



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING STARTS HERE

DISCOVER A NEW YOU AT THE Y

2015 PROGRAM GUIDE | MERIDEN YMCA

WINTER I SESSION

JAN. 3 – FEB. 16, 2015

Registration:

Early Bird Savings

When You Register

December 15-29, 2014

EARLY SPRING SESSION

March 2 – April 19, 2015

Registration:

Early Bird Savings

When You Register

February 9-23, 2015

**REGISTER EARLY
AND SAVE!**

203-235-6386

meridenymca.org

Like us on 



JOIN US. WE'RE HERE FOR GOOD.

Your membership at the Meriden YMCA is not only an investment for you and your family's health and wellness, but also your community. Membership fees cover operational costs for all of the great things your Y offers and support the many community programs provided by the Y.

FULL MEMBERSHIP BENEFITS

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

2. FREE CLASSES INCLUDING:

- Aerobics
- Pilates
- Barbell Strong
- BOSU Boot Camp
- Piloxing
- Yoga
- Zumba®
- Zumba Kids®
- Aqua Aerobics
- Aqua Pilates
- Body Shred
- INSANITY®
- Spinning
- Floor, Core & More
- Zumba Gold®
- Fit Seniors

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

4. FREE Fitness Center Orientation & Get Started Plan

5. FREE Family Swim Time

6. FREE Senior Exercise Programs

7. FREE Family Events

8. Child Watch babysitting service while you exercise (for very affordable hourly rates)

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

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

PROGRAM REGISTRATION:

- Register early and save!
- Register early to secure your spot.
- Schedules subject to change.
(On rare occasions we may need to change a date and time.)

ASK US ABOUT OUR MEMBERSHIPS FOR:

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



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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.



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. We also have Infant and Toddler care in South Meriden.
- 2. Meriden YMCA Little Rascals Day Care Center** – Call Courtney at 203-630-0039. We also have Infant and Toddler care.
- 3. Meriden YMCA Head Start**
Call 203-238-9166. (Free/sliding scale based on eligibility.)
- 4. Meriden YMCA Childcare Preschool Program (Full Day)** Call 203-235-8906.
- 5. P.A.L.S. (Full and Half Day School Readiness Preschool Programs)**
Call 203-235-8906. (Sliding scale)
- 6. 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)
- 7. 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.

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

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:	Dec. 24, 26, 29-31, 2014* January 19, February 16-20 April 20-24, 2015
Time:	7:00 a.m. – 5:00 p.m.
Full Member Fee:	\$25 per day (2014)** \$30 per day (2015)**
Program Member Fee:	\$55 per day (2014) \$60 per day (2015)

*The Meriden YMCA closes at 2:00p.m. on Christmas Eve and New Year's Eve.

**Register before Vacation Fun Club date for early registration price. Add \$10 day of registration.

SNOW DAY CLUB

The Snow Day Club provides a fun day for your child (grades K through grade 5) when school is canceled due to a snow day.

Hours:	7:00 a.m. – 5:00 p.m.
Location:	110 West Main Street
Full Member Fee:	\$25 per day (2014)* \$30 per day (2015)*
Program Member Fee:	\$55 per day (2014)* \$60 per day (2015)*

*Early Bird Price for registrations before Snow Day. Add \$10 to registration on day of Snow Day.

Registration, health form, and payment must be submitted in advance. Second Snow Day Club registration must be paid in full by 5:00 p.m. by the end of the first Snow Day. There are no refunds. To register call 203-235-6386 or visit us at 110 West Main St.

SUMMER CAMP

Summer Camp at the Y is a fun and unique experience that gives children and teens the opportunity to discover their full potential, meet new friends, see old ones, and create memories that last a lifetime.

Call us at 203-235-6386 to find out how to save with early registration. Ask us about our E-Z Pay Plan too!

**Saturday, January 31, 2015 • 9 a.m. to 1 p.m.
Early Registration for Mountain Mist Day Camp**

CHILD WATCH PROGRAM

(childcare while you workout)

The Meriden YMCA provides child care for your child ages 3 months to 9 years old in a safe nurturing environment in our Child Watch Room. Child Watch is offered at a very affordable hourly rate of \$3 per hour for one child and \$5 per hour for two children.

