



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2017 SPRING SUMMER PROGRAM GUIDE

NEW BRITAIN AND  
BERLIN YMCAS

# EXERCISE YOUR HEART IN MORE WAYS THAN ONE

### NEW BRITAIN YMCA

50 High Street, New Britain, CT 06051  
(860) 229-3787

### BERLIN YMCA

362 Main Street, Berlin, CT 06037  
(860) 357-2717

### BERLIN YMCA CHILD CARE CENTER

10 Chamberlain Highway, Berlin, CT 06037  
(860) 828-6559



# WELCOME TO THE Y

Workout and help out. When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

For more than a workout. For a better us.

## FULL MEMBERSHIP BENEFITS

1. One membership, three YMCAs. The Meriden, New Britain and Berlin YMCAs have joined together to better serve our three communities. This means more membership privileges for those with full memberships:
  - Access to more facilities
  - More group exercise classes (take them at any of the three locations)
  - More program choices
  - Save on programs – Sign up for any program held at the New Britain, Berlin and Meriden YMCAs at the lower full member rate.
2. Free Child Watch babysitting service while you work out (during regular Child Watch hours)
3. Use of all of the New Britain wellness facilities:  
**Complete Fitness Center open 24/7 in New Britain,** Y360 Functional Fitness, Group Exercise classes, Aerobics and Cycling Studios, Heated Indoor Pool, Racquetball Courts, Climbing Wall, Locker Rooms, Option for men to join the Health Center.
4. Free group exercise classes included in your membership: ZUMBA®, Bike-O-Vision, Intro to Crossfit, Cut and Core, The Bottom Line, S.W.E.A.T., Pilates, Yoga, Insanity, Silver Sneakers classes and more!



5. Group exercise classes for seniors at the Berlin, New Britain and Meriden YMCAs.
6. Free Family Events
7. Save on programs and summer camp registration
8. No contracts.

## PROGRAM MEMBERSHIP

In order to register for programs at the Y, you need some type of membership either program or full. A program membership is a basic membership which allows you to register for the program. A full membership gives you the benefits outlined to the left allowing you to register for a program at a lower rate, and enjoy the facilities.

### Ask us about our memberships for:

- City of New Britain employees
- Stanley employees
- State of Connecticut employees
- First Responders
- Military (active duty, reserves and veterans)
- Silver Sneakers
- Silver and Fit
- Corporate Wellness
- Health Center (for men)  
Private locker room with towel service

## REGISTRATION FOR PROGRAMS:

1. **In person** – Visit us at 50 High Street in New Britain or at 362 Main Street in Berlin.
2. **By phone** – If you already have an up-to-date membership you may register for programs by phone. Call the front desk in New Britain at (860) 229-3787 or Amy in Berlin at (860) 357-2717.



# CHILD CARE

At the YMCA we create brighter futures for infants through school age students in our infant, toddler, preschool and school age programs.

## CHILD WATCH PROGRAM

This free service is provided to full members while you work out in order to keep your children safe, happy and engaged while you break a sweat! Parents must remain in the facility the entire time and staff are not responsible for diaper changes. Child Watch is available to children age 6 months to 12 years old. This service is available Monday to Friday 5:30 PM–8:00 PM and now on Saturday mornings too from 9:00 – 11:00 AM.

## INFANT, TODDLER AND PRESCHOOL

- Berlin YMCA Child Care Center, 10 Chamberlain Highway, Berlin, CT 06037 • P: (860) 828-6559
- New Britain YMCA Child Care Academy  
111 Hart St., New Britain, CT 06052 • P: (860) 505-0870

## INFANT CARE

Our program will allow your baby to develop at their own pace and help them build strong bonds with caregivers and friends by using positive and supportive interactions, which builds trust and self-esteem. This program is available in 3 day and 5 day sessions and runs year round.

## TODDLER CARE

Our program provides a safe, nurturing learning environment allowing each toddler to develop naturally as an individual. Through the use of music, stories and games, toddlers learn to participate in activities that help expand their interest in learning, develop self-help skills and teach the concept of sharing. This program is available in 3 day and 5 day



sessions and runs year round.

