



MIDDLESEX YMCA PROGRAM GUIDE

WWW.MIDYMCA.ORG

4.8.2024



THE POSSIBILITIES ARE ENDLESS WITH ALL THAT THE Y OFFERS

WWW.MIDYMCA.ORG

WHY WE ARE HERE

FOR YOUTH DEVELOPMENT

All kids deserve the opportunity to discover who they are and what they can achieve under the guidance of adults who care about them and believe in their potential. We see every interaction with young people as an opportunity for learning and development.

FOR HEALTHY LIVING

Health and well-being are all about balance. That's why we help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all backgrounds improve their health and well-being, we build a stronger community.

FOR SOCIAL RESPONSIBILITY

With our doors open to all, we work every day to connect people from all backgrounds and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

FINANCIAL ASSISTANCE – OPEN DOORS

The Middlesex YMCA is a non-profit health and human services organization which offers high quality programs, services and facilities that are made accessible to individuals and families of all income levels through our Open Doors membership. Through use of a sliding fee scale, any person who wants to participate in YMCA programs can do so.

Please visit our website www.midymca.org/financial-assistance for an application or stop by the welcome center for more information.



GIVING OPPORTUNITIES

Our ability to offer financial assistance is made possible thanks to donors, partners and fundraising event supporters. Visit our website at www.midymca.org/giving to learn more:



MIDDLESEX Y INFORMATION



HOURS OF OPERATION

Monday - Friday 5:15am - 8:30pm
Saturday 7:00am-4:00pm
Sunday 7:00am-4:00pm *Closes at 1pm (7/7/24-8/24/24)

HOLIDAYS

Easter Sunday..... 3/31/24..... CLOSED
Memorial Day..... 5/27/24..... CLOSED
4th of July..... 7/4/24..... CLOSED
Labor Day Weekend..... 9/1 & 9/2/24..... CLOSED
Thanksgiving Day..... 11/28/24..... CLOSED
Christmas Eve..... 12/24/24..... CLOSES at 3pm
Christmas Day..... 12/25/24..... CLOSED
New Year's Eve..... 12/31/24..... CLOSES at 3pm
New Year's Day..... 1/1/25..... CLOSED

DIRECTORY



Main Number..... 860-347-6907 ... Staff
Andre's All Stars Memberships..... 860-343-6260 ... Lex
Basketball - Girls U13 & U17 AAU Travel 860-343-6212 ... Divine
Bingo Fundraising Event..... 860-343-6203 ... Betsy
Birthday Parties..... 860-343-6201 ... Shyla
Child Watch..... 860-343-6216 ... Dawn
Chill for Change Fundraising Event..... 860-342-2267 ... Ben
Diabetes Wellness..... 860-343-6242 ... Lexi
Fitness Orientation..... 860-343-6242 ... Lexi
Fund Development..... 860-343-6203 ... Betsy
Healthy Lifestyles..... 860-343-6240 ... Jill
Kids' Korner Billing..... 860-343-6245 ... Rachel
LIVESTRONG at the Y Cancer Survivor..... 860-343-6240 ... Jill
Membership Billing..... 860-343-6216 ... Dawn
Personal Training..... 860-343-6240 ... Jill
Pickleball..... 860-343-6242 ... Lexi
Preschool Childcare..... 860-343-6227 ... Karyn
Preschool Billing..... 860-343-6218 ... Rools
Red Cross Classes..... 860-343-6232 ... Leisa
School Age Childcare..... 860-343-6247 ... Erin
Swim Lessons..... 860-343-6220 ... Mike
Swim Team..... 860-343-6220 ... Mike
Teen Programs..... 860-343-6260 ... Lex
Youth Sports..... 860-342-2267 ... Mikaela
Water Exercise..... 860-343-6240 ... Jill
Welcome Center..... 860-343-6201 ... Staff
YMCA Camp Ingersoll..... 860-342-2267 ... Ben

