



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

DO MORE BE MORE

2015 FALL PROGRAM GUIDE MERIDEN YMCA

“I chose the Y because I feel comfortable. Everybody helps you. It is like a family. I also delivered holiday meals with my son to show him you got to give back.”

FALL I SESSION

SEPTEMBER 8 – OCTOBER 26, 2015

Early Registration:

August 10 - 31, 2015

FALL II SESSION

NOVEMBER 2 – DECEMBER 19, 2015

Early Registration:

October 12 - 26, 2015

**REGISTER EARLY
AND SAVE!**

**Early Bird Savings When You Sign-up
During Registration Dates Above**

203-235-6386

meridenymca.org

Like us on 



WELCOME TO THE Y, WHERE YOUR MEMBERSHIP GIVES YOU MORE.

When we talk to our members about why they choose the Y and why they love it here, we hear how the Meriden YMCA is so much more than a gym, or a class, or lessons.

The Meriden YMCA is a place where...

"I felt welcome and comfortable from the first day."

"you are never judged no matter what size or fitness level you are."

"I am home."

"I have made so many wonderful friends"

"it is more than child care. It is a good family place."

"the staff treats you like one of the family."

"I enjoy swimming laps in the pool. No other gym nearby has one."

FULL MEMBERSHIP BENEFITS

1. FREE Child Watch babysitting service while you exercise

2. Use of all of the wellness facilities (pool, fitness center, indoor track, gym (basketball), racquetball courts, aerobics and spinning studios, dry sauna, locker rooms.

3. FREE CLASSES INCLUDING:

- Combat Cardio Kickboxing
- Pilates
- Barbell Strong
- Tabata Boot Camp
- Piloxing
- Yoga
- ZUMBA®
- ZUMBA KIDS®
- UltraFit
- Silver Sneakers
- Aqua Aerobics
- Aqua Pilates
- Jillian Michaels Body Shred
- INSANITY®
- Spinning
- Floor, Core & More
- ZUMBA GOLD®
- Fit Seniors
- Treadmill Body
- Tai Chi

4. Summer membership to the Meriden YMCA Mountain Mist Outdoor Center

5. FREE Fitness Center Orientation to Get You Started

6. FREE Family Swim Time

7. FREE Senior Exercise Programs

8. FREE Family Events

9. Save on programs (lower cost for Full Members)

10. Save \$50 per camp session (lower cost for Full Members)

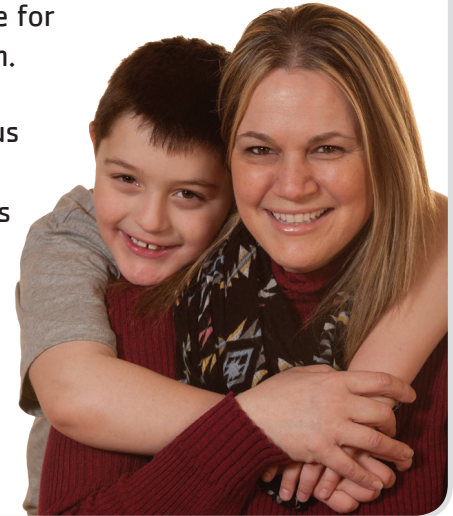
11. My Y Is Every Y and YMCA Away Program

12. NO CONTRACTS

"I love everything the Y has done for me and my son.

It has helped us grow stronger and brought us together as a family."

Colleen McDonald with son Christopher



PROGRAM MEMBERSHIP:

A program membership is a basic membership so that you can register for classes. It does not include any of the benefits of a full membership noted above.

You must have some type of membership, either program or full, to sign up for programs at the Meriden YMCA.

Program registration:

- Register at www.meridenymca.org or at the Meriden YMCA to secure your spot.
- Register early and save!
- Schedules subject to change. (On rare occasions we may need to change a date and time.)

Ask about our special offer to upgrade from a youth to a family membership when you register your child for Fall programs

ASK US ABOUT OUR MEMBERSHIPS FOR:

- Military Active Duty and Reserves and Veterans
- Corporate Membership Plans
- Corporate Onsite Wellness Classes
- Memberships and Programs for Active Older Adults
- SilverSneakers®, Silver and Fit®, Healthways PRIME®

REGISTER EARLY AND SAVE!

Enjoy Our Early Bird Savings When You Sign-up During The Scheduled Registration Dates.

ADD \$10 IF YOU SIGN UP AFTER EARLY REGISTRATION.

CHILD CARE

At the YMCA, we create brighter futures as the largest provider in Meriden of quality child care programs for infants through middle school age students.

CHILD WATCH PROGRAM (free childcare while you workout)

The Meriden YMCA provides free child care for your child ages 3 months to 9 years old in a safe nurturing environment in our Child Watch Room with your household and single parent household membership during our Child Watch hours.

TOT DROP

Tot Drop is offered to Meriden YMCA full members who need child care during afternoons from 12 to 4 p.m. Reservations are required a minimum of 24 hours in advance and parent/guardian must be available by cell phone/beeper.

1 Child:	\$10 per hour
2 Children:	\$15 per hour
3 Children:	\$20 per hour

SCHOOL VACATION FUN CLUB

The Meriden YMCA offers a School Vacation Fun Club where your child will have a blast all day! Activities include swimming, arts & crafts, playing games and sports, watching movies and more!

Dates:	Oct. 9 & 12, Nov. 3 & 11, December 24, 28-31, 2015
Time:	7:00 a.m. – 5:00 p.m. (Dec. 24 & 31 closed at 2 p.m.)

Full Member Fee:	\$30 per day
Program Member Fee:	\$60 per day

INFANT AND TODDLER CARE (ages 6 weeks to 36 months)

1. Meriden YMCA Little Rascals Day Care Center, 43 Swain Avenue. Call Courtney at 203-630-0039.
2. The Meriden YMCA Infant and Toddler Learning Center at 95/99 Main Street in South Meriden. Call Tina at 203-379-0651.

PRESCHOOL

The Meriden YMCA has a variety of options to help get your child ready for all day kindergarten. You may choose from half day and full day programs at our convenient locations. Before and after care is available. We accept Care 4 Kids for all of our programs and some programs are available on a sliding scale.