## PRESCHOOL

The Berlin YMCA Child Care Center uses a Reggio inspired curriculum. The Reggio Emilia philosophy is an approach to teaching, learning and advocacy for children where kids are really encouraged to explore. In its most basic form, it is a way of observing what children know, are curious about and what challenges them. The teachers are there to help them explore. Call Leisa to learn more at (860) 828-6559.

## BEFORE AND AFTER SCHOOL CARE

Our well-trained and qualified staff will engage children in a wide variety of activities including sports time, arts and crafts, team building activities, outdoor time, cooperative games and more.

Our programs focus on the fundamentals of the YMCA core values of Caring, Honesty, Respect and Responsibility. For aftercare program, daily schedule allows for homework to be completed and snack is included.

**New Britain:** At Lincoln, Vance, Smalley, Gaffney, Northend, Chamberlain, Holmes, Smith, Jefferson and DiLoreto Magnet School. Please call (860) 357-2717.

**Berlin:** Before and after school care, at Griswold, Hubbard and Willard schools. Now offering yoga, musical theater, art, science and fitness classes for an additional fee. One to three day, five day and half day options available. **Register by June 1st for 2017–2018 school year and save.** Call Amy to learn more at (860) 357-2717.

## VACATION FUN DAY

We offer a fun day of activities for New Britain and Berlin students for during scheduled no school days (not including

# BEST SUMMER EVER



## CAMP THUNDERMOON 2017

### NEW BRITAIN-BERLIN YMCA

Join us for the best summer ever where your child's days are filled with friendship, learning, activities and most of all, fun!

- Camps for Grades K - 10
- Extended AM and PM Care available
- Specialty camps including:  
Sports, Dance, Builders, Glam Girl and Art
- Baseball, Basketball, Soccer Camps include game vs. Mountain Mist Day Camp for grades 4 - 6
- **New!** STEM Challenges and Robotics Camps for ages 9 -14 years old
- **New!** Musical Theater Camp for grades 5 - 8
- **New!** Bus option for New Britain families

### IMPORTANT DATES:

#### CAMP OPEN HOUSE DATES

- Saturday May 20th 10:00 a.m. - 1:00 P.M.
- Thursday June 8th 5:00 P.M. - 8:00 P.M.

Take a tour, answer your camp questions and register in site! Held at Mooreland Hill School, 166 Lincoln Street, Kensington, CT.

#### CAMP REGISTRATION NIGHTS

Thursday May 4th 5:00 - 8:00 p.m. at the Berlin YMCA, 362 Main Street

Thursday May 25th 5:00 - 8:00 p.m. at the Berlin YMCA, 362 Main Street



## SAVE ON SUMMER CAMP

1. **\$20 OFF** for one session with camp lawn sign discount (register by April 30)
2. **Sibling Discount** (may not be combined with early bird discount)
3. **10% OFF** total camp fees when you register for all ten weeks and pay in full at the time of registration. Call Donelle Daigle at 860.357.2717 to learn more.



## ARTS

### PERFORMING ARTS

#### DANCE

Registration is now open for our next 7 week Intro to Dance session here at the New Britain-Berlin YMCA.

- **Tiny Tots (3-4 years) 10:00 - 10:45 a.m.**  
Introducing young dancers to transitional movement with a focus on ballet to help with dance and sports.
- **Beginners (5-8 years) 10:55 - 11:40 a.m.**  
Dancers will be introduced to different kinds of movement and genres including ballet, jazz, lyrical and hip hop.
- **Intermediate (9 years +) 11:45 a.m. - 12:30 p.m.**  
Dancers will focus on Hip-Hop.
- **Tap 11:30 a.m.-12:30 p.m.**  
Dancers will learn the basic skills and steps of the tap dance genre.

**Session III:** Saturday, April 22 - June 3

**Session IV:** Saturday, June 17 - July 29

**Price:** Program Member: \$35 • Non-Member: \$45

**Location:** 50 High Street, New Britain, CT 06051

## MUSICAL THEATER

### THEATER ENRICHMENT FOR HOMESCHOOL FAMILIES

New Britain Youth Theater brings its popular homeschool enrichment programming to Meriden this spring with a six-week pilot program offered in connection with Meriden Youth Theater.