PROGRAM SESSION INFO



MAY/JUNE – Registration Opens for Members 4/15 & Nonmembers 4/22

ADULT PROGRAMS

| | | | |
|---|----------------|------------|---------|
| Aquastride..... | Tuesday..... | May 7 - | June 25 |
| | Thursday..... | May 9 - | June 27 |
| Aqua Zumba..... | Tuesday..... | May 7 - | June 25 |
| Judo..... | Thursday..... | April 25 - | June 13 |
| | Saturday..... | April 27 - | June 15 |
| Kettlebell Training..... | Tuesday..... | May 7 - | June 25 |
| Ladies That Lift..... | Tuesday..... | May 7 - | June 25 |
| | Wednesday.... | May 22 - | July 10 |
| Lifeguard ReCertification..... | Sat / Sun | ----- | ----- |
| LIVESTRONG Cancer Survivor Program... | Tues/Thurs.... | TBD | ----- |
| Swim Lessons..... | Sunday..... | May 5 - | June 23 |
| Water Exercise.....AM & PM options..... | Monday..... | May 6 - | June 24 |
| *Please note that the Y is CLOSED on | Tuesday..... | May 7 - | June 25 |
| Monday May 27th. Programs held on a | Wednesday.... | May 8 - | June 26 |
| Monday will be prorated for 7 weeks. | Thursday..... | May 9 - | June 27 |
| | Friday..... | May 10 - | June 28 |

YOUTH PROGRAMS

| | | | |
|---|----------------|------------|---------|
| Basketball Girls U13 & U17 Travel Team | Wed & Sat | March --- | May |
| Archery at Camp Ingersoll..... | Saturday | April 27 - | June 8 |
| Campfire Cooking at Camp Ingersoll..... | Saturday | April 27 - | June 8 |
| Judo..... | Thursday..... | April 25 - | June 13 |
| | Saturday..... | April 27 - | June 15 |
| Little Dribblers Soccer at Camp Ingersoll | Saturday..... | April 27 - | June 8 |
| Mini Olympics at Camp Ingersoll | Saturday..... | April 27 - | June 8 |
| Swim Lessons..... | Tues/Thurs.... | May 7 - | June 6 |
| | Saturday..... | May 11 - | June 29 |
| | Sunday..... | May 5 - | June 23 |

FINANCIAL ASSISTANCE AVAILABLE - See inside cover for details.

GET ENGAGED...Join the Y



TYPES OF MEMBERSHIPS *Financial assistance available.

FULL MEMBERS RECEIVE:

Full access to gymnasium, pools, sauna, locker rooms, racquetball, pickleball, basketball, fitness center including free weights & cardio. Drop in group exercise & cycling classes included. Reduced rates & priority registration for program offerings. View page 2 for full listing of programs. Do you need someone to look after your child while you use the facility? We're here for you! Our Child Watch provides a safe environment that is available to all Middlesex Y members at no additional fee.

FIT PLUS MEMBERS RECEIVE:

All benefits listed above for full memberships PLUS: Adults only environment, additional locker rooms, towel service, Whirlpool, Steam room; Private workout equipment; lounge with TV and private entrance by the parking lot.

PROGRAM MEMBERS RECEIVE:

For those who plan to come to the YMCA occasionally or for those whose primary purpose in joining will be for signing up for programs. Program members pay a small annual fee and a fee each time they use the facility as well as a discount on programs listed on page 2.

NONMEMBERS

Nonmembers may pay a daily facility fee to access all of the amenities listed for full memberships except the program discount. Nonmembers pay full price for the program offerings listed on page 2. *Some of the offerings are only available to Middlesex Y members. More detail found on our website.

Membership Types

Join Fee Rate

| | | |
|--|-----------|---------------|
| • 1 Month College Student (with ID)..... | \$ 0..... | \$ 25/monthly |
| • Adult (ages 26+)..... | \$50..... | \$ 53/monthly |
| • AOA (ages 62+)..... | \$50..... | \$ 47/monthly |
| • Family (2 adults w/or w/out children). Same household..... | \$50..... | \$ 82/monthly |
| • Household (4 adults w/or w/out children). Same household..... | \$50..... | \$103/monthly |
| • Single parent w/children. Same household..... | \$50..... | \$ 68/monthly |
| • Young Adult (up to age 25)..... | \$20..... | \$ 32/monthly |
| • Youth (ages 12-18)..... | \$ 0..... | \$ 20/monthly |

FIT, HEALTHY & STRONG

ADULT WELLNESS PROGRAMS

For more info, please contact the Healthy Lifestyles Director
Jill - jfunk@midymca.org

FITNESS ORIENTATION

We want you to feel comfortable and enjoy your workouts so we encourage members to schedule a \$0 fitness orientation. You will learn about cardio exercise, weight training & proper use of the equipment. Our fitness staff will also make recommendations based on your needs & goals.