Hours are Monday through Saturday 9:00 a.m. to 12:00 p.m. and Monday through Thursday 4:00 to 8:00 p.m.

TOT DROP

Tot Drop is offered to Meriden YMCA full members who need child care while they are not at the Y 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. Fee is \$10 per hour per family.

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 you 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 ACADEMY

Unleash your creative side and art it up with clay class, clay drawing and more, and throwing on the wheel. Fees for each class are as follows:

Full Member Fee: \$65
Program Member Fee: \$90
Materials Fee: \$20

***Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates**

CLAY CLASS

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

Winter: Jan. 3 – Feb. 14
Early Spring: March 7 – April 18

Day/time:
Saturdays 9:00 a.m. to 12:00 p.m. (ages 5-9)
or 12:30 to 3:30 p.m. (age 10+)

CLAY, DRAWING AND MORE

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

Winter: Jan. 6 – Feb. 19
Early Spring: March 3 – April 14
Day/time: Tuesdays 4:30–6:30 p.m.

Registration

Full Member Fee: \$65*

Program Member Fee: \$90*

THROWING ON THE WHEEL FOR BEGINNERS

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 4 students. All ages.

Winter: Jan. 8 – Feb. 19
Early Spring: March 5 – April 16
Day/time: Thursday 6:00–8:00 p.m.

MUSIC LESSONS

We offer Beginner Piano/Keyboard, Beginner Guitar, Beginner & Intermediate Drum, Voice and Music Writing lessons. 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

MUSIC LESSONS FOR HIGH SCHOOL STUDENTS

The Meriden YMCA Arts Academy has an after school program for high school music students which provides the opportunity for individual and small group vocal and instrumental lessons.

Whether you want to start an instrument for the first time or perfect your talents as you prepare for Regionals, All-State or a college audition, the Meriden YMCA Arts Academy is your place for affordable lessons from reputable, professional musicians.

- Affordable lessons
- Professionally trained instrumental and vocal teachers
- Free bus transportation from Maloney and Platt High Schools
- Convenient after school lesson times
- Safe place to study and socialize before/after lessons

Individual Lessons: \$25 per lesson

Small Group Lessons (two student minimum): \$15 per student per lesson

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All of the following are available in beginning to advanced lessons: Voice, Violin, Viola, Cello, Bass, Guitar, Piano, Flute/Piccolo, Clarinet, Saxophone, Trumpet, French Horn, Trombone, Euphonium, Tuba, Percussion,

For more information please call Steve at the Meriden YMCA at 203-235-6386 x17.

MERIDEN YMCA YOUTH THEATRE

The spring 2015 production will be "Godspell, Jr." Registration is at 110 West Main Street. Auditions are at the Meriden YMCA Art Center. Rehearsals are Saturday mornings 9:00 a.m. – 12:00 p.m. at the Meriden YMCA Art Center. This program is for ages 5-18.

Saturday, December 20:
Godspell, Jr. Registration 9am – 12pm

Friday, January 2:
Middle School Cast Auditions 9am – 12pm

Saturday, January 3:
Elementary School Cast Auditions 9am – 12pm

Saturday, January 3:
High School Cast Auditions 1pm – 4pm

Rehearsals begin January 10 9am-12pm

Show Dates – PLEASE BE AWARE THAT THIS IS EASTER WEEKEND

Friday, April 3 at 7pm
Saturday, April 4 at 2pm & 7pm

Registration

Full Member Fee: \$65*

Program Member Fee: \$90*

***Early bird price when you register by 12/20/14. Add \$10 if you register after those dates**

**COMING IN JANUARY
ADULT DANCE CLASSES**

MERIDEN YMCA DANCE ACADEMY

We strive to provide a fun and constructive environment to teach a high quality dance education. We work to develop physically and mentally strong individuals and assist them in building a positive self image.

The Meriden YMCA Dance Academy will run from September 2014 to June 2015. Recital date to be announced.