**Location:** Augusta Curtis Cultural Center, Meriden

**Date/Time:** Thursdays, 10:00 am – 12:00 noon  
April 6, 13, 20, 27, May 4, 11 (6 weeks • 12 hours)

**Fee:** \$100

NBYT's homeschool performance and production class, offered for children ages 8 through 14, focuses on a different theme or style of theater each session. Discussions about theater history, cultural and social connections, costumes, and props will also include making some items for their own final performances. A Share Day performance, with simple costumes and props, is held during the final class. This pilot class will focus on 1930s and 40s radio with dramas, comedies, sci-fi, and mysteries, with an emphasis on vocal exercises and making our own sound effects for a final production!

## VISUAL ARTS

### CLAY AND MIXED MEDIA CLASS

This class provides opportunities for students to work with clay and also other art forms. Instructor: Dan Adamik

**Late Spring:** Saturdays, May 6 – June 17, 2017

**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 at 14 West Main Street

**Full Member Fee:** \$69\*

**Program Member:** \$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.

**Date/Time:** Thursday 6:00–8:00 p.m.

**Late Spring:** April 27 – June 8, 2017

**Full Member Fee:** \$69\*

**Program Member:** \$99\*

**Materials Fee:** \$20

**Location:** Meriden YMCA Art Center at 14 West Main Street

## LITTLE CHEFS

This hands-on program for young chefs in grades K through 5 will teach children cooking can be creative, full of discovery, and a whole lot of fun! Our chefs will learn about kitchen safety and cooking tips while preparing recipes they can enjoy at class or bring home. At the end of session chefs take home their very own cookbook with recipes taught in class. (Ages 5 – 12 years old)

**Location:** Berlin YMCA Program Center, 362 Main Street

**Spring 2:** May 22–June 20, 2017

**Time:** Tuesdays 5:15 – 6:00 P.M.

**Full Member:** \$25

**Program Member:** \$35

**Contact:** Amy Fitzgerald at 860-357-2717

# EDUCATION & LEADERSHIP

### 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. Includes Babysitter's Training Handbook, DVD & Emergency Reference Guide. (For ages 11 – 15 years old.)

April 29 • 9:00 a.m. – 2:00 p.m.

June 24 • 9:00 a.m. – 2:00 p.m.

Berlin YMCA Program Center, 362 Main Street, Berlin

**Full Member Fee:** \$39

**Program or Non Member Fee:** \$69

### LIFEGUARD CERTIFICATION COURSE

Provides entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. (10 Participants Max)

**When:** Dates and times to be announced

**Members:** \$275

**Program Members:** \$300

**Non-Members:** \$350

**Location:** New Britain–Berlin YMCA, 50 High Street, New Britain

**Contact:** Ashley Jordan (860) 229-3787 [ajordan@nbbymca.org](mailto:ajordan@nbbymca.org)

**\*PRE-TEST:** All PARTICIPANTS MUST PASS TO PARTICIPATE IN COURSE. Swim 300 yards (12 laps) continuously on front, tread water for 2 minutes using legs only, and complete a timed event within 1 minute 40 seconds (surface dive to retrieve a 10lb object).



# SWIMMING

## SPRING GROUP LESSON SESSION

### Spring Group Lesson Session

Monday, April 24th- Saturday, June 17th (8 Week Session)

### Summer Group Lesson Session

Monday, June 19th- Saturday, August 12th (8 Week Session)

Location: New Britain YMCA pool

## PARENT & CHILD SWIM

Age 6 months to 3 years - 30 minute class

This class builds water safety skills for parents and children, helping infants and children become comfortable in the water so they are willing and ready to swim under the direction of our experienced staff. Class includes a combination of water adjustment skills, songs and games.

<b>SHRIMP</b>	Monday	5:00 PM
<b>SHRIMP</b>	Friday	5:30 PM
<b>KIPPER</b>	Saturday	10:00 AM

## PRESCHOOL SWIM

AGE 4 TO 5 YEARS - 30 MINUTE CLASS

This class gives young children a developmentally appropriate aquatic learning experience that emphasizes water safety in a class environment with their peers. Our Pike level is for our first time swimmers with class goals of swimming without an adult assisted by a flotation device. Our Eel classes are for swimmers who may have taken lessons before with class goals of swimming with their face in the water, float and possibly swim without a flotation device.

