



175 YEAR
ANNIVERSARY

THE

I Learned to SWIM

PLACE

No Place Like *This Place*™



NORTHERN MIDDLESEX YMCA

PROGRAM GUIDE



AUGUST 2026

SESSION DATES

2026 SESSIONS

SESSION	DATES	MEMBER REGISTRATION	NON-MEMBER REGISTRATION
5	Sep 8 – Nov 1	Aug 10th	Aug 17th
6	Nov 2 – Dec 27	TBD	TBD

*YOUTH SPORTS & JUDO PROGRAMS RUN 7 WEEK SESSIONS

2026 HOLIDAY CLOSINGS

- New Year's Day
- Easter Sunday
- Memorial Day
- 4th of July
- Labor Day (Sun & Mon)
- Thanksgiving
- Christmas Day



SCAN HERE



REGISTER FOR PROGRAMS AT:

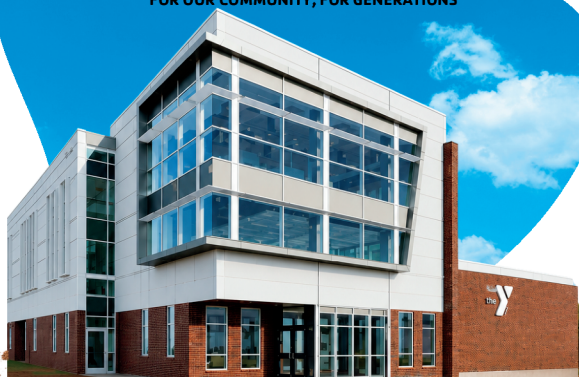
WWW.MIDYMCA.ORG

LET'S DIG IN!

Construction begins THIS FALL as a part of our ALL TOGETHER BETTER Capital Campaign. We want YOU to be part of the journey!



A CAPITAL CAMPAIGN
FOR OUR COMMUNITY, FOR GENERATIONS



WE'LL DIG INTO:



The next phase of fundraising and how you can be a part of it.



The construction timeline and what to expect.



How we plan to minimize the impact on your Y experience.



Your questions...LIVE Q & A with our CEO, Michele Rulnick.



JOIN US
INFO SESSION
ZOOM

We'll be scheduling our **SEPTEMBER ZOOM** soon! Sign up using QR code & we'll send you the details.



Attend from anywhere!

It's easy, convenient & your input matters!

REGISTER TODAY!

Scan the QR code or visit www.midymca.org





WATER EXERCISE PROGRAMS

Water Exercise is a great way to stay active and improve heart health, reduce stress, all while gaining strength. Gain muscle conditioning and cardiovascular endurance without putting stress on the joints. It's also an easy way to challenge yourself and have fun, regardless of your age or physical abilities.

You'll also benefit from:

- Preventing falls and injury
- Improve flexibility
- Improve upper body strength
- Injury prevention and recovery



8 Week Session – Meets 1 x /week

Fitness Member \$35 / Program Member \$45 / Nonmember \$65

Water Workout	Mon	8:30am – 9:30am	9/14 – 10/26	Small Pool
Water Warriors	Mon	9:45am – 10:45am	9/14-10/26	Large Pool
Aquastride	Tue	12:45pm – 1:45pm	9/8-10/27	Small Pool
Aqua Zumba	Tue	5:30pm – 6:30pm	9/8-10/27	Small Pool
Water Workout	Wed	8:30am – 9:30am	9/9 – 10/28	Small Pool
Water Warriors	Wed	9:45am – 10:45am	9/9/-10/28	Large Pool
Aquastride	Thur	12:45pm-1:45pm	9/10-10/29	Small Pool
H2O Bootcamp	Thur	5:30pm-6:30pm	9/10-10/29	Small Pool
Water Workout	Fri	8:30am – 9:30am	9/11-10/30	Small Pool
Water Warriors	Fri	9:45am – 10:45am	9/11-10/30	Large Pool

