



MIDDLESEX YMCA PROGRAM GUIDE

WWW.MIDYMCA.ORG

JANUARY / FEBRUARY

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
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 ...	Levi
Fitness Orientation.....	860-343-6242 ...	Levi
Fund Development.....	860-343-6203 ...	Betsy
Healthy Lifestyles.....	860-343-6240 ...	Jill
Kids' Korner Billing.....	860-343-6218 ...	Rools
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 ...	Levi
Preschool Childcare.....	860-343-6227 ...	Karyn
Preschool Billing.....	860-343-6245 ...	Rachel
Red Cross Classes.....	860-343-6221 ...	Theo
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



JANUARY/FEBRUARY Registration Opens for Members 12/11 & Nonmembers 12/18

Aqua Zumba.....	Tuesday.....	Jan 16th – Feb 27th
CPR for Professional	Saturday.....	Jan 27th – Jan 27th
CPR for Professional.....	Saturday.....	Feb 10th – Feb 10th
CPR for Professional.....	Saturday.....	Feb 24th – Feb 24th
Intro to Tumbling & Active Movements.....	Saturdays.....	Jan 6th – Feb 17th
Judo.....	Thursday.....	Jan 4th – Feb 22nd
	Saturday.....	Jan 6th – Feb 24th
Kettlebell Training.....	Tuesday.....	Jan 9th – Feb 27th
Ladies That Lift.....	Thursday.....	Jan 25th – March 14th
Lifeguard Certification.....	Sat / Sun	Feb 2nd – Feb 4th
Little Ballers Basketball.....	Saturdays.....	Jan 6th – Feb 17th
Little Chef's Club.....	Wednesday.....	Jan 3rd – Feb 14th
LIVESTRONG Cancer Survivor Program...	Tues/Thurs....	Jan 30th – Apr 18th
New Year, Healthier You Challenge.....	January.....	January – self paced
Swim Lessons.....	Tues/Thurs....	Jan 30th – Feb 22nd
	Saturday.....	Jan 6th – Feb 24th
	Sunday.....	Jan 7th – Feb 25th
Tee Ball.....	Saturday.....	Jan 6th – Feb 17th
Water Exercise.....	Monday.....	Jan 8th – Feb 26th
	Tuesday.....	Jan 9th – Feb 27th
	Wednesday.....	Jan 10th – Feb 28th
	Thursday.....	Jan 11th – Feb 29th
	Friday.....	Jan 12th – Mar 1st

MARCH/APRIL..... Registration Opens for Members 2/12 & Nonmembers 2/19

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

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 Department:
Jill - jfunk@midymca.org OR Levi - lavner@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: 1/16 - 2/27
- 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: 1/9 - 2/27
- 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: 1/25 - 3/14
- 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
- January 30th - April 18th
- 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 March/April opens on the following dates:

Members: 2/12/24 Nonmembers: 2/19/24

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 1/8-2/26
- Wed 9:45am-10:45am 1/10-1/28
- Fri 9:45am -10:45am 1/12 - 3/1
- 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.....1/8 - 2/26
- Tues 2:00pm-3:00pm.....1/9-2/27
- Wed 8:30am-9:30am..... 1/10-2/28
- Thur 9:45am-10:45.....1/11-2/29
- Fri 8:30am-9:30am.....1/12-3/1
- Full Member.....\$26
- Program Member.....\$36

..... MIDDLESEX YMCA

BOOK CLUB

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, SWIM TEAM & CERTIFICATIONS

For more info, please contact the Aquatics Department:
 Theo- tpowers@midymca.org OR 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



PARENT/CHILD SWIM CLASSES 6months – 36months

A – WATER DISCOVERY

Introduces infants/toddlers to the aquatic environment.

- Saturday 9am -9:30am.....1/6–2/24
- Saturday 12pm-12:30pm.....1/6–2/24
- Sunday 9am - 9:30am.....1/7–2/25

B – WATER EXPLORATION

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

- Saturday 9:35am – 10:05am 1/6–2/24
- Sunday 9:35am – 10:05am 1/7 – 2/25

**Registration for March/April
 opens on the following dates:**

Members: 2/12/24 Nonmembers: 2/19/24



PRESCHOOL SWIM LESSONS 3 – 5 Years Old

1 – WATER ACCLIMATION

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

- Sat 9:30am-10:00am.....1/6–2/24
- Sat 10:10am-10:40am.....1/6–2/24
- Sun 9:30am-10:00am.....1/7 – 2/25
- Sun 10:10am-10:40am.....1/7 – 2/25
- Sun 11:20am – 11:50am.....1/7 – 2/25

2 – WATER MOVEMENT

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

- Sat 10:45am-11:15am.....1/6–2/24
- Sun 10:45am-11:15am.....1/7–2/25

3 – WATER STAMINA

Intro rhythmic breathing & arm strokes.