MERIDEN YMCA DANCE ACADEMY

BALLET & TAP

Age: Dancing Darlings 3 – 4 years old
Day/Time: Saturday 10:15–11:15 a.m.
Location: Aerobics Studio
Fee: \$35*

BALLET, TAP & HIP HOP

Age: 5 – 7 years old
Day/Time: Saturday 11:15 a.m. – 12:30 p.m.
Location: Aerobics Studio
Fee: \$38*

Age: 8 – 10 years old
Day/Time: Saturday 12:30 – 2:30 p.m.
Location: Art Center
Fee: \$50*

ADVANCED HIP HOP

Age: 11 years old and up
Day/Time: Monday 7:30 – 8:30 p.m.
Location: Art Center

TAP

Age: 11 years old and up
Day/Time: Thursday 5:00 – 6:00 p.m.
Location: Art Center

BALLET

Age: 11 years old and up
Day/Time: Thursday 6:00 – 7:00 p.m.
Location: Art Center

CONTEMPORARY

Age: 11 years old and up
Day/Time: Thursday 7:00 – 8:00 p.m.
Location: Art Center

Fee for classes for age 11 years and up: \$35 per month for one class, \$10 per month for each additional class.

*Monthly dance fees are drafted automatically from a bank or credit card account.

SWIM, SPORTS & PLAY

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

Registration

Full Member Fee: \$53*

Program Member Fee: \$78*

*Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates.

MONDAY

Winter:	Jan. 5–Feb. 16
Spring I:	March 2–April 13
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

Winter: Jan. 6–Feb. 17
Spring I: March 3–April 14
4:00–4:30 Guppy
4:30–5:00 Minnow

WEDNESDAY

Winter: Jan. 7–Feb. 18
Spring I: March 4–April 15
4:00–4:30 Eel
4:30–5:00 Polliwog

THURSDAY

Winter: Jan. 8–Feb. 19
Spring I: March 5–April 15
4:00–4:30 Guppy
4:30–5:00 Fish/FF

SATURDAY

Winter: Jan. 3–Feb. 14
Spring I: March 7–April 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, Ray, Polliwog 2, Guppy
10:50–11:20 Pike, Eel, Shrimp/Kipper,
Perch, Starfish
11:25–11:55 Minnow, Fish & Flying Fish,
Shark

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 – (April)

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

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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.

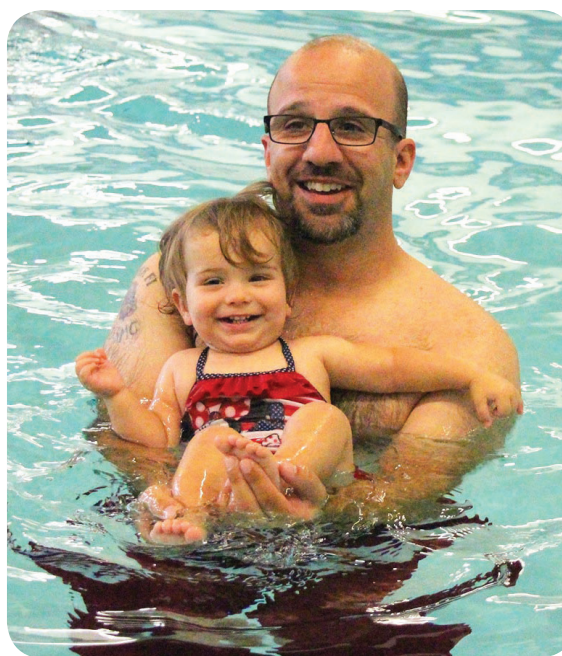
New swimmers are always welcome. We offer ongoing registration with pro-rating. A Full Membership is required. For more information contact Megan our Aquatics Director at 203-235-6386 ext. 12 or visit www.meridenymca.org

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.



SWIM

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.
Winter: Jan. 3–Feb. 14
Spring I: March 7–April 18

Registration

Full Member Fee: \$53*
Program Member Fee: \$78*

***Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates.**

SPRING STROKE AND DIVING CLINIC

April

Beginner Stroke Clinic is for the swimmers who are new to the sport. During this week the children will learn various techniques to perform all four competitive strokes: freestyle, backstroke, breaststroke and butterfly.

