



THE

One Stronger YOU

PLACE

No Place Like This Place™

175^{YEAR}
ANNIVERSARY



NORTHERN MIDDLESEX YMCA PROGRAM GUIDE



MAY/JUNE
2026



SESSION DATES

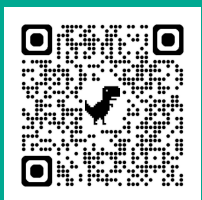
2026 SESSIONS - 8 WEEKS

SESSION	DATES	MEMBER REGISTRATION	NON-MEMBER REGISTRATION
2	Mar 2 - Apr 26	CLOSED	CLOSED
3	Apr 27-Jun 21	APR 13	APR 20
4	Jun 22-Aug 16	JUN 8	JUN 15
5	Aug 31-Oct 25	AUG 17	AUG 24
6	Oct 26-Dec 20	OCT 12	OCT 19

*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



REGISTER FOR PROGRAMS AT:
WWW.MIDYMCA.ORG



EVENTS

The YMCA offers a variety of events throughout the year at the Y and at our outdoor center in Portland, YMCA Camp Ingersoll.

SCAN ME



Visit our website to learn more about events being offered to youth, teens, families and adults!



PHYSICAL THERAPY

SCREENING

Sponsored by
Middlesex Health

- Are you experiencing:
- Joint pain
 - Muscle soreness
 - Stiffness or discomfort
 - Limited movement

April 28 th
8:30 AM-10:30 AM
Middlesex YMCA

Get checked by a Licensed
Therapist!



SPRING RESET A MEDITATION WORKSHOP

A 90 minute guided emotional release and somatic workshop to clear stress, release stagnant energy, plant seeds and reconnect with clarity and momentum for the season ahead.

APRIL 27TH

5:30PM - 7:00 PM

**MIDDLESEX YMCA
HAZEN ROOM**

REGISTER TODAY! -ONLINE OR AT
OUR WELCOME CENTER



Katie Kozlowski is an embodiment coach and somatic facilitator with over 15 years experience guiding groups and individuals through practical, body based practices. She blends mindfulness, breath work, and emotional skill-building to help people build resilience, clarity and trust.



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	4/27 – 6/15	Small Pool
Water Warriors	Mon	9:45am – 10:45am	4/27 – 6/15	Large Pool
Aquastride	Tue	12:45pm – 1:45pm	4/28–6/16	Small Pool
Aqua Zumba	Tue	5:30pm–6:30pm	4/28 – 6/16	Small Pool
Water Workout	Wed	8:30am – 9:30am	4/29 – 6/17	Small Pool
Water Warriors	Wed	9:45am – 10:45am	4/29 – 6/17	Large Pool
Aquastride	Thur	12:45pm–1:45pm	4/30–6/18	Small Pool
H2O Bootcamp	Thur	5:30pm–6:30pm	4/30 – 6/18	Small Pool
Water Workout	Fri	8:30am – 9:30am	5/1 – 6/19	Small Pool
Water Warriors	Fri	9:45am – 10:45am	5/1–6/19	Large Pool

