

# YMCA

## Winter Vacation Camp

Come Spend Your Vacation at the New Y in Ellington!  
Experience the joy of our holiday break vacation camp.

Join us for one day or spend the week!!

Monday, December 26- *Winter Olympics*

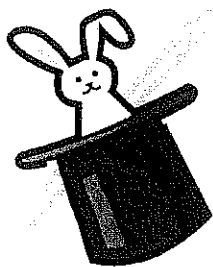
Tuesday, December 27- *Music Day w/ Drum Circle*

Wednesday, December 28- *Lutz Children's Museum (25 max)*

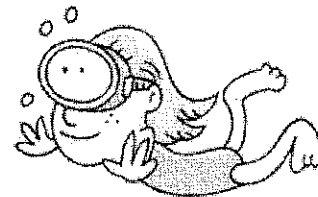
Thursday, December 29- *Magic Day w/ Magician Bryan Flint*

Friday, December 30- *New Years Celebration- Zumbatomic*

Monday, January 2, 2012- *Talent Day w/ Talent Show*



Swimming  
Arts and Crafts  
Outdoor/Indoor Games  
**EVERYDAY!!!**



**Where:** Indian valley Family YMCA, 11 Pinney St, Ellington, CT 06029

**Price:** \$37.00 / Day

**Hours:** 7:00 am—6:00 pm

**Contact** 860-871-0008 for registration information or stop by our new facility in Ellington to register! Registrations also accepted in at 375 Hartford Tpke, Vernon.



# PLAY TOGETHER.

Save the Dates....Indian Valley Family YMCA's  
2<sup>nd</sup> Annual Indoor Triathlon *Sunday, February 19, 2012*  
Zumba-thon *Sunday, April 1, 2012*



## WINTER PROGRAMS FOR THE ENTIRE FAMILY!

**Winter Session 1**  
**01/02/2012**  
**Winter Session 2**  
**02/20/2012**  
**Registration starts**  
**December 12, 2011**

### HEALTHY CONNECTIONS

#### Lose to Win 1.0

Group Personal Training  
*A variety of times available.*



- Join our Certified Personal Trainers on a guided weight-loss journey right here at the Y!
  - Participate in 2 group Personal Training sessions/week
  - Participate in a "Lose to Win" Challenge every Sunday
  - Receive a "team" t-shirt
- Facility Members: \$215.00**  
**Program Members: \$350.00**

#### Lose to Win EXTREME 1.0

A revved up version of Lose to Win 1.0! Are you ready?  
**Facility Members: \$215.00**  
**Program Members: \$350.00**

**Lose to Win 2.0 and Lose to Win EXTREME 2.0**—This is 12 week version! More on this and pricing at [www.ghymca.org](http://www.ghymca.org)

### ZUMBA-A-THON

**Sunday, April 1, 2012**

Help us raise money for the Strong Kids Campaign while you shake your groove thing with your certified Zumba instructors! Hours of Fun!  
**Facility Members: \$55**  
**Program Members: \$75**

### Woman's Wellness Retreat Weekend

**April 27-29, 2012 - SAVE THE DATE!**  
Experience a relaxing and uplifting retreat with amazing women. Try rock climbing, boating, massages, horseback riding, jewelry making, and most importantly- making new friends! Bring a friend! Cost includes all meals and snacks.  
**Facility Members: \$175.00**  
**Program Members: \$225.00**

### Optimum Weight Loss- *Wednesdays 5:30pm*

This 12 week program runs from January 2- April 8, 2012. Join this group! Learn from nutritionist Alicia Newton and be supported with group nutritional counseling as compared to "Weight Watchers."  
**Facility Members: \$140**  
**Program Members: \$180**

**ZUMBA®, YOGA, CARDIO KICK BOX, PILATES, HIP HOP AND MORE! VISIT OUR WEB SITE:**  
[WWW.INDIANVALLEYFAMILYYMCA.ORG](http://WWW.INDIANVALLEYFAMILYYMCA.ORG)

### PRESCHOOL & YOUTH CLASSES

#### Children's Yoga Session 2 Only

Big Yogis, ages 8-12  
Sundays 2:30-4:00 pm  
Little Yogis, ages 5-7  
Sundays 3:15-4:00pm  
Let Sarita Nanda teach your children the practice of the art of Yoga. All levels are welcome.  
**Facility Members: \$40**  
**Program Members: \$60**