Intermediate Stroke Clinic is designed for returning swimmers. Our primary focus will be stroke technique starts and turns. Rules of competition as well as good sportsmanship will be introduced.

Advanced Stroke Clinic is designed for competitive swimmers who are looking to perfect their overall performance and to achieve their personal goals. We will work on turnover rate, underwater pull, lift forces, streamlines, and eliminating drag forces, while emphasizing team spirit, good sportsmanship and team camaraderie.

If you have any questions, contact the Aquatics Director at the Meriden YMCA. To register for this program call the Meriden YMCA at 203-235-6386.

Pool rentals are available, call Megan at 203-235-6386.

YOUTH SPORTS

PARENT AND CHILD BASKETBALL TRAINING

This program is designed for 3 year old boys and girls. Have fun participating in weekly basketball

activities to help your child learn the basics of basketball.

Dates: Sundays, Jan. 4–Feb. 1
Time: 9:00–9:45 a.m

Registration

Full Member Fee: \$29*
Program Member Fee: \$54*

***Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates**

YOUTH BASKETBALL TRAINING

Children will have fun learning the basics of basketball from Coach Kevin. The boys and girls will participate in weekly practices and scrimmage games.

Dates: Saturdays, January 3–February 7
Time: 9:00–9:45 a.m (4–6 year olds)
10:00–10:45 a.m (4–6 year olds)
11:00–11:45 a.m (4–6 year olds)
12:00–12:45 p.m (4–6 year olds)
1:00–1:45 p.m (7–9 year olds)
2:00–2:45 p.m (7–9 year olds)

Dates: Sundays, January 4–February 1
Time: 10:00–10:45 a.m (10–13 year olds)
11:00–11:45 a.m (10–13 year olds)

Registration

Full Member Fee: \$39*
Program Member Fee: \$64*

***Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates.**



MERIDEN YMCA YOUTH BASKETBALL LEAGUE

Children will have fun participating in organized basketball games each week. Each team will follow a rotating schedule, and enjoy learning the rules of the game with Coach Kevin.

Dates: Saturdays, February 14–March 28

Time: 9:00–9:45 a.m (4–6 year olds)
10:00–10:45 a.m (4–6 year olds)
11:00–11:45 a.m (4–6 year olds)
12:00–12:45 p.m (4–6 year olds)
1:00–1:45 p.m (7–9 year olds)
2:00–2:45 p.m (7–9 year olds)

Registration

Full Member Fee: \$49*

Program Member Fee: \$74*

*Early bird price when you register by 2/9/15.
Add \$10 if you register 2/9/15 or later.

Dates: Sundays, February 8–March 29

Time: 9:00–10:00 a.m (10–12 year olds)
10:00–11:00 a.m (10–12 year olds)
11:00–12:00 p.m (13–15 year olds)
12:00–1:00 p.m (13–15 year olds)

Registration

Full Member Fee: \$49*

Program Member Fee: \$74*

*Early bird price when you register by 2/2/15.
Add \$10 if you register 2/2/15 or later.

Volunteer Coaches Needed
No Class on Sunday, March 22, 2015

GYMNASTICS

The following is our pricing for each of our gymnastics programs (with the exception of the team). Register early and save! All of our gymnastics programs are held in our gymnasium.

Registration

Full Member Fee: \$45*

Program Member Fee: \$70*

*Early bird price when you register by 12/29/14 for Winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates.

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

Winter: Jan. 6–Feb. 17
Early Spring: March 3–April 14
Ages: 18 months – 2 yrs. of age
Time: Tuesday 5:00–5:45 p.m.

Level 1 Gymnastics This beginner class is offered for children from 3 years of age and up, who have little or no experience.

Winter: Jan. 5–Feb. 16
Early Spring: March 2–April 13
Beginner I: Mondays 5:00–5:45 p.m.
(3 years to 5 years)

Level 2 Gymnastics This beginner class is for children ages 6 and up. Coaches will evaluate their skill level for advancement.