AQUA ZUMBA

Ready to make a splash while getting fit? Low Impact; Full-body workout; Cardio + Resistance; Calorie Burning; Stress Relief; Suitable for all ages!

- Tuesday 5:30pm-6:30pm
- May 7th - June 25th
- Small Pool (3.5 feet deep)
- Full Member: \$28
- Program Member: \$40
- Non-member: \$54

DIABETES WELLNESS

To enroll in the diabetes exercise program you will need a prescription & physician release form. This 12 week program includes:

- 3 one on one hour long office sessions with a fitness coach
- Personalized workout plan encouraging a minimum of exercising 2 x per week.
- Weekly contact via email from your fitness coach.
- 3 official weigh ins
- 3 month membership to the Y. \$0
- Flexibility to start the program anytime

PERSONAL TRAINING

Get moving to take control of your health. Our certified personal trainers create goal-based programs that keep your workouts fresh, fuel your motivation and make exercise fun and exciting.

60 minute one on one sessions

- 1 session.....\$ 56
- 3 sessions.....\$157
- 5 sessions.....\$248
- 8 sessions.....\$380

GROUP EXERCISE

29 drop in classes included in Y memberships. Year round indoor classes offered with added outdoor summer classes added to the schedule.

- 6 cycling classes including early AM
- 9 Yoga, Pilates, Tai Chi options
- 3 Zumba or Hip Hop options
- 7 Strength type classes
- 2 Intense Cardio classes
- 2 Lower Impact Cardio (Silver Sneakers)

KETTLEBELL PROGRAM

Holistically improve whole-body strength, endurance, and coordination. Target multiple muscle groups.

- Tuesday 5:30pm-6:30pm
- May 7th - June 25th
- Full Member: \$28
- Program Member: \$40
- Non-member: \$54

LADIES THAT LIFT PROGRAM

- Tuesday 9am - 10am
May 7th - June 25th
- Wednesday 5:00pm-6:00pm
May 22nd - July 10th
- Full Member: \$85
- Program Member: \$85

LIVESTRONG AT THE YMCA

This 12 week wellness program is FREE to help cancer survivors reclaim their health & wellbeing. 12 week Y membership included \$0. Survivors increase strength, develop supportive relationships and increase their quality of life.



- 12 week session - \$0
- Tuesday & Thursday 5pm-6:30pm
- Next session TBD
- Open to all in the community!
- Contact Jill at jfunk@midymca.org or 860-343-6240.

MASSAGE THERAPY

Restore, release & renew body, mind & spirit with an appointment with one of our licensed massage therapists.



- \$40 - 30 minutes
- \$60 - 45 minutes
- \$80 - 60 minutes
- \$120 - 90 minutes
- Plus \$10 for extra services: (deep tissue, aromatherapy, hot stone)
- Contact Leisa to book at 860-343-6232 lpasquariello@midymca.org

PICKLEBALL



"Drop in open play" is offered at the Y in our basketball court. If you're a newcomer to pickleball, you can expect to find a community of friends who will help get you started. Included in Y membership.

- Monday.....8:25am - 9:55am
- Tuesday.....9:30am - 11:00am
- Wednesday.....8:25am - 9:55am
- Friday.....8:15am - 9:45am

Y members can reserve 1/2 of the gym during these open gym times for self service net set up & play with your group of pickleball friends. Included in Y membership.

