



MIDDLESEX YMCA PROGRAM GUIDE

WWW.MIDYMCA.ORG

MARCH / APRIL 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..... | 860-343-6240 ... | Jill |
| Fitness Orientation..... | 860-343-6240 ... | Jill |
| 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..... | 860-343-6240 ... | Jill |
| Preschool Childcare..... | 860-343-6227 ... | Karyn |
| Preschool Billing..... | 860-343-6218 ... | Roos |
| 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



ADULT PROGRAMS

| | | |
|---------------------------------------|----------------------|--------------------------------|
| Aqua Zumba..... | Tuesday..... | Mar 5th - Apr 23rd |
| Judo..... | Thursday..... | Feb 29th - Apr 18th |
| | Saturday..... | Mar 2nd - Apr 20th |
| Kettlebell Training..... | Tuesday..... | Mar 5th - Apr 23rd |
| Ladies That Lift..... | Thursday..... | Mar 28th - May 16th |
| Lifeguard ReCertification..... | Sat / Sun | Mar 2nd - Mar 3rd |
| LIVESTRONG Cancer Survivor Program... | Tues/Thurs... | Jan 30th - Apr 18th |
| Swim Lessons..... | *Y CLOSED EASTER* | Sunday..... Mar 3rd - Apr 28th |
| Water Exercise..... | AM & PM options..... | Monday..... Mar 4th - Apr 22nd |
| | Tuesday..... | Mar 5th - Apr 23rd |
| | Wednesday.... | Mar 6th - Apr 24th |
| | Thursday..... | Mar 7th - Apr 25th |
| | Friday..... | Mar 8th - Apr 26th |

YOUTH PROGRAMS

| | | |
|---|----------------|---------------------|
| Basketball Girls U13 & U17 Travel Team | Wed & Sat | March 3rd & 10th |
| Intro to Tumbling & Active Movements..... | Saturdays..... | Mar 2nd - Apr 13th |
| Judo..... | Thursday..... | Feb 29th - Apr 18th |
| | Saturday..... | Mar 2nd - Apr 20th |
| Little Ballers Basketball..... | Saturdays..... | Mar 2nd - Apr 13th |
| Little Chef's Club..... | Wednesday.... | Feb 28th - Apr 10th |
| Parent & Me Basketball..... | Saturdays..... | Mar 2nd - Apr 13th |
| Swim Lessons..... | Tues/Thurs.... | Mar 5th - Mar 28th |
| | Saturday..... | Mar 9th - Apr 27th |
| *YMCA CLOSED EASTER SUNDAY* | Sunday..... | Mar 3rd - Apr 28th |

- MARCH/APRIL.....** Registration Open for All with classes starting soon!
- MAY/JUNE.....** Registration Opens for Members 4/15 & Nonmembers 4/22
- JULY/AUGUST.....** Registration Opens for Members 6/17 & Nonmembers 6/24
- SEPTEMBER/OCTOBER....** Registration Opens for Members 8/12 & Nonmembers 8/19
- NOVEMBER/DECEMBER...** Registration Opens for Members 10/14 & Nonmembers 10/21

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
- Session dates: 3/5 - 4/23
- Small Pool (3.5 feet deep)
- Full Member: \$24.50 /session
- Program Member: \$35 / session
- Non-member: \$47.25 / session

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
- Session dates: 3/5 - 4/23
- Full Member: \$28
- Program Member: \$40
- Non-member: \$54

LADIES THAT LIFT PROGRAM

Women looking to lift weights.

- Thursday 5:15pm-6:15pm
- Session dates: 3/28-5/16
- 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 begins in April
- 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.

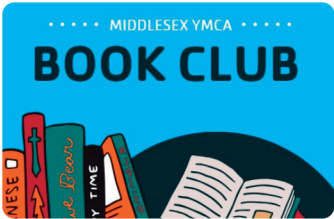
Classes meet 1x/week. Session Dates:

- Mon 9:45am-10:45am 3/4 - 4/22
- Wed 9:45am-10:45am 3/6 - 4/24
- Fri 9:45am -10:45am 3/8 - 4/26
- 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.....3/4 - 4/22
- Mon 5:30pm - 6:30pm.....3/4 - 4/22
- Tues 2:00pm-3:00pm.....3/5 - 4/23
- Wed 8:30am-9:30am..... 3/6 - 4/24
- Thur 9:45am-10:45.....3/7 - 4/25
- Fri 8:30am-9:30am.....3/8 - 4/26
- Full Member.....\$26
- Program Member.....\$36



Book Club meets once a month. Check the Welcome Center for info on the next book & meeting details. We partner with Russell Library to offer books through their book club kits!

