



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOUR SEASON OF CHANGE!

**SOUTHINGTON-CHESHIRE COMMUNITY YMCAs
FALL 1 2022 MEMBERSHIP & PROGRAM GUIDE**

Registration Begins: Family Members - Wednesday, August 3rd

Full Members - Friday, August 5th

Non-Members - Wednesday, August 10th

Session Dates: Tuesday, September 6th - Sunday, October 23rd

Make-up Week: Monday, October 24th - Sunday, October 30th

**ONLINE
REGISTRATION:
BEGINS AT 6AM**

**IN-PERSON/PHONE
REGISTRATION:
BEGINS AT 8AM**



SOUTHINGTON BRANCH HOURS

August 1– October 9, 2022

29 High St

Monday–Friday 5AM–9PM

Saturday & Sunday 7AM–2PM

Spirit, Mind & Body Center:

Monday–Friday 5:30–11AM

Saturday 9–11AM

Starting October 10, 2022

29 High St

Monday–Friday 5AM–9PM

Saturday & Sunday 7AM–5PM

Spirit, Mind & Body Center:

Monday–Friday 5:30–11AM

Saturday 9–11AM

CHESHIRE BRANCH HOURS

August 1– October 9, 2022

Monday–Thursday 6AM–8PM

Friday 6AM–7PM

Saturday 8AM–2PM

Sunday 8AM–12PM

Starting October 10, 2022

Monday–Thursday 6AM–8PM

Friday 6AM–7PM

Saturday & Sunday 8AM–2PM

SEPT & OCT HOLIDAY HOURS

Holiday

Date

Notes

Labor Day

9/5

Southington 7AM–2PM

Cheshire 8AM–12PM

No Child Care or Babysitting (AKC)

Pool Closed

Columbus Day

10/10

No Child Care



CONTACT INFORMATION

ASSOCIATION STAFF

Mark Pooler, CEO - mpooler@sccymca.org

Tabitha Stein, CFO - tstein@sccymca.org

Wendy Stevens, HR - wstevens@sccymca.org

Justin Hubeny, YMCA Camp Sloper - jhubeny@sccymca.org

Mark Guerin, Marketing - mguerin@sccymca.org

Chrissy Cassesse, Child Care - ccassesse@sccymca.org

Jay Jaronko, Programs & Membership - jjaronko@sccymca.org

Kevin Simms, Operations - ksimms@sccymca.org

Renny Hanson, Facilities - rhanson@sccymca.org

Southington Community YMCA Front Desk - 860.628.5597

Cheshire Community YMCA Front Desk - 203.272.3150

COMMUNICATION INFO FOR PROGRAM DIRECTORS CAN BE FOUND ON EACH PROGRAM PAGE.

YOUTH DEVELOPMENT

Child Care

We offer a variety of child care options for preschool & school age students. These programs provide a safe space for children to learn, develop social-emotional skills, stay active and make friends. Our staff are experienced and highly trained professionals.

All of our child care programs are licensed by the State of CT's Office of Early Childhood. We are fully complying with all health directives from local, state and federal health agencies. We are working closely with public schools and are preparing to meet the needs of families in a number of different education models. No matter what changes may face our community, we are committed to providing a safe education space for those that need it. We're here for you.

To learn more, set up a tour, or register, please reach out to our Child Care Leadership Team listed below.

CHILD CARE LEADERSHIP TEAM

Chrissy Cassesse, Association Child Care Director

Phone: 203.272.3150 x510

Email: ccassesse@sccymca.org

SOUTHINGTON COMMUNITY YMCA

Kari Robarge, Early Childhood Director

Phone: 860.426.9542

Email: krobarge@sccymca.org

Emily Snow, School Age Child Care Director

Phone: 860.426.9587

Email: esnow@sccymca.org

CHESHIRE COMMUNITY YMCA

Bonnie Genest, Early Childhood Director

Phone: 203.272.3150 x560

Email: bgenest@sccymca.org

Lisa Zaborowski, Senior Director of Youth Development

Phone: 203.272.3150 x509

Email: lzaborowski@sccymca.org

YMCA CAMP SLOPER OUTDOOR CENTER



YMCA Camp Sloper is a 143 acre Outdoor Center located at 1000 East St in Southington. As a Y member, you are permitted access to the trails, the fields, the play scape and the SUPERSLIDE throughout the entire school year!

To learn more about how to rent YMCA Camp Sloper for your family reunion, business retreat, or birthday party, please reach out to the Camp Office today!

OUTDOOR CENTER LEADERSHIP TEAM

Justin Hubeny, Outdoor Center Director

Phone: 860.621.8194

Email: jhubeny@sccymca.org

Sarah Dupre, Outdoor Center Admin

Phone: 860.621.8194

Email: sdupre@sccymca.org

Tom Sangeloty, Outdoor Center Program Director

Phone: 860.621.8194

Email: tsangeloty@sccymca.org



WHY WE'RE HERE

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING

Improving our community's health and well-being

In neighborhoods across our community, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, thousands of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The YMCA has been listening and responding to our community's most critical social needs for 88 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.



