



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MIDDLESEX YMCA

SPRING 1 2020

YOUTH & FAMILY

PROGRAM GUIDE

MIDDLESEX Y INFORMATION

SPRING 1 SESSION: 3/2/2020 – 4/4/2020

REGISTRATION OPENS

Member registration opens February 10, February 17

HOURS OF OPERATION

Monday – Friday: 5:15am-9:30pm

Saturday: 7:00am-6:00pm

Sunday: 7:00am-5:00pm

DIRECTORY

Main Number 860-347-6907

Aquatics 860-343-6221

Birthday Parties 860-343-6211

ChildWatch 860-343-6229

Community Health 860-343-6240

Fund Development 860-343-6232

Healthy Lifestyles 860-343-6231

Kids Korner Billing 860-343-6218

Membership Billing 860-343-6216

Preschool Child Care 860-343-6227

School Age Child Care 860-343-6247

Swim Team 860-343-6220

Welcome Center 860-343-6201

YMCA Camp Ingersoll 860-343-6239

YMCA Camp Ingersoll Billing 860-343-6230



SWIMMING STRONG

YOUTH SWIM LESSONS – LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–3



6 years–14 years
SCHOOL AGE:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Is the student over 18 months old?

NOT YET

A / WATER DISCOVERY

Can the student respond to verbal cues and jump on land?

NOT YET

B / WATER EXPLORATION

Is the preschool age (3–5) student comfortable working with an instructor without a parent in the water?

NOT YET

C / WATER COMPREHENSION

Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE MECHANICS

SWIMMING STRONG

SWIM LESSONS

For more information on youth swim lessons, please contact coordinator Carla at cmackay@midymca.org

Swim Starters (6 months – 3 years)

Stage A: Water Discovery

- Wednesday
 - 11:30-12:00pm
- Saturday
 - 10:00-10:30am
- Sunday
 - 11:50-12:20pm

Stage B: Water Exploration

- Wednesday
 - 5:30-6:00pm
- Friday
 - 11:30-12:00pm
- Saturday
 - 10:40-11:10am
 - 11:50-12:20pm
- Sunday
 - 11:15-11:45am

Stage C: Water Comprehension

- Wednesday
 - 6:05-6:35pm
- Saturday
 - 11:15-11:45am
- Sunday
 - 12:25-12:55pm
 -

Preschool (3 - 5 Years)

Swim Basics: Stage 1&2

- Tuesday
 - 11:00-11:30am
 - 4:20-4:50pm
 - 6:35-7:05pm
- Wednesday
 - 5:00-5:30pm
- Thursday
 - 11:30-12:00pm
 - 4:20-4:50pm
 - 6:35-7:05pm
- Saturday
 - 8:45-9:15am
 - 9:20-9:50am
- Sunday
 - 10:00-10:30am
 - 10:35-11:05am

Swim Safety: Stage 3&4

- Tuesday
 - 11:35-12:05
- Wednesday
 - 5:35-6:05pm
- Saturday
 - 9:20-9:50am
- Sunday
 - 10:35-11:05am

School Age (6-14)

Swim Basics: Stage 1&2

- Thursday
 - 4:55-5:40pm
- Saturday
 - 10:45-11:30am
- Sunday
 - 11:10-11:55am

Swim Safety: Stage 3&4

- Tuesday
 - 4:55-5:40pm
- Thursday
 - 5:45-6:30pm
- Saturday
 - 9:55-10:40am
 - 12:25-1:10pm
- Sunday
 - 12:00-12:45pm

Swim Strokes: Stage 5&6

- Tuesday
 - 5:45-6:30pm
- Saturday
 - 11:35-12:20pm

Session Dates: 3/2 – 4/26

Pricing:

Classes meeting 8x - Fitness Member: \$88 Program Member \$104 Non-member: \$136

Classes meeting 7x - Fitness Member: \$77 Program Member \$91 Non-member \$119

Missed Class Policy:

Weather – Aquatics Department will schedule a make-up class. Credit will be provided if a make-up class isn't scheduled

Illness – Credit for missed classes WITH a doctor's note

If a student can't attend make-up class, doesn't have a doctor's note, or misses class due to a scheduling conflict, guest passes will be given.

