



DISCOVER YOUR Y

**WINTER 2
2026 PROGRAM GUIDE**

MARCH 2nd - APRIL 26th

SOUNDVIEW FAMILY YMCA
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CONTACT US

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 @Central Connecticut Coast YMCA

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WHY THE Y

Where there's a Y, there's a way — to achieving your goals, supporting your family, and strengthening your community. Our programs empower members to learn, grow, and reach their full potential. At the YMCA, we're here for all — to nurture youth, improve health, and build stronger communities, extending our impact far beyond our walls.

2026 WINTER 2 SESSION & REGISTRATION DATES

SESSION DATES: March 2nd – April 26th

REGISTRATION DATES

Facility Member: February 7th

Program Participant: February 14th

FACILITY HOURS

Monday – Thursday	5:30AM – 9:00PM
Friday	5:30AM – 7:00PM
Saturday	7:00AM – 6:00PM
Sunday	8:00AM – 4:00PM

HOLIDAY HOURS

Easter Sunday, April 5 **CLOSED**

GENERAL PROGRAM INFORMATION

Class times and fees are subject to change. If a class is scheduled to meet for fewer than the 8 weeks, the price will be adjusted at the time of registration.

Program Refund Policy: Refunds or credits for program fees will only be approved in the following instances:

1. The YMCA cancels a program or class
2. Request form must be received prior to the start of the program session*
3. After the start of the program session, only for medically documented reason*
4. Membership Y facility membership allows usage of the Main Facility, reduced rates and priority registration for programs. Community members may also register for programs at the full rate. If you are interested in taking out a membership at the time you register your child, the membership must last from the time of registration to the last day of your child's enrollment in the program. The membership will continue until you submit a termination request in writing with 72 hour notice and only after your child completes their time at program. Please contact the Y for further details on membership prices, hours and programs offered.

*A \$10 administrative fee for each will be added for each credit or refund.

OUR Y TEAM

Matthew LaPrino, Executive Director

Derek Branco, Facility Director

Wesley Crozier, Director of Competitive Aquatics

Michelle March, Membership Coordinator

Valerie Parker, Aquatics Director

Stacey Rubino, Membership Director

Colleen Villano, Director of Healthy Living

Lynn Wheeler, Youth & Family Director

The Soundview YMCA is governed by our Board of Managers that consists of volunteers throughout our community.

BOARD MEMBERS

Christal Esposito – Chair

Benjamin Connor, Esq.

Michael Coyne – Vice Chair

Mary Ann Harmon

Anne Laffin

Jessica Lombardozzi

Chris Manna

Barbara Naclerio

Melissa Nicholson

Ali Pourmaleki

Keith Torello

Dennis Velasquez

Chris Walker

YOUTH BOARD MEMBERS

Sofia Rastelli—Chair

Ella Bodner

Logan Camarco

Ryan Cohen

Xavier Gonzalez

Miranda Huaman

Vedi Patel

Muiriel Rader

CENTRAL CONNECTICUT COAST YMCA

FOR A BETTER US®

We help everyone build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

More people than ever need financial assistance to take part in Y programs. Please give to our Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income. Please contact the Soundview Y for more information.

DONATE FOR A BETTER US

Connect with Matthew LaPrino, Executive Director, mlaprino@cccymca.org to learn more.





MEMBERSHIP FOR ALL

The Soundview Family YMCA provides a full range of fitness, activity, sports, childcare and camp programs that will help get you feeling great! Connect with your inner-health! The Soundview Family YMCA wellness center houses professional cardio and strength training equipment designed and geared for all fitness levels.

We have a wonderful community of people here at the Y! It's a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most.

When you join the Y, you become part of a family of members who support the Y's philosophy of healthy lifestyles, mutual respect, community spirit, youth leadership, and character development. Our staff is dedicated to providing the best in member service. Almost 3,100 people from several local communities belong to the Soundview Family Y, creating a diverse and energetic environment we think you will really enjoy!