1. **Little Hounds Preschool at Hanover School**
Call Tina at 203-379-0651.
2. **Meriden YMCA Little Rascals Day Care Center** – Call Courtney at 203-630-0039.
3. **Meriden YMCA Head Start**
Call 203-238-9166. (Free/sliding scale based on eligibility.)
4. **Meriden YMCA Childcare School Readiness Preschool Program (Full Day and Half Day)**
(Sliding scale) Call 203-235-8906.
5. **Little Spartans Preschool at Maloney High School** – This Meriden YMCA preschool program is offered in collaboration with the Meriden Board of Education, Middlesex Community College and City of Meriden. Call 203-238-9166. (Sliding scale)
6. **Little Panthers Preschool Program at Platt High School** – This Meriden YMCA preschool program is offered in collaboration with the Meriden Board of Education, Middlesex Community College and City of Meriden. Call 203-235-8906. (Sliding scale)

BEFORE & AFTER SCHOOL CARE FOR GRADES K-5

- Proven, safe, quality supervision for children attending Meriden Public Schools.
- Payments can be set up on a weekly auto draft plan to save you money.

Call Tina at 203-379-0651.

Visit www.meridenymca.org or call 203-235-6386 to learn more.



*EARLY REGISTRATION PRICE. ADD \$10 IF YOU SIGN UP AFTER EARLY REGISTRATION.

EDUCATION & LEADERSHIP

READING ROCKS

Reading is a fundamental skill and building block for all learning. Help your child improve their reading skills with tutoring provided by a certified and licensed reading teacher from our local school community.

Instruction will be based on student needs focusing on improving fluency/reading rate, accuracy, comprehension, fiction and nonfiction connections.

Come to the Meriden YMCA and rock your reading!

TWO OPTIONS:

1. By Appointment.
Five tutoring sessions for \$150
2. Small group with a maximum of five students.
Meets on Saturdays.
Grades K-2 • 9:30-10:30 a.m.
Grades 3-5 • 10:30-11:30 a.m.
Fee: \$25 per student per session.

MATH ROCKS

Help your child improve their math skills with tutoring provided by a certified licensed math teacher. Instruction will be based on student needs.

TWO OPTIONS:

1. By Appointment.
Five tutoring sessions for \$150
2. Small group with a maximum of five students.
Meets on Saturdays.
Grades K-2 • 9:30-10:30 a.m.
Grades 3-5 • 10:30-11:30 a.m.
Fee: \$25 per student per session.

ARTS

MERIDEN DANCE ACADEMY

The Meriden YMCA Dance Academy provides high quality dance lessons in a fun environment. We work with our students to develop their abilities and assist them in building a positive self image. Our Dance Academy runs from September 8th through June. Classes are held at our Art Center at 14 West Main Street unless otherwise noted. Recital date to be announced.

TINY DANCERS/DANCING DARLINGS

3-4 year olds Combo Ballet and Tap

Tuesday 5:00 - 6:00 p.m. (Beginners - First year)

Saturday 10:15 - 11:15 a.m. (One year experience)

PETITE DANCERS/RISING STARS

5-7 Year olds Ballet, Tap, and Hip Hop

Tuesday 6:00 - 7:15 p.m.

Saturday 11:15 a.m. - 12:30 p.m.
(Intermediate by teacher recommendation)

GOLD DANCERS

8-11 year olds Ballet, Tap, Hip Hop

Thursday 5:00-6:00 p.m. Ballet

6:00-6:45 p.m. Tap

6:45-7:30 p.m. Hip Hop

JUNIOR DANCERS

Juniors (by teacher recommendation)

Tap, Hip Hop, Ballet, Contemporary, Jazz

Wednesday 6:30-7:15 p.m. Juniors Tap

7:15-8:15 p.m. Juniors Jazz

Saturday 12:15-1:15 p.m. Juniors Ballet

1:15-2:15 p.m. Juniors Contemporary

*(This group will be competing.)

2:15-3:15 p.m. Juniors Hip Hop

*(This group will be competing.)

ADVANCED DANCERS

Advanced (by teacher recommendation)

Thursday 7:30-8:15 p.m. Advanced Tap

8:15-9:00 p.m. Advanced Jazz

Sunday 5:00-6:00 p.m. Advanced Ballet

6:00-6:30 p.m. Pointe

6:30-7:30 p.m. Advanced Contemporary

*(This group will be competing.)

7:30-8:30 p.m. Advanced Hip Hop

*(This group will be competing.)

DYNAMITE DANCERS

Tuesday 7:15-8:15 p.m. Acro (10 years & older)

Technique Class for both Junior and Advanced Contemporary classes

Sunday 4:00-5:00 p.m. Technique Class for Competition *(Required for Contemporary. Will not have an additional routine in the recital.)

Those competing in Contemporary will be required to take the Technique class in order to prepare for the competitions. Dancers taking Contemporary will also be required to take Ballet. In order to take Advanced Pointe, you must be enrolled in Advanced Ballet.

Class fees: \$35 per month for one type of class, \$10 for each additional type of class. Dance fees are paid monthly by drafting out of a bank or credit card account. Student must have a Meriden YMCA youth membership or be part of a family membership.

Save the date: Saturday August 15th 9 am to 1 pm
Dance Academy Open House and Registration. Meet our staff, learn about the classes and register.



VISUAL ARTS

CLAY CLASS

This class provides the opportunities for students to work with clay and also with other art forms.

Fall I: Sept. 12 – Oct. 24
Fall II: Nov. 7 – Dec. 12
Day/time: Saturdays
9 a.m. – 12 p.m. (ages 5-9)
12:30 to 3:30 p.m. (age 10+)

Full Member Fee: \$69*
Program Member Fee: \$99*
Materials Fee: \$20

CLAY, DRAWING AND MORE

This class provides the opportunities for students to work with clay and also with other art forms.

Fall I: Sept. 8 – Oct. 20
Fall II: Nov. 3 – Dec. 15
Day/time: Tuesdays 4:30–6:30 p.m.

