



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOR A BETTER YOU

## 2016 SPRING / SUMMER PROGRAM GUIDE MERIDEN YMCA

### SPRING II SESSION

April 25 – June 18, 2016

Early Registration: April 4-18, 2016

### SUMMER SESSION

June 27-August 20, 2016

Early Registration: June 6-20, 2016

**The Y.™ For a better us.™**

203-235-6386 meridenymca.org

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

## 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®
  - Silver Sneakers
  - **New!** Jump Fit
  - Aqua Aerobics
  - Jillian Michaels Body Shred
  - INSANITY®
  - Spinning
  - Floor, Core & More
  - ZUMBA GOLD®
  - Fit Seniors
  - Treadmill Body
  - Tai Chi
  - 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

## PROGRAM MEMBERSHIPS

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.

## 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®



## Meriden YMCA

110 West Main Street, Meriden CT, 06451  
tel 203-235-6386 | fax 203-634-6517  
[meridenymca.org](http://meridenymca.org)

## 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

### 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)

**Register for Before & After School Care by July 1, 2016 for next school year and we'll wave the registration fee.**

### 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](http://www.meridenymca.org) or call 203-235-6386 to learn more.

### SCHOOL VACATION FUN CLUB

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

**Dates:** June 10, 13-17, 2016

**Time:** 7:00 a.m. – 5:00 p.m.

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

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







## MOUNTAIN MIST DAY CAMP

Join us for your best summer ever at Mountain Mist!

### OPEN HOUSE DATES

May 14, 2016 10a.m. - 1p.m.

May 25, 2016 5p.m. - 1p.m.

June 4, 2016 10a.m. - 1p.m.

### NEW FOR 2016

**NEW STEM CAMPS** including Computer Science and Robotics, and Maker Camps!

**NEW SPORTS CAMPS** including Advanced Baseball, Advanced Soccer, Lacrosse, and Ultimate Frisbee Camps

### NEW MUSICAL THEATER CAMPS

Session One	Sleeping Beauty Kids
Session Two	High School Musical Jr.
Session Three	The Wiz
Session Four	Dance Camp
Session Five	MTC Review

You could win free summer camp!  
Enter our "Best Summer Ever"  
Camp Story Contest

Visit [meridenymca.org](http://meridenymca.org) to learn more.  
Enter by May 1, 2016

## SUMMER DISCOVERY ACADEMY

Discover a summer of fun in the coolest academy.  
Visit our website at [www.meridenymca.org](http://www.meridenymca.org) or call  
Tina at 203-379-0651 for more information.



## 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 10 students.  
Meets on Saturdays.  
Grades K-2 • 10:00 a.m.-11:00 a.m.  
Grades 3-5 • 11:05-12:05p.m.  
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. This program runs during school year

#### 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 • 10:00 a.m.-11:00 a.m.  
Grades 3-5 • 11:05-12:05p.m.  
Fee: \$25 per student per session.  
Minimum of 5 participants to run program.

## COMPUTER SCIENCE CLUB

### GOOGLE CS - FIRST

CS First Club is based on a real - world theme in which students use the computer to create. In Music and Sound, students will use the computer to play musical notes, create a music video, and build an interactive music display while learning how programming is used to create music.

#### Instructor: Carolyn Daniels

Grades 3-8: Friday: 3:45p.m. - 4:45 p.m.

Grades 3-8: Friday: 4:45 p.m. - 5:45 p.m.

April 29-June 10th

Maximum of 8 students per class. Transportation from school to Meriden YMCA available upon request for 3:45-4:45 class.

Location: Meriden YMCA Computer Lab at 14 West Main Street. Entrance in back of building lower level.

Full Member Fee: \$39\*

Program Member: \$69\*

## PERFORMING ARTS

### DANCE INTENSIVE

This class provides the opportunities for students to continue to work on the basic technique and flexibility so important for competitive dancers. Dancers will work on building a strong core through stretching and conditioning, leaps, turns and choreography.