GROWING STRONG

YOUTH SPORTS & PROGRAMS

For more information on the programs below contact Emerson Badessa at 860-342-2267 or ebadessa@midymca.org

ALL SPRING 1 CLASSES WILL ALL TAKE PLACE
AT THE MIDDLESEX YMCA

PARENT & ME SPORTS

(AGE 3 YEARS)

Designed to introduce 3 year olds to a new sport each week with a helping hand from Mom, Dad, or Grandparents! Children will have the opportunity to try T-Ball, Soccer, Basketball, Floor Hockey, Parachute Games, and more in a safe, structured, and FUN environment! This is an opportunity for you to spend quality time together while easing your child into social situations, build confidence, and find out what sports they enjoy the most! Everyone plays and receives a T-Shirt.

Saturday: 9:00am-9:45am

Full Member \$85/ Program

Member \$102/ Non-member \$135

PEE WEE BASKETBALL

(AGES 4-6 YEARS)

Focusing on participation, building confidence, and having fun all through the sport of Basketball! Participants will learn new skills, meet new friends, and be active in a non-competitive and fun atmosphere. Everyone plays and receives a T-Shirt.

Saturday: 10:15am-11:00am

Full Member \$85/ Program Member \$102/

Non-member \$135

PEE WEE FLOOR HOCKEY

(AGES 4-6 YEARS)

Focusing on participation, building confidence, and having fun all through the sport of Floor Hockey! Participants will learn new skills, meet new friends, and be active in a non-competitive and fun atmosphere. Everyone plays and receives a T-Shirt.

Saturday: 11:30am-12:15pm

Full Member \$85/ Program Member \$102/

Non-member \$135

BEGINNER TUMBLING

(AGES 4-8 YEARS)

Join us as we learn the basics of tumbling! This class offers young children an introduction to the fundamentals of tumbling such as somersaults, handstands, cartwheels, and round offs, which will provide the building blocks for furthering gymnastics skills. Students will work to improve flexibility, strength, body awareness, and focus on technique to ensure safety.

Saturdays: 1:00pm-1:45pm

Full Member \$85/ Program Member \$102/

Non-member \$135

NEW! KIDS CREATIVE CHALLENGES!

(AGES 4-10 YEARS)

This new and exciting program is designed to help develop a child's creativity, innovation, and imagination through a variety of fun challenges! Kids will be tasked with trying to come up with the best solution for each creative challenge in a group and individual setting! Tasks may involve utilizing Legos, slime, magnets, and other fun supplies to build the best creation possible! Kids will be able to have a different type of fun; while being able to express themselves creatively, build confidence, and socialize with new friends in a safe, structured, and FUN environment!

Saturday: 2:15pm-3:00pm

Full Member \$85/ Program Member \$102/

Non-member \$135

YOUTH JUDO

(AGES 5-OLDER)

Judo offers a recreational martial arts program which enhances physical & mental discipline. New participants welcome, first class free. Sessions led by instructors of the Middletown Judo Club.

BEGINNER: White-Yellow Belt

Saturday: 9:45am-10:45am

INTERMEDIATE:

Advanced Yellow Belt & Above

Saturday: 10:45am-12:00pm

Full Member \$85/ Program Member \$102/

Non-member \$135

GROWING STRONG

FAMILY PROGRAMS

FAMILY TIME IS IMPORTANT! Spend it here at the Y! The Middlesex Y offers a variety of fun, free or low cost family events and activities to participate in.

KIDS NIGHT IN

Parents can take advantage of a fun night out while kids have a safe night in at the Y. We will have activities, games, and pizza for dinner for a night of fun with friends. Registration must be done in advance. Children must be at least 4 years old and potty-trained to attend event.

