center

Contact: Doug Levens

[dlevens@sccymca.org](mailto:dlevens@sccymca.org) or call 203-272-3150

Duration	Member	Non-Member
4 Sessions	\$140	\$180
1 Month	\$210	\$270

### TEAM RATES AVAILABLE

If you would like to get a group rate and a team-focused program for your school or club team, we can help you out with that! Please contact either coach listed above.

### 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](https://www.sccymca.org/schedules) for our current class offerings. We recommend the following classes for any teens looking to start exercising!

#### For a Weekday Party Vibe

Zumba M&W 6-6:45pm, & Th 7-7:45pm  
Cardio Dance Step Tues 5-5:45pm

#### For a Weekday Low-Key Vibe

W Breathe, Move, Meditate 6-6:45pm  
Th All Levels Yoga 6-7pm

#### If You're Looking to Build Strength

Wed & Fri 6:30-7pm.

## ADDITIONAL PROGRAMS

### OPEN BASKETBALL

The Southington Y Basketball Court is available for teens and adults after school on the following days & times:

MWF 3:15-4:30PM (Half Court); 4:30-8:45PM (Full Court)  
Tue 3:15-5PM (Half Court); 6:30-8:45PM  
Thu 4:30-5PM (Half Court); 6:30-8:45PM  
Sun 7AM-4:45PM

### 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.

Adults may also sign up for private swim lessons.

See page 13 for days and times.

### LEADERS CLUB (Middle School & High School)

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

Contact Info:

Cheshire - Lisa Zaborowski - [lzaborowski@sccymca.org](mailto:lzaborowski@sccymca.org)

Southington - Marina Oulundsen - [moulundsen@sccymca.org](mailto:moulundsen@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](mailto:tsangeloty@sccymca.org)



# YOUTH DEVELOPMENT

## Youth/Teen Sports & Rec Programs

### YOUTH SPORTS

#### FLOOR HOCKEY (Ages 2-10)

A great introduction to floor hockey. This program will teach basic stick handling, safety, shooting, defending, passing and more. Children will develop skills, gain experience, meet new friends, and have fun.

Locations: Southington YMCA Gymnasium

#### BASKETBALL (Ages 2-10)

Passing, dribbling, shooting, team play, and basic offensive and defensive concepts of the game are taught.

Location: Southington YMCA Gymnasium

#### GYMNASTICS (Ages 1-10)

A great introduction to tumbling and gymnastics. This program is for beginners who trying to find out if gymnastics is the right sport for them!

Location: Southington YMCA All-Purpose Room

### 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

#### NEW! COLORFUL CREATIONS (Ages 5-10)

Each week, children will complete a craft or art project with Miss Angie! This art class inspired program is intended for those who love creating, painting and crafting. The goal of this class is to get creative and be artistic!

Location: Southington Community YMCA - Room 202

#### PE MADNESS (Ages 7-10)

For children who love to be active and play a variety of games. Our Youth Sports Coaches will lead this class in their favorite gym games and offer them a fun outlet to exercise and stay physically fit.

Location: Southington Community YMCA - APR

#### TEEN VOLLEYBALL CLINIC (Ages 11-14)

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

Location: Southington YMCA - Racquetball Court

### WELLNESS

#### YOUTH STRENGTH TRAINING

This program is a 7 week program for teens ages 11-14 to learn the basics of strength training. This class will run in our H&W Center under the supervision of a Certified Personal Trainer.

Location: Southington YMCA - H&W Center

#### POWERLIFTING FOUNDATIONS

This program is a 7 week program for teens ages 13-17 to learn how to do heavy weightlifting to help you get the best gains safely.

