



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOR A BETTER YOU

**2016 FALL  
PROGRAM GUIDE  
MERIDEN YMCA**

## **FALL I SESSION**

September 6–October 24, 2016

Early Registration: August 8-22, 2016

## **FALL II SESSION**

November 1–December 19, 2016

Early Registration: October 10-24, 2016

**Here for Good** CELEBRATING  
150 YEARS

203-235-6386 meridenymca.org

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

## MERIDEN YMCA

At the Y, we're not just a gym, pool or child care center, we're a cause. Every day our impact is felt when someone makes a healthy choice, a teacher or coach inspires a child and builds their confidence, and when neighbors come together for the common good.

### MEMBERSHIP OPTIONS AND BENEFITS

At the Y you have two main options for membership, a program membership or a full facility membership. A program membership is a basic membership so that you can register for classes.

A full facility membership gives you access to the facilities and you save when you register for programs and summer camp with special lower rates for full members.

Here are the benefits of a Full Membership:

### FULL MEMBERSHIP BENEFITS

#### 1. FREE Child Watch babysitting service while you exercise (Meriden)

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 at the Meriden YMCA plus 24/7 fitness at the New Britain YMCA.

#### 3. FREE CLASSES INCLUDING:

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

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 Mountain Mist Day Camp session (lower cost for Full Members)

11. My Y Is Every Y and YMCA Away Program

12. NO CONTRACTS

13. FREE Friday Night Fun Play Time at Exploration Station

14. One membership, three YMCAs - the Meriden, New Britain and Berlin YMCAs are now part of one association which means more for our members.

Members with Full Privilege Memberships can:

- Use all three YMCA locations including the 24/7 New Britain Fitness Center
- Enjoy group fitness classes at all three locations such as Bike-O-Vision in New Britain and Pilates, ZUMBA and Yoga in Berlin
- Register for programs held at any of the three YMCAs at the lower full member rate.

### HOW TO REGISTER FOR PROGRAMS

1. In person at 110 West Main Street
2. Online at [www.meridenymca.org](http://www.meridenymca.org)
3. By phone at (203) 235-6386

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, Reserves and Veterans
- Corporate Membership Plans & Onsite Wellness classes
- Memberships and programs for Active Older Adults

SilverSneakers®, Silver and Fit®, Healthways PRIME®



### REGISTER EARLY AND SAVE!

Enjoy early bird prices when you register during the early registration period.

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.

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

### 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.

## 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. 7 & 10, Nov. 8 & 11, Dec. 26-30, 2016  
Jan. 2 & 16, Feb. 20 & 21, Apr. 10-14, 2017

**Time:** 7:00 a.m. – 5:00 p.m.

**Full Member Fee:** \$30 per day

**Program Member Fee:** \$60 per day

### Meriden YMCA

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





## YMCA DANCE ACADEMY

**Dance Director:** Chantel Martin

**Dance Instructors:** Miss Alexis and Miss Amber

**Contemporary/Lyrical** blends ballet & jazz dancing. Dancers use movement to express strong emotions such as joy, love and anger. Lyrics of the chosen song serve as inspiration for movements and expressions.

**Hip Hop** is a high energy level class that uses the latest music and dance moves from music videos and dances. Hip Hop is about personal style and expression. Fast movement, jumping, and beginner break dancing moves are incorporated in the choreography.

**Jazz Dance** combines techniques of Ballet and Modern dance with the current forms of popular dance. Jazz also can take on different characteristics such as Street Jazz and Broadway. The emphasis of Jazz is on the importance of energy, rhythmical accuracy, and style.

**Tap** emphasizes clarity of sound, rhythm, coordination, and speed with special shoes that have metal plates on the toes and heels. Fundamentals of tap incorporate combinations, and intricate footwork.

**Ballet** is the foundation for dance. We focus on developing a solid ballet technique with emphasis on understanding correct body placement, proper use of

turn out, coordination of the upper body and use of arms. The importance of strength, flexibility, rhythm, musicality and memorization are stressed at every level of ballet classes.

