



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A BETTER YOU

**2016
WINTER/EARLY SPRING
PROGRAM GUIDE
MERIDEN YMCA**

WINTER SESSION
JANUARY 4 – FEBRUARY 20, 2016
Early Registration: December 14 – 28, 2015

SPRING I SESSION
February 29 – April 16, 2016
Early Registration: February 8 – 22, 2016

The Y.™ For a better us.™

203-235-6386

meridenymca.org

Like us on 

Follow us on 

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

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

The Meriden YMCA is a place where...

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

"I love the community"

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

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

"Your children learn the importance of giving back."

FULL MEMBERSHIP BENEFITS

1. FREE Child Watch babysitting service while you exercise

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

3. FREE CLASSES INCLUDING:

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

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

5. FREE Fitness Center Orientation to Get You Started

6. FREE Family Swim Time

7. FREE Senior Exercise Programs

8. FREE Family Events

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

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

11. My Y Is Every Y and YMCA Away Program

12. NO CONTRACTS

"My kids grew up with the Y and our favorite programs are fitness classes. I really believe in mind, body and spirit and the Y offers it all."

Angelica Arce with her children Katie and Dan



PROGRAM MEMBERSHIP:

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

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

Program registration:

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

ASK US ABOUT OUR MEMBERSHIPS FOR:

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

REGISTER EARLY AND SAVE!

Enjoy 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/beeper.

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

SCHOOL VACATION FUN CLUB

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

Dates:	Jan. 18, Feb. 15 & 16, April 18–22, 2016
Time:	7:00 a.m. – 5:00 p.m.
Full Member Fee:	\$30 per day
Program Member Fee:	\$60 per day



Contact Courtney at Little Rascals about our special enrollment offer: 203-630-0039

INFANT AND TODDLER CARE

(ages 6 weeks to 36 months)

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

PRESCHOOL

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

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

BEFORE & AFTER SCHOOL CARE FOR GRADES K-5

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

Call Tina at 203-379-0651.
Visit www.meridenymca.org or call 203-235-6386 to learn more.

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!
Beginning Feb. 29, 2016

TWO OPTIONS:

1. By Appointment.
Five tutoring sessions for \$150
2. 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.
Fee: \$25 per student per session.
Minimum of 5 participants to run program.

"What is taught at the Y is an extension of the values we try to instill in our children at home and they are taught by people who do community service every day working with and for others."

Bruce Family
Trey, Edith, Ivan and Bodhi



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.
Beginning February 29, 2016.

TWO OPTIONS:

1. By Appointment.
Five tutoring sessions for \$150
2. 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.

NEW! COMPUTER SCIENCE CLUB GOOGLE CS FIRST

CS First Cub is based on a real-world theme in which students use the computer to create music or design games.

Instructor: Carolyn Daniels

Day/time:

Grades 3-5: Friday 3:30 p.m.-4:30 p.m.

Grades 6-8: Friday 4:45 p.m.-5:45 p.m.

Maximum of 10 students per class. Transportation upon request for Grade 3-5 class.

Location: Meriden YMCA Computer Lab at 14 West Main Street.

Full Member Fee: \$39

Program Member Fee: \$69

DANCE ACADEMY

ADULT TAP CLASS

Shuffle Flap your way into the new year with Chantel and Amber! This one hour class will review basic tap movements that will be combined to create a class dance routine.

Day/time: Monday evenings from 6:30 - 7:30 p.m.

Date: January 4th - March 7th

Location: Meriden YMCA Arts Building at 14 West Main Street.

Full Member Fee: \$40

Program and Non-member Fee: \$50

PERFORMING ARTS

MERIDEN YMCA YOUTH THEATER

RISEING STARS (grades K-4)

Spring Show: Winnie the Pooh, Kids

Directed By: Carolyn Daniels, Bryan Brazel,
Abby LoPresti, Josh Medina, Qusanna Perez,
Tom Seibert, JT Szawerda, Caylie Whitside



Rehearsals: Sundays 10-12

Meriden YMCA Arts Center

Kickoff Registration: January 2

Audition Workshop/Rehearsal: January 10

Auditions: January 17

Shows and Show Time: TBA

Full Member Fee: \$89

Program Member Fee: \$119

MAIN STAGE (grades 3-Adult)

Spring Show: The King and I

Full Length Musical

Kickoff Registration: January 2

9:00 a.m.-12:00 p.m.