Winter I: Jan. 6–Feb. 17
Early Spring: March 3–April 14
Time: Monday 5:45–6:45 p.m.

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

Winter: Jan. 5–Feb. 17
Early Spring: March 2–April 13
Time: Wed. 5:45–6:45 p.m.

Advanced Gymnastics This class is designed to better prepare gymnasts for compulsory routines and team competition. Coaches will evaluate skill level.

Winter: Jan. 7–Feb. 18
Early Spring: March 4–April 15
Time: Wed. 5:30–7:00 p.m.

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.

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)

Winter: Jan. 5 – Feb. 16
Early Spring: March 2 – April 13
Time: Monday 4:30 – 6:00 p.m.

Registration

Full Member Fee: \$40*
Program Member Fee: \$70*
Location: Meriden YMCA
Racquetball Court #1
Instructor: Oscar Rosado

Protective goggles and racket required.

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

TOTS (3 to 5 yrs. old): Mondays
 6:45 – 7:30 p.m.

Winter: Jan. 5–Feb. 16
Early Spring: March 2–April 13

Registration

Full Member Fee: \$40*
Prog. Member Fee: \$65*
Instructor: Sensei Raymond Rodriguez

Winter: Jan. 6–Feb. 21
Early Spring: March 3–April 18

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 Levels:

Registration

Full Member Fee: \$55*
Program Member Fee: \$80*



YOUTH PROGRAMS

BAKE SHOP / LITTLE CHEFS COOKING

A 5 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.

Winter: Jan. 5–Feb. 16
Early Spring: March 2–April 13
Times:
 (4–7 yr. olds) Mondays, 4:00–4:45 p.m.
 (7–12 yr. olds) Mondays, 5:00–4:45 p.m.
Location: Meriden YMCA Arts Center

Registration

Full Member Fee: \$34*
Program Member Fee: \$64*

CLUB Y

Back by popular demand, Club Y is here! 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: Friday 6:30–8:30 p.m.
Location: Meriden YMCA
Grades: 6–8
Fee: \$2 per person
Non-Members Welcome

Stop by the Meriden YMCA to pick up your registration/parent permission form.

FAMILY TIME

Enjoy some family time together at the Y: free family events, open swim time, play basketball or racquetball together, have fun in our Exergame Fitness Arcade and relax at our Mountain Mist Outdoor Center in the summer. Another great way to have fun with your children is to take a class together. Try ZUMBA KIDS®.

*Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates

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.

Ages: 11 – 15 years old
Date: Saturday, March 7, 2015
Time: 9:00 a.m. – 2:00 p.m.

Registration

Winter by 3/2/15
Full Member Fee: \$39*
Program Member or Non Member Fee: \$69*
Includes: Babysitter's Training Handbook, DVD & Emergency Reference Guide.

AQUA AEROBICS

Winter: Jan. 5–Feb. 14
Monday–Friday
Early Spring: March 3–April 18
Monday–Friday

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

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

Registration

Winter by 12/29/14
Full Member: FREE
Program Member: \$100*

AQUA PM:
Monday – Thursday 7:30–8:30 p.m.

Registration

Full Member: FREE
Program Member: \$60*

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! 12 Week program.

*Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates

Winter: Jan. 28 – April 15, 2015
Time: Wednesday evenings
6:00–6:45 p.m.

Location: 110 West Main St.

Full Member Fee: \$109 per person
Non-Member Fee: \$139 per person

Includes 12 week full membership and group personal training. Some restrictions may apply.

Call Carrie at 203-235-6386 X-18 or visit www.meridenymca.org for more info.

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.

Winter: Jan. 7–Feb. 18
Early Spring: March 4–April 15
Time: Wednesday,
6:45–7:45 p.m.

Registration

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 at (203) 235-6386, x18.

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.



GROUP EXERCISE CLASSES

INCLUDED IN YOUR FULL MEMBERSHIP!

- Aerobics
- AQUA Aerobics
- AQUA ZUMBA®
- INSANITY®
- Barbell Strong
- Tabata Bootcamp
- Spinning
- Kickboxing
- Pilates
- AQUAPilates
- Yoga classes
- Body Shred by Jillian Michaels
- BOSU Interval
- ZUMBA®
- ZUMBA® Gold
- ZUMBA® Step
- Power Yoga
- and more!