Instructor: Miss Chantel and Miss Amber

For Junior and Advanced Dancers

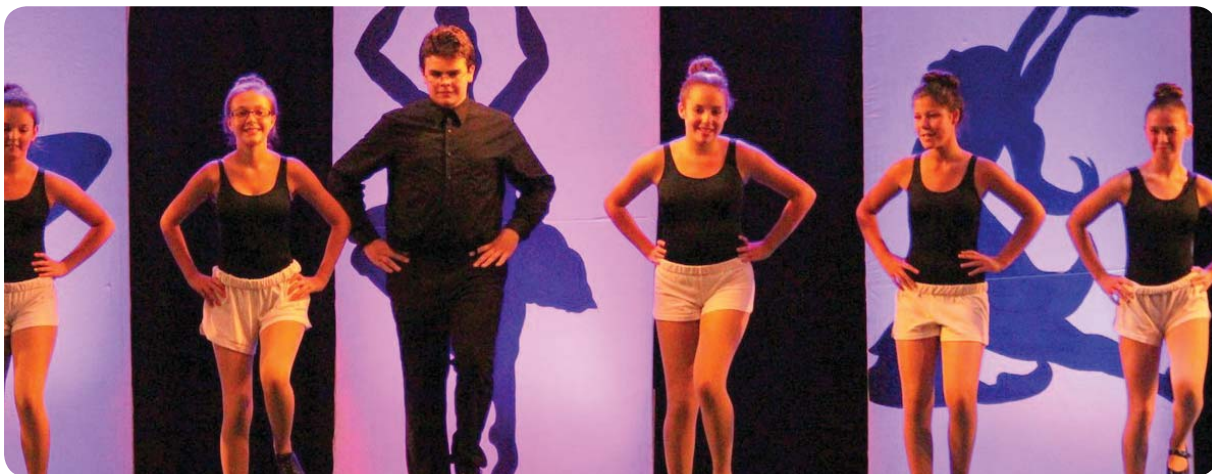
Wednesdays: 5:30p.m. - 8:30 p.m.

July 13th - August 17th

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

Full Member Fee: \$69\*

Program Member: \$99\*



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





## 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

#### **NEW! Friday Class**

Grades 3-8: Friday: 3:45p.m. - 5:45 p.m.

April 29-June 10th

Maximum of 12 students per class.

Transportation from school to Meriden YMCA Arts Center available upon request.

#### **Saturday Classes**

Dates: May 7 - June 18

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.

April 26-June 7, 2016

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.

April 28 - June 9, 2016

Thursday 6:00-8:00 p.m.

Full Member Fee: \$69\*

Program Member Fee: \$99\*

Materials Fee: \$20



## 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 25 - June 10  
Summer: June 27 - August 15  
Full Member Fee: \$55  
Program Member Fee: \$85

### MONDAY

Spring II: April 25 - June 13  
Summer: June 27 - August 8  
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 26 - June 7  
Summer: June 27 - August 9  
4:00-4:30 Guppy  
4:30-5:00 Minnow

### WEDNESDAY

Spring II: April 27 - June 8  
Summer: June 29 - August 10  
4:00-4:30 Eel  
4:30-5:00 Polliwog

### THURSDAY

Spring II: April 28 - June 9  
Summer: June 30 - August 11  
4:00-4:30 Guppy  
4:30-5:00 Fish/FF

### SATURDAY

Spring II: May 7 - June 18  
Spring I: July 2 - August 20  
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](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. Continuous enrollment.

#### Practice Sessions:

Monday – Wednesday 7:30 – 9:15p.m.

Thursday 8:00-9:15p.m.

Call Nagan (203) 235-6386





## YOUTH SPORTS

### 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.

Spring II: May 1 - June 19

(No class on Memorial Day weekend)

Time: Sundays 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 1 to June 19

(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: \$49\*

Program Member Fee: \$79\*

Volunteer Coaches Are Needed

### 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 7 - June 11

Summer: June 18 - July 23

Full Member Fee: \$39\*

Program Member Fee: \$69\*

Summer: June 25-August 13

Full Member Fee: \$49\*

Program Member Fee: \$79\*

When: Sat. 9-9:45 a.m. or  
10-10:45 a.m.

(No class July 2)

Location: Meriden YMCA Gymnasium (Spring)

Mountain Mist Outdoor Center (Summer)



### 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.

Spring II: May 5 - June 18

Full Member Fee: \$40\*

Program Member Fee: \$70\*

Instructor: Sensei Raymond Rodriguez

\*There will be no classes April 30th so members can march in the Daffodil Parade. Please join us!

### YOUTH RACQUETBALL

#### LESSONS & LEAGUE (ages 7 and up)

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

Spring II: May 7-June 18, 2016

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.

## 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 26 – June 7  
 Summer: June 28 – August 9  
 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: Monday, April 25 – June 13  
 Tuesday, April 26 – June 7  
 No class Memorial Day  
 Summer: Monday, June 27 – August 15  
 Tuesday, June 28 – August 9  
 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 25 – June 13  
 Summer: June 27 – August 15  
 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 27 – June 8  
 Summer: June 29 – August 10  
 Times: Wednesdays 5:30–7:00 p.m.  
 Location: Meriden YMCA Gymnasium  
 Full Member Fee: \$45\*  
 Program Member Fee: \$75\*

**\*Register early and save!**

Add \$10 late fee for registrations



### MERIDEN YMCA GYMNASTICS TEAM

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

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: Monthly Draft

**ALL GYMNASTS WILL BE EVALUATED FOR PLACEMENT ON THE TEAM.**

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

### 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 7 – June 18  
 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

### 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 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.

### NEW! 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) 630-0030 for more information.





## 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](mailto:cmarquardt@meridenymca.org) for more information. Choose from the following options to complete your class in one day, or in two days.