Meriden YMCA Art Center

Audition Workshop: January 9

9:00 a.m.-12:00 p.m.

Meriden YMCA Art Center

Auditions:

Weekend of January 16

Times TBA

Meriden YMCA Art Center

Rehearsals:

Saturdays 9 a.m. -1 p.m.

Meriden YMCA Art Center

(Due to the nature of the show, not all participants will be required to be at all rehearsals.)

Show Dates: April 15, 16 and 17

Show Times: TBA

Full Member Fee: \$89

Program Member Fee: \$119

Adults: No Y membership fee, but need to register and sell 10 tickets.



VISUAL ARTS

CLAY CLASS

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

Winter: Jan. 9 - Feb. 20

Spring I: Mar. 5 - Apr. 16

Day/time: Saturdays

9 a.m. - 12 p.m. (ages 5-9)

12:30 to 3:30 p.m. (age 10+)

Full Member Fee: \$69*

Program Member Fee: \$99*

Materials Fee: \$20

CLAY, DRAWING AND MORE

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

Winter: Jan. 5 - Feb. 16

Spring I: Mar. 1 - Apr. 12

Day/time: Tuesdays 4:30-6:30 p.m.

Full Member Fee: \$69*

Program Member Fee: \$99*

Materials Fee: \$20

BUILDING WITH CLAY

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

Winter: Jan. 7 - Feb. 18

Spring I: Mar. 3 - Apr. 14

Day/time: Thursday 6:00-8:00 p.m.

Full Member Fee: \$69*

Program Member Fee: \$99*

Materials Fee: \$20



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

SWIM, SPORTS & PLAY

SWIMMING

YOUTH SWIM LESSONS

Preschool Aquatics

SKIPPER: Shrimp (6–18 months)

KIPPER: (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

Winter: Jan. 4–Feb. 20
Spring I: Feb. 29–Apr. 16
Full Member Fee: \$55
Program Member Fee: \$85

MONDAY

Winter: Jan. 4–Feb. 15
Spring I: Feb. 29–Apr. 11
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. 5–Feb. 16
Spring I: Mar. 1–Apr. 12
4:00–4:30 Guppy
4:30–5:00 Minnow

WEDNESDAY

Winter: Jan. 6–Feb. 17
Spring I: Mar. 2–Apr. 13
4:00–4:30 Eel
4:30–5:00 Polliwog

THURSDAY

Winter: Jan. 7–Feb. 18
Spring I: Mar. 3–Apr. 14
4:00–4:30 Guppy
4:30–5:00 Fish/FF

SATURDAY

Winter: Jan. 9–Feb. 20
Spring I: Mar. 5–Apr. 16
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 May 2

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.

Pre-Gold Group: Consists of 5 days 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 7:30-9:15 p.m.
Thursday 8:00-9:15 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.
Winter: Jan. 9-Feb. 20
Spring I: Mar. 5-Apr. 16
Full Member Fee: \$55
Program Member Fee: \$85

SWIMMING BOOT CAMP

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

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

Week 1: April 4 – Freestyle

Week 2: April 11 – Backstroke

Week 3: April 18 – Breaststroke

Week 4: April 25 – Butterfly

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



"Swimming is my sport—a mile a day, every day. If the Y's open, I'm there. The facility is really well-kept. It's a nice way to start the day."