#### Zumbatomic®

Lil' Starz; ages 4-8  
Wednesdays, 3:30-4:15pm  
Big Starz; ages 9-12  
Wednesdays, 4:15-5:00pm  
Fridays, 4:15-5:00pm  
You are going to love the Zumbatomic® fitness program for kids. It is a fast-forward fusion of the Zumba program moves and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic® groove. Watch their energy and fitness levels soar!  
**Facility Members: \$55**  
**Program Members: \$70**

#### Books and Boogie

Session 1 Only  
Thursday 9:15-10:00am  
The Indian Valley Family YMCA presents Tressa Giordano and her fusion of music, dance, and literacy to create a fun yet cognitively stimulating preschool fitness class!  
**Facility Members: \$40**  
**Program Members: \$60**



### Youth Travel **Basketball**

League  
January—March  
Grades 5&6 / 7&8  
Vernon Child Care Center Gym  
This league will

provide a friendly atmosphere for the players to learn teamwork and sportsmanship while having fun and making new friends in a competitive setting. Players will be taught the basic skills of basketball. All teams will consist of either boys or girls with different skill sets. Teams will travel to other YMCAs within the Greater Hartford YMCA Association for games. Practices and home games will be at the Indian Valley YMCA in Vernon. Fee includes uniforms, referees, and awards.  
**Facility Members: \$75**  
**Program Members: \$100**

#### Beginner Basketball

Session 1 Only  
Ages 5-6 & Ages 7-8  
5-6 Tuesdays, 4:30-5:20pm  
7-8 Tuesdays, 5:30-6:20pm  
Vernon Child Care Center Gym  
Players will learn the basics of dribbling, passing, shooting, and rules of the game. Teamwork and good sportsmanship are stressed in this excellent introduction to the game of basketball  
**Facility Members: \$38**  
**Program Members: \$56**



#### Indoor Soccer

Session 2 only  
Ages 4-6 Tuesdays, 4:30-5:20pm  
Ages 7-9 Tuesdays, 5:30-6:20pm  
Vernon Child Care Center Gym  
Players will learn teamwork and passing skills as well as the rules of the game. Positions will be assigned in the older age group and we will play a game every class! Good sportsmanship and cooperation are key values taught in this class.  
**Facility Members: \$38**  
**Program Members: \$56**

#### Dodge ball

Ages 8-11, Thursdays, 6:00-6:50pm  
Vernon Child Care Center Gym  
Not your ordinary dodge ball. Kids will have fun in this exciting, fast paced game and they won't even realize they are exercising! They

#### Dodge ball (cont)

will rotate through several different dodge ball games such as Team Chaos and Bombardment! Good sportsmanship and safety are used in our daily games.  
**Facility Members: \$38**  
**Program Members: \$56**

#### Floor Hockey

Ages 8-11, Mondays, 5:00-6:00pm  
Vernon Child Care Center Gym  
Learn the basics of Hockey in this safe and fun environment. Players will learn the rules of the game, passing and shooting techniques, and play a game every day. Watch your child grow with the exciting game of Hockey. Teamwork, safety, and good sportsmanship are stressed during this class.  
**Facility Members: \$35**  
**Program Members: \$52**

#### Tumbling

Ages 2-4 Thursdays, 5:30-6:30pm  
11 Pinney Street, Ellington- GF Rm.  
No prior tumbling experience is required. Come watch your young child start their career as a gymnast. The class is designed for toddlers to develop balance and coordination while working on gross and fine motor skills, as well as building physical and social skills.  
**Facility Members: \$35**  
**Program Members: \$52**

### WINTER/SPRING ARTS AND HUMANITIES

**Piano & Voice Lessons**  
Vernon Child Care Center  
Time: TBD  
**Piano - ages 7 & up**  
**Voice - ages 11 & up**  
6 week package:  
**Facility Members: - \$155**  
**Program Members: \$225**  
12 week package:  
**Facility Members: - \$240**  
**Program Members: \$350**  
Learn how to play piano or how to sing. Sign up for 6 or 12 week sessions. Vocal students will learn techniques of singing through vocal warm ups, strengthening exercises, and expansion of vocal range. Piano students will strengthen their skills through musical theory, scales, and performance. All lessons are 30 minutes long and will be tailored to the student's ability. **BEGINNERS WELCOME!**