



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING INTO ACTION

2014 PROGRAM GUIDE | MERIDEN YMCA

## SPRING II SESSION

APR. 28 – JUN. 15, 2014

Registration Begins:

Full Member: April 7

Program Member: April 12

## SUMMER SESSION

JUN. 23 – AUG. 10, 2014

Registration Begins:

Full Member: June 2

Program Member: June 7



Jumping for joy at Mountain Mist Day Camp.

# JOIN SOMETHING SPECIAL

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

## FULL MEMBERSHIP BENEFITS

1. Use of all of the wellness facilities (pool, fitness center, indoor track, gym with basketball and/or volleyball setup, racquetball courts, aerobics and spinning studios, dry sauna, locker rooms.
2. FREE CLASSES INCLUDING: INSANITY®, Tabata Bootcamp, Aerobics, ZUMBA®, Spinning, Kickboxing, Barbell Strong, Aqua Aerobics, AQUA ZUMBA®, Pilates and Yoga classes.
3. MORE FREE CLASSES: . . . New Body Shred by Jillian Michaels, ZUMBA® Step, and BOSU Boot Camp.
4. 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. FREE Playtime at Exploration Station children's play area
10. Child Watch babysitting service while you exercise (for very affordable hourly rates)
11. Save \$25 per program
12. Save \$50 per camp session
13. My Y Is Every Y and YMCA Away Program
14. NO CONTRACTS

### FULL MEMBER PAYMENT OPTIONS:

The YMCA offers two easy membership fee payment options: a one time, annual fee; or an automatic, monthly bank or credit card deduction, Mastercard, Visa and Discover accepted. Financial assistance is available for qualifying individuals and families.

**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 Y.

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### ASK US ABOUT OUR MEMBERSHIPS FOR:

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



Celebrating Dr. Seuss week at Meriden YMCA Little Rascals Day Care Center.

## 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. We are very proud of our award winning staff and programs:

- **Mary Jo DiPasquale, Child Care Director at our Martin A. Gaffey Child Care Center, 2013 BAMMY Award Winner for Best Child Care Director**
- **Antoinette Gatling, Head Teacher at Meriden YMCA Head Start, 2013 CAEYC Outstanding Education Award Winner**

### PRESCHOOL

The Meriden YMCA has a variety of preschool 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 in Meriden. 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. South Meriden YMCA Preschool Center**  
Please call Courtney at 203-379-0651.  
(Infants, Toddlers and Preschool)
- 2. Meriden YMCA Little Rascals Day Care Center** – Please call Tina at 203-630-0039 or 203-314-1738.  
(Infants, Toddlers and Preschool)
- 3. Meriden YMCA Head Start**  
Please call 203-238-9166. (Free/sliding scale based on eligibility.)
- 4. Meriden YMCA Childcare Preschool Program (Full Day)** Please call 203-235-8906.
- 5. P.A.L.S. (Full and Half Day School Readiness Preschool Programs)**  
Please call 203-235-8906. (Sliding scale)
- 6. Little Spartans Preschool at Maloney High School** – This Meriden YMCA preschool program is offered in collaboration with the Meriden Board of Education, Middlesex Community College and City of Meriden. Call 203-238-9166. (Sliding scale)
- 7. Little Panthers Preschool Program at Platt High School** – This Meriden YMCA preschool program is offered in collaboration with the Meriden Board of Education, Middlesex Community College and City of Meriden. Call 203-235-8906. (Sliding scale)

## BEFORE & AFTER SCHOOL CARE FOR GRADES K-5

- Proven, safe, quality supervision for children attending Meriden Public Schools.
- On site before and after school care at Thomas Hooker, Israel Putnam, Ben Franklin and Roger Sherman Elementary Schools.
- Casimir Pulaski, John Barry and Hanover students will attend program at Ben Franklin and Nathan Hale Students will attend program at Roger Sherman. Bus transportation provided.
- Homework help, arts and crafts, games, outside play, pm snack.
- Payments can be set up on a weekly auto draft plan to save you money.

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

### CHILD WATCH PROGRAM (childcare while you workout)

The Meriden YMCA provides childcare for your child ages 3 months to 9 years old in a safe nurturing environment in our Child Watch Room. This service is for Y members while you are at the Y and is \$3 per hour for the first child and \$1.50 per hour per child for each additional child.