Full Member Fee: \$69*
Program Member Fee: \$99*
Materials Fee: \$20

BUILDING WITH CLAY

This class is designed for individuals that have never thrown on the pottery wheel before, but are interested in learning. Students will be taught basic throwing techniques. Class size is limited to 6 students. **ADULTS ONLY.**

Fall I: Sept. 10 – Oct. 22
Fall II: Nov. 5 – Dec. 17
(No class Nov. 26)
Day/time: Thursday 6:00–8:00 p.m.

Full Member Fee: \$69*
Program Member Fee: \$99*
Materials Fee: \$20

PAINTING

Want to express yourself in a fun and creative way? Take a painting class. You will learn different painting techniques and how to mix colors. With help from instructor, you will be able to paint anything you like!

Fall I: Sept. 8 – Oct. 20
Fall II: Nov. 3 – Dec. 15
Day/Time: Tuesdays 3:30–4:30 p.m.

Fees as follows:
Full Member Fee: \$69*
Program Member Fee: \$99*
Materials Fee: \$20

PERFORMING ARTS

MERIDEN YMCA YOUTH THEATER

Rehearsals are held on Saturday mornings at the Meriden YMCA Art Center at 14 West Main Street from 9:00 a.m. to 12:00 p.m.

RISING STARS (grades K-6)

A FAIRY TALE
CHRISTMAS CAROL



Kickoff Registration: September 12th
Auditions: September 19th
Rehearsals: Saturdays 9 a.m. –12 noon
Shows: Saturday, December 19th
Show Times: 2:00 and 7:00 p.m.

TEEN (grades 7-12)

LITTLE SHOP
OF HORRORS



Kickoff Registration: August 29th (9 – 1 pm)
Auditions: September 12th
Rehearsals: Saturdays 9 a.m. –1 p.m.
Shows: Friday December 11th and
Saturday December 12th
Show Times: 7:00 p.m.

MUSIC LESSONS

MUSIC EXPLORERS: 8 MONTHS–2 YEARS.

MUSIC MAKERS: 3–4 YEARS.

Introduce your child to the joy of music! These 'parent and child' classes will enrich the life of your 'Mini-Musician' through a series of singing games, movement and instrument exploration. 7 week class. Choose your day and time.

Fall I (Tuesdays): Sept. 8 – Oct. 20
Fall I (Mondays): Sept. 14 – Oct. 26
Day/time: Mondays or Tuesdays
10-10:30 or 10:30-11:05 a.m.

Fall II: Nov. 2 – Dec. 14
Day/time: Mondays or Tuesdays
10-10:30 or 10:30-11:05 a.m.

Full Member Fee: \$45*
Program Member Fee: \$70*

BEGINNER & INTERMEDIATE

We offer Beginner & Intermediate Clarinet, Piano/Keyboard, Guitar, Drums, Voice. Thirty-minute lessons. By appointment.

Full Member Fee for Music Lessons:
\$105 for 7 weeks, only \$15 per lesson
Program Member Fee for Music Lessons:
\$175 for 7 weeks, only \$25 per lesson

SWIM, SPORTS & PLAY

SWIMMING

YOUTH SWIM LESSONS

Preschool Aquatics

SKIPPERS: Shrimp (6-18 months)

KIPPERS: (18-24 months),
Perch (2-3 years old)

The goal of the age 3-and-under program is to increase the level of trust between parent and child in the water, create a positive experience for the child in the water and introduce basic water safety. The focus of these classes is fun, exercise, parent education and water adjustment. Class time: 30 minutes

PIKE, EEL, RAY, STARFISH: (3-5 YEARS OLD)

The goal is to develop fundamental swimming skills that will provide a foundation for swimming as a lifelong activity. Class time: 30 minutes

PROGRESSIVE PROGRAM (6+ years old)

POLLIWOG: This class is designed for those who cannot swim alone or are uncomfortable in the water.

POLLIWOG 2: This class is for those who have passed Polliwog 1, but cannot swim the length of the pool without some flotation.

GUPPY: This class is for those who have passed the Polliwog level or can swim 1 length beginner stroke and 1 length backstroke with no flotation.

MINNOW: This class is for those who have passed the Guppy level or can swim 2 lengths beginner stroke with rotary breathing and 2 lengths swimming and kicking on their back.

FISH: This class is for those who have passed the Minnow level or can swim 4 lengths front crawl and backstroke continuously.

FLYING FISH: This class is for those who have passed the Fish level or can swim 2 lengths breaststroke, butterfly, back crawl, and front crawl.

SHARK: This class is for those who have passed the Flying Fish level or can swim 2 lengths of breaststroke, butterfly, backstroke and elementary backstroke.

POOL RENTALS AVAILABLE.

SWIMMING SCHEDULE

Fall I: Sept. 2-Oct. 20
 Fall II: Oct. 27-Dec. 13
 Full Member Fee: \$53
 Program Member Fee: \$78

MONDAY

Fall I: Sept. 14-Oct. 26
 Fall II: Nov. 2-Dec. 14
 9:30-10:00 Shrimp/Kipper
 10:00-10:30 Pike
 10:30-11:00 Eel
 12:30-1:00 Guppy
 1:00-1:30 Eel
 4:00-4:30 Ray
 4:30-5:00 Polliwog 2

TUESDAY

Fall I: Sept. 8-Oct. 20
 Fall II: Nov. 30-Dec. 15
 4:00-4:30 Guppy
 4:30-5:00 Minnow

WEDNESDAY

Fall I: Sept. 9-Oct. 21
 Fall II: Nov. 4-Dec. 16
 4:00-4:30 Eel
 4:30-5:00 Polliwog

THURSDAY

Fall I: Sept. 10-Oct. 22
 Fall II: Nov. 5-Dec. 17
 4:00-4:30 Guppy
 4:30-5:00 Fish/FF

SATURDAY

Fall I: Sept. 12-Oct. 24
 Fall II: Nov. 7-Dec. 18
 8:30-9:00 Pike, Eel, Ray, Guppy
 9:05-9:35 Shrimp/Kipper, Eel, Polliwog, Polliwog 2
 9:40-10:10 Pike, Guppy, Ray, Polliwog 2
 10:15-10:45 Eel, Polliwog, Polliwog 2, Guppy
 10:50-11:20 Pike, Eel, Shrimp/Kipper, Perch, Starfish
 11:25-11:55 Minnow, Fish & Flying Fish, Shark, Polliwog (10+ yrs)



PRIVATE SWIM LESSONS

Child Private Swim Lessons

One-on-one attention is provided for the child who may need extra help to reach the next level or to achieve the next swimming goal. Private lessons can be arranged for you through our Aquatics Director.