MEMBERSHIP & BENEFITS

Join the Y and enhance your life.

ASSOCIATION MEMBERSHIP INCLUDES:

- Tons of FREE adult group exercise classes per week
- State-of-the-art fitness centers
- Strength training and free weight rooms
- Access to pool for lap swim, family swim, and more
- Locker Rooms and Saunas
- Free, supervised babysitting for Family Members
- Priority online registration and account access
- Pickleball, Racquetball & Basketball options
- Free WiFi available
- Access to our branches in Southington & Cheshire
- Access to YMCA Camp Sloper Outdoor Center
- Nationwide Membership access to participating YMCAs across the country.

AMAZING KIDS CLUB (BABYSITTING)

Do you need someone to look after your child while you work out? We're here for you! You may bring your child for a maximum of two hours per day to our Amazing Kids Club. Kids will enjoy creative play in a fun, safe environment with responsible, qualified Y staff members. No registration needed. This is a free service available to Family Members. The cost for Full & Non Members is \$5/visit.

Amazing Kids Club is located at the Southington branch. Please see page 10 for hours.

Our Cheshire branch will be offering limited babysitting hours starting in the fall of 2022. Please call the Front Desk at 203-272-3150 for the schedule.

VOLUNTEER OPPORTUNITIES

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole!

FINANCIAL ASSISTANCE

At the Y, we have a vision to strengthen our community and are committed to transforming lives every day. Our Financial Assistance Program provides support to youth, adults, and families that ensures everyone has the opportunity to learn, grow and thrive. To apply, visit our website or the Welcome Center at one of our branches.

JOB OPPORTUNITIES

Visit sccymca.org/careers for open positions in our staff family at the Y or you can stop by one of our locations to pick up an employment application.

MEMBERSHIP RATES 2022-2023

Membership Types	Association Rate	Cheshire-ONLY
Youth (0-13)	\$21 per month	\$21 per month
Teen (14-17)	\$24 per month	\$24 per month
Young Adult (18-25)	\$36 per month	\$25 per month
Adult (26+)	\$56 per month	\$28 per month
2 Adult	\$83 per month	\$50 per month
Family 1 (1 adult + kids)	\$82 per month	\$48 per month
Family 2 (2 adults + kids)	\$97 per month	\$70 per month
Senior (65+)	\$50 per month	\$26 per month
Senior Couple (65+)	\$75 per month	\$45 per month

Family Memberships include dependent children who are under the age of 26. All individuals in a Family Membership must be a part of one household.

DISCOUNT GROUPS

- Corporate Discount - 10% off of the employee's membership or a family membership
- Military Discount - 25% off of the veteran's membership or a family membership & no join fee

Households with additional adults – additional adults (26+) may be added to a Family 2 Membership at the rate of \$15/additional adult

JOINERS FEE

This is a one-time fee charged for new Young Adult, Adult, 2 Adult, Family, Senior and Senior Couple Memberships. Individuals who do not renew within 90 days are classified as new members.

- Senior: \$25
- Young Adults, Adults, Family 1 and Senior Couple: \$50
- 2 Adult and Family 2: \$80

PAYMENT PLANS

MONTHLY DRAFT

This is an opportunity to pay membership dues on a monthly basis through a checking/savings account or by credit card. We accept Visa, MC, Amex, and Discover. Depending on your home branch, you will be drafted monthly on the 1st of the month.

ANNUAL PAYMENT

Renewable one year from the join date. Non-refundable.

Y MEMBERSHIP STAFF CONTACT INFO

Southington - Wendy Fisher - wfisher@sccymca.org - 860-628-5597

Cheshire - Kristin Champagne - kchampagne@sccymca.org - 203-272-3150

YMCA Camp Sloper - Sarah Dupre - sdupre@sccymca.org - 860-621-8194



CHESHIRE COMMUNITY YMCA

961 South Main St, Cheshire, CT 06410

YOUTH DEVELOPMENT

PRESCHOOL 3'S & 4'S (Ages 32 months & older)

Our Preschool is lead by wonderful, qualified teachers. In our program, the whole child is nurtured & developed.

Contact: Bonnie Genest - bgenest@sccymca.org

BEFORE & AFTER SCHOOL (Grades K-5)

We host Before & After School programs at every public elementary school in Cheshire. Our program provides social engagement, physical activity and academic support.

Contact: Lisa Zaborowski - lzaborowski@sccymca.org

YMCA CAMP QUINNIPIAC (Grades K-9)

Day camp is a cornerstone of any kid's summer & YMCA Camp Quinnipiac is one of the best in the state. Campers learn new skills, make great friends and have fantastic role models!

Contact: Lisa Zaborowski - lzaborowski@sccymca.org

LEADERS' CLUB (Middle & High School)

Leaders' Club teaches young adults how to work together, give back to the community, and make a difference in others' lives. It costs little to join Leader's Club, but the experience is PRICELESS!