QUESTIONS: Contact Tim Conde
tconde@midymca.org
860-343-6242

PROGRAM DESCRIPTIONS

AQUASTRIDE	Take your walking workout to the water with Aqua Stride a low-impact, high-benefit class that uses water resistance to improve cardiovascular health, muscle tone, and joint mobility. Focuses on techniques that target the core, legs, and upper body, all while reducing stress on your joints.
AQUA ZUMBA	Aqua Zumba blends the upbeat rhythms and dance moves of traditional Zumba with the low-impact resistance of water for a refreshing, full-body cardio workout. Set to Latin and international beats, you'll dance, splash, and move your way to improved cardiovascular health, muscle tone, and flexibility, all while being gentle on your joints. Perfect for all fitness levels, Aqua Zumba is a feel-good, high-energy class that keeps you smiling while you sweat!
H2O BOOTCAMP	This water exercise program combines the challenge of traditional boot camp drills with the resistance and buoyancy of water for a full-body workout that's both effective and joint-friendly. From strength-building exercises to cardio bursts, you'll perform everything from sprints and treading water to resistance movements, all while working your core and improving endurance. Whether you are looking to sculpt, tone, or just try something new, this class delivers a powerful, low-impact workout that is perfect for all fitness levels.
WATER WARRIORS	Strengthen and tone your muscles while increasing your cardiovascular endurance. Combination of low and higher impact moves including runs, kicks, jumps, twists, suspension & resistance work. Equipment is provided.
WATER WORKOUT	Water Workout is held in the Small Pool once a week for 7 weeks. A low to mid impact class which assists with gaining range of motion and strength. Work with equipment and water resistance as well as water walking to increase cardio endurance.



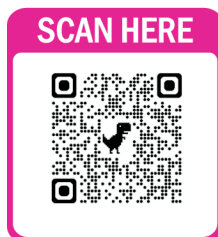


HEALTH & WELLNESS PROGRAMS

Healthy Living Programs at the Y are small-group training programs designed to build strength, boost confidence, and support overall wellness in a motivating, community-based setting. These programs focus on safe, effective movements that help you grow stronger while staying consistent and supported. Build muscle conditioning and cardiovascular endurance while keeping impact low and form front-and-center.

You'll also benefit from:

- Preventing falls and injury
- Improve flexibility
- Improve upper body strength
- Injury prevention and recovery



8 Week Session – Meets 1 x /week
Fitness Member \$35 / Program Member \$45
Nonmember \$65

Bounce & Burn	Mon	6:30pm–7:30pm	9/14–10/26	Basketball Gym
Ladies That Lift	Tue	9am–10am	9/8–10/27	Performance Zone
Kettlebell Training	Tue	5:45pm–6:45pm	9/8–10/27	Fitness Studio
50 & FITTER	Tue	2:00pm–3:00pm	9/8–10/27	Fitness Studio
YOGA FUSION	Thur	5:45pm–6:45pm	9/10–10/29	Fitness Studio

QUESTIONS: Contact Tim Conde
tconde@midymca.org
860-343-6242

PROGRAM DESCRIPTIONS

BOUNCE & BURN	Ready to take your fitness to new heights? Bounce & Burn is a low-impact, high-energy trampoline full body workout designed to torch calories, boost endurance, and tone muscles by combining cardio, strength training, and core stability to give you an exhilarating and effective session, all while having fun! Whether you're a beginner or a seasoned fitness enthusiast, the trampolines soft surface reduces stress on your joints while delivering maximum results. Get ready to bounce, sweat, and smile as you defy gravity and elevate your fitness routine!
LADIES THAT LIFT	Ladies That Lift is a program for women that are looking to get in the gym and learn to lift weights in a stronger and healthier way.
50 & FITTER STRENGTH TRAINING	Our 50 & Fitter Strength Training class is where experience meets energy. This isn't about slowing down, it's about getting stronger, moving better, and feeling powerful in your body. Expect smart, low-impact workouts with weights, bands, and functional moves that boost balance, mobility, and real-life strength. No pressure, no intimidation, just a great vibe, good people, and workouts that meet you where you are and push you just enough. Stay active, stay independent, and keep doing the things you love? stronger than ever.
KETTLEBELL TRAINING	Kettlebells are unique, as they will holistically improve whole-body strength, endurance, and coordination. Kettlebell exercises purposefully target multiple muscle groups, mimicking day to day activities and refining the functional movements we all perform in life on a regular basis. All skill levels are welcome to class and as the weeks progress, so will the kettlebell techniques you will learn. Come join and enhance your well-being and health!