DATE NIGHT EVERY MONTH!

Meriden YMCA members with full family memberships can enjoy a monthly date night the last Saturday of each month from 6:00 to 9:00 p.m. at the Meriden YMCA.

The Meriden YMCA childcare staff will provide babysitting for children ages three months to 10 years old for \$25 per family for the evening.

Call Carrie at 203-235-6386 x-18 for details.

EAT SMART

- Frustrated because you can't meet your weight loss goals?
- Are you consuming the proper ratio of fats, proteins and carbohydrates daily?
- Is your body burning through your fat stores and building muscle?

Let us help you meet your nutritional needs with one of our own certified AASDN, (American Academy of Sports Dietitians and Nutritionists) Specialists.

Fee: \$99 for 3 sessions

Call Carrie to book your appointment today!

ADULT COOKING CLASSES

4 Weeks - 4 Courses: Learn to prepare and cook a variety of dishes from all over the world! Italian, Mexican, French, American and more...

At the end of each class you will sit down to a beautifully set table to enjoy the fruits of your labor. (B.Y.O.B) Class size no less than 4 participants. 10 person maximum

Session 1: Jan. 29-Feb. 19, 2015
Session 2: Feb. 26-March 19, 2015
Session 3: March 26-April 16, 2015
Session 4: April 23-May 14, 2015
Time: Thursday, 6:00-8:00 p.m.
Location: Meriden YMCA Arts Center Lower Level

Registration

Full Member: \$69 per person
Program Member: \$89 per person

We can accommodate any group—make it a girl's night out, date night, Dad's only—you choose.

\$300 for up to 10 people (minimum 4)

For more information contact Carrie at 203-235-6386 ext. 18

MASSAGE THERAPY

Licensed Massage Therapists Christine Hicks and Meredith Morotto 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.

Please see our website for monthly specials and features.

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. Please call Carrie with questions at 203-235-6386 x18.

Winter: Jan. 6-Feb. 19
Early Spring: March 3-April 16
Location: Meriden YMCA Fitness Center
Time: Tuesday & Thursday 3:15-4:00 p.m.

Early Registration

Full Member: \$30*
Program Member: \$55*

*Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates



PACE PROGRAM

(Physical Activity Changes Everything)

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

Winter: Feb. 2-March 5, 2015
Early Spring: March 23-April 23, 2015

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!"

*This has been a life changing experience for our family." – Christian's Mom

Here is what kids say about the PACE program:

"It's great fun and exciting!" – Tanasya

"I have water now instead of soda and I cut back on food. I feel good." – Daniel

"Every household needs this program. We can still eat healthy on a small budget." – A. Moore

Contact Carrie at 203-235-6386 x18 or cmarquardt@meridenymca.org. 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)

2 FOR \$310

NEW SMALL GROUP TRAINING OPTIONS

TREADMILL BOOT CAMP:

Interval training for endurance, strength and weight loss. See trainer for times and availability.

6 weeks – Intermediate/advanced
(6 participants minimum – 10 max)
Full Member Fee: \$35
Program Member Fee: \$60

KETTLEBELL TRAINING:

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

Winter: Jan. 12–Feb. 16
Early Spring: March 2–April 6
Mondays 4:00–4:45 p.m.
Saturdays 9:00–9:45 a.m.

Registration

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

J.M.S. TRAINING SYSTEM

Have you been told you need a joint replacement or have you undergone joint replacement surgery? Joint mobility and stability personal training system is designed with you in mind. You will learn specific muscle activation exercises designed for strength, mobility and stability of the afflicted area.

Instructor: Theresa Needels

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

8 Sessions: \$199

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

*Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates

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).

Winter: Jan. 5–Feb. 16
Early Spring: March 2–April 13
Time: Monday 4:45–5:15 p.m.