Contact: Lisa Zaborowski - lzaborowski@sccymca.org

BABYSITTING (6 weeks-12 years)

This fall, we will be offering limited babysitting hours for the first time since 2020. We are still finalizing all of the details for this service. The information will be available before Labor Day 9/5.

Contact: Kristin Champagne - kchampagne@sccymca.org



**RECLAIM YOUR ENERGY
RECLAIM YOUR POWER**
LIVESTRONG® AT THE YMCA

Take **ACTION** and change the odds and enroll in LIVESTRONG® at the YMCA

MEMBERSHIP RATES

Youth (0-13)	\$21 per month
Teen (14-17)	\$24 per month
Young Adult (18-25)	\$25 per month
Adult (26+)	\$28 per month
2 Adult	\$50 per month
Family 1 (1 adult + kids)	\$48 per month
Family 2 (2 adults + kids)	\$70 per month
Senior (65+)	\$26 per month
Senior Couple (65+)	\$45 per month



DAY CAMP
YMCA Camp Quinnipiac

HEALTHY LIVING

SEA DOG SWIM CLUB

The Sea Dog Swim Club competes locally, regionally, and nationally in YMCA & USA Swimming events. Contact our coaches to arrange a try-out

Contact: Sean Farrell - sfarrell@sccymca.org

Kyle Shadeck - kshadeck@sccymca.org

HEALTH & WELLNESS CENTER

We have a full Health & Wellness Center, complete with a variety of cardio & strength equipment. We recently added a functional training space for members seeking a new challenge!

Contact: Kristin Champagne - kchampagne@sccymca.org

GROUP EXERCISE

We offer more than 40 group exercise classes per week that are all FREE with your membership. These classes include yoga, pilates, cycling, Zumba, and High Intensity Small Group Training classes. We are adding new classes this fall!

Contact: Kristin Champagne - kchampagne@sccymca.org

SPORTS PERFORMANCE & PERSONAL TRAINING

Using our new training space, youth athletes and adults can train with a certified personal trainer to meet individual and team goals, gain strength & stamina, and recover from injury.

Contact: Doug Levens - dlevens@sccymca.org

CHRONIC DISEASE PROGRAMS

LIVESTRONG AT THE YMCA is for cancer survivors who are ready to return to physical activity. It's more than an exercise class - it provides the physical, social, & emotional support to stimulate your recovery. FREE for those who qualify. The next session starts in September - reserve your spot today!

DIABETES PREVENTION PROGRAM is for people who have elevated A1C levels or have been diagnosed as pre-diabetic. This program provides resources for healthy nutrition and physical activity to help prevent the onset of diabetes. This is run in partnership with Chesprocott Health District and is FREE for those who qualify. The next session starts in September - reserve your spot today!

Contact: Kristin Champagne - kchampagne@sccymca.org



COMMUNITY DEVELOPMENT

Upcoming Special Events & Annual Giving

THE Y's ANNUAL CAMPAIGN

You can help make a difference!

It's **people like you...our generous donors, supporters, and members...**who believe in our cause, values, and work that can directly impact our communities.

Together with your charitable donations, we can continue supporting both the Southington & Cheshire communities through the Y's programs & services.

Our Annual Campaign is an opportunity to extend your generosity **to help families in need in our communities.**

If you would like to make a donation to our Annual Campaign, please visit SCCYMCA.org/Give and help us build a better tomorrow!



SAVE THE DATE

11/18/22



REGISTER TODAY!

SCCYMCA.ORG/APPLE



YOUTH DEVELOPMENT

Youth/Teen Sports & Rec Programs

YOUTH SPORTS

SOCCER (Ages 2-10)

These classes focus on basic skills like passing, dribbling, shooting, trapping & team play. Children will develop skills, gain experience, meet new friends, and have fun.

Location: YMCA Camp Sloper Sports Fields

FLAG FOOTBALL (Ages 3-10)

Passing, catching, team play, positions and basic offensive and defensive concepts of the game are taught.

Location: YMCA Camp Sloper Sports Fields

SPORTS SPECTACULAR (Ages 2-7)

A great introduction to a variety of sports. This program is for children who are still deciding on their favorite! New sports will be played every week.

Locations: YMCA Camp Sloper Sports Fields

GOLF (Ages 7-10)

Must bring your own clubs. Learn the fundamentals of golf through individual instruction and games!

Location: YMCA Camp Sloper Sports Fields

NEW THIS FALL!

SPECIAL NEEDS SPORTS SPECTACULAR (Ages 5-10)

We are excited to announce that we are now offering sports programs for youth with special needs! Kids will learn the basics of soccer, basketball, and floor hockey.

Neuro-typical partners & parent participants are highly encouraged. If you or your child would like to be a buddy in this program, please contact Coach Nick.