Location: Southington YMCA - Weight Room

## YOUTH & TEEN STAFF CONTACT INFO

Infant/Toddler Programs: Nick Charnysh  
[ncharnysh@sccymca.org](mailto:ncharnysh@sccymca.org)

Youth & Special Interests: Angie Dortenzio  
[adortenzio@sccymca.org](mailto:adortenzio@sccymca.org)

Teen Programs: Marina Oulundsen  
[moulundsen@sccymca.org](mailto:moulundsen@sccymca.org)

Wellness: Brandon Riollano  
[briollano@sccymca.org](mailto:briollano@sccymca.org)

# YOUTH/TEEN ACTIVITY GRID

(SCY) – Southington YMCA (YLC) YMCA Learning Center

INFANT/TODDLER	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Infant Massage	0-1	FREE Members \$25 Non-Members						9-10AM (YLC)
Infant Development	0-1	FREE Members \$25 Non-Members						10:15-11:15AM (YLC)
Infant Feeding	0-1	FREE Members \$25 Non-Members						11:45-12:45PM (YLC)
Terrific Two's (Mon & Wed; Tue & Thu)	24-36 months	\$130 Members \$214 Non-Members	9-10:15AM Room 205	9-10:15AM Room 205	9-10:15AM Room 205	9-10:15AM Room 205		
PRE-K SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Parent & Me Floor Hockey	2-3	\$75 Members \$159 Non-Members						8:15-8:45AM (SCY - Gym)
Pee Wee Floor Hockey	4	\$75 Members \$159 Non-Members						12-12:45PM (SCY - Gym)
Parent & Me Basketball	2-3	\$75 Members \$159 Non-Members						8:15-8:45AM (SCY - Gym)
Pee Wee Basketball	4	\$75 Members \$159 Non-Members						10-10:45AM (SCY - Gym)
Parent & Me Gymnastics	1-2	\$75 Members \$159 Non-Members						8-8:30AM 8:45-9:15AM (SCY - APR)
Pee Wee Gymnastics	3-4	\$75 Members \$159 Non-Members						9:30-10:15AM 11:30-12:15PM (SCY - APR)
YOUTH SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
<b>NEW*</b> Family Yoga	All Ages	\$75 Members \$159 Non-Members						11-11:45AM (SCY - Gym)
Rookies Floor Hockey	5-7	\$75 Members \$159 Non-Members						10-10:45AM (SCY - Gym)
Winners Floor Hockey	7-10	\$75 Members \$159 Non-Members						1:30-2:15PM (SCY - Gym)
Rookies Basketball	5-6	\$75 Members \$159 Non-Members						9-9:45AM 12-12:45PM (SCY - Gym)
Winners Basketball	7-10	\$75 Members \$159 Non-Members						1:30-2:15PM (SCY - Gym)
Rookies Gymnastics	5-6	\$75 Members \$159 Non-Members						10:30-11:15AM (SCY - APR)
Winners Gymnastics	7-10	\$75 Members \$159 Non-Members						12:30-1:15PM (SCY - APR)
SPECIAL INTEREST	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
<b>NEW*</b> Colorful Creations	5-10	\$75 Members \$159 Non-Members	5-5:45PM (SCY - Room 202)					
PE Madness	7-10	\$30 Members \$114 Non-Members		6-6:45PM (SCY - APR)		6-6:45PM (SCY - APR)		
Teen Volleyball Clinic	11-14	\$75 Members \$159 Non-Members	6-6:45PM (Racquetball)					
KARATE	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Intro to Karate for Kids	5-11	\$69 Members \$99 Members	5:30-6:15PM (SCY - APR)					
Kids Continuing Karate	5-11	\$69 Members/Month \$99 Non-Members/Month	5:30-6:15PM (SCY - APR)		5:30-6:15PM (SCY - APR)			
Intro to Karate for Teens/Adults	11+	\$69 Members \$99 Members	6:30-7:30PM (SCY - APR)					
Teens/Adults Continuing Karate	11+	\$69 Members/Month \$99 Non-Members/Month	6:30-7:30PM (SCY - APR)		6:30-7:30PM (SCY - APR)			
WELLNESS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Youth Strength Training	11-14	Family Members FREE \$25 Full Members \$103 Non-Members			4:15-5:00PM (SCY - Fitness)			
Powerlifting Foundations	13-17	Family Members FREE \$25 Full Members \$103 Non-Members				4:15-5:00PM (SCY - Weight Room)		

# 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](mailto: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)

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.