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

### TOT DROP

Tot Drop is offered to Meriden YMCA full members who need child care while they are not at the Y during afternoons from 12 to 4 p.m. Reservations are required a minimum of 24 hours in advance and parent/guardian must be available by cell phone/beeper. Cancellations must be made 24 hours in advance as well. Fee is \$10 per hour per family.



Building brighter futures at the Little Spartans Preschool.

**MOUNTAIN MIST SUMMER DAY CAMP**

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

- For age 3 through Grade 11
- Traditional and Specialty Camps
- New this year: Lacrosse Camp, Swimming Camp, Science Camps and Theater Productions
- Save by registering early
- Ask about our Summer Camp E-Z Pay Plan

**MOUNTAIN MIST DAY CAMP OPEN HOUSES:**  
**May 10, May 17, June 7 • 10:00 a.m.–1:00 p.m.**  
**May 28 • 5:30–7:30 p.m.**

**SUMMER DISCOVERY ACADEMY**

Where learning is made fun. This program is designed for children ages 5 to 9 years old to teach children through hands on activities. The staff will provide educationally based learning with theme-based lessons. Program highlights include swimming every day and field trips. Location: South Meriden YMCA, 145 Main Street, South Meriden. Please call Courtney at 203-379-0651 for more information.

**EDUCATION & LEADERSHIP**

**SPANISH**

Learning a second language at a young age can benefit your child in every area of their life. Our Spanish classes offer a fun learning environment and age-appropriate skill building. Transportation available from school to Y upon request.

**Late Spring: April 29 – June 10**

**Day/time:**

**Grade K through 2 • Tuesday, 4:00–4:45 p.m.**

**Grade 3 through 5 • Tuesday, 5:00–5:45 p.m.**

**Full Member Fee: \$34**

**Program Member Fee: \$64**

**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.**

**ARTS ACADEMY**

Unleash your creative side and art it up!

**CLAY CLASS**

Get your hands dirty and have fun learning basic hand building methods to make functional and decorative sculptural pieces. Saturdays 9 a.m. to 12 p.m. (ages 5-9) or 12:30 to 3:30 p.m. (age 10+).

**Late Spring: May 3 – June 14**

**Full Member Fee: \$65**

**Program Member Fee: \$90**

**Materials Fee: \$20**

**CLAY, DRAWING AND MORE**

Have fun expressing your artistic side through clay, drawing and more! For ages 10+. Tuesdays 4:30 to 6:30 p.m.

**Late Spring: April 29 – June 10  
 (no class April 23)**

**Full Member Fee: \$65**

**Program Member Fee: \$90**

**Materials Fee: \$20**



**MUSIC LESSONS**

We offer Beginner Piano/Keyboard, Beginner Guitar, Beginner & Intermediate Drum, Voice or Music Writing lessons. Thirty- minute lessons. By appointment.

**Full Member Fee:**

**\$105 for 7 weeks, only \$15 per lesson**

**Program Member Fee:**

**\$175 for 7 weeks, only \$25 per lesson**

## CHILDREN'S DANCE PROGRAM

These classes are designed to introduce children to the world of dance while providing an enjoyable, interactive experience with their peers. Participants will have the opportunity to learn and develop basic dance steps, social skills, as well as motor skills. (7 week session)

Late Spring: May 3 - June 14, 2014 (7 weeks)

### TAP, BALLET – INTRO/BEGINNER & INTERMEDIATE

(Ages 3 and 4) • 10:15-10:45 a.m.

Saturday

Full Member Fee: \$40

Program Member Fee: \$60

### TAP, BALLET & HIP HOP

(Ages 5, 6 & 7) • 10:50-11:50 a.m.

Saturday

Full Member Fee: \$55

Program Member Fee: \$75

### TAP, BALLET & HIP HOP

(Ages 8-11) • 11:55 a.m. - 12:55 p.m.