SWIM LESSONS

Full Member: \$122

Program Member: \$143

Non Member: \$164

SCAN HERE



Swim Lessons meet once a week.
Class schedule & times available on
our website.

Lessons are held on:
Saturdays or Sundays

PARENT/CHILD SWIM CLASSES 6months – 36months



A – WATER DISCOVERY

Introduces infants/toddlers to the aquatic environment. Skills that are focused include blowing bubbles on the surface, water entry, water exit, assisted back float and assisted front float. Class held in SMALL POOL

B – WATER EXPLORATION

Explore body positions, floating, blowing bubbles, & safety skills. Benchmarks for this level include blowing bubbles with mouth and nose submerged and performing an assisted roll back to front and front to back. Class held in SMALL POOL.

PRESCHOOL SWIM LESSONS 3 – 5 Years Old



1 – WATER ACCLIMATION

Develop comfort with underwater exploration & introduce basic self-rescue skills with assistance. Primary skills consist of submerging independently, assisted front float and front glide, assisted back float and back glide. Benchmark skills include assisted jump, push, turn, grab and assisted swim, float, swim. Class held in SMALL POOL.

2 – WATER MOVEMENT

Continuation of skills developed in Water Acclimation with a focus on independently performing front float, front glide, back float and back glide. Class held in SMALL POOL.

3 – WATER STAMINA

Introduction to rhythmic breathing & arm strokes as well as sequencing previously learned skills together. Class held in SMALL POOL.



SCHOOL AGE SWIM LESSONS 6 – 14 Years Old

Classes held in LARGE POOL.

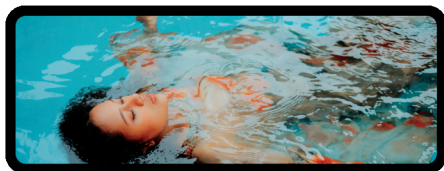
1 – WATER ACCLIMATION

In stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.



2 – WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 – WATER STAMINA

In level 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



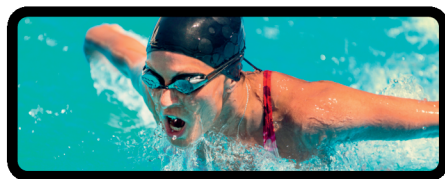
4 – STROKE INTRODUCTION

In stage 4, students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke



5 – STROKE REFINEMENT

In stage 5, students refine stroke technique on all major competitive strokes which include freestyle, backstroke, breaststroke and butterfly, learn about competitive swimming and develop skills in turns and dives.



6 – STROKE MECHANICS

In stage 6, students will refine stroke technique on all major competitive strokes. Students will also learn additional water safety skills and build endurance.

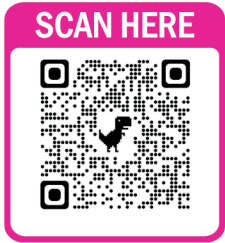
ADULT – Ages 15 and up

BEGINNER & INTERMEDIATE

Contact Swim Lesson Coordinator
Siobhan Slaughter
sslaughter@midymca.org
860-343-6221

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

NEW Swimmers welcome throughout the season. Please review age group descriptions to determine if your child is able to swim the minimum requirements. Returning swimmers do not need to tryout. Contact Coach Tyler: twilliams@midymca.org to set up a time to learn more & determine placement. Visit our website for the details regarding session dates, practice times, age group descriptions and pricing!



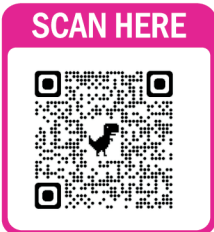
AMERICAN RED CROSS LIFEGUARD CERTIFICATION

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. Prerequisites: Blended learning lifeguard classes - 6 hours online classroom work and 21.5 hours in person training. Online work must be completed prior to in person training. Minimum age 15 years old. Visit our website for schedules & fees.



UPCOMING CLASSES:

Check our website for updates. www.midymca.org





YMCA Camp Ingersoll **YOUTH SPORTS**



PLAY. LEARN. GROW. TOGETHER.