<b>PIKE</b>	Monday	5:30PM
<b>PIKE</b>	Saturday	9:00AM
<b>EEL</b>	Monday	6:00PM
<b>EEL</b>	Saturday	11:30AM

## POLLIWOG: INTRO TO WATER SKILLS

AGE 6 TO 13 YEARS - 30 MINUTE CLASS

Our Polliwog level will help students begin to feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress.

<b>POLLIWOG</b>	Monday	6:30PM
<b>POLLIWOG</b>	Friday	6:30PM
<b>POLLIWOG</b>	Saturday	9:30AM

## GUPPY: FUNDAMENTAL AQUATIC SKILLS

AGE 6 TO 13 YEARS - 30 MINUTE CLASS - 6 STUDENTS MAX

Our Guppy level will help students gain confidence and work on the basics of treading water, gliding and getting their face in the water. Sessions are 8 weeks long with 7 classes included and 1 make-up class built in for unforeseen issues.

<b>GUPPY</b>	Friday	6:00PM
<b>GUPPY</b>	Saturday	10:30AM

## MINNOW: STROKE DEVELOPMENT

AGE 6 TO 13 YEARS - 30 MINUTE CLASS

Our Minnow level swimmers will learn how to knee-dive, progress in their front crawl and backstroke and continue to develop their water treading skills. They will also glide on their front and back.

<b>MINNOW</b>	Friday	5:00PM
<b>MINNOW</b>	Saturday	11:00AM

## FISH: STROKE IMPROVEMENT

AGE 6 TO 13 YEARS - 45 MINUTE CLASS

Our Fish level swimmers will learn how to improve their treading water skills and will progress to a standing dive as well as improving their stroke techniques. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register.

<b>FISH</b>	Saturday	10:00AM
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## FLYING FISH: SKILL PROFICIENCY

AGE 6 TO 13 YEARS - 45 MINUTE CLASS

Our Flying Fish and Shark levels are for students who have completed prior levels and are looking to develop a strong swimming endurance while perfecting their techniques. This is the last level before joining life guarding classes. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register.

<b>FLYING FISH</b>	Saturday	11:00AM
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## ADULT BEGINNER

AGE 18+ YEARS - 60 MINUTE CLASS

Our Adult Beginner class is for people who have little to no swimming experience. This class will go over everything from water safety to treading water to different swim strokes.

**ADULT BEGINNER** Saturday 9:00AM

GROUP LESSON FEES (7 Weeks):

<b>Full Member</b>	\$40
<b>Program Member</b>	\$50
<b>Non Member</b>	\$65

ADULT BEGINNER FEES (7 Weeks):

<b>Full Member</b>	\$60
<b>Program Member</b>	\$80
<b>Non Member</b>	\$95

## APRIL VACATION LEARN-TO-SWIM PROGRAM

April 10th - 14th • 9AM-11AM

Preschool Swim (4-5 years old) 9AM-9:30AM

Intro to Water Skills (6-13 years old) 9:30AM-10AM

Fundamental Aquatic Skills (6-13 years old) 10AM-10:30AM

Stroke Development (6-13 years old) (10:30AM-11AM)

<b>Full Member</b>	\$30
<b>Program Member</b>	\$35
<b>Non Member</b>	\$40



## 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. Each lesson is 45 minutes long with a Certified Swim Instructor. Our private swim lessons run on a rolling registration with the option of an 8 class bundle or a 4 class bundle. Classes are paid for before the bundle of lessons begins. If you must cancel a lesson, call the YMCA and speak with the Aquatics Director or your instructor. A minimum of one hour notice is required.

### 4 CLASS BUNDLE

**Full Member Fee:** \$65

**Program Member Fee:** \$85

**Non-member Fee:** \$105

### 8 CLASS BUNDLE

**Full Member Fee:** \$95

**Program Member Fee:** \$115

**Non-member Fee:** \$135

Location: New Britain YMCA pool

The pool is available for rentals.

Contact Ashley at (860) 229-3787.

## SWIMMING BOOT CAMP

(April 2017)

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

**Location:** Meriden YMCA pool

**Full member fee:** \$75

**Program Member Fee:** \$105

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

## SWIM TEAM

(Spring / Summer season begins May 1, 2017)

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.