Saturday

Full Member Fee: \$55

Program Member Fee: \$75

### COMING FALL 2014

### THE "NEW" YMCA DANCE ACADEMY!

Instructors: Amber Ganaros & Chantel Martin

### "NEW" SUMMER DANCE CAMP

Location: 110 West Main Street  
Summer: July 14-18 (ages 5-8)  
Summer: July 21-25 (ages 9-12)  
Times: 9:00 a.m.-2:00 p.m.

Dance-Swim-Dance-Crafts-Dance-Games-Dance and More

Please bring a bag lunch, snack, tap/ballet shoes, sneakers, swim suit and towel.

Full Member: \$69

Program Member: \$89

(Minimum of 10 participants required)



## 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 28-June 14  
 Summer: June 23-August 9  
 Full Member Fee: \$53  
 Program Member Fee: \$78

#### MONDAY

Spring II: April 28-June 9  
 Summer: June 23-August 4  
 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 29-June 10  
 Summer: June 24-August 5  
 4:00-4:30 Guppy  
 4:30-5:00 Minnow

#### WEDNESDAY

Spring II: April 30-June 11  
 Summer: June 25-August 6  
 4:00-4:30 Eel  
 4:30-5:00 Polliwog

#### THURSDAY

Spring II: May 1-June 12  
 Summer: June 26-August 7  
 4:00-4:30 Guppy  
 4:30-5:00 Fish/FF

#### SATURDAY

Spring II: May 3-June 14  
 Summer: June 28-August 9  
 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.

<b>Age Group:</b>	<b>3 years of age and up</b>
<b>Full Member Fee:</b>	<b>\$30 per 30 minutes</b> <b>\$110 for 5 classes</b>
<b>Program Member Fee:</b>	<b>\$55 per 30 minutes</b> <b>\$135 for 5 classes</b>

### 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.

<b>Full Member Fees:</b>	<b>\$35 per 45 minutes</b> <b>\$130 for 5 classes</b>
<b>Program Member Fee:</b>	<b>\$60 per 45 minutes</b> <b>\$155 for 5 classes</b>

## SWIM TEAM – Starts April 28, 2014

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 McDermott, Aquatics Director at 203-235-6386 ext. 12 or visit [www.meridenymca.org](http://www.meridenymca.org)

## ADULT SWIM CLUB (Masters)

This program is designed for those adults 19 years of age or older who wish to work with a certified coach. The purpose of the program is to promote fun and possibly competition for all participants at any level of ability.

Practice Sessions/Continuous Enrollment:  
Monday-Wednesday 7:30-8:45 p.m.  
Thursday 8:00-9:00 p.m.

Please call Megan at 203-235-6386 x12 for more information.

## 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.

<b>Saturdays:</b>	<b>8:15-9:40 a.m.</b>
<b>Spring II:</b>	<b>May 3 – June 14</b>
<b>Summer:</b>	<b>June 28 – August 9</b>
<b>Full Member Fee:</b>	<b>\$53</b>
<b>Program Member Fee:</b>	<b>\$78</b>

## SPRING STROKE CLINIC – April 14-17, 2014 WITH DIVING CLINIC – APRIL 22, 24

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

<b>Full Member Fee:</b>	<b>\$50</b>
<b>Program Member Fee:</b>	<b>\$75</b>

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

<b>Full Member Fee:</b>	<b>\$60</b>
<b>Program Member Fee:</b>	<b>\$85</b>

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

<b>Full Member Fee:</b>	<b>\$70</b>
<b>Program Member Fee:</b>	<b>\$95</b>

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

## 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 29 – June 10  
**Summer:** June 24 – August 5  
**Ages:** 18 months to 2 years of age  
**Times:** Tuesdays 5:00–5:45 p.m.  
**Location:** Meriden YMCA Gymnasium  
**Full Member Fee:** \$35  
**Program Member Fee:** \$60

#### 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 28 – June 16  
 April 29 – June 10  
 No class Memorial Day  
**Summer:** June 23 – August 4  
 June 24 – August 5

**Beginner I:** Mondays 5:00–5:45 p.m.  
 (3 years to 5 years)

**Beginner II:** Tuesdays 5:45–6:30 p.m.  
 (6 years and up)

**Location:** Meriden YMCA Gymnasium  
**Full Member Fee:** \$35  
**Program Member Fee:** \$60

### 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 28 – June 16  
**Summer:** June 23 – August 4  
**Times:** Mondays 5:45–6:45 p.m.  
**Location:** Meriden YMCA Gymnasium  
**Full Member Fee:** \$35  
**Program Member Fee:** \$60



### 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 Steve Markoja at the Meriden YMCA at 203-235-6386.

### NEW! BRAZILIAN JIU-JITSU

Brazilian Jiu-Jitsu is a martial art, combat sport and a self defense system that focuses on grappling and ground fighting. This class is for children ages 5 and up.