### REGISTRATION NOTES

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.

### 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.

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.

#### COMPETITIVE SWIMMING LEADERSHIP TEAM

##### SOUTHINGTON RAYS

Barbara Glaude, Aquatics Director

Phone: 860.426.9553

Email: [bglaudef@scwymca.org](mailto:bglaudef@scwymca.org)



##### CHESHIRE SEA DOGS

Sean Farrell, Head Coach

Phone: 203.272.3150 x513

Email: [sfarrell@scwymca.org](mailto:sfarrell@scwymca.org)



**FREE SWIM LESSONS**  
**SWIMMING IS AN ESSENTIAL SKILL NOT A PRIVILEGE**

Funding provided by the American Rescue Plan Act (ARPA) administered by the Connecticut Department of Energy and Environmental Protection (DEEP).





**Contact: Barbara Glaude, Aquatics Director at [bglaudef@scnymca.org](mailto:bglaudef@scnymca.org)**  
**Suzy Clemente, Assistant Aquatics Director at [sclemente@scnymca.org](mailto:sclemente@scnymca.org)**

PARENT/CHILD	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Parent/Child Swim Starter	6 mos – 3 years	\$93 Member \$177 Non-member	5:20-5:50PM 5:55-6:25PM	9:25-9:55AM		10:00-10:30AM	9:45-10:15AM***	8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 11:25-11:55AM
PRESCHOOL	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Preschool Swim Lessons	3-5	\$106 Member \$190 Non-member	4:45-5:15PM* 5:20-5:50PM 5:55-6:25PM	10:00-10:30AM 10:35-11:05AM 3:30-4PM** 4:05-4:35PM 4:40-5:10PM		10:00-10:30AM 10:35-11:05AM 3:30-4PM** 4:05-4:35PM 4:40-5:10PM	9:10-9:40AM***	8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 11:25-11:55AM
SCHOOL AGE	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
School Age Swim Lessons	5-12	\$106 Member \$190 Non-member	5:20-5:50PM 5:55-6:25PM	4:05-4:35PM 4:40-5:10PM		4:05-4:35PM 4:40-5:10PM		8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 10:35-11:05AM 11:25-11:55AM
Aqua Fit For Kids	7-13	\$117 Member \$201 Non-member						10:35-11:20AM
PRIVATE SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Private Swim Lessons	5-13	\$300 Member ONLY						8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 10:35-11:05AM 11:25-11:55AM
SPECIAL NEEDS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Special Needs Buddy Swim	3-12	\$106 Member \$190 Non-member						10:35-11:05AM 11:25-11:55AM
TEEN & ADULT SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Teen & Adult Swim Lessons	13+	\$106 Member \$190 Non-member				9:25-9:55AM 10:35-11:05AM	10:20-10:50AM***	7:25-7:55AM
ADULT CLASSES	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Aquatic Fitness	18+	FREE for Members	9:10-9:55AM 10:15-11AM	8:15-9:00AM 9:10-9:40AM	9:10-9:55AM 10:15-11AM	8:15-9:00AM 9:10-9:40AM	8:30-9AM	

## MAKE-UP CLASSES, REFUNDS & CHANGES

1. All lessons will be 7 weeks. We will hold the week of 4/8 for make-ups, if necessary.
2. \* - All lessons noted with ONE asterisk will be a 4 week session running from 3/11-4/1.
3. \*\* - All lessons noted with TWO asterisks will run on Tuesday's and Thursdays for 7 classes between 3/19-4/16.
4. \*\*\* - All lessons noted with THREE asterisks will be 6 week sessions due to Good Friday on 3/29.
5. **Refund Policy** - A refund will be given if the YMCA cancels a class before it begins and cannot offer a make-up. In the case of any medical restriction, a doctor's note is needed and a credit for the full amount of the unused program will be given to the participant.
6. A processing fee of \$20.00 per class will be charged for all program changes made by program participants.
7. We strive to make sure that you are satisfied with all YMCA programs. Please contact Barbara Glaude, Aquatics Director, if your class is not meeting your expectations.