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, 2/12 when registration for members opens. Nonmember registration opens on Monday, 2/19.

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.....



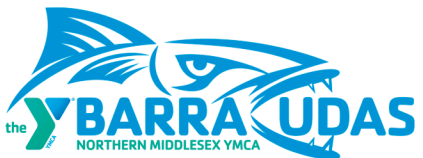
PRIVATE SWIM LESSONS

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!



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
***separate fees for Little Chef's Club. See below.**

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 - 3/2-4/20
- Yellow Belts & Adults :
Sat 10:30-11am 3/2-4/20 & Thurs
6:50-7:50pm 2/29-4/18

PARENT & ME BASKETBALL (3-4 YRS)

Basic skills including throwing, catching, hitting and fielding in active, noncompetitive atmosphere.

- Saturdays 9:00am-9:45am
- 3/2 - 4/13

LITTLE BALLERS BBALL (4-6 YRS)

Basic skills including passing, dribbling & shooting in active, noncompetitive atmosphere.

- Saturdays 10:15am-11:00am
- 3/2 - 4/13



BASKETBALL U13 & U17 GIRLS AAU TRAVEL TEAM



- March - June (12 weeks)
- Tryouts 3/3 & 3/10 U13-3-430pm & U17
4:30-6pm. Reg. Req. - \$0
- Team practices Wed & Sat or Sun - U13 6-730pm & U17 7:30-9pm
- \$350 for Y members / \$450 nonmember
- Coach Divine - djackson@midymca.org

INTRO to TUMBLING & ACTIVE MOVEMENT (4-8 YRS)

Basic skills including balance, flexibility, body control to build foundation for gymnastics or parkour.

- Saturdays 12:15pm - 1:00pm
- 4/2 - 4/13

LITTLE CHEFS CLUB (3-12 YRS*)

Practice basic cooking fundamentals, kitchen skills & safety. Hands on class includes a new homecooked meal that you can take home or eat in class, your very own recipe book & personalized chef's apron.


- Wednesdays 5:30-6:30pm
- 2/28 - 4/10
- Participants under 8 years old require parent to attend class.
- 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; Sports Club; Around the World Cooking Club) available for students who attend Beman Middle School in Middletown.
- NEW Basketball U13 & U17 Girls AAU Travel Team – Tryout Registration Open Contact Divine Jackson djackson@midymca.org with any questions.




Middlesex YMCA Girls 

BASKETBALL

Tryouts

MIDDLESEX YMCA HUSKIES TRAVEL BASKETBALL TEAM

| MARCH | LOCATION | TIME |
|--------------|---|--------------------------|
| 3RD & 10TH | 99 UNION ST. MIDDLETOWN, CT 06457 | 3:00PM 13U 4:30PM 17U |



17U

13U

www.midymca.org



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 HIKE & FIRE BUILDING WORKSHOP

Join us for a day of family fun in the sun at Camp Ingersoll. Scavenger hunt, relaxing nature walk or 1 mile hike around our beautiful forest and end at the waterfront for fire building workshop. End your day with perfectly roasted marshmallow!

- Saturday, March 23rd
- 2:00-4:00pm at Camp Ingersoll
- Open to members & nonmembers.
- Suggested donation of \$10.

CAMP VOLUNTEER DAY

Come on over to Camp Ingersoll to help us get camp ready for the summer! Leaf blow, sweep, rake, mow, paint, small repairs and more to help make camp look as beautiful as ever.



- Saturday, April 6th
- 10:00am - 2:00pm at Camp Ingersoll
- Sign up online or contact Ben & Mikaela if you have questions.

HEALTHY KIDS & FAMILY CLIMB DAY

Bring your whole family down to Camp Ingersoll for an afternoon of outdoor climbing adventures! Climb our 40 foot rock wall, multi-vine, and incline log challenge courses! No experience required.