Location: Southington Community YMCA Gymnasium

INTRODUCTORY GYMNASTICS

We will resume our introductory Gymnastics programs in the Southington APR in our Fall 2 Session.

If you are interested in registering your child OR working as a youth gymnastics coach, please contact Coach Nick.

Location: Southington Community YMCA APR

INFANT/TODDLER PROGRAMS

Please see page 10 for more information about these new and returning programs!

Location: Southington Community YMCA

CONTACT Nick Charnysh, Sr. Program Director at ncharnysh@sccymca.org.

SPECIAL INTEREST

PE MADNESS (Ages 7-10)

For children who love to be active and play a variety of games. Coach Nick and his coaches will lead this class in their favorite gym games and offer them a fun outlet to exercise and stay physically fit.

Location: Southington Community YMCA - APR

NINJA WARRIORS (Ages 7-10)

Learn the fundamentals of being a Ninja Warrior at YMCA Camp Sloper's new Ninja Warrior Course. Learn how to master all the elements, beat your times, work as a team, and build confidence!

Location: YMCA Camp Sloper

OUTDOOR TEEN VOLLEYBALL (Ages 11-14)

Focus is on basic skill development and non-competitive game experience. Fair play, sportsmanship and fun are emphasized.

Location: YMCA Camp Sloper Volleyball Court

FAMILY OUTDOOR ADVENTURE (All Ages)

ONLY ONE Family member needs to sign up for their whole family. Travel around camp as a family and visit Sloper's Best Spots, including Boating, Hiking, Crystal Mine, the Fort Village, Ninja Warrior Course & much more!

Location: YMCA Camp Sloper Playscape

WELLNESS

KIDS FITNESS CLASS (Ages 7-10)

Class focuses on teaching fundamental skills, fitness & developing self-esteem while having fun!

Location: Southington Community YMCA

Y STAFF CONTACT INFO

Youth/Teen Sports, Special Interest & Infant/Toddler:
Nick Charnysh - ncharnysh@sccymca.org

Southington Babysitting (AKC):
Christine Paulus - cpaulus@sccymca.org

Wellness:
Brandon Riollano - briollano@sccymca.org

YOUTH/TEEN ACTIVITY GRID

(SCY) – Southington YMCA

(YCS) – YMCA Camp Sloper

(YLC) YMCA Learning Center

INFANT/TODDLER	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
(1) Infant Massage* (2) Infant Development* (3) Infant Feeding*	Birth-12 months	\$125 Members \$200 Non-Members *Register for each class separately.						(1) 9-10AM (2) 10:15-11:15AM (3) 11:30-12:30PM (YLC)
Terrific Two's (Mon & Wed)	24-36 months	\$125 Members \$200 Non-Members	9-10:15AM		9-10:15AM			
PRESCHOOL SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Parent & Me Soccer	2-3	\$70 Members \$145 Non-Members						9-9:45AM (YCS)
Pee Wee Soccer	4	\$70 Members \$145 Non-Members						10-10:45AM (YCS)
Parent & Me Sports Spectacular	2-3	\$70 Members \$145 Non-Members						10-10:45AM (YCS)
Pee Wee Sports Spectacular	4	\$70 Members \$145 Non-Members						11-11:45AM (YCS)
Pee Wee Flag Football	3-4	\$70 Members \$145 Non-Members						9-9:45AM (YCS)
YOUTH SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Rookies Soccer	5-6	\$70 Members \$145 Non-Members						11-11:45AM (YCS)
Rookies Sports Spectacular	5-7	\$70 Members \$145 Non-Members						9-9:45AM (YCS)
Rookies Flag Football	5-6	\$70 Members \$145 Non-Members						10-10:45AM (YCS)
Winners Soccer	7-10	\$70 Members \$145 Non-Members						12-12:45PM (YCS)
Winners Flag Football	7-10	\$70 Members \$145 Non-Members						11-11:45AM (YCS)
Rookies Special Needs Sports Spectacular	5-7	\$70 Members \$145 Non-Members						9-9:45AM (SCY - Gym)
Winners Special Needs Sports Spectacular	7-10	\$70 Members \$145 Non-Members						10-10:45AM (SCY - Gym)
Winners Golf	7-10	\$70 Members \$145 Non-Members						1:30-2:15PM (YCS)
SPECIAL INTEREST	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
PE Madness	7-10	\$25 Members \$100 Non-Members		6-6:45PM (SCY - APR)		6-6:45PM (SCY - APR)		
Ninja Warriors	7-10	\$70 Members \$145 Non-Members			5:30-6:15PM (YCS)			12-12:45PM (YCS)
Outdoor Teen Volleyball	11-14	\$70 Members \$145 Non-Members					5:30-6:15PM (YCS)	
Family Outdoor Adventure	All Ages	\$25 Members \$100 Non-Members						1:30-2:15PM (YCS)
WELLNESS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Kids Fitness	7-10	Family Members FREE \$25 Full Members \$100 Non-Members				4:15-5:00PM (SCY)		
Youth Strength Training	11-14	Family Members FREE \$25 Full Members \$100 Non-Members			4:15-5:00PM (SCY)			



YOUTH DEVELOPMENT

Youth & Family Programs

NEW! INFANT/TODDLER

Please see the rear cover of this program guide for more information about our new Infant/Toddler programs. Please contact Nick Charnysh at ncharnysh@sccymca.org

INFANT MASSAGE (Ages Birth-12 months)

Learn the techniques to complete a full-body massage with your baby to improve bonding, reduce discomfort, and relieve stress.