**Spring II:** May 2 – June 13  
**Summer:** No summer class.  
 Will resume in Fall  
**Time:** Friday 5:00 – 6:00 p.m.  
**Instructor:** Hector Rodriguez  
**Full Member Fee:** \$35  
**Program Member Fee:** \$65

### 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 22 – June 3, 2014  
 Will resume in Fall  
**Time:** Tuesdays 4:45–5:45 p.m.  
**Full Member Fee:** \$30  
**Program Member Fee:** \$60  
**Location:** Meriden YMCA Racquetball Court #1

**Instructor:** Jacquie Rosado  
 Jacquie Rosado is an Ektelon sponsored Multi Junior Olympic competitor. She has played since she was 9 years old.

Protective goggles and racquet required.



## KARATE

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

**Late Spring:** April 22 – June 7  
**Summer:** June 17 – August 2  
**BEGINNERS:** Tues. & Thurs.  
5:30–6:15 p.m.,  
Sat. 10:00–10:45 a.m.  
**INTERMEDIATE:** Tues. & Thurs.  
6:15–7:00 p.m.,  
Sat. 11:00–11:45 a.m.  
**ADVANCED & ADULTS:** Tues. & Thurs.  
7:00–8:00 p.m.,  
Sat. 11:00–11:45 a.m.

**Fee for Beginner/Intermediate/Adult Levels:**

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

**TOTS (3 to 5 yrs. old):** Mondays  
6:45 – 7:30 p.m.  
**Late Spring:** April 21 – June 2  
Will resume in Fall  
**Full Member Fee:** \$40  
**Program Member Fee:** \$65  
**Instructor:** Sensei Raymond Rodriguez

## YOUTH LACROSSE (Developmental Program)

Lacrosse is the fastest growing sport in America! Join our program for children in grades K-3 to develop their lacrosse skills.

**Saturdays:** May 3 – June 21  
**Times:**  
**Grades K-1** 9:00 –10:00 a.m.  
**Grades 2-3** 10:00 –11:00 a.m.  
**Full Member Fee:** \$39  
**Program Member Fee:** \$64



## 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 4 to June 22**  
**(No class on Memorial Day weekend)**  
**Games will be played at 11:00 a.m.–12:00 p.m.**  
**Full Member Fee:** \$39  
**Program Member Fee:** \$64  
**Volunteer Coaches Are Needed**  
\*Registrations after April 28th will have a \$10 late fee added.

## 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 4 to June 22**  
**Times:** 9:00 –10:00 a.m.  
10:00 –11:00 a.m.  
**Full Member Fee:** \$39  
**Program Member Fee:** \$64  
**Volunteer Coaches Are Needed**  
\*Registrations after April 28th will have a \$10 late fee added.

## 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)

**Spring II:** May 3–June 7  
**Full Member Fee:** \$39  
**Program Member Fee:** \$64  
**Summer:** June 14–July 12  
**Full Member Fee:** \$49  
**Program Member Fee:** \$74  
**When:** Sat. 9–9:45 a.m. or  
10–10:45 a.m.  
**Location:** Meriden YMCA Gymnasium (Spring)  
Mountain Mist Outdoor Center (Summer)

## YOUTH PROGRAMS

### BAKE SHOP / LITTLE CHEFS COOKING

A 5 week program designed for children and youth ages 4-12. This program will give participants a hands on cooking/baking experience. The program will teach children that cooking can be creative, full of discovery, and a whole lot of fun.

**Late Spring:** April 28 – June 9  
(no class on May 26)

**Times:**  
(4-7 yr. olds) Mondays, 4:00-4:45 p.m.

(7-12 yr. olds) Mondays, 5:00-4:45 p.m.