Registration

Full Member: FREE
Program Member: \$30

We also offer:

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



 Become our fan on
facebook.com/YMCA.Meriden

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

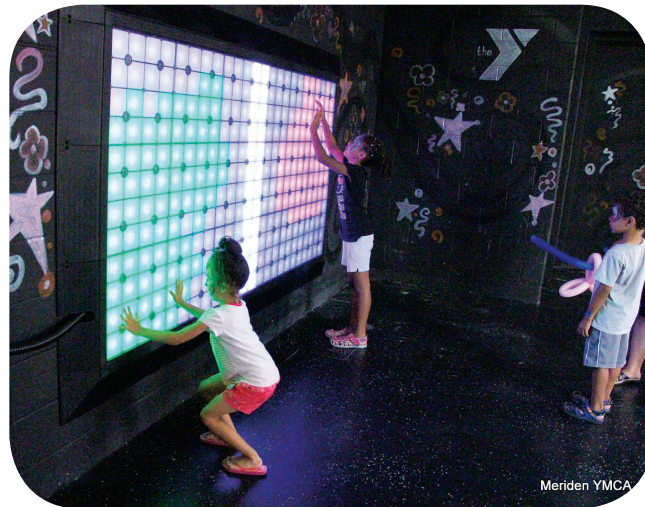
4. Planned Giving (Heritage Club)

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.



meridenymca.org



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!

New Year's Day
We Are Open

Winter Programs Begin
January 3, 2015

Healthy Kids Day
April 4, 2015

Martini & Massage Charity Benefit
June 4, 2015

Meriden YMCA & Meriden Rotary Golf
Tournament
August 4, 2015

GIVING BACK and CREATING BRIGHTER FUTURES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEET COLLEEN

"CrossFit is so much more than a workout."

"I knew I wanted to make some changes physically to be at my best. CFM challenged me from Day 1 and I started feeling stronger and more fit every week. I gained confidence and am a happier person in my day to day life. I love to challenge myself physically and truly enjoy working out.

Immediately before starting CFM, I wasn't in a very happy place. I hadn't enjoyed working out in a long time. Physically I was in the worst shape of my life and not feeling good about myself. I'd managed to get myself pretty out of shape, and needed a change. I was having a lot of trouble finding motivation to get myself to the gym, so I wanted something that forced accountability.



Almost 12 years ago, I was diagnosed with cancer, although I'm cancer free now, it really took my spirit away. Physically I was healthy but inside it took an emotional toll which led to a 60 pound weight gain. I knew I had to make a change, just dieting wasn't working for me.

Thanks to CFM, I've learned what community means.

Our coaches genuinely care about you and your goals. They are great at what they do and how they make you feel. CrossFit healed me."

To read more about Colleen's story and why members love CrossFit Meriden and the Meriden YMCA visit our web sites at CrossFitMeriden.com and MeridenYMCA.org.

HOW DO YOU GET STARTED WITH CROSSFIT®?

Everyone starts with On Ramp classes which help prepare you for your CrossFit group classes by taking you through the movement curriculum and proper techniques. Take a FREE trial class Saturdays at 8 a.m. Preregistration is required. Call Carrie at 203-235-6386 x18. If you love it, which we know you will, sign up for six On Ramp classes.

6 On-Ramp Classes for \$50
Register for 6 Months of CrossFit® immediately after completing your on-ramp classes and receive \$50 off your first full month of unlimited CrossFit® classes.

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!**

Winter: Jan. 10 – Feb. 21
Early Spring: Feb. 28 – April 11

Registration

Full Member Fee: \$35*
Program Member Fee: \$45*

Ages	Day	Time
3-8	Saturday	9:30 - 10:15 a.m.
9-11	Saturday	11:00 - 11:45 a.m.

CROSSFIT® TEENS

Winter: Jan. 9 – Feb. 20
Early Spring: March 6 – April 17
Time: Friday 4:00 p.m. – 4:45 p.m.

Early Registration

Full Member Fee: \$45*
Program Member Fee: \$75*

Class location is 11 Crown Street Meriden. Please register at the Meriden YMCA at 110 West Main Street.

***Early bird price when you register by 12/29/14 for winter and 2/23/15 for Early Spring. Add \$10 if you register after those dates**

Meriden YMCA

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

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