Location: Southington YMCA Learning Center
Saturdays 9-10AM

INFANT DEVELOPMENT (Ages Birth-12 months)

Encourage your baby to progress through early milestones in the seven main areas of development the best way they know how—play!

Location: Southington YMCA Learning Center
Saturdays 10:15-11:15AM

INFANT FEEDING (Ages Birth-12 months)

Discover the various ways to introduce solid foods to your baby to establish a healthy relationship with food and eating. (All infants welcome, but ideal for infants 4 months and older)

Location: Southington YMCA Learning Center
Saturdays 11:30-12:30PM

MEET THE INSTRUCTOR:

Amy Nasshan, MOT, OTR/L, has worked as an occupational therapist with infants, toddlers, and their families for over nine years. She is a Certified Educator of Infant Massage, Prenatal/Postpartum Certified Exercise Specialist, and Certified Kinesio Tape Practitioner, with advanced training in pediatric taping. She is currently training with the Perinatal Mental Health Certification program through Postpartum Support International. She also has advanced experience in feeding therapy and is certified in sensory integration. She has presented on various topics about infant/toddler development locally & statewide.



TERRIFIC TWO'S (24-36 months)

We are so happy to bring back Terrific Two's the YMCA! This program is a drop-off program for 2 year olds who are ready for their first program away from their primary caregivers. It runs twice per week, and each class is 75 minutes long and will include story time, something active and something creative. This is a food-free program.

Location: Southington YMCA Room 205
Mondays AND Wednesdays 9-10:15AM

BABYSITTING

SOUTHINGTON AMAZING KIDS CLUB

The Amazing Kids Club is designed so that you can use our YMCA to engage in a healthy lifestyle, while knowing your children are receiving the best available care.

Our program offers babysitting services for children 6 weeks to 12 years of age. Leave your children to engage in free and guided play in a safe nurturing environment while you work out or use our facilities. This service is FREE for Family Members, and there is a fee of \$5/visit for Full and Non Members.

Please contact Christine Paulus at cpaulus@sccymca.org

Hours of Operation

MONDAY - THURSDAY	8:30AM - 1:00PM 4:00PM - 7:45PM
FRIDAY	8:30AM - 1:00PM
SATURDAY	8:00AM - 11:30AM
SUNDAY	CLOSED

Hours are subject to change during the Apple Harvest.

CHESHIRE BABYSITTING

We are happy to announce that, this fall, our Cheshire branch will be offering limited babysitting hours for the first time since 2020.

We are still finalizing all of the details for this service. The information will be available before Labor Day 9/5.

Please call the Front Desk at 203-272-3150 for the rates, schedule, and additional information.



Southington-Cheshire Community YMCAs
the **WHERE YOUR FAMILY FITS**

HEALTHY LIVING

Swim Lessons & Specialty Aquatics

SWIM LESSONS

PARENT/CHILD SWIM STARTER (Ages 6 mos–3 yrs)

This class is for children 6 months to 3 years old. Parent participation in the water is required. Children with special needs are welcome.

PRESCHOOL SWIM LESSONS (Ages 3–5)

This program offers children their first experience in the pool without parental assistance. Children learn skills that are the basic building blocks of swimming. Program elements include personal safety, personal growth, stroke development, water sports and games, and rescue. There are no makeups for missed classes.

SCHOOL AGE SWIM LESSONS (Ages 5–12)

Our goal is to develop competent and confident swimmers. The program is divided into swimmers' ability and children move through levels at their own pace as their abilities and skills grow. There are no makeups for missed classes.

PRIVATE/FAMILY SWIM LESSONS (Ages 5+)

Perfect for those looking for private instruction or Opportunity for families to participate in lessons together. Any questions contact Barbara Glaude at 860.426.9553 or bglaude@sccymca.org.

AQUA FIT FOR KIDS (Ages 7–13)

This team program is designed to teach children about aquatic fitness through lap swimming. This is not a replacement for swim lessons and participants must be able to swim the length of the pool comfortably. Swimmers will perform the 4 competitive strokes during this program.

SPECIAL NEEDS BUDDY SWIM (Ages 3–12)

In this one on one class, parents/guardians will be asked what the needs are of their swimmer to help us create the best experience for the child. Swimming can boost physical activity levels, develop self-confidence, and teach a life saving skill.