# HEALTHY LIVING

## Health, Well-Being & Fitness

### SMALL GROUP FITNESS

#### STRENGTH TRAINING

Weight Room instruction in a small group setting.

All levels are welcome to participate!

Monday 9:30-10:30AM or Wednesday 9:30-10:30AM

Member Price: \$84 | Non-Member Price: \$140

Location: Southington YMCA - Weight Room

#### NEW! IGNITE YOUR TRANSFORMATION

This is a 6-week, twice per week, fitness journey that is dynamic and empowering. You and a small group will be inspired, supported, & motivated to break through your plateaus on your path to a healthier and happier you!

Monday AND Wednesday 10-10:45AM

Member Price: \$100 | Non-Member Price: \$180

Location: Southington YMCA - H&W Center

### GYMNASIUM SPORTS

#### BASKETBALL

The Gymnasium will be available at select times throughout the day. Please visit [sccymca.org/schedules](https://sccymca.org/schedules) for the Gymnasium Schedule.

Location: Southington YMCA - Gymnasium

### RACQUET SPORTS

#### PICKLEBALL

Pickleball is a team racquet sport that is becoming very popular, especially among seniors. Please visit [sccymca.org/schedules](https://sccymca.org/schedules) for the Gymnasium Schedule. Pickleball

Lessons are available, contact Jolene Miceli at [jmiceli@sccymca.org](mailto:jmiceli@sccymca.org) for more information!

Location: Southington YMCA - Gymnasium

#### RACQUETBALL

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.

#### CONTACT INFO

**Kristin Champagne , Cheshire:**

E [kchampagne@sccymca.org](mailto:kchampagne@sccymca.org) P 203.272.3150

**Jolene Miceli, Southington:**

E [jmiceli@sccymca.org](mailto:jmiceli@sccymca.org) P 860.426.9589

### HEALTHY LIFESTYLES

#### BALANCE PROGRAM

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

This program is FREE to members.

Location: Southington YMCA - 29 High Street

#### 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.

This program is FREE to members.

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 YMCA - Spirit, Mind & Body Center & Cheshire Community YMCA

#### 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 SMBC & Cheshire Community YMCA

#### HEART HEALTHY

Adults 18+ 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 YMCA - Spirit, Mind & Body Center

#### BLOOD PRESSURE SELF MONITOR PROGRAM

This program will give you the tools to need to keep track of your heart health and the knowledge to make lifestyle changes that have real benefits.

Member Price: FREE for those who qualify

Location: Southington YMCA - Spirit, Mind & Body Center

# 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	\$395
1 Month	3	\$585

#### 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](mailto: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: Dylan Hogan, CSCS, Pn L1 via email at [dhogan@sccymca.org](mailto:dhogan@sccymca.org) or call 860.426.9535

Duration	Sessions/Week	Member	Non-Member
1 Month	2	\$155	\$215
1 Month	Unlimited	\$275	\$305



#### SPC SEMI-PRIVATE TRAINING

Personal training programs done with a small group of, up to, 6 people and facilitated by a coach. Participants get the combined benefits of personalized coaching with the atmosphere of a group training environment. An assessment is required before joining, and is included in the price. Sessions will be 45 minutes. Contact the SPC once you have signed up to set up days and times.