- Monday.....7:30am - 8:25am
- Tuesday.....7:30am - 9:30am
- Wednesday.....7:30am - 8:25am
- Thursday.....7:30am - 9:00am

Registration for May / June opens on the following dates:

Members: 4/15/24 Nonmembers: 4/22/24

WATER EXERCISE

Water Warriors is held in the large pool 1x per week to strengthen & tone your muscles while increasing cardio endurance. Low & High impact moves including runs, kicks, jumps, twists, suspension & resistance work. Classes meet 1x/week. Session Dates:

- May 6th - June 28th
- Mon 9:45am-10:45am
- Wed 9:45am-10:45am
- Fri 9:45am -10:45am
- Full Member.....\$26
- Program Member.....\$36



Water Workout is held in the small pool (90 degrees / 3 feet deep). Low to mid impact class which helps gain a range of motion & strength. Work with equipment and water resistance as well as water walking to increase cardio endurance. Classes meet 1x/week. Session Dates:

- Mon 8:30am - 9:30am.....
- Mon 5:30pm - 6:30pm.....
- Tues 2:00pm-3:00pm.....
- Wed 8:30am-9:30am.....
- Thur 9:45am-10:45.....
- Fri 8:30am-9:30am.....
- Next Session Starts in May
- Full Member.....\$26
- Program Member.....\$36

NEW PROGRAM AQUASTRIDE

Tuesday 12:45pm - 1:45pm

May 7 - June 25

Thursday 12:45pm - 1:45pm

May 9 - June 27

Full Member.....\$28

Program Member.....\$40

SWIMMING STRONG

SWIM LESSONS 6 months – Adult & SWIM TEAM

For more info, please contact the Aquatics Department:
Mike – mkantrowitz@midymca.org

**FEES for 8 WEEKS –
Classes meet 1 x per
week on Sat or Sun**

- Full Members.....\$122
- Program Members.....\$143
- Non-Members.....\$164



FINANCIAL ASSISTANCE AVAILABLE – See inside cover for details.

PARENT/CHILD SWIM CLASSES 6months – 36months

Swim Lessons are held on Saturday and Sunday mornings between 9-12. Days/Times for each level will be finalized and available beginning Monday, 4/15 when registration for members opens. Nonmember registration opens on Monday, 4/22

A – WATER DISCOVERY

Introduces infants/toddlers to the aquatic environment.

B – WATER EXPLORATION

Explore body positions, floating, blowing bubbles, & safety skills.

PRESCHOOL SWIM LESSONS 3 – 5 Years Old

Swim Lessons are held on Saturday and Sunday mornings between 9-12. Days/Times for each level will be finalized and available beginning Mon 2/12 when registration for members opens. Nonmember registration opens on Mon 2/19.

1 – WATER ACCLIMATION

Develop comfort with underwater exploration & safely exiting if falling in.

2 – WATER MOVEMENT

Body position, control, change directions, moving & safety skills.

3 – WATER STAMINA

Intro rhythmic breathing & arm strokes.

**Registration for May/June
opens on the following dates:**
Members: 4/15/24 Nonmembers: 4/22/24



SCHOOL AGE SWIM LESSONS 6 - 14 Years Old

Swim Lessons are held on Saturday and Sunday mornings between 9-12. Days/Times for each level will be finalized and available by the dates listed for registration to open. May/June Registration begins 4/15/24 for Middlesex Y Members 4/22/24 for Nonmembers

1 - WATER ACCLIMATION

Develop comfort with underwater exploration & safely exiting if falling in.

2 - WATER MOVEMENT

Body position, control, change directions, moving & safety skills.

3 - WATER STAMINA

Intro rhythmic breathing & arm strokes.

4 - STROKE INTRODUCTION

Freestyle, Backstroke, Breast & Butterfly

5 - STROKE REFINEMENT - 2x/week

Improve stroke technique & learn all major competitive strokes.

- Tues/Thurs 4:00pm-4:40pm OR
- Tues/Thurs 4:45pm - 5:25pm



ADULT - Ages 15 and up BEGINNER & INTERMEDIATE

- Sun 12:00pm-12:45pm.....



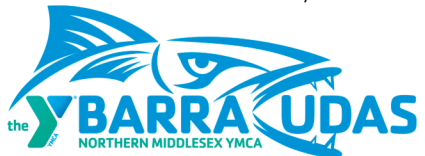
PRIVATE SWIM LESSONS

Private lessons are extremely popular. At this time, all of our private lesson slots are full. Fill out the online form to be added to the wait list. A staff member will contact you when an opening becomes available. Please do not purchase a package until you have a time scheduled with an instructor.