- Sat 11:20am-11:50am.....1/6–2/24
- Sun 11:20am-11:50am.....1/7–2/25



SCHOOL AGE SWIM LESSONS 6 – 14 Years Old

1 – WATER ACCLIMATION

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

- Sat 9:00am-9:40am.....1/6-2/24
- Sun 9:00am-9:40am.....1/7-2/25

2 – WATER MOVEMENT

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

- Sat 10:05am-10:45am.....1/6-2/24
- Sun 10:05am-10:45am.....1/7-2/25

3 – WATER STAMINA

Intro rhythmic breathing & arm strokes.

- Sat 9:45am-10:25am.....1/6-2/24
- Sun 9:45am-10:25am.....1/7-2/25

4 – STROKE INTRODUCTION

Freestyle, Backstroke, Breast & Butterfly

- Sat 10:45am-11:25am.....1/6-2/24
- Sun 10:45am-11:25am.....1/7-2/25

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
- 1/30-2/22



ADULT – Ages 15 and up BEGINNER & INTERMEDIATE

- Sun 12:00pm-12:45pm.....1/7-2/25



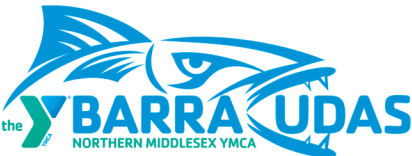
PRIVATE SWIM LESSONS

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!



AMERICAN RED CROSS

CPR, LIFEGUARD RECERT & CERTIFICATION

For more info, please contact the Aquatics Director
Theo Powers - tpowers@midymca.org 860-343-6221



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.

- Saturday, 1/27.....12pm - 4pm.....\$75 - 1 day course
- Saturday, 2/10.....12pm - 4pm.....\$75 - 1 day course
- Saturday, 2/24.....12pm - 4pm.....\$75 - 1 day course



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.

- February 2nd - February 4th
- 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.

- \$175 Nothing currently scheduled.



We welcome teens to come and visit the Y as much as possible! **Teen Coordinator, Elexa Belin** joined our team in December 2023 to oversee the **Friday Teen Night** 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. **Andre's All Stars Memberships** are available thanks to Andre Drummond, current NBA Chicago Bulls player. Qualifying teens are eligible for a 1 year YMCA Membership.

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.....	5/18th & 6/8th (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

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



YOUTH SPORTS & ENRICHMENT



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

The Middlesex Y 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 and Tumbling. 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.**

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 - 1/6-2/24
- Yellow Belts & Adults : Sat 10:30-11am
(1/6-2/24) & Thurs 6:50-7:50pm
(1/4-2/22)

INDOOR TEE BALL (4-6 YRS)

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

- Saturdays 9:00am-9:45am
- January 6th - February 17th

LITTLE BALLERS BBALL (4-6 YRS)

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

- Saturdays 10:15am-11:00am
- January 6th - February 17th

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
- January 6th - February 17th

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
- January 3rd - February 14th
- Participants under 8 years old require parent to attend class.
- Full member: \$90; Program Member: \$107; Nonmember: \$135



**Registration for March/April
opens on the following dates:**

Members: 2/12/24

Nonmembers: 2/19/24

FAMILY EVENTS



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

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.

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.



LEARNING STRONG

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

For more info, please contact our Youth Development Team

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. Snack included. Children bring their own lunch. Fee: Tuition is assessed via a sliding scale for eligible families. Care 4 Kids accepted. Contact Karyn at khurlbert@midymca.org

CHILDWATCH



The Y offers child car 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: Valleyview (serves Gildersleeve) Durham/Middlefield: 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

8 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-5:30pm with add on care available 7am-8am. Contact Erin: ehernandez@midymca.org



- \$225 per week
- \$205 per week for siblings

Registration is for one week session.

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

CHILL FOR CHANGE

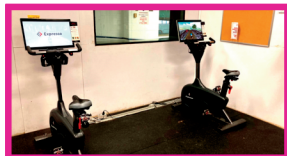


The 10th annual fundraising jump goes directly to Sending Kids to Camp! Jumpers can sign up as an individual or join a team. Must be at least 14 and have raised at least \$100. Jumping not for you? Please donate online to support one of our amazing "Chillers"

- Saturday, February 10th @ 1pm
- YMCA Camp Ingersoll Job's Pond
- GOAL = \$35,000 in funds raised



RALLY FOR THE Y



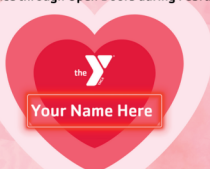
Blue Goji, manufacturer of our Expresso Bikes in the fitness center sponsors registered riders at \$.10 for every mile ridden during February.

- The more you ride, the more you raise! Invite your friends to sponsor your ride to raise more!
- Top 3 riders receive Rally T-shirt
- 2023 raised \$1,102 for the Y



RALLY for the Y

....Have a HEART....Donate \$10 to help us provide financial assistance through Open Doors during February.



MEMBERS GIVING BACK IN FEBRUARY

MEMBERS GIVING BACK IN FEBRUARY through Have Heart!! Donate \$10 at the Welcome Center and add your name to our Have a Heart Display! All funds raised go to our Annual Support Campaign which helps us provide more than \$350,000 in financial assistance each year through our Open Doors Program to make Y programs & services accessible regardless of financial income.



**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