**Pointe** is by recommendation only. Dancers may be eligible for Pointe work based on interest, strength, and body structure. Teachers will evaluate dancers that are interested. Dancing on Pointe is the act of standing on the tips of the toes while performing steps from ballet. Pointe work is an extension of the skills and technique learned in Ballet class which is required in order to take Pointe.

**Baby Ballerinas** characterizes a love of movement in your child with this fun and energetic class. Lessons consider students' attention spans and keeps them happily engaged while learning to translate music to movement. Interaction is consistent and incorporates a high level of praise to promote a strong sense of accomplishment. Parent/Guardian must stay for this class. Dancers will perform a ballet routine in our recital.

**Acro** dancers will learn the basics or work on advancing their gymnastics skills. Teachers will guide the class towards increased flexibility, balance, strength, muscle control, discipline and concentration. This class will focus on fundamental acrobatic technique and fun choreography.

## DANCE ACADEMY SCHEDULE

### MONDAYS

- 6:00-6:45 Tap Adult  
6:45-7:30 Adult Jazz/Hip Hop  
7:30-8:15 Dynamite Acro  
8:15-9:00 Elite Acro - Must have approval by teacher and clean handstands, cartwheels, round offs, back bend, forward roll, and backwards roll

### TUESDAYS

- 4:15-5:00 Baby Ballerinas Age 2  
5:00-6:00 Little Dancers Ballet and Tap Combo Ages 3-4  
6:00-7:00 Petite Dancers Ballet and Tap Combo Ages 5-7  
7:00-7:30 Petite Dancers Hip Hop Ages 5-7  
7:30-8:15 Gold/Intermediate Hip Hop Boys Ages 8-13

### WEDNESDAYS

- 5:00-5:45 Intermediate Ballet Ages 11-13  
5:45-6:30 Intermediate Tap Ages 11-13  
6:30-7:15 Intermediate Jazz Ages 11-13  
7:15-8:00 Intermediate Hip Hop Girls Ages 11-13  
8:00-8:30 Pointe 2 Teacher Recommendation  
8:30-9:15 Senior Ballet Teacher Recommendation

### THURSDAYS

- 5:00-5:45 Gold Ballet Ages 8-10  
5:45-6:30 Gold Tap Ages 8-10  
6:30-7:15 Gold Hip Hop Girls Ages 8-10  
7:15-8:00 Senior Tap Teacher Recommendation  
8:00-9:00 \*Senior Hip Hop Competition Team Audition

### SATURDAYS

- 10:30-11:30 Tiny Tutus Ages 3-4  
11:30-12:30 Rising Stars Ballet and Tap Ages 5-7  
12:30-1:00 Rising Stars Hip Hop Ages 5-7  
1:00-1:45 Junior/Advanced Tap Teacher Recommendation  
1:45-2:30 Junior/Advanced Jazz Teacher Recommendation  
2:30-3:15 \*Juniors Contemporary/Lyrical Competition Team Audition  
3:15-4:00 \*Juniors Hip Hop Competition Team Audition

### SUNDAYS

- 4:00-4:30 Pointe 1 Teacher Recommendation  
4:30-5:15 Juniors/Advanced Ballet Teacher Recommendation  
5:15-6:15 \*Advanced Contemporary/Lyrical Team Audition  
6:15-7:15 \*Advanced Hip Hop Competition Team Audition  
7:30-8:15 Senior Contemporary Teacher Recommendation  
8:15-9:00 Senior Jazz Teacher Recommendation

#### Regular Class Fees

- First Class \$35 per month  
Each Additional Class \$11 per month

#### Competition Class Fees

- First Class \$45 per month  
Each Additional Class \$11 per month

## PERFORMING ARTS

### MERIDEN YMCA YOUTH THEATER

#### RISING STARS (grades K-8)

##### ELF, Jr.

DIRECTED BY: Carolyn Daniels and Junior Staff  
Rehearsals: SUNDAYS 12-3 **Please note time change**  
YARTS BUILDING