**Option 1:** May 10 • 5:30-8:30p.m.  
May 12 • 5:00-8:00p.m.

**Option 2:** Saturday June 25, 2016 • 9-2

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

### 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.

### 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. 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

## HEALTH, WELL-BEING, & FITNESS

### WEIGHTLIFTING CLASS

#### OLD SCHOOL WEIGHTLIFTING, BODYBUILDING AND BODY SHAPING: A SAFE SENSIBLE APPROACH

This class will emphasize proper form of exercise, the amount of work needed to reach your goals (not as much as you think!) and some "old school" movements and routines that can and will take you to the next level.

#### Some of the things to be discussed and demonstrated:

- Workout length and rhythm
- Under and over training
- Proper exercise form
- Arms are overrated (a.k.a. You're working them too hard)
- Best movements for maximum results
- Sequencing and the proper order in which to do your exercises
- Intensity and visualization
- What you can realistically expect from weightlifting and bodybuilding based on your genetics
- Gym etiquette

#### 3 Week class

Saturdays (Age 14-17) 12-1 p.m.  
(Age 18+) 1-2 p.m.

Preregister in Fitness

Included with your full membership

### 30 DAY AB CHALLENGE

Get yourself bathing suit ready with this fun and motivating challenge!

- Teams of 2 (creative team names appreciated)
- 1 minute timed abdominal workout on Roman Chair
- 1x per day per person
- Prizes awarded to the top two teams

Rules and regulations will be given at the time of registration

**Dates:** May 2 - June 5, 2016

**Special Fee:** \$10 per person

(proceeds to benefit our Annual Campaign)

### 8 WEEK SUMMER MELT DOWN

**Dates:** To be determined

**Full Member:** \$89.00

**Program Member:** \$129.00



### 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

### NEW! JumpFit

Bounce yourself to better health with our new JumpFit classes which uses mini trampolines in a workout that's fun innovative and high energy!

### GROUP EXERCISE CLASSES

INCLUDED IN YOUR FULL MEMBERSHIP!

- |                   |                                  |
|-------------------|----------------------------------|
| • Aerobics        | • Body Shred by Jillian Michaels |
| • AQUA Aerobics   | • BOSU Interval                  |
| • AQUA ZUMBA®     | • ZUMBA®                         |
| • INSANITY®       | • ZUMBA® Gold                    |
| • Barbell Strong  | • ZUMBA® Step                    |
| • Tabata Bootcamp | • Power Yoga                     |
| • Spinning        | • Cize                           |
| • Kickboxing      | • Jump Fit                       |
| • Pilates         |                                  |
| • Yoga classes    |                                  |

## 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

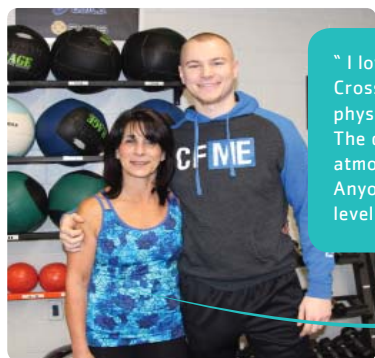
Whether you are a novice, junior novice or varsity athlete, CrossFit® Kids is forging the future of fitness. Flexibility, endurance, strength and lots of fun are all part of the Meriden YMCA CrossFit® Kids program. **Sign up today! Ongoing enrollment.**

**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.



"I love everything about CrossFit. I'm stronger physically and mentally. The coaching and the family atmosphere is the best. Anyone of any age or fitness level can do it." — Pam

## NEW SMALL GROUP TRAINING OPTIONS

### KETTLEBELL BOOTCAMP:

6 weeks – Intermediate/advanced  
 (6 participants minimum – 10 max)  
 Spring I: Dates to be announced  
 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







## HEALTHY LIVING + COOKING

### 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.

Spring II: April 25 - May 23, 2016  
 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.  
 Fee: \$99 for 6 classes (4 minimum)  
 Call Carrie to book your appointment today!

### 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: May 20, 2016  
 Session 2: June 24, 2016  
 Time: 6:30-9:30 p.m.  
 Session Fee: \$25 per person

Location: Meriden YMCA kitchen  
 Lower level of Meriden YMCA Arts Center



## 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!

**HEALTHY KIDS DAY & EXPLORATION STATION OPEN HOUSE**  
April 9, 2016

**ANNUAL BREAKFAST CAMPAIGN KICK OFF**  
April 11, 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

iPhone



Android