TEEN/ADULT

TEEN/ADULT SWIM LESSONS (Ages 13+)

These small group lessons are available for adults who would like to learn to swim or work on their current swim skills. Adults may also sign up for private swim lessons.

AQUATIC FITNESS CLASSES (Ages 18+)

Develops flexibility, strength, and range of motion in individuals with limited ability. Participants can work at their own pace.

REGISTRATION NOTES

Swim lessons are always very popular, and always have a wait list. Please keep these notes in mind throughout the registration process:

1. Please only sign your child up for ONE swim lesson per session.
2. If you're unable to sign up for a swim lesson when registration opens, PLEASE sign your child up to be on a wait list. Barb & Suzy do a great job placing kids from wait lists into classes, but they can't place your child if they are not on a wait list.
3. Please only sign up for ONE waitlist. When your child appears on multiple waitlists, it can become much harder for Barb & Suzy to place them correctly.
4. Please be patient and flexible through this process. Teaching your child to swim is one of the most important things we do at the Y, and we will do everything we can to get them into a lesson as soon as possible.

SWIM TEAM

SOUTHINGTON RAYS & CHESHIRE SEA DOGS

Competitive swimming is an incredible way for young athletes to get in great shape, compete individually and with a team, make life long friends, and learn from some of the best coaches in the area.

We have competitive swimming options at both our branches in Southington and Cheshire.

Our Southington Team practices in the YMCA pool, and our Cheshire Team practices in the Cheshire Town Pool.

All of our teams comply with all safety measures as outlined by state, local and federal agencies, including USA Swimming.

COMPETITIVE SWIMMING LEADERSHIP TEAM

SOUTHINGTON RAYS

Barbara Glaude, Aquatics Director

Phone: 860.426.9553

Email: bglaude@sccymca.org

Contact Barb Glaude at the email above or 860-426-9553 to register for tryouts on 8/24 at 5:30pm.

CHESHIRE SEA DOGS

Sean Farrell, Head Coach

Phone: 203.272.3150 x513

Email: sfarrell@sccymca.org



Cheshire Community YMCA

HEALTHY LIVING

Contact: Barbara Glaude, Aquatics Director at bglaude@sccymca.org

Suzy Clemente, Assistant Aquatics Director at sclemente@sccymca.org

PARENT/CHILD	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Parent/Child Swim Starter	6 mos – 3 years	Please see www.sccymca.org/register	5:25-5:55PM 6:00-6:30PM			10:00-10:30AM	9:50-10:20AM	8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 11:20-11:50AM
PRESCHOOL	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Preschool Swim Lessons	3-5	Please see www.sccymca.org/register	5:25-5:55PM 6:00-6:30PM	10:00-10:30AM 10:40-11:10AM 4:05-4:35PM 4:40-5:10PM		10:00-10:30AM 10:40-11:10AM 4:05-4:35PM 4:40-5:10PM	9:10-9:40AM	8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 11:20-11:50AM
SCHOOL AGE	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
School Age Swim Lessons	5-12	Please see www.sccymca.org/register	5:25-5:55PM 6:00-6:30PM	4:05-4:35PM 4:40-5:10PM		4:05-4:35PM 4:40-5:10PM		8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 10:35-11:05AM 11:20-11:50AM
Aqua Fit For Kids	7-13	Please see www.sccymca.org/register						10:35-11:20AM
PRIVATE SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Private Swim Lessons	5+	Please see www.sccymca.org/register						8:00-8:30AM 8:40-9:10AM 9:20-9:50AM 10:00-10:30AM 10:35-11:05AM 11:20-11:50AM
SPECIAL NEEDS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Special Needs Buddy Swim	3-12	Please see www.sccymca.org/register						10:35-11:05AM 11:20-11:50AM
TEEN & ADULT SWIM LESSONS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Teen & Adult Swim Lessons	13+	Please see www.sccymca.org/register				10:30-11:00AM	10:30-11:00AM	7:25-7:55AM
ADULT CLASSES	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Aquatic Fitness	18+	FREE Members	9:10-9:55AM 10:15-11AM	8:15-9:00AM 9:10-9:40AM	9:10-9:55AM 10:15-11AM	8:15-9:00AM 9:10-9:40AM		

PLEASE VIEW THE CALENDAR ON THE NEXT PAGE FOR CLARIFICATION ON WHAT DATES YOUR LESSONS WILL RUN

PLEASE ASK THE FRONT DESK FOR A GREYSCALE VERSION IF YOU HAVE DIFFICULTY DISTINGUISHING COLORS

PRICES WILL VARY BASED ON THE NUMBER OF SCHEDULED CLASSES

PRICES CAN BE FOUND AT SCCYMCA.ORG/REGISTER



SEPTEMBER SWIM LESSON CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5 Labor Day No Swim Lessons Pool is Closed	6 Fall 1 Starts ALL - Lesson 1	7	8 ALL - Lesson 1	9 ALL - Lesson 1	10 ALL - Lessons ON
11	12 ALL - Lesson 1	13 ALL - Lesson 2	14	15 ALL - Lesson 2	16 ALL - Lesson 2	17 ALL - Lessons ON
18	19 ALL - Lesson 2	20 ALL - Lesson 3	21	22 AM - Lesson 3 PM - NO LESSON	23 ALL - Lesson 3	24 Lesson ON: Private, Special Buddy & Aqua Fit NO LESSON: Teen/Adult, Parent/Child, Preschool & School Age
25	26 ALL - NO LESSON	27 AM - Lesson 4 PM - NO LESSON	28	29 AM - Lesson 4 PM - NO LESSON	30 ALL - Lesson 4	