**Location:** Meriden YMCA pool, 110 West Main Street

### **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.

### **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)

## MASTERS ADULT SWIM TEAM

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, Thursday evenings 7:30-9:15 p.m.

Wednesday and Friday mornings 6:00-7:30 a.m.

Call Megan at 203-235-6386 x12 for more information.

**Location:** Meriden YMCA pool,

110 West Main Street, Meriden

**Swim Team Fee:** \$20 per month (Adult membership required.)

# YOUTH SPORTS LESSONS AND LEAGUE

## BERLIN YOUTH SPORTS:

### PARENT & ME T-BALL

(Age 3 w/Parent or Adult)

This program is designed for children & parents to spend quality time together learning the game of baseball. Introduction of basic skills: throwing, batting, base running, & game concepts. Participants are required to bring a baseball glove and water bottle to class.

**Dates:** May 6 - June 17

**Day/Time:** Saturdays 10-10:45am

**Location:** Held at Mooreland Hill School fields, Kensington

**Full member \$45**

**Program Member \$65**

### T-BALL

This program is designed for children who have never played or have little experience playing baseball. The basic skills: throwing, batting, base running, and game concepts will be taught, and FUN is emphasized! Participants are required to bring a baseball glove and water bottle to class.

\*Volunteer parent coaches are needed.

**Dates:** May 6 - June 17

**Minor League (Ages 4 & 5yrs)**

**Day/Time:** Saturday 10:45-11:30am

**Major League I (Ages 6 & 7yrs)**

**Day/Time:** Saturday 11:30am-12:30pm

**Location:** Held at Mooreland Hill School fields

**Full member \$45**

**Program Member \$65**

## NEW BRITAIN YOUTH SPORTS:

### SPRING INDOOR SOCCER

This program is designed for children who have never played or have little experience playing soccer. The basic skills: dribbling, passing, shooting, and game concepts will be taught, and FUN is emphasized! Participants are required to wear sneakers and comfortable clothes to class and bring a water bottle.

**Dates:** May 6 - June 17

**Rookies (Age 4-6yrs)**

Saturday 9:00-9:45am

**Winners (Ages 7-9yrs)**

Saturday -9:45-10:45am

**Location:** New Britain YMCA gymnasium

**Full member \$15**

**Program Member \$25**



### KIDS RUN CLUB

Our mission is to get kids off of the couch and into their running shoes! This program will teach children the value of healthy living while learning the fundamental basics of running. Weekly runs will provide the participants with the chance to increase endurance, self-esteem, and a lifetime love for running. Kids Run Club will provide the support and encouragement your child needs to help reach their fitness goals and make new friends! (For ages 7-12)

**Time:** Mondays 4:30- 5:30 p.m.

**Dates:** April 24th - June 5th

(6 weeks -will not meet on 5/29 Memorial Day)

Program meets at the New Britain YMCA - but will be running in the downtown area and at Walnut Hill Park.

**Full member \$25**

**Program Member \$40**

### KARATE

A Japanese form of self-defense teaching discipline and total body awareness. This is a basic beginner class for ages seven and up. (7 Week Sessions)

**Date/Time:** To be announced

**Fee:** \$35 for 7 weeks, drafted out of a bank or card account.

**Location:** New Britain YMCA

## INDOOR ROCKWALL PROGRAMS

### WEE ROCK (PARENT & ME CLIMBING CLASS)

(Age 4-6 with Parent) Parents and children have fun together, learn together, and spend quality time in a supportive atmosphere. Never climbed before? No problem! Our staff will help you learn and feel comfortable with the sport and the equipment. Please note: Parent must be present with child and participate in the program with them.

**Dates:** April 22 - May 20, 2017

**Time:** Saturday 10:00-11:00 a.m.

**Location:** New Britain YMCA Indoor Rockwall

**Full Member Fee \$25 per 5 week session**

**Program Member Fee \$40 per 6 week session**



## KIDS ROCK

Kids learn climbing safety, skill and confidence. Our newest climbers will have a chance to earn an award by displaying a positive attitude and effort to learn how to climb. From there, climbers can strive to earn additional awards throughout the session which are based on increasing climbing skill, knowledge and use of safe practices, and willingness to help other climbers. A great introductory program for kids who love to climb!