Age Group: 3 years of age and up
Full Member Fee: \$30 per 30 minutes
\$110 for 5 classes
Program Member Fee: \$55 per 30 minutes
\$135 for 5 classes

Adult Private Swim Lessons

One-on-one attention is provided for the adult who may need extra help to reach the next level or to achieve the next swimming goal. Private lessons can be arranged for you through the Aquatics Director.

Full Member Fees: \$35 per 45 minutes
\$130 for 5 classes
Program Member Fee: \$60 per 45 minutes
\$155 for 5 classes

SWIM TEAM – Starts in September

The Meriden YMCA Seals Swim Team is designed to provide all swimmers with the opportunity to be a part of a team, to compete and most importantly have fun! Boys and girls ages 5-18 with the ability to swim one lap of the pool without stopping are welcome. For the more competitive swimmers we also give the opportunity to compete in more meets by offering USA swimming.

Bronze Group: Consists of up to 4 days of 1 hour practices.

Pre-Silver Group: Consists of up to 4 days of 1 hour practices.

Silver Group: Consists of up to 5 days of 1 1/2 hour practices.

Gold Group: Consists of up to 5 days of 2 hour practices.

New swimmers are always welcome. We offer ongoing registration with pro-rating. A Full Membership is required. For more information contact Megan our Aquatics Director at 203-235-6386 ext. 12 or visit www.meridenymca.org

ADULT SWIM CLUB (Masters)

This program is designed for those adults 19 years of age or older who wish to work with a certified coach. The purpose of the program is to promote fun and possibly competition for all participants at any level of ability.

Practice Sessions/Continuous Enrollment:
Monday-Wednesday 7:30-8:45 p.m.
Thursday 8:00-9:00 p.m.

Please call Megan at 203-235-6386 x12 for more information.

GYM & SWIM

Gym and Swim – Parents and Toddlers

In the first half hour, parent and child participate in songs and activities in the gym, and then transition to the pool for water exploration. Classes enhance your child's social, physical, gross motor and cognitive development, through self-discovery, interaction with new friends, songs and games! Gym & Swim also strengthens the parent-child bond developing healthy attachment practices and self-confidence.

Saturdays: 8:15-9:40 a.m.
Fall I: Sept. 12-Oct. 24
Fall II: Nov. 7-Dec. 18
Full Member Fee: \$53
Program Member Fee: \$78

SWIMMING BOOT CAMP

Boot Camp is a 4 week stroke development program for competitive swimmers or for those looking to join a competitive team. We will focus on a different stroke each week, including starts and turns. Must have an assessment prior to start if not currently on swim team.

Full Member Fee: \$75
Program Member Fee: \$95

Week 1: August 17 – Freestyle
Week 2: August 24 – Backstroke
Week 3: September 8-11 – Breaststroke
Week 4: September 14 – Butterfly

If you have any questions, contact the Aquatics Director at the Meriden YMCA at 203-235-6386.



YOUTH SPORTS

NFL FLAG FOOTBALL LEAGUE AT THE Y



The NFL has come to the Y! NFL FLAG Powered by USA Football provides opportunities for children to enjoy America’s favorite sport. Players benefit by being physically active through noncontact, continuous action while learning the fundamentals of football, lessons in teamwork and sportsmanship. (nflflag.com) Children will have fun wearing NFL team jerseys and participate in weekly games, see age groups below for days/times your child’s age group will play.

Fall I: Sept. 9–Nov. 4
Ages 5–7 Mondays/Wednesdays 5:30–6:30 p.m. or Sat. 9–10, 10–11 a.m.
Ages 8–10 Mondays/Wednesdays 6:30–7:30 p.m.
Ages 11–13 Mondays/Wednesdays 7:30–8:30 p.m.
Location: Ceppa Field 83 Gale Ave., Meriden
Full Member Fee: \$59
Program Member Fee: \$89
Volunteer Coaches Needed

MITES OUTDOOR SOCCER

This program is designed for children ages 4–6 years old who will have fun learning the basics of outdoor soccer and being part of a team. All of the games are played at the Meriden YMCA Mountain Mist Outdoor Center.

Fall I: Sunday Sept. 13 to Oct. 25
Times: 11:00 a.m.–12:00 noon
Full Member Fee: \$45
Program Member Fee: \$75
Volunteer Coaches Are Needed

MOUNTAIN MIST 7-ON-7 SOCCER LEAGUE

Children will have fun learning the fundamental skills of soccer as well as enhancing their communication and teamwork skills.

Children will participate in weekly soccer games at the Mountain Mist Outdoor Center. Games will follow a rotating 7-week schedule.

Fall I: Sept. 13 to Oct. 25
Ages: 7–9 years old
Times: Sunday, 9:00–10:00 a.m. or 10:00–11:00 a.m.
Ages: 10–12 years old
Times: Sunday, 11:00–12 noon
Full Member Fee: \$45
Program Member Fee: \$75
Volunteer Coaches Are Needed
 Please contact Kevin at 203-235-6386.

YOUTH INDOOR SOCCER

Teams will follow a 7 week rotating schedule.