- Saturday, April 20th
- 2:00-4:00pm at Camp Ingersoll
- Open to members & nonmembers
- Suggested donation of \$10.

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 & June 8th
- 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.



FAMILY EVENTS at the YMCA

SEUSS-TACULAR CELEBRATION

Families with children are invited to join our School Age Care Team for fun & enriching STEM, Art & Literacy activities. Drop in at your leisure or join us for the whole event!

- Saturday, March 16th
- 10:00am - 11:30am
- The Y - Family / Youth Center
- Open to members & nonmembers
- Check in at the Welcome Center

ADULT EVENTS

LUNCH & LEARN 1 Rep Max Living

Strength training is an important part of staying healthy and active as we move through the lifespan. Sometimes our capacity to perform tasks at home and around the house become limited. This program discusses the strength required to perform daily tasks such as laundry, grocery shopping, house chores, shoveling snow, and more. The presenter compares the safety of exercise vs the safety of decreasing function and mobility, poor balance and falls, and poor health. Research and outcomes are incorporated to ensure the information is accurate and up to date. Practical applications are given so you can take control of your exercise program as soon as possible.

- Friday, March 22nd
- 1:00pm – 2:00pm
- Hazen Room at the YMCA
- Open to members & nonmembers.
- Offered by Gaylord Healthcare Staff
- No cost! Feel free to bring a brown bag lunch to enjoy during the learning!

YMCA BOOK CLUB MEETING

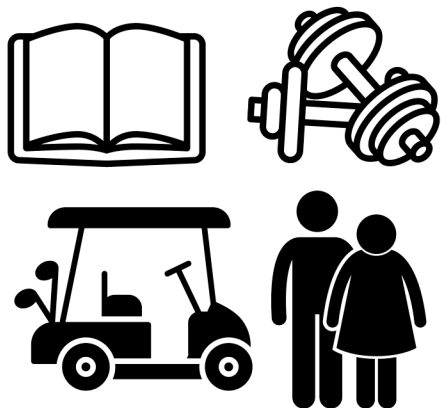
Sign up at the Welcome Center. Copies of the book are available on a first come first serve borrowing basis thanks to Russell Library.

- Wednesday, March 20th
- 6:00pm – 7:00pm
- Sign up at the Welcome Center
- Open to members & nonmembers.
- Hazen Room at the YMCA
- No cost!

BRUNCH & LEARN 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, April 19th
- 10:00am – 11:00am
- Open to members & nonmembers.
- Hazen Room at the YMCA
- Offered by Gaylord Healthcare Staff
- No cost! Feel free to bring a brown bag brunch to enjoy during the learning!



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

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



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.



YMCA CAMP INGERSOLL

Summer CAMP Staff



Maximize your community impact and become a professional role model. Discover new skills and interests, new friends, and new ways to enjoy nature at our value-driven day camp!



**JUNE - AUGUST | YMCA CAMP INGERSOLL
PORTLAND, CT**



LEARN MORE

APPLY NOW



77-acres of beautiful land to explore on Jobs Pond
Open for Staff Ages 16+ Competitive Pay Rates
Highly skilled leadership team to train and
support all counselors and staff.





FRIENDS MEMORIES ADVENTURE

GAIN LIFE SKILLS & LEADERSHIP EXPERIENCE
FULL-TIME SUMMER WORK
FIRST-AID/ CPR CERTIFICATION
LIFEGUARD, ROPES & ARCHERY CERTIFICATION
FREE YMCA MEMBERSHIP
POSITIVE & INCLUSIVE STAFF CULTURE

For more information about the job, please call
 860.342.2267 or visit www.campingersoll.org. You may
 also email our Director, Ben, at bsilliman@midymca.org.



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



GET INVOLVED IN A GIVING EVENT



Thank you to everyone who supported our FEBRUARY FUNDRAISERS!

- Chill for Change
- Rally.Ride.Raise
- Have a Heart

YMCA - Northern Middlesex County
Middletown, CT

26
of 120 Teams

\$1,144.30
Raised

FINAL 2024 RESULTS

26th place out of 120

Y Teams in USA





**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