Kickoff Registration: September 10th  
Audition Workshop and read through: September 18th  
Shows and Show Time: Weekend of December 16th

**Member Fee:** \$99\*

**Program Member Fee:** \$129\*

#### TEEN THEATRE (GRADES 7-12)

##### GREASE (SCHOOL VERSION)

Directed by Joe Oblon and Lindsay Pytel

Rehearsals: Saturday 9-1pm

YARTS BUILDING

Audition Workshop and read through: September 3rd

Kickoff Registration: September 10th

Auditions: September 17th

Shows and Show Time: Weekend of December 10th

**Member Fee:** \$109\*

**Program Member Fee:** \$139\*

## VISUAL ARTS

### CLAY AND MIXED MEDIA CLASS

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

Instructor: Dan Adamik

Saturdays

Fall I: Sept. 10 – Oct. 22

Fall II: Nov. 5 – Dec. 17

Grades: K-3 8:30a.m. – 10:30a.m.

Grades: K-3 10:30a.m. – 12:30p.m.

Grades: 4 and up 12:30a.m. – 3:00p.m.

Location: Meriden YMCA Art Center art studio at 14 West Main Street

**Full Member Fee:** \$69\*

**Program Member:** \$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.

Tuesdays 4:30-6:30 p.m.

Fall I: Sept. 6 – Oct. 18

Fall II: Nov. 1 – Dec. 13

**Full Member Fee:** \$69\*

**Program Member:** \$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.**

Thursday 6:00–8:00 p.m.

Fall I: Sept. 8 – Oct. 20

Fall II: Nov. 3 – Dec 22 (no class Nov. 24)

**Full Member Fee:** \$69\*

**Program Member:** \$99\*

**Materials Fee:** \$20

### 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. Small group with a maximum of 10 students.**

**Meets on Saturdays.**

Grades K-2 • 10:30–11:30 a.m.

Grades 3-5 • 11:45–12:45 p.m.

**2. By Appointment.**

Five tutoring sessions for \$150

**Fee:** \$25 per student per session.

Minimum of 5 participants to run program.

### 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. Small group with a maximum of ten students.**

**Meets on Saturdays.**

Grades K-2 • 10:30–11:30 a.m.

Grades 3-5 • 11:45–12:45 p.m.

Fee: \$25 per student per session.

Minimum of 5 participants to run program.

**2. By Appointment.**

Five tutoring sessions for \$150

### 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.

### 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 Appetit!

### 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. Call Carrie at 203-379-0651.

### EXPLORATION STATION BIRTHDAY PARTIES

We're bringing back the fun of Exploration Station and made it even better! Check out our new location at 6 South Grove Street. Call Courtney at (203) 630-0039 for more information.



# 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. 6 – Oct. 24

**Fall II:** Nov. 1 – Dec. 17

**Full Member Fee:** \$55

**Program Member Fee:** \$85

### MONDAY

**Fall I:** Sept. 12– Oct. 24

**Fall II:** Nov. 7– Dec. 19

**9:30–10:00** Shrimp/Kipper

**10:00–10:30** Pike

**10:30–11:00** Eel

**4:00–4:30** Ray

**4:30–5:00** Polliwog 2

### TUESDAY

**Fall I:** Sept. 6– Oct. 18

**Fall II:** Nov. 1– Dec. 13

**4:00–4:30** Guppy

**4:30–5:00** Minnow

### WEDNESDAY

**Fall I:** Sept. 7– Oct. 19

**Fall II:** Nov. 2– Dec. 14

**4:00–4:30** Eel

**4:30–5:00** Polliwog

### THURSDAY

**Fall I:** Sept. 8– Oct. 20

**Fall II:** Nov. 3– Dec. 22

**4:00–4:30** Guppy

**4:30–5:00** Fish/FF

### SATURDAY

**Fall I:** Sept. 10 – Oct. 22

**Fall II:** Nov. 5– Dec. 17

**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:** \$35 per 30 minutes  
 \$115 for 5 classes Program  
**Member Fee:** \$65 per 30 minutes  
 \$145 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:** \$40 per 45 minutes  
 \$135 for 5 classes  
**Program Member Fee:** \$70 per 45 minutes  
 \$165 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](http://www.meridenymca.org)

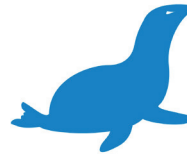


**ADULT SWIM CLUB (Masters)**

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.