BARRACUDA SWIM TEAM

The Barracudas Swim Team is committed to providing a positive experience for swimmers while developing their endurance, skill, physical ability and mental stamina through a supportive and wholesome social outlet that encourages excellence, teamwork and camaraderie. The Y team is a member of Yankee Cluster Swim League and USA Swimming. Contact us to learn more about tryout opportunities! Next Session Starts in May 2024



YOUTH SPORTS & ENRICHMENT



For more info, please contact the Camp Director & Asst. Director. 860-342-2267

Ben - bsilliman@midymca.org OR Mikaela - mlupriore@midymca.org

We work hard to create a fun and inviting atmosphere from the moment your child enters class. Once your child is comfortable, our instructors will continue to provide enriching activities which emphasize personal growth, not just advancement of skills.

FEES: Full Members \$85 Program Members \$102 Nonmembers \$135

FINANCIAL ASSISTANCE AVAILABLE - See inside cover for details.

MIDDLETOWN JUDO CLUB

Judo offers a recreational martial arts program that enhances physical & mental discipline. New participants welcome!

- Beginner's (brand new & white belt)
Saturdays 9:15am-10:15am - 4/27-6/15
- Yellow Belts & Adults :
Sat 10:30-11am 4/27-6/15 & Thurs
6:50-7:50pm 4/27 - 6/8

LITTLE DRIBBLERS SOCCER (4-6 YRS)

Kids will learn the fundamentals of passing, dribbling, and shooting in soccer, all while being able to meet new friends, and learn in an active, non-competitive, and fun atmosphere.

- Located: Y Camp Ingersoll / Portland
- Saturdays 9:00am-9:45am
- 4/27 - 6/8
- \$85 Full Members / \$102 Program Members / \$135 Nonmember

MINI OLYMPICS (6-9 YRS)

- Located: Y Camp Ingersoll/Portland
- Saturdays 10:15am-11:00am
- 4/27 - 6/8
- \$85 Full Members / \$102 Program Members / \$135 Nonmember

BASKETBALL U13 & U17 GIRLS AAU TRAVEL TEAM



- March - June (12 weeks)
- Season has started!
- \$350 for Y members / \$450 nonmember
- Coach Divine - djackson@midymca.org

ARCHERY (6-12 YRS)

Learn about the different parts of a bow and arrow and how to take care of them while participating in games and activities designed to be fun and engaging. We have all of the necessary equipment so just come prepared to unleash your inner Robin Hood.

- Saturdays 11:30-12:15pm
- 4/27 - 6/8
- \$85 Full Members / \$102 Program Members / \$135 Nonmember

CAMPFIRE COOKING (6-12 YRS)

Grab your apron and let's get cooking! Campers cook daily while learning about safety, technique, nutrition & essential tips for making new & classic outdoor cooking treats.

- Saturdays 12:45pm - 1:30pm
- 4/27 - 6/8
- Full member: \$90; Program Member: \$107; Nonmember: \$135

Registration for May/June opens on:

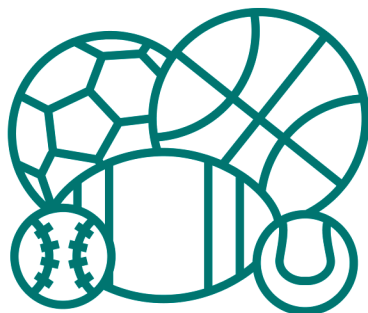
Members: 4/15/24

Nonmembers: 4/22/24



For more info, please contact Teen Coordinator Elexa Belin ebelin@midymca.org

- Andre All Stars Memberships are available thanks to Andre Drummond, current NBA Chicago Bulls player. Qualifying teens are eligible for a 1 year YMCA Membership.
- Friday Night Teen Program
 - Friday 7-8:30pm
 - (6th-9th grade & Andre's All Stars).
 - \$0 for Y members. \$3 for nonmembers.
 - Pizza, Snacks, Drinks,
 - Must show school ID when registering.
- Grant Funded After School Programming
 - Teen Leaders;
 - Painting Class;
 - Around the World Cooking Club)
 - Available for students who attend Beman Middle School in Middletown.
- The E.D.G.E Job Coaching
- AAU Girls Basketball
 - U13 & U17 Girls AAU Travel Team -
 - Season Started
 - Contact Divine Jackson djackson@midymca.org with any questions.



FAMILY EVENTS



For events held at Camp Ingersoll, contact us at: 860-342-2267
Ben - bsilliman@midymca.org OR Mikaela - mlopriore@midymca.org
Contact Kait kgable@midymca.org 860-343-6229 for events held at the Y.