**Full Member Fee:** \$34

**Program Member Fee:** \$64

Call Courtney at 203-379-0651 for more information.

## CLUB Y

Back by popular demand, Club Y is here! Come have fun with your friends at the Meriden YMCA on Friday nights during the school year. Swimming, Basketball, Volleyball, Video Games, DJ and Dancing. Fun events such as 3 on 3 Basketball Tournament, Dodge Ball Tournament and more.

**Time:** Fridays, 6:30-8:30 p.m.  
**Location:** Meriden YMCA  
**Grades:** 6-8  
**Fee:** \$2 per person  
**Non-Members Welcome**



## FAMILY TIME

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

## 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.

**Ages:** 11 – 15 years old  
**Date:** Saturday, May 3, 2014  
**Time:** 9:00 a.m. – 2:00 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**

## BIGGEST WINNER WEIGHT LOSS CHALLENGE

Are you overwhelmed with all the diet and exercise information that surrounds you each day? Have you dieted and exercised yourself up, down and all over the scale time and time again? Are you tired of programs that restrict you from enjoying meals with your family? Then maybe it is time for the Y to help you live a healthier life! 12 Week program.

**Spring II:** April 30 – June 18  
Will resume in Fall

**Time:** Wednesday evenings  
6:00-6:45 p.m.

**Location:** 110 West Main St.

**Full Member Fee:** \$69 per person  
**Non-Member Fee:** \$89 per person

Includes 8 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 2)
- 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 2 individuals who lose the most amount of weight. Final weight losses will be calculated by percentages

## GET MOTIVATED. GET FIT. GET HEALTHY. EVERYBODY WINS!

For more information see Carrie in Fitness 203-235-6386 x18.

**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 30 – June 11  
**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.

**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.

**CROSSFIT®**

Sign up today at the Meriden YMCA for On Ramp classes. You'll get 6 classes for only \$50! It's a great way to prepare you for CrossFit group classes and see if you like it.

Upon completion of the On Ramp classes you can add unlimited CrossFit to your Meriden YMCA membership! CrossFit only options are available. Call 203-235-6386 x16. Learn more at [www.crossfitmeriden.com](http://www.crossfitmeriden.com)

**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:** April 29 – June 14  
**Summer:** June 24 – August 10  
**Full Member Fee:** \$35  
**Program Member Fee:** \$65

**Beginner Level I Classes**

<u>Ages</u>	<u>Day</u>	<u>Time</u>
3-8	Saturday	9:30 – 10:15 a.m.
9-11	Saturday	11:00 – 11:45 a.m.
12-17	Friday	4:00 – 4:45 p.m.

**Level II Classes**

<u>Ages</u>	<u>Day</u>	<u>Time</u>
<b>(Late Spring)</b>		
3-8	Saturday	10:15 – 11:00 a.m.
9-11	Saturday	11:45 – 12:30 p.m.
12-17	Tuesday	4:00 – 4:45 p.m.
<b>(Summer)</b>		
3-8	Saturday	10:15 – 11:00 a.m.
9-11	Wednesday	4:15 – 5:00 p.m.
12-17	Tuesday	4:00 – 4:45 p.m.

**Must complete 7 weeks of Level I before moving on to Level II.**

Class location is 88 State Street Meriden. Please register at the Meriden YMCA at 110 West Main Street.

**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 Exploration Station.

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.**

**EAT SMART**

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

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

**Fee:** \$99 for 3 sessions

Call Carrie in Fitness to book your appointment today!

## 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](mailto: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 22 – June 5

**Summer:** June 17 – July 31

**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 7th – May 8th**

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](mailto: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)

**PILATES**

Looking to obtain core strength, improve flexibility, reduce stress and achieve overall fitness? Come and learn the Pilates way. Pilates is a method of exercise and physical movement designed to stretch, strengthen and balance the body.

Choose your class time below:

**Monday:** 5:30 p.m. Intermediate  
**Tuesday:** 9:30 a.m. Advanced  
**Wednesday:** 4:30 p.m. Intermediate  
**Thursday:** 9:00 a.m. Beginner  
**Saturday:** 8:00 a.m. Int./Adv.  
**Location:** Meriden YMCA Group Exercise Studio

Included in Meriden YMCA full membership. Please be on time for class—space is available on a first come first serve basis.