**IMPROVE YOUR SKILLS  
 BUILD YOUR CONFIDENCE**

**MERIDEN YMCA SEALS SWIM TEAM  
 SWIMMING BOOT CAMP**

Swimming Boot Camp is a four 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. The goal is to improve and correct the strokes they know and to introduce and learn the strokes they still need. We give swimmers the opportunity to work in smaller groups with instructors, making it easier to understand and learn.

**BRONZE:** 5:15 p.m. - 6:15 p.m.

**Fee:** Full Member \$50  
 Program Member \$80

**Week 1:** September 12-15th – Freestyle

**Week 2:** September 19-22nd – Backstroke

**Week 3:** September 26th and September 30th – Diving

**PRE-SILVER/SILVER/GOLD**

**Fee:** Full Member \$75  
 Program Member \$105

**Week 1:** Begins on September 6th - Freestyle

**Week 2:** Begins on September 12th- Backstroke

**Week 3:** Begins on September 19th- Breaststroke/Butterfly

**Week 4:** Begins on September 26th – Starts and turns

**PRE-SILVER:** Monday – Thursday 5:15 p.m. - 6:15 p.m.,  
 Friday 5:15-6:15 p.m.

**SILVER** Monday – Thursday 6:15 p.m. - 7:15 p.m.,  
 Friday 5:15-6:15 p.m.

**GOLD:** Monday – Thursday 6:15 p.m. - 7:15 p.m.,  
 Friday 5:15-6:15 p.m.

Please register at the Welcome Desk. Contact Cathy or Megan at [Meridenseals@hotmail.com](mailto:Meridenseals@hotmail.com) or [mstegner@meridenymca.org](mailto:mstegner@meridenymca.org) for more information.



## 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:** September 10 – November 5  
**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:** \$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. 11 to Oct. 23  
**Times:** 11:00 a.m.-12:00 noon  
**Full Member Fee:** \$45  
**Program Member:** \$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. 11 to Oct. 23  
**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:** \$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. 5 – Dec. 17

**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.  
**Full Member Fee:** \$45  
**Program Member:** \$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 14 – December 16  
 (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:** \$60

**NEW LOCATION!**

Our Gymnastics program is now at the Meriden YMCA Athletic Center at 74 Cambridge Street (old Napier building on North Colony.)



**GYMNASTICS**

Gymnastics is a great way to teach people about a healthy lifestyle and is easily the base for any sport. Our experienced coaches and instructors teach gymnastics skills based on age and fitness level. We are a results oriented gymnastics program that offers a safe and encouraging environment for all. We strive to help our students and staff reach their maximum potential through continuous education and perpetual improvement.

All of our classes include instruction in small groups, as well as individual instruction, to help each student develop their desired skills and attain their goals. We work with a wide variety of students including, but not limited to: just mobile infants, teenagers, adults, students with Special Needs, cheerleaders and dancers looking to brush up tumbling skills and flexibility, as well as ex-gymnasts looking to refine and polish their skill sets.

Our highly qualified coaches and instructors will evaluate the skill level of all gymnasts and students for continual advancement. Our instructors and coaches are USAG certified, American Red Cross first aid, CPR and AED certified. We value integrity, safety and education as imperative attributes for all students and staff, as well as the YMCA's core values of Caring, Honesty, Respect, and Responsibility.

**Fall I Session:** Sept. 6- Oct. 24 (7-week session)

**Fall II Session:** Nov. 1 - Dec. 19 (7-week session)



**TUMBLE TIME WITH ME**

This class is the foundation for movement, ability, motor skills, flexibility, balance, coordination, and basic gymnastic skills. Our Tumble Time With Me Class is a parent-assisted class which is designed to acclimate your infant or toddler to the gym, the feel of the equipment, allow them to explore the gym space with guidance, and provide social interaction with other children and adults as authority figures. This class teaches the parents how to properly stretch the child in a safe manner so that the child stays flexible, getting a head-start for any activity or sport, or for life in general! As the child progresses in age, more structure is added, allowing the child to become comfortable and able to transition to a class alone. For mobile infants to age 3.

