



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE PART OF SOMETHING MORE

2015 PROGRAM GUIDE | MERIDEN YMCA

LATE SPRING SESSION

April 27 – July 15, 2015

Registration:

Early Bird Savings

When You Register

April 6–20, 2015

SUMMER SESSION

June 29 – August 15, 2015

Registration:

Early Bird Savings

When You Register

June 8–22, 2015

**REGISTER EARLY
AND SAVE!**

203-235-6386
meridenymca.org

Like us on 



Mountain Mist Day Camp

WELCOME TO OUR FAMILY, OUR COMMUNITY.

When you join the Meriden YMCA you are part of something more than a gym – although we do have a great gym. You become a part of a place that is making our community stronger: grade-schoolers improving their reading and math, ensuring success at school; adults, families and children leading healthier lives; kids having the opportunity to build confidence as they try new things, make new friends and have the summer of their life at camp. You make this all possible. Everyone is welcome in our Meriden YMCA family. Be part of it.

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
 - Aqua Aerobics
 - Aqua Pilates
 - Jillian Michaels Body Shred
 - INSANITY®
 - Spinning
 - Floor, Core & More
 - Zumba Gold®
 - Fit Seniors
 - Treadmill Body
4. Summer membership to the Meriden YMCA Mountain Mist Outdoor Center
5. FREE Fitness Center Orientation & Get Started Plan
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

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 at www.meridenymca.org or at the Meriden YMCA 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®



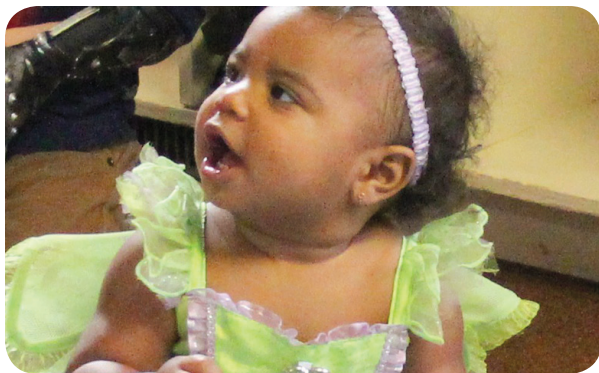
Barbell Strong Class

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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.



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 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.

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: April 20-24, 2015

Time: 7:00 a.m. – 5:00 p.m.

Full Member Fee: \$30 per day

Program Member Fee: \$60 per day

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



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 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.

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

SUMMER CAMP

Summer Camp at the Meriden YMCA Mountain Mist Day Camp 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!

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 ACADEMY

Unleash your creative side and art it up with clay class, clay drawing and more, and throwing on the wheel and music lessons.

CLAY CLASS

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

Late Spring: May 2 - June 13
Day/time: Saturdays
9:00a.m. - 12:00 p.m. (ages 5-9)
12:30 to 3:30 p.m. (age 10+)

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



***Early bird price when you register April 6-20, 2015 for Early Spring. Add \$10 if you register after that date.**

CLAY, DRAWING AND MORE

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

Late Spring: April 28-June 9
Day/time: Tuesdays 4:30-6:30 p.m.

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

***Early bird price when you register April 6-20. Add \$10 if you register after that date.**

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. **FOR ALL AGES!**

Late Spring: April 30-June 11
Day/time: Thursday 6:00-8:00 p.m.

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

***Early bird price when you register April 20. Add \$10 if you register after that date.**

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

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

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

Spring II:	April 27–June 15
Summer:	June 27–August 15
Full Member Fee:	\$53*
Program Member Fee:	\$78*

MONDAY

Spring II:	April 27–June 15
Summer:	June 29–August 10
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

Spring II:	April 28–June 9
Summer:	June 30–August 11
4:00–4:30	Guppy
4:30–5:00	Minnow

WEDNESDAY

Spring II:	April 29–June 10
Summer:	July 1–August 12
4:00–4:30	Eel
4:30–5:00	Polliwog

THURSDAY

Spring II:	April 30–June 11
Summer:	July 2–August 13
4:00–4:30	Guppy
4:30–5:00	Fish/FF

*Register early and save. Add \$10 late fee for registrations after April 20 for Late Spring and after June 22 for Summer Session.

SATURDAY

Spring II:	May 2-June 13
Summer:	June 27-August 15
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 – Starts April 27, 2015

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: \$175

Pre-Silver Group: Consists of up to 4 days of 1 hour practices: \$175

Silver Group: Consists of up to 5 days of 1 1/2 hour practices: \$225

Gold Group: Consists of up to 5 days of 2 hour practices: \$325



New swimmers are always welcome. We offer ongoing registration with pro-rating. A Full Membership is required. For more information contact Megan Stegner, Aquatics Director at 203-235-6386 ext. 12 or visit www.meridenymca.org Like us on Facebook Meriden YMCA Seals Swim Team.

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.
Spring II:	May 2 – June 13
Summer:	June 27 – August 15
Full Member Fee:	\$53*
Program Member Fee:	\$78*

REGISTER EARLY AND SAVE!