Times: Saturdays
 Nov. 7 – Dec. 19
4–6 yr. old: 9:00 a.m. – 9:45 a.m.
 9:45 a.m. – 10:30 a.m.
 10:30 p.m. – 11:15 a.m.
7–9 yr. old: 11:15 p.m. – 12:00 p.m.
 12:00 p.m. – 12:45 p.m.
 12:45 p.m. – 1:30 p.m.
10–12 yr. old: 1:30 p.m. – 2:15 p.m.
 2:15 p.m. – 3:00 p.m.
Full Member Fee: \$45
Program Member Fee: \$75

MERIDEN YMCA FALL BASKETBALL LEAGUE

Enroll your child in our Fall Basketball League. Your child will have fun participating in weekly games following a rotating schedule each Friday evening. This will run as a seven week program offered for students across the district in grades K – 5. Choose your location.

Fridays, October 16 – December 18
(Grade K – 2) 5:15 – 6:00 p.m.
 6:00 – 6:45 p.m.
(Grade 3, 4 & 5) 6:45 – 7:30 p.m.
 7:30 – 8:15 p.m.

1. Thomas Hooker Elementary School
70 Overlook Rd., Meriden, CT 06450
2. Benjamin Franklin Elementary School
426 West Main Street, Meriden, CT 06451

Full Member Fee: \$35
Program Member Fee: \$60

GYMNASTICS

Parent and Tots (7-week Session) This class is an introduction to gymnastics for both parent and child.

Fall I: Sept. 8–Oct. 20
Fall II: Nov. 3–Dec. 15
Ages: 18 months – 2 yrs. of age
Times: Tuesday 5:00–5:45 p.m.
Location: Meriden YMCA Gym
Full Member Fee: \$45
Program Member Fee: \$75

Beginner Gymnastics This beginner class is offered for children from 3 years of age and up, who have little or no experience.

Beginner I: 3 years to 5 years
Fall I: Sept. 14–Oct. 26
Fall II: Nov. 2–Dec. 14
Time: Monday 5:00–5:45 p.m.
Beginner II: 6 years and up
Fall I: Sept. 8–Oct. 20
Fall II: Nov. 3–Dec. 15

Time: Tuesday 5:45–6:45 p.m.
Location: Meriden YMCA Gym
Full Member Fee: \$45
Program Member Fee: \$75

Intermediate Gymnastics This class is designed for children with 2 years or more of gymnastics experience. Coaches will evaluate their skill level.

Fall I: Sept. 14–Oct. 26
Fall II: Nov. 2–Dec. 14
Times: Monday 5:45–6:45 p.m.
Location: Meriden YMCA Gym
Full Member Fee: \$45
Program Member Fee: \$75

Advanced Gymnastics This class is designed to better prepare gymnasts for compulsory routines and team competition.

Fall I: Sept. 9–Oct. 21
Fall II: Nov. 4–Dec. 16
Times: Wed. 5:30–7:00 p.m.
Location: Meriden YMCA Gym
Full Member Fee: \$45
Program Member Fee: \$75

MERIDEN YMCA GYMNASTICS TEAM

Team members perform USA Gymnastics compulsory routines and compete in the YMCA league.

Registration dates: Oct. 1, Jan. 1, April 1, July 1.
We offer ongoing registration with pro-rating.
Times: Monday 6:30–8:00 p.m.; Tuesdays 6:45–8:00 p.m.; Saturdays 3:00–7:00 p.m.
Fee: \$130

Location: Meriden YMCA Gymnasium

ALL GYMNASTS WILL BE EVALUATED FOR PLACEMENT ON THE TEAM.

If you have any questions about the gymnastics programs, contact Kevin Scarpati at the Meriden YMCA at 203-235-6386.

KARATE

Karate is beneficial for males and females, young and old. You will become aware of the importance of sound mind and body, and become stronger not only physically but also mentally. **Location:** **YMCA Multi-Purpose Room. Begins Tuesday, September 8th.**

BEGINNERS: Tues. & Thurs.
5:30–6:15 p.m.,
Sat. 10:00–10:45 a.m.
INTERMEDIATE: Tues. & Thurs.
6:15–7:00 p.m.,
Sat. 11:00–11:45 a.m.
ADVANCED & ADULTS: Tues. & Thurs.
7:00–8:00 p.m.,
Sat. 11:00–11:45 a.m.

Fee for Beginner/Intermediate/Adult:
Full Member Fee: \$35 per month*
Program Member Fee: \$50 per month*

*Monthly karate fees will be drafted automatically from a bank or credit card account.

TOTS (3 to 5 yrs. old): Saturdays
9:15 – 10:00 a.m.
Fall I: Sept. 12–Oct. 24
Fall II: Nov. 7–Dec. 19
Full Member Fee: \$40*
Program Member Fee: \$65*
Instructor: Sensei Raymond Rodriguez

YOUTH RACQUETBALL LESSONS & LEAGUE

Familiarization with rules and basic skills, forehand, backhand, serving techniques. Actual play and mini-tournament will be included. (ages 7 and up)

Fall I: Sept. 14–Oct. 26
Fall II: Nov. 9–Dec. 21
Time: Mondays 4:45–6:00 p.m.
Full Member Fee: \$30
Program Member Fee: \$60
Location: Meriden YMCA
Racquetball Court #1

Instructor: Oscar Rosado

Protective goggles and racquet required.

YMCA S.P.R.I.N.T PROGRAM

Does your child like to run? S.P.R.I.N.T. is an outdoor running program for kids ages 6–11 years old that teaches techniques and endurance for an up and coming runner. The class will conclude with a mini race at the end of the 7 week session.

Location: Mountain Mist Outdoor Center
Date: Sept. 12 –Oct. 24
Time: Saturday, 9:30–10:30 p.m.
Full Member Fee: \$25*
Program Member Fee: \$55*
Instructor: Allen Frommelt

CLUB Y

Come have fun with your friends at the Meriden YMCA on Friday nights during the school year. Swimming, Basketball, Volleyball, Video Games, DJ and Dancing. Fun events such as 3 on 3 Basketball Tournament, Dodge Ball Tournament and more.

Time: Fridays, 6:30–8:30 p.m.
Location: Meriden YMCA
Grades: 6–8
Fee: \$2 per person
Non-Members Welcome

*EARLY REGISTRATION PRICE. ADD \$10 IF YOU SIGN UP AFTER EARLY REGISTRATION.