**Day/time:** Choose your class

Tuesday 5:00 - 5:45 PM

Saturday 10:15 - 11:00 AM

**Full member fee:** \$45\*

**Program member fee:** \$75\*

**PRESCHOOL**

The Preschool Class focuses on introducing fundamental movement and gymnastics skills in a structured environment. Instructors and coaches will work on cultivating the child's fine and gross motor skills, hand-eye coordination, and above all their listening skills. The structured curriculum is skill-driven and aims to progress the student in their ability and knowledge of gymnastics.

**Day/time:** Choose your class

Monday 5:00 - 5:45 PM

Tuesday 5:45 - 6:30 PM

**Full member fee:** \$45\*

**Program member fee:** \$75\*



## RECREATIONAL GYMNASTICS

The Recreational Gymnastics program focus on building a strong understanding of gymnastics skills, body movement, self-awareness, strength building, improved coordination, flexibility and focus through the use of apparatus. Students are grouped in small classes (usually 5-8 students) based on age (5/6, 7-9, 10+) and ability (Level 1, 2 or 3).

### LEVEL 1: BEGINNER

The student will be introduced to the basic principles of gymnastics, including: positions, proper form, how to stretch, light strength training and conditioning, use of the gym apparatus and basic gymnastics skills. The structured curriculum is skill driven and aims to progress the student in their ability and knowledge of gymnastics.

#### Day/time:

Tuesday 5:00 - 6:00 PM

Friday 5:00 - 6:00 PM

Saturday 10:15 - 11:15 AM

**Full member fee:** \$45\*

**Program member fee:** \$75\*

### LEVEL 2: INTERMEDIATE

Students in this class have already gained a basic understanding of gymnastics concepts and skills, as well as the ability to perform those skills. This class will continue to teach the student the concepts from Level 1, but will refine those concepts and skills, as well as teach new and more advanced skills.

**Day/time:** Monday 5:45-6:45 PM

**Full member fee:** \$45\*

**Program member fee** \$75\*

### LEVEL 3: ADVANCED

Students in this class have a higher understanding of gymnastics concepts and skills, and are able to perform a multitude of skills. The coaches in this class strive to advance the ability and knowledge of each student so that they can pursue joining team or whatever endeavor they choose.

**Day/time:** Wednesday 5:00 - 6:30 PM

**Full member fee:** \$50\*

**Program member fee:** \$80\*

## TUMBLING

This class is designed for students who already have some knowledge of gymnastics and are looking to improve their tumbling skills. Whether the student is a current gymnast, cheerleader, dancer, wrestler, football player, or just looking for some fun and exercise, this class will help them reach new heights! The coaches teach forward and backward tumbling and twisting.

**Day/time:** Thursday 5:00 - 6:30 PM

**Full member fee:** \$50\*

**Program member fee:** \$80\*



## PRE-TEAM

Gymnasts on Pre-Team are already skilled in many areas of gymnastics and their goal is to join the gymnastics team. Coaches start to introduce the gymnasts to some of the demands and requirements of team, as well as new and more advanced skills. While Pre-Team is not competition driven, gymnasts have the opportunity to learn routines and actually compete!

**Day/time:** Monday and Wednesday 6:30 - 8:00 pm

**Monthly fee:** \$30

## THE GYMNASTICS TEAM - "SHOOTING STARS"

The gymnasts on the Meriden YMCA Gymnastics Team, Shooting Stars, compete USA Junior Olympic Levels 3-10 and ALL Xcel Levels at YMCA meets. Our gymnasts range in age from 7 years old to Masters Gymnasts. Our experienced and educated coaches, Tom Puddicombe and Mandy Makein, focus on the gymnasts mastering all areas of gymnastics with performance based training, as well as safety, education, integrity, honesty, caring, respect and responsibility.