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

#### MEMBER PRICING:

Duration	Sessions/Week	Member Price
1 Month	2	\$170
1 Month	3	\$250

**“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

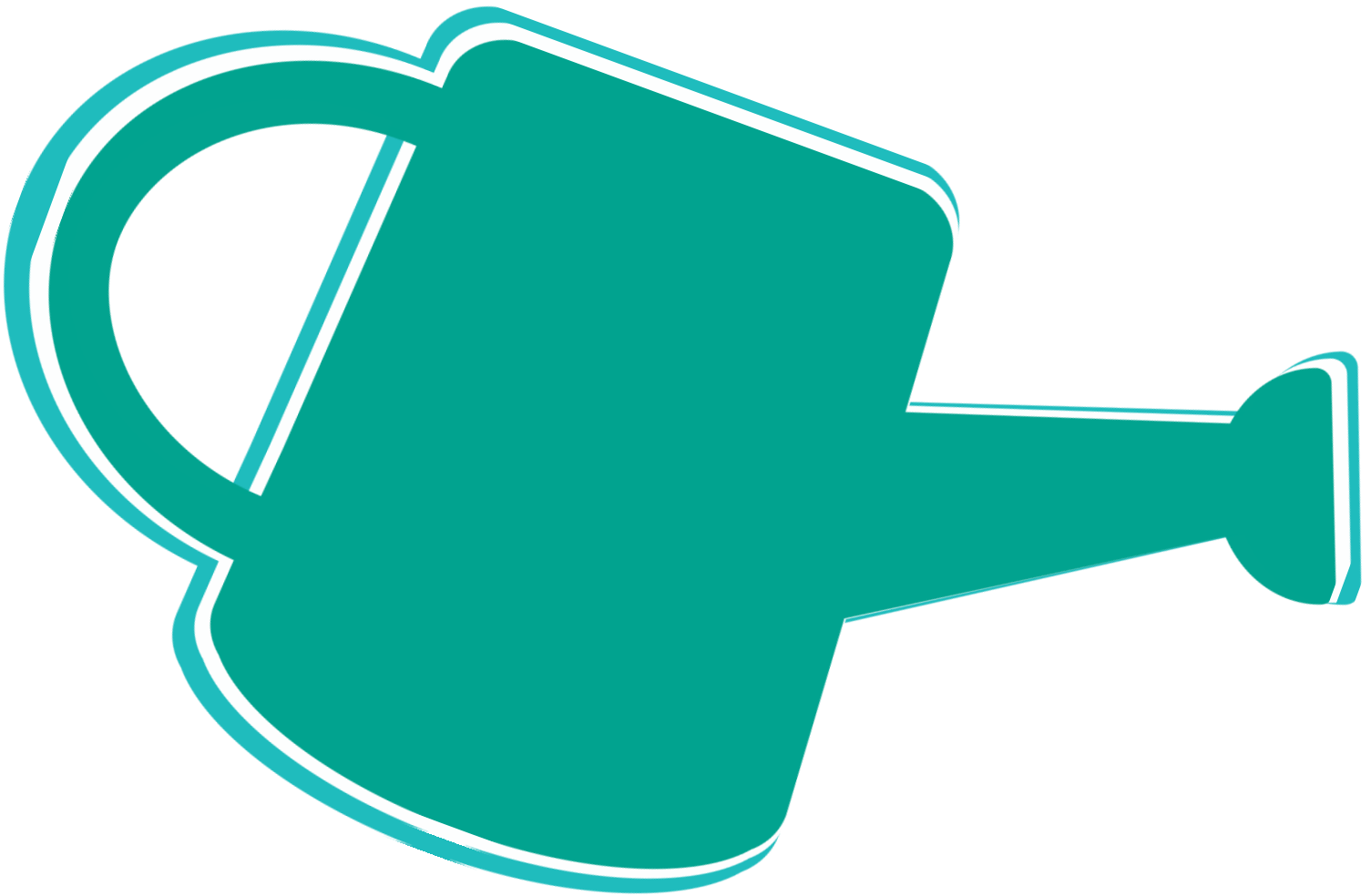
The Cheshire Community YMCA also runs Sports Performance programs. Please see page 6 for more information.

Please contact Doug Levens, Cheshire Sports Performance Director at [dlevens@sccymca.org](mailto:dlevens@sccymca.org) with any questions.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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