FAMILY EVENT: EARTH DAY EXTRAVAGANZA

Join our School Age Care Professionals for fun and enriching STEM, Art & Literacy activities geared for children ages 4 and up! Sign up below and then drop in at your leisure or stay for the whole event!

- Saturday, April 27th
- 10:30am - 12:00pm
- Middlesex Y Family Center
- Free & Open to All
- Sign up online

FAMILY EVENT: FLICK & FLOAT MOVIE

Our Aquatics team invites you to bring your own individual round tube to float in the small pool (90 degrees) to enjoy a FLICK & FLOAT movie viewing of Spongebob Squarepants the Movie.

- Sunday, April 28th
- 1:00pm - 3:30pm
- Middlesex Y Small Pool
- \$0 for Full Y Members / \$5 Ind or \$10 family Program / \$10 Ind or \$20 family for nonmembers
- Call 860-343-6201 to sign up

OPEN HOUSE & FAMILY FISHING DERBY

Visit YMCA Camp Ingersoll for open house as it resembles a real camp day! Specialty areas will be open:

Boating, Archery, High Ropes. Tours led by our YMCA Camp Staff.

- Saturday, May 18th
- 2:00-4:00pm at Camp Ingersoll
- Open to members & nonmembers
- Suggested donation of \$10.

After open house, grab your fishing pole & tackle box and meet us at the waterfront for our annual Family Fishing Derby including a 30 minute fishing intro workshop from 4-4:30 for anyone interested in learning.

- Saturday, May 18th
- 4:30-6:30pm at Camp Ingersoll
- Open to members & nonmembers
- Suggested donation of \$10.





GOLF INJURY & PREVENTION TRAINING

Fitness is an often overlooked aspect of golf and is being embraced by more tour professionals than ever. This program discusses golf fitness, golf injuries, and golf-specific rehabilitation. Led by a Titleist Performance Institute (TPI) Certified Physical Therapist.

Topics include flexibility, strength, motor control, and speed required to improve your golf swings. Offers a quick screen to assess if you any physical limitations and how they might affect your golf swing.

- Friday, May 3rd
- 10:00am - 11:00am
- Hazen Room at the Middlesex YMCA
- Open to members & nonmembers.
- Led by a Titleist Performance Institute (TPI) Certified Physical Therapist
- No cost! Feel free to bring a brown bag lunch to enjoy during the learning!

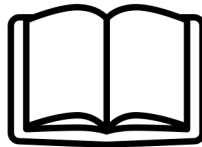


BRUNCH & LEARN

YMCA BOOK CLUB MEETING

Sign up at the Welcome Center. Copies of the book are available on a first come first serve borrowing basis thanks to Russell Library.

- Wednesday, May 15th
- 6:00pm - 7:00pm
- Sign up at the Welcome Center
- Open to members & nonmembers.
- Hazen Room at the YMCA
- No cost!



YMCA CAMP INGERSOLL OUTDOOR CENTER, DAY CAMP & PARTIES



For more info, please contact the Camp Director & Asst. Director. 860-342-2267
Ben - bsilliman@midymca.org OR Mikaela - mlopriore@midymca.org

OUTDOOR CENTER



An Outdoor Center membership at Y Camp Ingersoll allows access to camp facilities year-round while camp is not in session. Includes basketball, fishing, frisbee golf, hiking, mountain biking, picknicking, soccer, volleyball, wiffle ball, gaga and a discounted rate for overnight camping.

- Waterfront Schedule: MW 6-8pm; Sat/Sun 10am-6pm - Memorial Day - Labor Day
- Annual Fee: \$150/year for Y members or \$250 for nonmembers.