**Ages:** For grades 1-4

**Dates:** April 22 - May 20, 2017

**Time:** Saturday 11:15 a.m. - 12:15 p.m.

**Location:** New Britain YMCA Indoor Rockwall

**Full Member Fee** \$25 per 5 week session

**Program Member Fee** \$40 per 5 week session

## TEENS ROCK

Teens have an opportunity to progress in climbing level throughout multiple sessions, with opportunities for progression in each session. Levels based on climbing skill, knowledge of safe climbing practices, and leadership within the class.

**Ages:** For grades 5-8

**Dates:** April 22 - May 20, 2017

**Time:** Saturday 12:30-1:30pm

**Location:** New Britain YMCA Indoor Rockwall

**Full Member Fee** \$25 per 5 week session

**Program Member Fee** \$40 per 5 week session

## MIDDLE SCHOOL STRENGTH TRAINING

Trained fitness staff will provide instruction of proper use of all areas of the New Britain YMCAs Fitness Center. This 8 week program is designed for each student's current fitness level from beginner to advanced athlete. Graduates of this program will have full access to the Wellness Center 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.

**Ages:** For grades 6-8

7 Week Sessions • Tuesdays/Thursdays - 4:15PM-5:00PM

**Dates:** Tuesday, April 25th- Thursday, June 8th

**Full Member Fee:** \$40

**Program Member Fee:** \$30



# HEALTHY LIVING

## 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 focuses on phases three and four.

**Entry requirements:** Physician referral, interview (or graduation from Phase II)

**Times:** Mon.-Wed.-Fri. • 11:15 a.m.-12:15 p.m.

**Location:** New Britain YMCA Fitness Center

**Full Member Fee:** \$15 per month

**Program Member Fee:** \$35 per month

(Must have a program membership)

## ENHANCE®FITNESS

MODERATE-IMPACT CLASSES WITH HIGH-IMPACT RESULTS

Enhance®Fitness is an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

**Here are some of the changes our participants have noticed:**

- More energy
- Better balance
- Increases in upper body and lower body strength
- More flexibility and range of motion
- Better sleep
- More feelings of happiness
- Sense of independence

In addition to the physical benefits, research has shown that, among older adults who participate in Enhance®Fitness, health costs were lowered each year by close to \$1,000. Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. Enhance®Fitness is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace. Want to learn more? Please call Carrie at 203-235-6386 x18

**Location:** New Britain YMCA.

## NEW BRITAIN YMCA GROUP EXERCISE CLASSES

We have lots of great classes to choose from! Check out ZUMBA, Bike-O-Vision, Silver Sneakers, The Bottom Line, Cut and Core and more! These are included with your full privilege membership. Visit [nbymca.org](http://nbymca.org) to check our schedule and complete list of classes.

**Location:** New Britain YMCA

## BERLIN YMCA GROUP EXERCISE CLASSES

**Location:** Berlin YMCA, 362 main Street, Berlin

### 1. PIYO

Monday @ 6:30 - 8:15PM  
 Spring II: May 1 - June 26  
 Instructor: Sue Meadows

### 2. PILATES

Monday @ 6:30 - 8:15PM  
 Summer II: May 1 - June 26  
 Summer: June 10 - August 28  
 Instructor: Cheryl Tomassetti

### 3. YOGA

Wednesday @ 7:15 - 8:15PM  
 Spring II: May 10 - June 28  
 Summer: July 12 - August 30  
 Instructor: Katie Graham

### 4. PILATES

Thursday @ 6:15 - 7:15PM  
 Spring II: May 10 - June 29  
 Summer: July 13 - August 31  
 Instructor: Cheryl Tomassetti

### 5. KIDS YOGA

Saturday @ 11:00 - 11:45AM  
 Spring II: May 13 - June 17  
 For ages 5-15. Parents of younger children are welcome to participate.

**Fee:** Free for full members of the New Britain, Berlin and Meriden YMCAs. Preregistration required. Call Amy at 860-357-2717. \$55 for 8 week session for Program Members.

## MASSAGE THERAPY

Massage has healing elements that boost the immune system, improves circulation, concentration, energy, self-esteem, and can contribute to a better sleep. Massage can impact your ability to cope with every day responsibilities and stressors in your life. As a preventative measure it can mean increased pain relief, mobility, and control of your health. Our Licensed Massage Therapist offers a variety of modalities to assist with stress reduction and relaxation, muscle aches and sports recovery. By appointment.