HEALTH, WELL-BEING, & FITNESS

AMERICAN RED CROSS BABYSITTING CLASS

Learn leadership skills, how to diaper and feed infants, how to handle choking emergencies, rescue breathing, basic first aid and lots more. Bring a pen, note book and a bag lunch. Contact Carrie Marquardt at 203-235-6386 ext. 18 or send an email to cmarquardt@meridenymca.org for more information. Choose your class.

Ages: 11 – 15 years old
Fall I: Saturday, October 3
Fall II: Saturday, November 21
Time: 9:00 a.m. – 2:00 p.m.
Location: Meriden YMCA
 110 West Main Street
Fee: \$39 Full Meriden Y Member
 \$69 Program or Non Member
Includes: Babysitter’s Training Handbook, DVD & Emergency Reference Guide.

BIGGEST WINNER WEIGHT LOSS CHALLENGE

Are you overwhelmed with all the diet and exercise information that surrounds you each day? Have you dieted and exercised yourself up, down and all over the scale time and time again? Are you tired of programs that restrict you from enjoying meals with your family? Then maybe it is time for the Y to help you live a healthier life! 10 Week program.

Fall I: Oct. 5 – Dec. 7
Time: Monday evenings
 6:00-6:45 p.m.
Location: 110 West Main St.
Full Member Fee: \$99 per person
Non-Member Fee: \$129 per person

Includes 10 week full membership. Some restrictions may apply.

- Individuals will be grouped into teams and assigned a Team trainer who will guide you in exercise and nutrition, (very similar to the Biggest Loser), for the duration of the challenge
- Weekly weigh-ins (cannot miss more than 3)
- Weekly giveaways to the highest loser including personal training sessions, Y Bucks and more.
- Field trip
- Surprise Team Challenges (prizes will be awarded) . . . AND LOTS MORE!
- Prizes for the top 3 individuals who lose the most amount of weight. Final weight losses will be calculated by percentages

COUCH POTATO TO 5K

Thinking of starting a running program or want to compete in your first road race? We will get you there with our new conditioning and training program designed for new runners or runners getting back into it.

Fall I: Sept. 9 – Oct. 21
Fall II: Nov. 4 – Dec. 16
Time: Wednesday,
 6:45-7:45 p.m.

Full Member Fee: \$35*
Program Member Fee: \$65*

Meets in the indoor track and will take place both inside and outside weather permitting. Call Carrie in Fitness for additional information at (203) 235-6386 ext. 18. No summer session, will resume in fall.

CARDIAC REHABILITATION PROGRAM

This program is designed for individuals who have experienced a cardiac event and completed phases I and II of a cardiac rehabilitation program. This program is also ideal for those who suffer from heart disease, hypertension or diabetes, fibromyalgia or strokes.

Times: Mon.-Wed.-Fri. • 11:15 a.m.-12:15 p.m.
Full Member Fee: \$15 per month
Program Member Fee: \$35 per month
(Must have a program membership)
Instructor: Phyllis Drescher

Phyllis holds a masters degree in exercise physiology and is a certified physical trainer with over 18 years experience in cardiac rehabilitation. You will experience one on one attention in a group setting.

AQUA AEROBICS

Enjoy this low impact cardiovascular workout in our beautiful pool. Monday – Friday.

SUSPENDED MOTION (Deep): 8:30-9:15 a.m.

WATER WARRIORS (Shallow): 9:15 -10:00 a.m.

Full Member: FREE
Program Member: \$100

AQUA PM:
Monday – Thursday 7:30-8:30 p.m.
Full Member: FREE
Program Member: \$60



MASSAGE THERAPY

Licensed Massage Therapists Meredith Morotto and Liz Carlson offer a variety of modalities to assist with stress reduction and relaxation, muscle aches and sports recovery. Book a 30 minute session before or after your workout or a 60 or 90 minute therapeutic massage.

Please contact Carrie Marquardt in Fitness to book your appointment today at (203) 235-6386 ext. 18 or email her at: cmarquardt@meridenymca.org

30 minute table or chair massage:

Member: \$35

Non-Member: \$45

60 minute table massage:

Member: \$60

Non-Member: \$70

90 minute table massage:

Member: \$85

Non-Member: \$95

Our Massage Therapy Room is located at the Meriden YMCA Arts Building at 14-16 W. Main St., Meriden, CT.

MIDDLE SCHOOL STRENGTH TRAINING

Trained fitness staff will provide instruction with free weights, Cybex strengthening equipment and cardio equipment to ensure proper technique and encourage positive life-long exercise habits. Graduates of the Middle School Strength Training Program (for grades 6 through 8) may use the Fitness Facility Monday-Friday from 5:00 a.m.-5:00 p.m. and anytime during hours of operation on Saturday and Sunday accompanied by a parent or guardian.

Fall I: Sept. 8 – Oct. 22

Fall II: Nov. 3 – Dec. 17

Location: Meriden YMCA

Fitness Center

Time: Tuesdays and
Thursdays
3:15-4:00 p.m.

Full Member Fee: \$30

Program Member Fee: \$55

PACE PROGRAM

(Physical Activity Changes Everything)

FREE five week program for children ages 7 to 14 years old and their parent(s)

Fall: Monday, Sept. 28 – Oct. 29

Has your pediatrician told you that your child is overweight, needs to eat healthier and exercise

more but you did not know where to turn? The Meriden YMCA's PACE Program can help.

The Meriden YMCA is now accepting enrollments for our FREE five week PACE Program to help local families live healthier lives.

THIS PROGRAM INCLUDES: nutrition education, physical fitness (including use of our Exergame Fitness Arcade and exercise to work into your everyday life), tips for grocery shopping and preparing healthy affordable meals, how to navigate a restaurant menu and more.

Here is what parents say about the PACE program:

"The PACE program helped our family become healthier. My son is trying a variety of healthy foods including vegetables and he feels and looks great!"

"Every household needs this program. We can still eat healthy on a small budget. If you get a person healthy you get their body and their mind healthy. There is no looking back. We are staying with it. I am so thankful and appreciative for this program."

Space is limited to 10 families/participants who qualify.