*Register early and save! Add \$10 late fee for registrations after April 20 for Late Spring and after June 22 for Summer Session.

YOUTH SPORTS

GYMNASTICS

Parent and Tots

(7 week Session) This class is offered for children from 3 years of age and up, who have little or no experience.

Spring II: April 28 – June 9
Summer: June 23 – August 4
Ages: 18 months to 2 years of age
Times: Tuesdays 5:00–5:45 p.m.
Location: Meriden YMCA Gymnasium
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.

Spring II: April 27 – June 15
April 28 – June 9
No class Memorial Day
Summer: June 22 – August 3
June 23 – August 4
Level 1: Mondays 5:00–5:45 p.m.
(3 years and up)
Level 2: Tuesdays 5:45–6:45 p.m.
(6 years and up)

Location: Meriden YMCA Gymnasium
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.

Spring II: April 27 – June 15
Summer: June 22 – August 3
Times: Mondays 5:45–6:45 p.m.
Location: Meriden YMCA Gymnasium
Full Member Fee: \$45*
Program Member Fee: \$75*



ADVANCED GYMNASTICS

Spring II: April 29 – June 10
Summer: June 24 – August 5
Times: Wednesdays 5:30–7:00 p.m.
Location: Meriden YMCA Gymnasium
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, January 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.
Location: Meriden YMCA Gymnasium
Fee: \$130

ALL GYMNASTS WILL BE EVALUATED FOR PLACEMENT ON THE TEAM.

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

*Register early and save! Add \$10 late fee for registrations after April 20 for Late Spring and after June 22 for Summer Session.



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**

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.
Late Spring:	April 27 – June 8 (7 weeks) Will resume in Fall
Full Member Fee:	\$40*
Program Member Fee:	\$65*
Instructor:	Sensei Raymond Rodriguez

COMING THIS SUMMER... KARATE CAMP!

Activities include: Karate, swimming, games, movies, field trips and more.

Time:	Mon.-Fri. 9 a.m.-3 p.m.
Sessions 1:	July 13 – 17
Sessions 2:	July 20 – 24
Sessions 3:	August 3 – 7
Sessions 4:	August 10 – 14
Session Fee:	Full Member: \$99 Program Member: \$129
Instructor:	Sensei 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)

Late Spring:	April 27 – June 8 Will resume in Fall
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.

PRESCHOOL T-BALL TRAINING

The Meriden YMCA is offering t-ball to preschoolers age 3-5. Children will have fun learning the fundamentals by participating in drills and games. Please bring a glove for your child! (No classes Memorial Day weekend or July 4th.)

Spring II:	May 2-June 6
Full Member Fee:	\$39*
Program Member Fee:	\$64*
Summer:	June 13-July 18
Full Member Fee:	\$45*
Program Member Fee:	\$75*
When:	Sat. 9-9:45 a.m. or 10-10:45 a.m.
Location:	Meriden YMCA Gymnasium (Spring) Mountain Mist Outdoor Center (Summer)





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 YMCA Mountain Mist Outdoor Center.

Sunday, May 3 to June 21

(No class on Memorial Day weekend)

Games will be played at 11:00 a.m.-12:00 p.m.

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 communications and teamwork skills. Children will participate in weekly soccer games at the Mountain Mist Outdoor Center. Games will follow a rotating 7-week schedule. This program is for children ages 7-9 years old. Volunteer coaches are needed. Please contact Kevin at 203-235-6386.

Spring II: Sundays

May 3 to June 21

(Ages 7-9) Times: 9:00 -10:00 a.m.

10:00 -11:00 a.m.

(Ages 10-12) Times: 11:00 -12:00 a.m.

12:00 -1:00 p.m.

Full Member Fee: \$45*

Program Member Fee: \$75*

Volunteer Coaches Are Needed

**REGISTER EARLY
AND SAVE!**

***Register early and save! Add \$10 late fee for registrations after April 20 for Late Spring and after June 22 for Summer Session.**

YOUTH PROGRAMS

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

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: May 2 - June 13

Time: Saturday, 9:30-10:30 p.m.

Full Member Fee: \$25*

Program Member Fee: \$55*

Instructor: Allen Frommelt

Questions?: Call Carrie 203.235.6386 ext 18

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, like ZUMBA Kids®.

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, May 16, 2015
Time: 9:00 a.m. – 1:00 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.

AQUA AEROBICS

Late Spring: April 28 – May 23
 Monday-Friday
Summer: May 28 – August 22
 Monday, Wednesday, 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

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.

Late Spring: April 29 – June 10
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.

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.

The children must be Meriden YMCA members as part of your family membership. **Preregistration is required. Please check date night schedule at the Meriden YMCA.**

MASSAGE THERAPY

Licensed Massage Therapists Christine Hicks, 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.

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.

Late Spring: April 28 – June 11
Summer: July 23 – August 6
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)

Late Spring: April 27th – May 28th

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."

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

"I learned running is fun!" – Ethan

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)



PERSONAL TRAINING FOR 2

10 sessions

(both parties must train during the same sessions)

Fee: \$310 – For more information contact Carrie
203-235-6386 x18
cmarquardt@meridenymca.org

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

iPhone



Android



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?