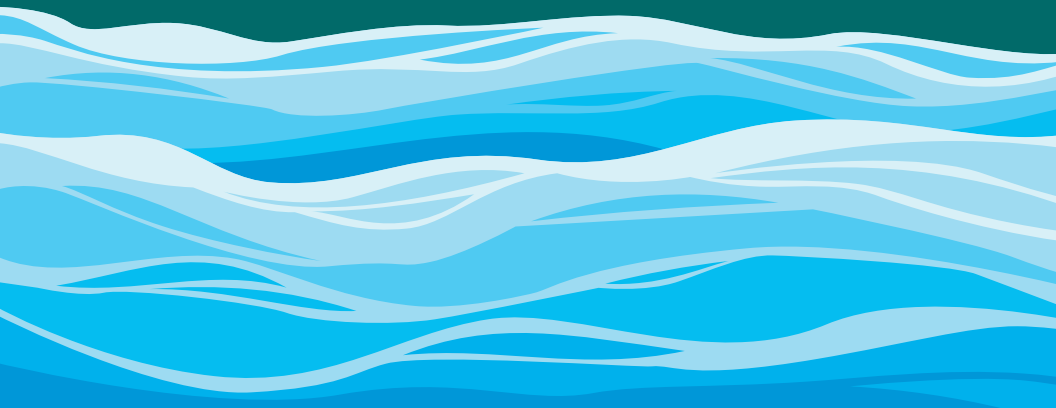
QUESTIONS: Contact Tim Conde

tconde@midymca.org

860-343-6242

PROGRAM DESCRIPTIONS

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,
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.
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	Mid level class, including warm up, water walking, upper body and lower body strength and resistance work. Short aerobic sessions and concluding with a gentle cool down. Appropriate for those looking to increase muscle mass, condition cardio vascular system, increase balance and coordination,





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 Trampoline	Mon	6:30pm-7:30pm	4/27 - 6/15	Gymnasium
Kettlebell Training	Tue	5:30pm-6:30pm	4/28 - 6/16	Fitness Studio
50 & FITTER	Tue	2:00pm-3:00pm	4/28/6/16	Fitness Studio

QUESTIONS:

Contact Tim Conde

tconde@midymca.org

860-343-6242

PROGRAM DESCRIPTIONS

BOUNCE & BURN TRAMPOLINE	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!
50 & FITTER STRENGTH TRAINING	<p>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.</p> <p>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.</p>
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!





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

SOCCER & TEE BALL	SAT	9:00am – 9:45am	5/2 – 6/13	YCI – Portland
PARENT & ME ARCHERY	SAT	10:15am – 11:00am	5/2 – 6/13	YCI – Portland
ARCHERY	SAT	11:30am – 12:15pm	5/2 – 6/13	YCI – Portland
INTRO TO TUMBLING	SAT	12:30pm – 1:15pm	5/2 – 6/13	YCI – Portland
JUDO ADVANCED	THURS SAT	6:50pm – 7:50pm 10:30am – 11:45am		YMCA
JUDO BEGINNERS	SAT	9:15am – 10:15am		YMCA

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

PROGRAM DESCRIPTIONS

SOCCER & TEE BALL Ages 4-7	Focusing on participation, building confidence, and having fun, participants will learn the basic skills of soccer and tee ball. Kids will be introduced to fundamentals such as passing, dribbling, and shooting in soccer, along with throwing, catching, hitting, and base running in tee ball. All while meeting new friends and learning in an active, non-competitive, and engaging environment.
PARENT & ME ARCHERY Ages 6-8	Create lasting memories with your child as you learn the basics of archery through exciting, creative games and challenges together! This parent and me class is perfect for all skill levels, no experience needed, just bring your energy and get ready for some fun!
ARCHERY Ages 8-12	Learn the fundamentals of archery by participating in unique, inventive, and engaging archery games out at YMCA Camp Ingersoll! Fun for a wide range of ages, no experience required.
INTRO to TUMBLING Ages 4-8	Join us as we learn the basics of tumbling and active movements! Classes will incorporate the fundamental skills of balance, flexibility, and body control, which will provide the building blocks for furthering gymnastics and parkour skills. Students will work to improve flexibility, strength, body awareness, and focus on technique to ensure safety.
JUDO - BEGINNERS	Judo (Beginners - Brand New & White Belt) This class is for beginners and will include introductory skills, learning to fall safely, throw, and grapple through fun and educational games
JUDO - ADVANCED	Judo (Advanced - Yellow Belts & Adults) This class is for the advanced students. It will provide a deeper understanding of technique, throwing, grappling, and confidence building.



NEW PROGRAM DISCOVERY HOUR

Jump into the fun with our discovery hours, no long term commitment, just a chance to try something new and stay active! Join us for engaging, high-energy sessions that are perfect for all skill levels.