Saturdays, March 7, April 18: 5:00-8:00pm

Middlesex YMCA

Members: \$20 for first child & \$10 per sibling

Non-members: \$25 for first child & \$15 per sibling

FAMILY STEM STATIONS

Parents and kids work together to complete creative and thrilling STEM challenge stations. This is a great opportunity to exercise your brains and teamwork skills. Registration must be done in advance and will end on the 17th so staff can have an accurate count for materials prep.

Saturday, March 14: 1:00-3:00pm

Middlesex YMCA

FREE Program

AGES: 5 & Up (all kids must be accompanied by an adult)

FAMILY FUN MINUTE CHALLENGES

Parents and kids work together to complete creative and thrilling Minute Challenges. These crazy challenges will have your family rolling with laughter. Registration must be done in advance and will end on March 10th so staff can have an accurate count for materials prep.

Saturday, March 28: 1:00-3:00pm

Middlesex YMCA

FREE Program

AGES: 5 & Up (all kids must be accompanied by an adult)

EASTER EGG-STAVAGANZA

Bring the whole family out for a good ole fashioned Easter egg hunt. There will also be crafts and a special visit from the Easter Bunny!

Saturday, April 4: 10:30am-12:00pm

10:30-10:45 Egg Hunt for Children ages 3-5

11:00-11:15 Egg Hunt for Children ages 6+

Middlesex YMCA

FREE Program

AGES: 5 & Up (all kids must be accompanied by an adult)

FAMILY YOGA & MINDFULNESS EXERCISES

Come join us at the Middlesex Y for a morning of relaxing, and engaging Family Yoga and Mindful Exercises that awaken your whole body. Families of Pre-k to Pre-teen children are welcome. Drop-ins welcome, no reservations needed. One time charge per class to be taken on arrival @ the Middlesex Y Welcome Desk.

Sunday, April 26: 11:00am-12:00pm

Middlesex YMCA

Members \$10 per family, Non-members \$15 per family

AGES: All Youth and Families

BIRTHDAY PARTIES

Celebrate your child with a birthday party at the Y. Gym, swim, slime, Legos, tie-dye t-shirts or canvas painting are all fun options. You bring the kids, we provide the host to guide them through the party activities. Parties open to Y members and non-members. Rooms also available to rent if you want to run your own party. For more details contact Justin at jtokarz@midymca.org



LEARNING STRONG

EARLY CHILDHOOD EDUCATION

Our NYEYC accredited preschool program provides high quality early education for preschoolers ages 3-5. The Preschool operates at the YMCA year round, Monday – Friday 7:00am to 5:30pm, and serves nutritionally sound meals in accordance with the USDA Food Program. There is also an off-site program at MacDonough elementary school that runs during the school year. All of our classrooms are staffed by highly trained, caring professionals who will nurture and challenge your child as they develop their own talents, uniqueness and independence.



For more information on these programs, contact Amber Creighton Pandey at apandey@midymca.org or **860-343-6227**.

Y BEFORE & AFTER SCHOOL

Kids' Korner is a place for children to explore new interests, meet new friends, complete homework, participate in an enrichment club, run, play, and have some fun!

Our twelve state-licensed programs are conveniently located in Middletown Public Elementary Schools, Valley View (also serving Gildersleeve) in Portland, East Haddam Elementary School (also serving 4th and 5th grade Nathan Hale-Ray Middle School students) in Moodus (PM program only), Edna C. Stevens School and at Woodside Intermediate School (also serving CMS) in Cromwell.



Kids' Korner is much more than just a great school age child care program. It's a wonderful way to extend the school day by exploring new interests, enjoying healthy recreational pursuits, engaging in enrichment activities and benefiting from academic support. And all the while, kids are making friends and having fun under the supervision of well-trained youth development professionals.

As a result of support from the Middlesex United Way, The Peach Pit Foundation and our Annual Campaign at the Y offers families who earn under \$70,000 fees based on a sliding scale.

For more information about registration or financial assistance, please contact Amy Cardoza at **860-343-6218** or acardoza@midymca.org.