**Team Levels:** 3/4 & Xcel 5/G

Gymnasts competing Level 3 & 4 as well as Xcel Silver/Gold

**Day/time:**

Monday, Wednesday 6:30 to 8:30 PM

Friday 5:30 to 7:30 PM

Saturday 8:30 to 10 AM

**Monthly fee:** \$60 per month

## TEAM LEVEL 5-10 & XCEL D/P

Gymnasts competing Levels 5-10 & Xcel Diamond/Platinum

**Day/time:**

Monday, Wednesday 6:30 to 8:30 PM

Thursday 6:30 to 8:30 PM

Friday 5:30 to 7:30 PM

Saturday 8:30 to 10:00 AM

**Monthly fee:** \$65 per month

## PRIVATE LESSONS

Private lessons available with team coaches to further develop needed skills. Whether you need to learn basic tumbling such as cartwheels or rolls, or more advanced skills like a back salto or front handspring, our gymnastics coaches are here to teach you!

**Cost:** \$25 for ½ hour

\$40 for 1 hour

**Day/Time:** by appointment only



## 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 6th.  
**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. 10-Oct. 22  
**Fall II:** Oct. 29-Dec. 10  
**Full Member Fee:** \$40\*  
**Program Member Fee:** \$65\*  
**Instructor:** Sensei Raymond Rodriguez

## 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. 17 –Oct. 29  
**Time:** Saturday, 9:00 - 10:00 a.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



" My favorite part of CrossFit Kids is getting to work out and knowing my body is getting healthier and I'm getting stronger every time."

## 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.

### 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. Love it and want to get started? Here's how. 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.

### 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! Ongoing enrollment.**

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

### Classes

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

## 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 from the following options to complete your class in one day, or in two days.

**Fall I:** Saturday, October 1 • 9a.m.-2p.m.

**Fall II:** November 15 & 16 • 5:30p.m.-8p.m.

**Location:** 110 West Main Street

**Fee:** \$39 Full Meriden Y Member  
\$69 Program or Non Member

**Includes:** Babysitter's Training  
Handbook, DVD & Emergency  
Reference Guide.

### AQUA AEROBICS

Enjoy this low impact cardiovascular workout in our beautiful indoor 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

### 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:** Wednesday 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. 7 - Oct. 19

**Fall II:** Nov. 2 - Dec. 14

**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 19 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
- Yoga classes
- Body Shred by Jillian Michaels
- BOSU Interval
- ZUMBA®
- ZUMBA® Gold
- ZUMBA® Step
- ZUMBA® Kids
- Power Yoga
- PiYo
- Jump Fit

**Plus** Group exercises classes at New Britain and Berlin YMCAs. Visit [nbbymca.org](http://nbbymca.org) for schedules.

**MASSAGE THERAPY**

Licensed Massage Therapists 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](mailto:cmarquardt@meridenymca.org)

**30 minute table or chair massage:**

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

**60 minute table massage:**

- Full Member:** \$60
- Program Member:** \$70

**90 minute table massage:**

- Full Member:** \$85
- Program 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 13 years old and their parent(s)\***

**Fall:** Monday, October 3 – November 3

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.

**PERSONAL TRAINING**

Training Packages Offered:

- 1 Hour Session \$40
- 5 One Hour Sessions \$180
- 10 One Hour Sessions \$280

\*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](mailto:cmarquardt@meridenymca.org)

**KETTLEBELL BOOTCAMP:**

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

- Fall I:** September 12 – October 17
- Fall II:** November 7 – December 12
- Day:** Monday
- Time:** 9:15-10:00 a.m.
- Full Member:** \$25\*
- Program Member:** \$55\*





## COOKING

### BAKE SHOP / LITTLE CHEFS

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. 12 – Oct. 24

**Fall II:** Nov. 7 – Dec. 19

**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\*

### COOKING PARTY

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

### PALEO COOKING CLASSES

One night is one session. BYOB. Check our session dates that best suit your needs. 6 person minimum

**Session 1:** September 23, 2016

**Session 2:** October 14, 2016

**Session 3:** November 18, 2016

**Time:** 6:30-9:30 p.m.

**Session Fee:** \$25 per person

Location: Meriden YMCA kitchen

Lower level of Meriden YMCA Arts Center

## MORE FOR YOUR MEMBERSHIP... ONE MEMBERSHIP, THREE YMCAS.

Meriden YMCA full members can now take group exercise classes at the Berlin YMCA and New Britain YMCA as well as register for programs there at the lower full member rate.