OCTOBER SWIM LESSON CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 ALL - Lessons ON
2	3 ALL - Lesson 3	4 AM - Lesson 5	5	6 AM - Lesson 5	7 ALL - Lesson 5	8 ALL - Lessons ON
9	10 Columbus Day ALL - Lesson 4	11 AM - Lesson 6 PM - Lesson 5	12	13 AM - Lesson 6 PM - Lesson 4	14 ALL - Lesson 6	15 ALL - Lessons ON
16	17 ALL - Lesson 5	18 AM - Lesson 7 PM - Lesson 6	19	20 AM - Lesson 7 PM - Lesson 5	21 ALL - Lesson 7	22 ALL - Lessons ON
23	24 ALL - Lesson 6	25 AM - Make-Up PM - Lesson 7	26	27 AM - Make-Up PM - Lesson 6	28 Make-Up Week If Needed	29 Lesson ON: Teen/Adult, Parent/Child, Preschool & School Age NO LESSON: Private, Special Buddy & Aqua Fit

NOTES

1. All Monday & Thursday PM classes are 6 weeks.
2. All Monday, Tuesday PM and Thursday PM will NOT run from 9/21-29 & will be made up the week of 10/24.
3. Tuesday AM, Thursday AM, and All Friday will run for 7 consecutive weeks, ending on 10/21.
4. Saturday Private, Special Needs Buddy & Aqua Fit classes will run for 7 consecutive weeks, ending on 10/22.
5. Saturday Parent Child, Preschool, School Age & Teen/Adult will NOT run on 9/24 & will be made up on 10/29.



HEALTHY LIVING

Health, Well-Being & Fitness

SMALL GROUP FITNESS

STRENGTH TRAINING

Weight Room instruction in a small group setting.

All levels are welcome to participate!

Monday 9:30-10:30AM or Wednesday 9:30-10:30AM

Member Price: \$84 | Non-Member Price: \$140

Location: Southington Community YMCA - Weight Room

GYMNASIUM SPORTS

BASKETBALL

The Gymnasium will be available at select times throughout the day. Please visit www.sccymca.org for the Gymnasium Schedule.

Location: Southington Community YMCA Gymnasium

RACQUET SPORTS

PICKLEBALL

Pickleball is back! Pickleball is a team racquet sport that is becoming very popular, especially among seniors. Please visit www.sccymca.org for the Gymnasium Schedule.

Location: Southington Community YMCA Gymnasium

RACQUETBALL

Racquetball is back! All players must reserve their spot in advance at the Southington Fitness Desk. You may use our racquets, balls and goggles or bring your own. Some times are reserved for Wallyball and other YMCA programs.

Location: Southington Community YMCA Racquetball Courts



HEALTHY LIFESTYLES

BALANCE PROGRAM

A balance class for adults who may have minimal fall risk, but want to preserve their stability.

Tues 11:15AM and Fri 10:30AM

This program is FREE to members.

Location: Southington - Spirit, Mind & Body Center

HEALTHY BONES

An exercise program for people with Osteoporosis, Osteopenia, or other postural issues. Classes focus on techniques to strengthen muscles, support spinal health, improve posture, practice balance, and educate on movements that can cause fracture. Class includes floor exercise. Instructors will teach safe strategies to get up and down from floor.

This program is FREE to members.

Location: Southington - See Schedule for Location

DIABETES PREVENTION

Designed for people who have elevated A1C levels or have been diagnosed as pre-diabetic. This program provides resources for healthy nutrition and physical activity to help guide behavioral changes to prevent the onset of diabetes.

This program is FREE for those who qualify.

Location: Southington - Spirit, Mind & Body Center & Cheshire Community YMCA

LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a program for cancer survivors who are ready to return to physical activity. It's more than an exercise class - it provides the physical, social, and emotional support to stimulate your recovery.

This program is FREE for those who qualify.

Locations: Southington SMBC & Cheshire Community YMCA

HEART HEALTHY

Adults 18+ who are interested in reducing their risk of heart disease are encouraged to register for this program.

This program is FREE for those who qualify.