Tom Pannone

SWIM

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. 10–Feb. 7
Time: 9:00–9:45 a.m.
Full Member Fee: \$29*
Program Member Fee: \$59*

YOUTH BASKETBALL TRAINING

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

Dates: Saturdays, January 9–February 13
Time: 9:00–9:45 a.m (4–6 year olds)
 9:45–10:30 a.m (4–6 year olds)
 10:30–11:15 a.m (4–6 year olds)
 11:15 a.m.–12:00 p.m (4–6 year olds)
 12:00–12:45 p.m (7–9 year olds)
 12:45–1:30 p.m (7–9 year olds)
 1:30–2:15 p.m (7–9 year olds)

Dates: Sundays, January 14–February 7
Time: 10:00–10:45 a.m (10–13 year olds)

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

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 20–April 9
Time: 9:00–9:45 a.m (4–6 year olds)
 9:45–10:30 a.m (4–6 year olds)
 10:30–11:15 a.m (4–6 year olds)
 11:15 a.m.–12:00 p.m (4–6 year olds)
 12:00–12:45 p.m (7–9 year olds)
 12:45–1:15 p.m (7–9 year olds)
 1:15–2:00 p.m (7–9 year olds)
 2:00–2:45 p.m (7–9 year olds)
 2:45–3:00 p.m (7–9 year olds)

Full Member Fee: \$55*
Program Member Fee: \$85*

Dates: Sundays, February 14–March 27
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)

Full Member Fee: \$55*
Program Member Fee: \$85*

Volunteer Coaches Needed

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.

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

Parent and Tots This class is an introduction to gymnastics for both parent and child.

Winter: Jan. 5–Feb. 16
Early Spring: March 1–April 12
Ages: 18 months – 2 yrs. of age
Time: Tuesday 5:00–5:45 p.m.

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

Winter: Jan. 4–Feb. 15
Early Spring: Feb. 29–April 11
Beginner 1: Mondays 5:00–5:45 p.m.
 (3 years to 5 years)

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

Winter 1: Jan. 5–Feb. 16
Early Spring March 1–April 12
Time: Tuesday 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. 4–Feb. 15
Early Spring: Feb. 29–April 11
Time: Monday 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. 6–Feb. 17
Early Spring: March 2–April 13
Time: Wed. 5:30–7:00 p.m.

*Register early and save by signing up during early registration dates. Add \$10 if you sign up after early registration.

MERIDEN YMCA GYMNASTICS TEAM

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

Ongoing enrollment.

Times: Monday 6:30–8:00 p.m.; Tuesdays 6:45–8:00 p.m.; Saturdays 3:00–7:00 p.m.

Fee: \$53 per month, drafted automatically from a bank account or credit card account.

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 Scarpatti at the Meriden YMCA at 203-235-6386.

KARATE

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

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: \$65 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.

Winter: Jan. 9 – Feb. 20

Spring I: Mar. 5 – April 16

Full Member Fee: \$40*

Program Member Fee: \$70*

Instructor: Sensei Raymond Rodriguez

YOUTH RACQUETBALL LESSONS & LEAGUE

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

Winter:

Jan. 9 –Feb. 20

Spring I:

March 5–April 16

Time:

Saturdays 8:00–9:00 a.m.

Full Member Fee:

\$30

Program Member Fee: \$60

Location:

Meriden YMCA

Racquetball Court #1

Instructor: Oscar Rosado

Protective goggles and racquet required.

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



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 Apetit!

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.



HEALTH, WELL-BEING, & FITNESS

AMERICAN RED CROSS BABYSITTING CLASS

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

Ages: 11 – 15 years old
Options: 1. Jan. 16: 9:00 a.m.–2:00 p.m.
 2. Feb. 23: 5:30 p.m.–8:30 p.m. and Feb. 25: 6:00 p.m.–8 p.m.
 3. Mar. 26: 9:00 a.m.–2:00 p.m.
 4. Apr. 5: 5:30 p.m.–8:30 p.m. and Apr. 7: 6:00 p.m.–8 p.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!

Winter: Jan. 27 – Mar. 30
Time: Wednesday evenings
 6:00–6:45 p.m.
Location: 110 West Main Street
Full Member Fee: \$99 per person
Non-Member Fee: \$139 per person

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. 6 – Feb. 17
Spring I: March 2–April 13
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.

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

MASSAGE THERAPY

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

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

30 minute table or chair massage:

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. Open enrollment.