YMCA CAMP INGERSOLL



The ideal place for children ages 4-17 to make new friends & develop skills and confidence under the guidance of professional role models! Campers make new friends, learn new skills while spending time with counselors modeling positive values. Camp day consists of 8 - 45 minute periods (swim lessons, specialty areas, lunch, free swim, counselor planned activities. Returning families may register 1/31. General registration opens 2/6th

2024 SESSION DATES

| | |
|-------------------|------------------------|
| Open House..... | 5/18 & 6/8 (2-4pm) |
| Preview Week..... | 6/17 - 6/21 |
| Session 1..... | 6/24-7/5 (no camp 7/4) |
| Session 2..... | 7/8 - 7/19 |
| Session 3..... | 7/22-8/2 |
| Session 4..... | 8/5 - 8/16 |
| Finale Week..... | 8/19 - 8/23 |

FINANCIAL ASSISTANCE AVAILABLE

BIRTHDAY PARTIES



- \$200 - self led party. 8am-8pm use of camp with 2.5 hr. reservation of pavilion. Includes swimming.
- \$325 for staff led party. Includes above + option of 1 hour of 1 of the following: boating, climbing tower, archery, A&C, Sports, Ninja Warrior Course. \$75 to add on additional activities.

GROUP RENTALS



Custom programs for schools, churches, community & corporate organizations.

- YMCA High Hopes: Certified staff lead group through low & high ropes course. Goals: team building, communication, trust building, group decision making, building self confidence.
- Group Picnics: Use of pavilion & basketball courts available as well as swimming, archery & high ropes course upon request.
- Field Days: traditional field day events and high ropes, archery & boating upon request.

Contact Us today to learn more!

RACE 4 CHASE Triathlon Camp

The CMAK (Chase Michael Anthony Kowalski Sandy Hook Memorial) Foundation offers this free 6 week, 1/2 day, summer triathlon training program at Camp Ingersoll. Prior experience biking, swimming & running is not required. Visit our website to fill out application. midymca.org/race-4-chase



LEARNING STRONG

EARLY CHILDHOOD EDUCATION, Y BEFORE & AFTER SCHOOL AND SUMMER ENRICHMENT CAMP

FINANCIAL ASSISTANCE AVAILABLE - See inside cover for details.

PHELPS INGERSOLL PRESCHOOL CENTER FOR CHILDREN



NAEYC accredited preschool program for ages 3-5 years. YMCA location operates year round, M-F 7:15am-5:15pm, includes swim lessons and provides meals. An off site location at MacDonough School in Middletown follows MPS calendar and is open 8:50am - 3:40pm. Meals provided. Fee: Tuition is assessed via a sliding scale for families. Care 4 Kids accepted. Contact Karyn at khurlbert@midymca.org

BEFORE & AFTER SCHOOL: KIDS' KORNER



A place for children to explore new interests, make new friends, complete homework, enrichment clubs, run & play! State licensed before & after care: Middletown: All elementary schools Cromwell: ECS & WIS Portland: Gildersleeve location (K-5) All Regional District 13 (K-5) at Brewster *Financial Assistance Available Kids' Korner families can pre-register for snow day care when school is closed. Contact Erin: ehernandez@midymca.org

SCHOOL'S OUT VACATION CLUB



Licensed program open to members & nonmembers (K-6th). 7am-6pm Indigenous People's Day; Election Day; Veteran's Day; December Break; MLK Day; February Break, April Break

- \$60 per day for members
- \$65 per day for non members

SUMMER ENRICHMENT CAMP

9 weekly sessions of discovery and hands on fun for students entering 1st - 6th grade. Held at the YMCA, mornings spent diving into weekly theme and afternoons full of recreation & play including swimming. 8am-6pm with add on care available 7am-8am - \$30/week Contact Erin: ehernandez@midymca.org

- June 17th - August 16th
- \$230per week
- Sibling Discount Available

Registration is for one week session.



CHILDWATCH

The Y offers child care while mom or dad use the YMCA.

This service is offered at no additional cost to the members of the Middlesex Y 6 months - 12 years of age. Hours: M,W,F - 9am-11am and Tues/Thurs 5:15pm-7:30pm Reserve a spot online now: www.midymca.org/child-watch



NEW PROGRAM!



AQUASTRIDE

Dive into a new era of aquatic fitness
with Aquastride Aqua Ambulation!