**Location:** New Britain YMCA

30 MINUTE	60 MINUTE	90 MINUTE
1 session: \$35	1 session: \$65	1 session: \$90
3 sessions: \$90	3 sessions: \$175	3 sessions: \$250
5 sessions: \$140	5 sessions: \$280	5 sessions: \$400

## PERSONAL FITNESS TRAINING

The New Britain YMCA offers affordable and effective personal training for individuals and small groups. Every workout is tailored to your goals and ability by our nationally certified personal training staff.

**Location:** New Britain YMCA

### INDIVIDUAL

1 hour: \$40 • 5 hours: \$140 • 10 hours: \$250

### PERSONAL TRAINING FOR TWO

Train with a friend or family member. 10 Sessions for \$300. Some restrictions may apply.

**Location:** New Britain YMCA

## MIDSTATE TRIATHLON CLUB

Join us for our new Triathlon Club for Adults and Kids hosted by the Meriden-New Britain -Berlin YMCAs.

### ADULT TRIATHLON CLUB

Full member: \$99 for the year  
 Program Member: \$129 for the year

### YOUTH TRIATHLON CLUB

Full member: \$89 for the year  
 Program Member: \$119 for the year  
 Call Carrie for more information at (203) 235-638 x18





## BIRTHDAY PARTIES

Plan your next birthday party at the Y.  
Call Donelle Daigle to learn more at (860) 357-2717.

- Private Pool Party
- Shared Pool Party
- Let's "Rock" Climbing Party
- All-Star Sports Party



## WORKPLACE WELLNESS

### BUILDING A HEALTHY WORKFORCE

Employees are your company's most valuable asset. Healthy employees equal a healthier bottom line.

### SOLUTIONS BUILT FOR YOU

Our expert staff will customize a plan to meet the health and wellness needs of your staff.

### YMCA PROGRAMS

- Biggest Winner Weight Loss Challenge
- Eating for Weight Loss
- On Site Exercise Classes  
(Yoga, Pilates, ZUMBA, Boot Camp & more)
- Office/desk exercise programs
- CPR and First Aid Certification

### YMCA SERVICES

- Massage Therapy
- Special membership rates
- Fitness Center Management
- Corporate Sports Challenges
- Team Building
- Health Fair participation
- Free Online Health Assessment
- Health and Wellness Seminars
- To learn more call Carrie at (203) 235-6386 x18.



### WHAT'S NEW AT THE YMCA

We've been working hard to give you more for your membership at the New Britain-Berlin YMCA. Here are the improvements we made for our members:

- 24 hour 7 days a week fitness
- New improved pool
- New Cycling Studio
- New Group Exercise Classes in New Britain and Berlin
- New updated Child Watch Room
- New Saturday Child Watch hours
- Upgraded Men's Health Center
- New elevator
- Newly refinished basketball gym floors
- New parking lot (coming in 2017)

### NEW PROGRAMS

- Biggest Winner Weight Loss Challenge
- Before and After School and Half-Day After Care in three Berlin schools
- Stem, musical, theater, yoga enrichment classes at schools
- New Britain Child Care Academy – infant, toddler and preschool care
- Dance
- Indoor Rock Climbing
- Little Chefs
- American Red Cross Babysitting classes
- Softball/Hitting Instruction
- Cardiac Rehab
- Silver Sneakers Prime
- Silver and Fit
- EnhanceFitness
- Workplace Wellness and more!

One membership, three YMCAs – New Britain, Berlin and Meriden

### WE'RE MORE THAN A GYM. WE'RE A CAUSE.

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.

#### Hart House Residence

The New Britain YMCA offers affordable, clean housing with many services in a safe convenient location for adult men age 21 and older. For more information call (860) 229-3787.

### SAVE THE DATE FOR THESE FUNDRAISING EVENTS

Proceeds go to our Annual campaign to serve our community mission.

#### RIDE FOR THE Y CHARITY MOTORCYCLE RIDE

April 29, 2017

#### MARTINI AND MASSAGE CHARITY BENEFIT

June 1, 2017

#### ENDLESS SUMMER

September 9, 2017