★ **Tumbling**

👤 **Tee-Ball**

🎯 **Archery**

★ **Classes Run From Sep 12-Oct 24** ★

**Tee Ball: 9:00-9:45AM,
Archery: 10:30-11:15AM,
Tumbling: 12:30-1:15PM**



Join us this Fall!

**Sign up now & get in the
game!**

Jmcnally@midymca.org

860-342-2267

ymcacampingersoll.com

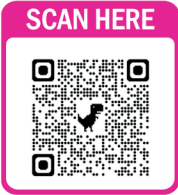




YOUTH SPORTS & ENRICHMENT

The Middlesex YMCA offers a wide variety of Youth Sports programs as well as other enriching activities such as Judo, Cooking, Basketball, Climbing, Archery, Tee-Ball, Hockey, Kickball, Mountain Biking and Tumbling among others. We work hard to create a fun and inviting atmosphere from the moment your child enters the class. Once your child is comfortable, our teachers will continue to provide enriching activities which emphasize personal growth, not just the advancement of skills.

7 Week Session – Meets 1 x /week
Fitness Member \$85 / Program Member \$102
Nonmember \$135



TEE BALL	SAT	9:00am – 9:45am	9/12-10/24	YCI – Portland
ARCHERY	SAT	10:30am-11:15am	9/12-10/24	YCI – Portland
INTRO TO TUMBLING	SAT	12:30pm-1:15pm	9/12-10/24	YCI – Portland
JUDO ADVANCED	THURS SAT	6:50pm – 7:50pm 10:30am – 11:45am	9/10-10/22 9/12-10/24	YMCA
JUDO BEGINNERS	SAT	9:15am – 10:15am	9/12-10/24	YMCA

Youth Sports & Enrichment – Julia McNally jmcnally@midymca.org
Judo – Ben Silliman bsilliman@midymca.org
860-342-2267

JOIN OUR FALL SWIM TEAM!



Northern Middlesex YMCA
99 Union Street • Middletown, CT
☎ 860-343-6220
twilliams@midymca.org

WHO CAN JOIN? AGES 7-17

- SWIMMERS SHOULD BE ABLE TO SWIM 25 YARDS OF FREESTYLE AND 25 YARDS OF BACKSTROKE WITHOUT ASSISTANCE.
- TRYOUTS ARE ONGOING!

CONTACT US TODAY TO
SCHEDULE A TRYOUT.

SCAN HERE



READY FOR KINDERGARTEN?

Give your child the skills, confidence and support they need for their next big step.



FOR CHILDREN WHO ARE

4½ YEARS OLD

BORN BETWEEN

SEPTEMBER 2021 AND MARCH 2022



Same curriculum as the Middletown Public Schools KPA program



Smaller teacher-to-child ratios



More individualized attention



Full-day care 7:15 AM – 5:15 PM

10

OPENINGS
AVAILABLE!

SCAN HERE



KPA

KINDERGARTEN
PREPARATORY
ACADEMY

TRANSITION PROGRAM

ENROLLMENT OPEN NOW!

Inquire today to learn more.

midymca.org/preschool



Karyn Hurlbert
DIRECTOR



860-344-6227



khurlbert@midymca.org



Pamela Lara
ASSISTANT DIRECTOR



860-343-6237



plara@midymca.org



SUPPORT

CAMP INGERSOLL CAMP SCHOLARSHIPS

AUG 18/19



SEND A KID
TO CAMP



SCAN TO DONATE!

DONATE **\$5** or MORE
and get a coupon for a
BOGO FOR .99



FOR EVERY BLIZZARD SOLD,
\$1 WILL BE DONATED TO
CAMP SCHOLARSHIPS

100 % OF YOUR DONATION GOES TO CAMP SCHOLARSHIPS!

Every kid deserves a summer full of.....



ADVENTURE

Explore. Grow. Discover.



CONFIDENCE

Empowering kids inside & out.



FRIENDSHIPS

Build bonds that last a lifetime.



MEMORIES

Moments today.
Memories forever.



NORTHERN
MIDDLESEX YMCA
CAMP INGERSOLL

*Where kids grow and
memories last a lifetime.*

VALID AT
DAIRY QUEEN
PORTLAND ONLY

*Thank you for supporting
our community!*





**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 <https://www.midymca.org/waystogive>

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