“I love CrossFit because no matter what I do, the coaches make me feel good about what I can do and the other members are very encouraging.”
– Diane

“I actually do love CrossFit. I have gotten into the best shape that I have been in a long time though there is still a lot of work to do. It is the only thing that holds my interest. I look forward to WODs everyday plus my strength is back!”
– Tim



“I love CrossFit because I get to be a better version of myself while watching others do the very same and honestly, what could be better than that?” – Giana

“I feel like an athlete again.” – Jenn

“I love CrossFit because of all my new friends I met and I love working out seeing my beautiful wife every morning.” – John

“I’ve been part of CrossFit Meriden for one year and have lost a total of 55 pounds! I’ve learned how to change my eating habits and I’m healthier and feel better about myself. Without CFME, the coaches and the athletes it would not have been possible!” – Colleen

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. If you love it, which we know you will, sign up for six On Ramp (beginner) classes.

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. On Ramp classes are a prerequisite to taking CrossFit classes.

Six On Ramp classes are only \$50!

WHAT DO I DO AFTER ON RAMP?

What happens after completing the On Ramp classes?

After completing your On Ramp classes you can sign up for unlimited CrossFit classes.

Register for 6 months of unlimited CrossFit classes immediately after completing your On Ramp and receive \$50 off your first full month of unlimited CrossFit classes.

X-BODY BOOT CAMP FOR WEIGHT LOSS

Get a jump start on your summer beach 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: April 28 May 16, 2015

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!**

Late Spring: May 8 – June 20
Summer: June 29 – August 1
Full Member Fee: \$35*
Program Member Fee: \$65*

Classes

<u>Ages</u>	<u>Day</u>	<u>Time</u>
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.

*Register early and save! Add \$10 late fee for registrants after April 20 for late Spring and after June 22 for Summer session.



SEE WHAT'S COOKING!

PARENT & CHILD COOKING CLASSES

AM Session Time: Fridays 10 – 11:30 a.m.
AM Session Dates: May 1 – May 22
June 5 – June 26
July 10 – July 31

PM Session Time: Wednesday 6–7:30 p.m.
PM Session Dates: April 29 – May 20
May 27 – June 17
June 24 – July 15

Session Fee: (for both adult and child)

Full Member: \$55

Program Member: \$85

COOKING LIGHT

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

Session Dates: May 7 – May 28
June 11 – July 2
July 9 – July 30

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.

Session Dates: May 12 – June 2
June 9 – June 30
Time: Tuesday 6:00–8:00 p.m.

Session Fee:

Full Member: \$69

Program Member: \$89

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.

Late Spring: April 27 – June 15
(no class on May 25)

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*

Call Courtney at 203-630-0039 for more information.

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)



NEW SMALL GROUP TRAINING OPTIONS

KETTLEBELL BOOTCAMP:

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

Late Spring: April 27–June 1
Mondays 4:00–4:45 p.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.

*Early bird price when you register by 4/20/15 for Late Spring and 6/22/15 for Summer. Add \$10 if you register after those dates

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).

Late Spring: April 27–June 15 No Class May 25
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



 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.



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!

Healthy Kids Day

April 18, 2015

Martini & Massage Charity Benefit

June 4, 2015

Family Fun Day at Mountain Mist

June 13, 2015

Meriden YMCA & Meriden Rotary Golf Tournament, Surf & turf Dinner and Kids Picnic

August 4, 2015



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

BEST SUMMER EVER!

SIGN UP NOW

FOR SUMMER CAMP



2015 OPEN HOUSE DATES:

Come meet our staff and take a tour.

May 16th 10:00 a.m. – 1:00 p.m.

May 27th 5:00 p.m. – 8:00 p.m.

June 6th 10:00 a.m. – 1:00 p.m.



WHY I SEND MY CHILDREN TO MOUNTAIN MIST DAY CAMP:

"Mountain Mist helped make my kids more outgoing and confident, and get plenty of fun, safe, outdoor play."

"My child enjoyed camp. Tons of fun things outside: hikes, nature walks, new friends, games, sports, everything that makes camp fun."

"The counselors really care." "He met counselors who were great role models for him."

"All of our kids LOVE camp. They look forward to it every year. They can't wait to be counselors and help younger kids."

"Mountain Mist has helped my child build lifelong friendships."

Meriden YMCA

110 West Main Street, Meriden CT, 06451

tel 203-235-6386 | fax 203-634-6517 | meridenymca.org

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WHAT'S NEW FOR 2015

FORENSIC SCIENCE CAMP

Forensic science will give participants an opportunity to gain hands-on experience with "CSI" style techniques, including fingerprint, DNA sample testing and crime scene processing.

STEM IS ALL AROUND US

Through hands-on investigations campers will experience a variety of STEM (Science, Technology, Engineering and Mathematics) concepts.

NEW MUSICAL THEATER CAMPS

Session One – The Aristocats, Kids

Session Two – Peter Pan, Jr.

Session Three – Shrek, Jr.

Session Four – Dance Camp

Session Four – Tech Camp



Become our fan on

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