Location: Southington - Sprit, Mind & Body Center

CONTACT INFO

If you are interested in more information about any of these programs please contact:

Jolene Miceli, Southington:

E jmiceli@sccymca.org P 860.426.9589

Kristin Champagne, Cheshire:

E kchampagne@sccymca.org P 203.272.3150

HEALTHY LIVING

Sports Performance Center

PERSONAL FITNESS

1 ON 1 COACHING

At the Y, Personal Training is now called **1-ON-1 COACHING**. With the expert Coaches, clients start with an assessment that covers movement, nutrition, wellness, and personal habits followed by ongoing 1-on-1 fitness and nutrition coaching.

Duration	Sessions/Week	Rate
1 Month	2	\$360
1 Month	3	\$540

YOUR ASSESSMENT

Your assessment will run between 60-90 minutes, and will cover nutrition, sleep, injury history, movement capacity and performance to establish your current fitness levels and what you want to achieve. Assessments allow us to identify the best, most efficient path to help you complete your goals.

YOUR TRAINING

Next, we write a training program tailored to your personal needs and goals. Training sessions last 45 minutes and includes an individualized warm-up and goal-based training that is modified according to your perceived exertion and heart rate. Everything is documented & tracked so we can constantly make small improvements each training session.

TO REGISTER

Contact Tommy Sienkowski at tsienkowski@sccymca.org or 860.426.9536 to set up your assessment date & time.

SPC ATHLETE PROGRAM

Individualized programs for young athletes.

Choose Monday-Friday at 3:00, 4:00, 5:00, or 6:00PM

Location: Sports Performance Center

Contact: Dylan Hogan, CSCS, Pn L1 via email at dhogan@sccymca.org or call 860.426.9535

Duration	Sessions/Week	Member	Non-Member
1 Month	2	\$120	\$180
1 Month	Unlimited	\$225	\$300

SPC SEMI-PRIVATE TRAINING

Personal training programs done with a small group of, up to, 6 people and facilitated by a coach. Participants get the combined benefits of personalized coaching with the atmosphere of a group training environment. An assessment is required before joining, and is included in the price. Sessions will be 45 minutes. Contact the SPC once you have signed up to set up days and times.

Location: Sports Performance Center

Contact: Tommy Sienkowski, CSCS, Pn L1, L2 via email at tsienkowski@sccymca.org or call 860.426.9535.

MEMBER PRICING:

Duration	Sessions/Week	Member Price
1 Month	2	\$150
1 Month	3	\$225



“Lavanya has lost 30lbs and has kept it off for the past 3 years! She is no longer pre-diabetic and her measurements are down 28 inches.”

CHESHIRE SPORTS PERFORMANCE

The Cheshire Community YMCA also runs Sports Performance programs. Please see page 6 for more information.

Please contact Doug Levens, Cheshire Sports Performance Director at dlevens@sccymca.org with any questions.

**NEW THIS FALL!
REGISTRATION OPENS
AUGUST 3**

INFANT CAREGIVER CLASSES

SOUTHINGTON-CHESHIRE COMMUNITY YMCAs



INFANT MASSAGE

We encourage bonding and attachment between infants and their primary caregivers through co-regulation and nurturing touch.



INFANT FEEDING

We provide educational and experiential learning opportunities to improve mealtime experiences for caregivers and their infants.



INFANT DEVELOPMENT

We improve understanding & appreciation for the developmental progress and differences among infants. We empower caregivers to engage infants in age appropriate play activities at home and in the community.

A GOOD FIT FOR FAMILIES WHO:

- care for a baby who is newborn to 12 months old
- come from any and all family cultures and backgrounds
- have family members of all abilities and learning styles
- want to feel accepted, safe, and empowered as a caregiver
- learn well in a group setting
- want to get out of the house and into the community
- want to meet other families in the same stage of life as them
- have questions about any of the class topics
- want a refresher on caregiving for infants (e.g. grandparents)
- are eager to learn more about all the ways they can provide special care for their babies

PLEASE NOTE: YMCA infant/caregiver classes are not a replacement for medical or therapy services

WHO WE ARE:

Amy Nasshan, MOT, OTR/L, has worked as an occupational therapist with infants, toddlers, and their families for over nine years. She is a Certified Educator of Infant Massage, Prenatal/Postpartum Certified Exercise Specialist, and Certified Kinesio Tape Practitioner, with advanced training in pediatric taping. She is currently training with the Perinatal Mental Health Certification program through Postpartum Support International. She also has advanced experience in feeding therapy and is certified in sensory integration. She has presented on various topics about infant/toddler development locally & statewide.



For over 90 years, the Southington-Cheshire Community YMCAs have aimed to strengthen the foundation of our community through youth development, healthy living, and social responsibility. The Y values of caring, honesty, respect, and responsibility are instilled into its programs, staff, and volunteers.

This is a 7-Week Program
To Register, visit sccymca.org/register
or call the Southington YMCA Front Desk at 860.628.5597

Have a Question?
Contact Nick Charnysh, Sr. Program Director
via Email at ncharnysh@sccymca.org

   
SCCYMCA.ORG