Location: Meriden YMCA
Fitness Center
Time: Pick your 2 days
3:15-4:00 p.m.
Full Member Fee: \$30
Program Member Fee: \$60

PACE PROGRAM

(Physical Activity Changes Everything)

FREE five week program for children ages 7 to 13 years old and their parent(s)

Winter: Jan. 19 - Feb. 18
Spring I: Mar. 1 - Mar. 31

Days: Tuesday & Thursday

Call Carrie at 203-235-6386 x18 to find out if you qualify.

Has your pediatrician told you that your child is overweight, needs to eat healthier and exercise more but you did not know where to turn? The Meriden YMCA's PACE Program can help.

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

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

Here is what parents say about the PACE program:

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

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

Space is limited to 10 families/participants who qualify.

PERSONAL TRAINING

Training Packages Offered:

1 Hour Session \$40
5 One Hour Sessions \$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



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
- Power Yoga
- Cize (coming in January)
- and more!

CIZE - NEW COMING IN JANUARY!

Revolutionary new dance workout with hip choreography, hit music and no-stop movement. Get sweaty - get fit - get an amazing workout!

BAKE SHOP / LITTLE CHEFS COOKING

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

Winter: Jan. 4 - Feb. 18
Spring I: Feb. 29 - Mar. 28
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*

EAT FOR WEIGHT LOSS

- 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?

Learn to diet and exercise for weight loss.

Winter: Jan. 12 - Feb. 16
Time: Tuesday
 6:30-7:30 p.m.

Fee: \$99 for 6 classes (4 minimum)
 Call Carrie to book your appointment today!

ADULT COOKING CLASSES

2 Classes - 3 Dishes: 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. 20 & 27,
 Cooking for Diabetes
Session 2: Feb. 17 & 24, Cooking Light
Session 3: March 9 & 16,
 Southern Comfort
Session 4: April 6 & 13
 International Cuisine
Time: Tuesday, 6:30-8:30 p.m.
Location: Meriden YMCA Arts Center
 Lower Level

Full Member: \$49 per person
Program Member: \$79 per person

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: January 22
Session 2: February 12
Session 3: March 18
Session 4: April 22
Time: 6:30-9:30 p.m.
Session Fee: \$25 per person

NEW SMALL GROUP TRAINING OPTIONS

KETTLEBELL BOOTCAMP:

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

Winter: Jan. 4 – Feb. 8
Spring I: Feb. 22 – Mar. 28
Day: Monday
Time: 9:15–10:00 a.m.

Registration

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

FOCUS FORWARD

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

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

ZUMBA GOLD® FOR SENIORS

Time: Mondays 10:30 a.m.

FREE to all Meriden YMCA Full Members

ZUMBA® KIDS (Parent and Child ZUMBA®)

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

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



"I like doing laps in the pool and love the variety of programs.

I'll never give up my Y membership."

Waleska Hiraldo



"What I like most about the Y is the sense of community. You feel at home."

Denise Eldridge

GIVING BACK

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 its mission and vision. Send a donation or donate online at 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!

New Year's Day

We're open! Come enjoy Bounce House Fun!

Early Summer Camp Registration

January 30, 2016, 9 a.m. – 1 p.m.

Healthy Kids Day

April 9, 2016

Ride for the Y - Charity Motorcycle Poker Run

April 30, 2016

Martini & Massage Charity Benefit

June 2, 2016

Annual Golf Tournament, Surf & Turf Dinner

August 2, 2016

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

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GIVING BACK + SAVE THE DATES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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?

Why did you start CrossFit?

"I was getting bored with my same old workout routine which didn't produce the results I was looking for."

What do like about CrossFit Meriden?

"I like the supportive environment and the individualized training at CrossFit Meriden. I also like that the workouts are constantly changing, I've never been bored since joining."



John Corkery

What would you tell someone who is thinking of starting CrossFit?

"Give it a chance. I was definitely skeptical when I first heard people talking about CrossFit and didn't believe it was as effective as everyone claimed. But after one class I was hooked and since joining Crossfit Meriden, I have seen my best results ever."

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.

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

WHAT DO I DO AFTER ON RAMP?

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

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	4:15 - 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.



What do you like about CrossFit Kids?

I like Coach Beky, working out in a group, doing different exercises, and squats.

Meriden YMCA

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

CROSSFIT®



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facebook.com/YMCAMountainMist