PERSONAL TRAINING

Training Packages Offered:

1 Hour Session \$40

5 One Hour Sessions \$175

10 One Hour Sessions \$275

*All rates are per person, payment options are available

Our Personal Trainers will motivate you, answer all questions concerning health, exercise, diet, nutrition and make up a goal orientated health and wellness program for you!

Progress charts, body-fat testing and fitness assessment tests are available upon request with your training package. (Ask your instructor)

PERSONAL TRAINING FOR 2

10 sessions

(both parties must train during the same sessions)

Fee: \$310

For more information contact Carrie Marquardt 203-235-6386 x18 or cmarquardt@meridenymca.org

CROSSFIT

WHAT IS CROSSFIT?

CrossFit is a strength and conditioning program that is “constantly varied, high intensity, functional movement,” with the goal of improving fitness. CrossFit is built on movements such as rowing, running, jumping rope, carrying objects, and bodyweight movements and is meant to help build a healthy foundation for everyday activities.

Workouts are scaled according to a person’s fitness level and needs. CrossFit is for everyone, every age, every body shape and every fitness level.

WHY DO CROSSFIT?

CrossFit Member Diane Dornfried I started in February of 2014. I like that the WOD is different every day and if there is a movement I cannot do, the coaches give me a modification. I feel so much better about myself and I have lots of energy.



What would you recommend to someone who is just starting out with CrossFit or is too afraid to try it? Don’t be afraid. When I first saw people doing hand-stand push-ups, I thought I will never be able to do that. Well, I still can’t do HSPUs, but I can do so many other things that I never thought I could do. The other athletes celebrate each other’s accomplishments – big or small. And that is what I truly love about CFME – the camaraderie.

CrossFit Member Jen Rich “Jen is an incredibly strong athlete and a pillar of consistency. She comes in every morning at 5:15am ready to attack whatever challenge we throw at her. She is always cheering on people to help them achieve their goals. Jen and her husband John are great examples of people who find a great balance of work, parenting and fitness. We are very lucky to have them both.”



HOW DO I GET STARTED WITH CROSSFIT?

You can take a FREE trial class Saturdays at 8 a.m. Preregistration required. Call Carrie at 203-235-6386 x18.

Everyone starts with On Ramp which helps prepare you for your CrossFit group classes by taking you through the movement curriculum and proper techniques. On Ramp classes are a prerequisite to taking CrossFit classes.

Three one on one On Ramp classes with coach: \$75

WHAT DO I DO AFTER ON RAMP?

Sign up right away after your 3 On Ramp sessions and we will apply the \$75 towards your first month of membership.

X-BODY BOOT CAMP FOR WEIGHT LOSS

Get a jump start on your best body in three short weeks!

Join us for X-Body Boot Camp at CrossFit Meriden.

This program includes:

1. Three boot camp sessions per week for three weeks
2. Measure your progress with before and after weight and body measurements, before and after photos, and benchmark workouts
3. Nutrition
4. Body changing workouts.

Only 15 spots available. Limited time offer. Sign up now.

Call Carrie at 203-235-6386 x18.

Sessions: Sept. 15 – Oct. 3

Tuesday and Thursdays 7:00 to 8:00 p.m.

Saturdays 11:00 a.m. to 12:00 p.m.

Fee: \$89

Location: CrossFit Meriden, 11 Crown St., Meriden

CROSSFIT® KIDS FITNESS PROGRAM

Whether you are a novice, junior novice or varsity athlete, CrossFit® Kids is forging the future of fitness. Flexibility, endurance, strength and lots of fun are all part of the Meriden YMCA CrossFit® Kids program. **Sign up today!**

Fall I: Sept. 12 – Oct. 24

Fall II: Nov. 7 – Dec. 19

Full Member Fee: \$35*

Program Member Fee: \$65*

Classes

Ages	Day	Time
3-8	Saturday	9:30 – 10:15 a.m.
9-11	Saturday	10:15 – 11:00 a.m.
12-17**	Friday	4:00 – 4:45 p.m.

**Teens 16 & older may progress to regular CrossFit, based on the discretion of the instructor upon completion of CrossFit Kids Program.



CrossFit Coach John Logus teaching Olympic lifting

SEE WHAT'S COOKING!

COOKING LIGHT

Learn how to make your favorite savory dishes but with ½ the fat and calories without sacrificing great taste and presentation.

Fall I: Sept. 10 – Oct. 1
 Fall II: Oct. 15 – Nov. 5
 Time: Thursday
 6:00-8:00 p.m.

Session Fee:
 Full Member: \$69
 Program Member: \$89

SWEET TREATS

Learn how to make decadent desserts and decorate cakes for all occasions.

Fall I: Sept. 12 – Oct. 3
 Fall II: Oct. 17 – Nov. 7
 Time: Sat. 10 a.m.-12 noon

Session Fee:
 Full Member: \$69
 Program Member: \$89

PALEO COOKING CLASSES

One night is one session. BYOB.

Session 1: September 11
 Session 2: October 16
 Session 3: November 13
 Time: 6:00-9:00 p.m.
 Session Fee: \$25 per person
 (\$6 person min.)

BAKE SHOP / LITTLE CHEFS COOKING

A five week program designed for children and youth ages 4-12. This program will give participants a hands on cooking/baking experience. The program will teach children that cooking can be creative, full of discovery, and a whole lot of fun.

Fall I: Sept. 14 – Oct. 26
 Fall II: Nov. 2 – Dec. 14

Times:
 (4-7 yr. olds) Monday, 4:00-4:45 p.m.
 (7-12 yr. olds) Monday, 5:00-4:45 p.m.
 Full Member Fee: \$34*
 Program Member Fee: \$64*



CREATIVE COOKING PARTY

Have a fun night out at a creative cooking party with our chef! Choose your cuisine, get a hands on cooking lesson, and enjoy your meal you've prepared together.

We can accommodate any group. Make it a girls night out, date night, or dads night. You choose the date and time. BYOB.

Time: 3 hours.
 Fee: \$300 for group of up to 10 people
 (minimum of 4 participants)

*EARLY REGISTRATION PRICE. ADD \$10 IF YOU SIGN UP AFTER EARLY REGISTRATION.