REGISTER NOW FOR UPCOMING 8 WEEK SESSION

12:45pm - 1:45pm in the Small Pool

Tuesday - May 7 - June 25

Thursday - May 9 - June 27

Full Member - \$28 / Program Member - \$40

Taught by Healthy Living Coordinator Lexi



SIGN UP ONLINE or at WELCOME CENTER



For more information, please
<https://www.midymca.org/aquastride>

OR CONTACT

Lexi at atejeda@midymca.org

860-343-6242



Registration for 8 week sessions opens 4/15
Tuesday 12:45-1:45 - May 7th - June 25th
Thursday 12:45 - 1:45 - May 9th - June 27th
Full Members - \$28 / Program Members - \$40



FREE FAMILY EVENT

Earth Day Extravaganza

April 27th 10:30am-12pm

Middlesex YMCA Family Center

Register Online www.midymca.org/events



Join us for fun and enriching STEM, art & literacy activities. Geared for children 4 and up!



Drop in at your leisure, or stay for the whole event. We can't wait to see you!



www.midymca.org

kgable@midymca.org

(860) 343-6229



JOIN US for FLICK & FLOAT!

SUNDAY 4/28

1:00-3:30

Small Pool

Full Members = \$0

Program Members = \$5 / \$10 family

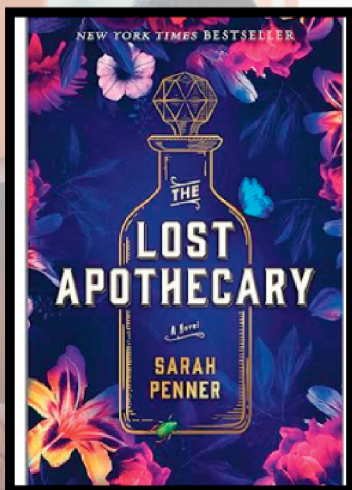
Nonmembers = \$10/ \$20 family

SIGN UP AT WELCOME CENTER



Bring your own individual tube.

MIDDLESEX YMCA BOOK CLUB



MAY 15, 2024

6PM HAZEN ROOM

SIGN UP AT WELCOME CENTER

AMERICAN RED CROSS CPR, LIFEGUARD RECERT & CERTIFICATION



CPR FOR THE PROFESSIONAL RESCUER

This one day, four hour course is designed to train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over.

- Future Class Days/Times TBD
- Saturday or Sunday.....12:00pm - 4:00pm.....\$75

LIFEGUARD CERTIFICATION

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. All participants must pass the pre-test to participate in the course. Eligible for reimbursement if you become a YMCA lifeguard.

- Future Class Dates TBD
- Friday, Saturday, Sunday.....8:00am - 4:00pm.....\$375

LIFEGUARD RE-CERTIFICATION

This abbreviated lifeguarding course briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate. Students who successfully complete this course will receive a certification for Lifeguarding/First Aid/CPR/AED which is valid for two years.

- Saturday / Sunday DATES TBD 8am - 4pm both days \$175



SOCIAL RESPONSIBILITY



For more info, contact us at development@midymca.org 860-343-6203



GIVE to the Annual Support Campaign

When you give to the Y, you support critical programs & services for youth, adults & families.

GIVE to Send a Kid to Camp Ingersoll

Every child deserves a chance to have a life changing session at Y Camp Ingersoll.



GIVE to Support Working Families

Working families need childcare support more than ever. Funds raised provide financial assistance for childcare.

GIVE to Fight Food Insecurity

Fight Food Insecurity; Providing food for the men who reside at the Schwarz Men



FREE!

HELP YOURSELF!



SAFELY DISPOSE OF YOUR MEDS

#PreventionStartsWithYou



More Resources At:
PreventionCT.org





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

TOGETHER WE CAN CREATE A BETTER US

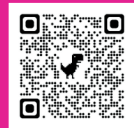
We have an extraordinary opportunity to ensure a brighter future for Northern Middlesex County, but we need your help. Your gift to the Middlesex YMCA will have a lasting impact in the community by helping us to reach more people through life-changing programs and services.

MAKING AN IMPACT

- Approximately 950 individuals and families receive financial assistance annually through our Open Doors financial assistance program.
- More than 625 individual donors, businesses & foundations contribute to our annual fundraising campaign each year.
- \$400,000 raised each year to give back to the Y community.

Your gifts will help the Middlesex YMCA provide financial assistance to assure quality Y programs are accessible to all regardless of income.

To find out more about how you can support our cause, visit our website at www.midymca.org/giving



Middlesex YMCA
99 Union Street
Middletown, CT
860-347-6907