Ages 4 to 12

YMCA Camp Ingersoll

YOUTH FITNESS AND ACTIVITY

26 Spring 2 - Discovery Hour - Fishing, Campfire Cooking, STEAM, Rock Climbing

YMCA Camp Ingersoll

May 02, 2026 - Jun 13, 2026

Sat @ 1:30 PM-2:30 PM

- 26 Spring 2- Discovery Hour Fishing (May 2)** **from \$20.00**
YMCA Camp Ingersoll
Spots available
5/2/2026 - 5/2/2026 Sat @ 1:30 PM-2:30 PM
- 26 Spring 2- Discovery Hour Campfire Cooking (May 9)** **from \$20.00**
YMCA Camp Ingersoll
Spots available
5/9/2026 - 5/9/2026 Sat @ 1:30 PM-2:30 PM
- 26 Spring 2- Discovery Hour STEAM (May 16)** **from \$20.00**
YMCA Camp Ingersoll
Spots available
5/16/2026 - 5/16/2026 Sat @ 1:30 PM-2:30 PM
- 26 Spring 2- Discovery Hour Fishing (May 23)** **from \$20.00**
YMCA Camp Ingersoll
Spots available
5/23/2026 - 5/23/2026 Sat @ 1:30 PM-2:30 PM
- 26 Spring 2- Discovery Hour Campfire Cooking (May 30)** **from \$20.00**
YMCA Camp Ingersoll
Spots available
5/30/2026 - 5/30/2026 Sat @ 1:30 PM-2:30 PM
- 26 Spring 2- Discovery Hour STEAM (June 6)** **from \$20.00**
YMCA Camp Ingersoll
Spots available
6/6/2026 - 6/6/2026 Sat @ 1:30 PM-2:30 PM
- 26 Spring 2- Discovery Hour Rock Climbing (June 13)** **from \$20.00**
YMCA Camp Ingersoll
Spots available
6/13/2026 - 6/13/2026 Sat @ 1:30 PM-2:30 PM

YMCA Camp Ingersoll Discovery Hour!

Jump into the fun with our new Discovery Hour classes—no long-term commitment, just a chance to try something new and stay active! Join us for engaging, high-energy sessions that are perfect for all skill levels.

SIGN UP NOW!!

Fishing
May 2 & May 23

Campfire Cooking
May 9 & May 30th

STEAM
May 16th & June 6th

Rock Climbing
June 13th



SWIM LESSONS

Full Member: \$122
Program Member: \$143
Non Member: \$164



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

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.



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.



3 - WATER STAMINA

Introduction to rhythmic breathing, arm strokes and treading water. Sequencing previously learned skills to swim on front and back.



4 - STROKE INTRODUCTION

Improve stroke technique for freestyle and backstroke while developing simultaneous arm movements for butterfly and breaststroke with their respective kicks.



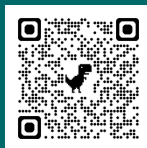
5 - STROKE REFINEMENT

Improve stroke technique for freestyle and backstroke while developing simultaneous arm movements for butterfly and breaststroke with their respective kicks.



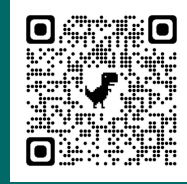
ADULT - Ages 15 and up

BEGINNER & INTERMEDIATE



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!



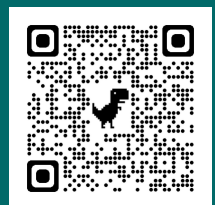
AMERICAN RED CROSS LIFEGUARD CERTIFICATION

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:

May & June Classes to be determined. Check our website for updates. www.midymca.org





SPRING RESET

A MEDITATION WORKSHOP

the  A 90 minute guided emotional release and somatic workshop to clear stress, release stagnant energy, plant seeds and reconnect with clarity and momentum for the season ahead.

APRIL 27TH

5:30PM – 7:00 PM

**MIDDLESEX YMCA
HAZEN ROOM**

**REGISTER TODAY! – ONLINE OR AT
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Katie Kozlowski is an embodiment coach and somatic facilitator with over 15 years experience guiding groups and individuals through practical, body based practices. She blends mindfulness, breath work, and emotional skill-building to help people build resilience, clarity and trust.



**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