NEW SMALL GROUP TRAINING OPTIONS

KETTLEBELL BOOTCAMP:

6 weeks – Intermediate/advanced
(6 participants minimum – 10 max)

Fall I: Sept. 14 – Oct. 19
Fall II: Nov. 2 – Dec. 7
Day: Monday
Time: 8:45-9:30 a.m.

Registration

Full Member: \$35*
Program Member: \$60*

FOCUS FORWARD

Focus Forward is a Health & Wellness program for cancer patients. The program is designed to improve the well-being of men and women recovering from cancer treatments and surgery. This multifaceted 10-week program is taught by certified personal trainers and certified cancer exercise experts who will guide each participant through exercise and relaxation techniques.

For more information about this program, please contact our Health & Wellness Director, Carrie Marquardt, at 203-235-6386 x18.

ZUMBA GOLD® FOR SENIORS

Time: Mondays 10:30 a.m.

FREE to all Meriden YMCA Full Members

ZUMBA® KIDS (Parent and Child ZUMBA®)

ZUMBA® is an exciting, fun class that gets you moving and grooving to Latin fused rhythms. Have fun with your child (ages 5 and up).

Fall I: Sept. 14 – Oct. 26
Fall II: Nov. 2 – Dec. 14
Time: Monday 4:30-5:00 p.m.

Registration

Full Member: FREE
Program Member: \$30

We also offer:

ZUMBA FITNESS®, ZUMBA TONING®, AQUA ZUMBA® & ZUMBA® KIDS



COMING THIS FALL

“THE BARBELL CLUB”

For teens ages 14 – 18. Learn proper lifting techniques for your strength level, size and endurance. Date is to be determined. Call Carrie for more information
203-235-6386 x18.

“I feel good and have met a lot of nice people. I enjoy ZUMBA, Yoga, Have A Ball, Weights, Senior Olympics and Lunch and Learn, everything!”



Maria Morales



“I’ve lost 50 pounds and I’ve met so many awesome friends of all ages”

Donna Scott

GIVING BACK

Our YMCA believes in giving back and supporting our neighbors in our community. Whether it's your time, talent or treasure, there are many ways to make our community stronger.

VOLUNTEER AT THE Y

When you volunteer at the Y, you provide leadership and talent vital to empowering people and communities to learn, grow and thrive.

DONATE

When you give to the Y, you continue to strengthen our community and move us all forward. Your gift will have a meaningful enduring impact right in your own neighborhood. At the Y, no child, family or adult is turned away.

WAYS TO GIVE:

1. Support one of our Annual Campaign Charity Events during the year such as the Martini & Massage Charity Benefit, Golf Tournament, or Surf and Turf Dinner.

2. Send a donation to the Y. You may make a donation in honor of or in memory of a loved one who was a strong believer and supporter of the Meriden YMCA and its mission and vision.

3. Donate online at www.meridenymca.org

4. Planned Giving (Heritage Club)

The Meriden YMCA established its Heritage Club to honor those friends who, by including the YMCA in their financial and estate planning, have ensured our programs and services will positively impact the lives of future generations to come. A planned gift can also bring financial benefits to the donor and their family.

Our planned giving staff will be happy to meet with you and your financial advisor to design a plan that is uniquely tailored to meet your philanthropic objectives. Please call Sue Chester for more information at 203-235-6386.



HERE IS HOW YOUR DONATIONS HELP OUR COMMUNITY

\$2,500 Transforms the lives of 12 families fighting childhood obesity.

\$1,000 Helps 3 children enjoy the magic of summer camp.

\$750 Provides 1 child a month of preschool for a brighter future.

\$500 Allows 12 children to have swim lessons.

\$250 Gives 6 children a youth sports experience.

\$100 Subsidizes a 3 month membership for a new foster family to bond.

SAVE THE DATES!

Fall Open House
September 12, 2015

Ride for the Y - Motorcycle Poker Run
October 3, 2015

Misty Night Halloween Event at Mountain Mist
October 17, 2015

Annual Community Thanksgiving
Dinner & Meal Delivery
November 26, 2015

Jolly Jog Fun Run & Breakfast with Santa
December 12, 2015

Annual Community Christmas
Dinner & Meal Delivery
December 25, 2015

DOWNLOAD OUR FREE MOBILE APP

- Get Schedules
- Check facility status
- Get notifications
- Program and event updates

Available in the Apple App Store and Google Play Store





**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BIRTHDAY PARTIES

Is someone having a birthday soon? The Meriden YMCA provides the perfect venue for your get-together with lots of fun options including: All Star, CrossFit Kids, Cooking, Dance, Splish-Splash, Bounce House Supreme, and Private After Hours parties.

ALL STAR PARTY

You can choose basketball, karate, dodge ball, kickball, wiffleball or floor hockey. One hour of sports and one hour in the party room.

SPLISH-SPLASH PARTY

One hour of open swim in our indoor pool (lifeguard on duty) and one hour in the party room.

DANCING WITH THE STARS

Our certified dance instructor will be dancing with your little star. One hour in the dance studio and one hour in the party room.

BOUNCE SUPREME

One hour of jumping in our giant bounce house and one hour in the party room. Great for ages 3 - 8 years old.

NEW! COOKING PARTY

Your Little Chef can enjoy a two hour kid friendly cooking party with friends at our newly renovated kitchen in our Meriden YMCA Art Center at 14-16 West Main Street. Bon Apetit!

NEW! CROSSFIT KIDS PARTY

CrossFit Kids is forging the future of fitness for kids from age 3 through 17. Flexibility, strength and endurance and lots of fun are all part of our program. Get a taste of just how fun it can be in this birthday party. Great for kids who like to be on the move.


PRIVATE PARTY

Party after hours with 25 of your favorite people. Includes party room and pool/gym time for two and a half hours. Lifeguard and hostess on duty. This package is great for teens.



Meriden YMCA

110 West Main Street, Meriden CT, 06451
tel 203-235-6386 | fax 203-634-6517 | meridenymca.org

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