Visit [www.nbbymca.org](http://www.nbbymca.org) for more information.

Here are some of the things our YMCAs offer you:

### BERLIN YMCA PROGRAM CENTER

362 Main Street, Berlin | 860 -357-2717

- ZUMBA®, Pilates, Yoga, and PiYo
- Little Chefs
- Crafty Kids

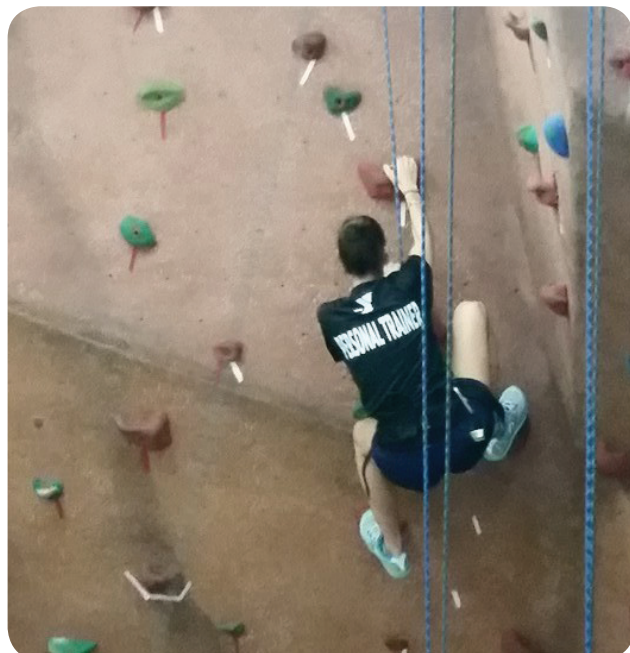
### NEW BRITAIN YMCA

50 High Street, New Britain | 860 -229-3787

- Fitness Center open 24/7
- Rock Climbing Wall – lessons available
- Child Watch for age six months to 12 years old
- Group exercise classes including Bike-O-Vision, Cut and Core, The Bottom Line, Functional Fitness Y360 and more!
- Junior Leadership
- Ski Club
- American Red Cross Lifeguard and Babysitting classes

### CHILD CARE

- Infant, toddler and preschool care is offered at the Berlin Child Care Center, 10 Chamberlain Hwy., Berlin, CT 06037 860-828-8389
- Before and after school care is offered in Berlin and New Britain elementary schools. Visit [nbbymca.org](http://nbbymca.org) to learn more.



## HERE FOR GOOD

As the nation’s leading nonprofit committed to strengthening community, we are dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when neighbors come together for the common good.

Everything the Y does is in service of making us—as individuals and a community—better. For a better you. For a better community. For a better country. For a better us.

### 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. Donate 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 our mission and vision. Send a donation or donate online at [www.meridenymca.org](http://www.meridenymca.org)
3. 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!

**MISTY NIGHT HALLOWEEN AT MOUNTAIN MIST**  
October 22, 2016

**ANNUAL COMMUNITY THANKSGIVING DINNER & MEAL DELIVERY**  
November 24, 2016

**BREAKFAST WITH SANTA**  
December 3, 2016

**ANNUAL COMMUNITY CRISTMAS DINNER, MEAL DELIVERY & TOYS FROM SANTA**  
December 25, 2016

## DOWNLOAD OUR FREE MOBILE APP

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  - Get notifications
  - Program and event updates
- Available in the Apple App Store and Google Play Store

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