You'll also get to know people in the community at large, as the Y partners with other charitable organizations in our surrounding towns on projects that benefit the common good. And, as a community service organization, the Y thrives on the camaraderie of people who help out by volunteering for events throughout the year.

We hope you will decide to join the Soundview Family YMCA – We all need a place to belong!

Membership Category	Monthly Rate	Joiner Fee
Youth 3-17* (or through the end of high school)	\$45	\$25
Young Adult 18-26	\$50	\$50
Adult 27-64	\$72	\$75
Adult Couples	\$109	\$100
Family (2 adult + dependent children)	\$112	\$100
Single Parent (1 adult + dependent children)	\$99	\$100
Senior 65+	\$63	\$75
Senior Couple	\$98	\$100

**Membership rates are based on a sliding scale according to household income.
Please contact the Soundview Family Y for more information**



YOUTH DEVELOPMENT

CHILD WATCH

MONDAY-SATURDAY 9:00AM – 12:00PM

MONDAY-FRIDAY 4:45PM – 7:15PM

Know your child is safe and happy while you attend a group exercise class or workout! Child Watch allows you to exercise while your children play in a supervised area. Available for any child ages **8 weeks to 9 years with a family membership.**

KEY FEATURES OF THE YMCA CHILD WATCH ROOM:

Supervised Play:

Children engage in various activities like creative play, arts and crafts, and interactive games, all under the supervision of trained YMCA staff.

Age-Appropriate Areas:

Separate area for infants/toddlers and older children, ensuring activities are suitable for different age groups.

Safe and Secure Environment:

The room is designed with safety in mind, featuring limited capacity and areas for different activities.

Parental Supervision Requirement:

Parents or guardians are required to remain within the YMCA facility while their child is in Child Watch.

Nut-Free Policy:

The YMCA has a strict policy against peanuts.

Limited Availability:

Child Watch services are limited to 90 minutes and available on a first-come, first-served basis.

Parental Responsibilities:

Parents are responsible for bringing necessary items like diapers, wipes, and snacks and for attending to their child's needs, such as diaper changes.

Variety of Activities:

Activities can include building blocks, books, models, arts and crafts, table toys and board games just to name a few.

Social and Emotional Development:

Child Watch programs aim to provide a space for children to develop socially, emotionally, and cognitively through interaction and play.



YOUTH DEVELOPMENT

BIRTHDAY PARTIES

WHAT PARTY SHOULD I CHOOSE?

The Soundview Family YMCA has two amazing facilities that offer a variety of party options to celebrate your child's next birthday!

Choose a Land Party or a Pool Party. Our enthusiastic and experienced staff will work closely with you to customize the activities and space to create a fantastic birthday! To ensure you have memories that last a lifetime, our friendly staff is here to help you from the moment you arrive until all your guests depart.

I AM READY TO PARTY, NOW WHAT?

Once you've chosen a time and date for your party, it's time to secure the date and time.

All parties, a completed and **signed party agreement as well as Full Payment** needed to be processed at the YMCA before any date and time is secured. **There is a 50% Cancellation Fee for all parties canceled two weeks prior to party date.**

For Land party questions, contact Lynn at lwheeler@cccympca.org

For Pool Party questions, contact Valerie at vparker@cccympca.org

Land Parties | Members Only (Ages 3+)

We will guide your Birthday Child and guests on an adventure through the activity you pick. We supply the party room, tables, chairs and activity, while you supply the decorations, table clothes, paper goods, food and drinks. Every party is allowed 30 minutes prior to party time to set up the party room.