**YOGA I**

This Level I Yoga is designed for beginners. This class will teach the basics of asanas (posture) and pranayama (breathing) techniques. Learn to become stronger, increase stamina as well as flexibility, reduce stress and increase your energy. Please wear comfortable clothing.

**Wednesday:** 5:30 p.m.  
**Thursday:** 5:30 p.m.  
**Instructor:** Traci Valery and Theresa Needels  
**Location:** Yoga Studio located at Y Arts Center  
**Time:** Wednesday w/Traci & Thursday w/Theresa 5:30–6:30

This class is included in your Meriden YMCA full membership. Please be on time for class – space is available on a first come basis.

Y Yoga Studio is located at the Y Art Center at 14-16 West Main Street just blocks from our main building.

**NEW GROUP CLASSES!**  
**Body Shred by Jillian Michaels and BOSU Boot Camp.**

**YOGA II**

This Level II Yoga is designed for those individuals who have already completed a basic beginner’s practice and want to deepen their level of postures. Class will include a short meditation, vinyasa warm-up and then progress into more advanced poses. This class is not recommended for those individuals who have not participated in a yoga program before.

**Wednesday:** 6:30 p.m.–7:30 p.m.  
**Saturday:** 9:15–10:15 a.m.

Included in Meriden YMCA full membership. Please be on time for class – space is available on a first come first served basis.

**Location:** Yoga Studio at Y Arts Center  
**Instructor:** Traci Valery

**POWER YOGA**

This class emphasizes mobility, strength and range of motion through strong dynamic flowing movements. In this Vinyasa Power Yoga class poses flow from one to another in conjunction with breath developing core power and challenging the body and mind.

**Friday:** 5:15 a.m.  
**Location:** Downtown Y Group Exercise Studio  
**Instructor:** Traci Valery

Included in Meriden YMCA full membership. Please be on time for class – space is available on a first come first served basis.

**ZUMBA GOLD® FOR SENIORS**

**Time:** Mondays 10:30 a.m.  
**FREE to all Meriden YMCA Full Members**

**ZUMBATOMIC® (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 28–June 9, 2014**

**Will resume in the Fall**

**Time:** Monday 4:45–5:15 p.m.

**Full Member Fee:** FREE  
**Program Member Fee:** \$30

**We also offer:**  
 ZUMBA FITNESS®, ZUMBA TONING®, AQUA ZUMBA® & ZUMBATOMIC®

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. Contact the Meriden YMCA to learn about volunteer opportunities that make a difference in our community.

**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. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure.

**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](http://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.

There are many different types of planned gifts including: a bequest where the Y receives a gift provided for in the donor's will; life insurance policies where the Y is named as a beneficiary; tax-free gifts from retirement plans; and real estate.

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 see Sue Chester for more information or call her 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.**



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

## SIGN UP FOR SUMMER CAMP

### OPEN HOUSE DATES:

- May 10, May 17, June 7  
10:00 a.m. to 1:00 p.m.
- May 28th – 5:00 to 7:00 p.m.  
Meriden YMCA Mountain Mist Day Camp  
576 High Hill Road, Meriden



## UPCOMING EVENTS!

1. Martini & Massage  
Charity Benefit  
June 5th
2. Family Fun Day at  
Mountain Mist  
June 14th

**NEW GROUP CLASSES!**  
Body Shred by Jillian Michaels and  
BOSU Boot Camp.

## NEW SMALL GROUP TRAINING OPTIONS

### TREADMILL BOOT CAMP:

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

### KETTLEBELL TRAINING:

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

### 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

### 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.

### 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. The outcome is designed to educate and gradually integrate a healthy lifestyle into the lives of individuals recovering from cancer and those with the chronic condition lymphedema. A certified massage therapist who specializes in lymphatic drainage massage will also be available to those participants who qualify. For more information about this program, please contact our Health & Wellness Director, Carrie Marquardt, at 203-235-6386 x18.

### Meriden YMCA

110 West Main Street, Meriden CT, 06451

tel 203-235-6386 | fax 203-235-6517 | [meridenymca.org](http://meridenymca.org)

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