Sports, Crafts, or Playscape (Ages 3+)

\$285 Member

Tie Dye, Archery or Dodge Ball (Ages 7+)

\$285 Member

Design Your Own Party (ages 1+)

\$325 Member

Saturdays: 12:30PM-2:30PM | 3:00PM-5:00PM

Splash Bash Pool Parties | Members Only (Ages 5+)

Make a splash with a fun-filled pool party at the Y! Choose the package that fits your celebration:

- **Basic Splash Party:** Up to 20 guests with 1 hour in the pool followed by 45 minutes in the party room.
- **Deluxe Splash Party:** Up to 30 guests with 1 hour in the pool, 45 minutes in the party room, plus an additional 30 minutes in the Playscape.

\$300 Basic Splash Bash/ \$450 Deluxe Splash Bash

SATURDAYS ONLY



YOUTH DEVELOPMENT

Y FUN CLUB

If you have to work and schools are canceled due to weather or an emergency, we've got you covered!

The Y Fun club provides a option packed with activities in the event that schools are canceled.

Have your child experience games, swimming crafts, gaga and more! Bring a nut-free lunch and a snack for morning and afternoon. Come have fun at the Y!

For additional information please contact our Youth & Family Director, Lynn Wheeler at lwheeler@cccympa.org



Y VACATION CLUB

No school, and you have to work? Our vacation club has your child care needs covered! Your child will enjoy a variety of activities at the Soundview Family YMCA including sports, swimming, crafts and games. All children should bring a bathing suit, towel, snacks and lunch with water! Nut-free please!

DATES:

April 3, 2026 Good Friday
April 13-17 Spring Break
Fun Days

Full Day 8:00AM-6:00PM

Member \$85 | Program Participant \$160

Full Week Rate 8:00AM-6:00PM

Member \$285 | Program Participant \$385

KID'S NIGHT OUT

You might initially think of this as a night out for the parents, but it's really a night out for your kids! The kids, ages 7-15 years old, will be involved in games, swimming, gaga ball and pizza, in a structured free play. The Y will provide them with pizza and we have the Snack Shack open after Pizza for fun snacks to purchase. Now, on the plus side...you get to have a little down time to yourself or enjoy a night out!

6:30PM-9:00PM
Members \$15
Program Participant \$20

Every Friday Night (NO Kid's Night Out on Friday April 3, 2026 or April 17, 2026)

Located at the Soundview Family YMCA in Branford CT.
Registration closes at 4:00pm the day of the program.



YOUTH DEVELOPMENT

BEFORE/AFTER SCHOOL PROGRAM

Comprehensive state-certified after school program for youth in kindergarten through 8th grade in the East Haven Public School System! We help kids reach their potential and thrive in a safe, trustworthy setting. We offer a curriculum that aligns with the school day and supports growth in literacy, science, technology, engineering, arts and math (STEAM) while infusing physical activity and fun. We teach kids confidence, encourage self-expression and enrich social development. Providing our youth with the support, encouragement and positive role models that they need, will not only increase their ability to succeed in school, but in life!

Location: The Hays School, 1 Maple Street, East Haven CT. 06512

We service all Public Schools in East Haven CT.

Before Care Hours: 7:00AM-until school starts | After Care Hours: End of school day-6:00PM

Annual Registration Fee: \$50 per child

2025-2026 CHILD CARE FEES

YMCA Youth Membership	\$36.00 Monthly	N/A
LOCATION: HAYS SCHOOL	Y Member	Program Participant
Before Care 3 Days 7:00a-9:00a	\$205.00	\$295.00
Before Care 5 Days 7:00a-9:00a	\$260.00	\$380.00
After Care 3 Days 2:30p-6:00p	\$272.00	\$395.00
After Care 5 Days 2:30p-6:00p	\$345.00	\$500.00
Before & After Care 3 Days	\$400.00	\$539.00
Before & After Care 5 Days	\$505.00	\$680.00
Y Fun Club @ Soundview Family YMCA	\$75.00	\$75.00
Y Vacation Club @ Soundview Family YMCA	\$75.00	\$150.00
Y Half Day Club @ Hays School	\$40.00	\$40.00



YOUTH DEVELOPMENT

TODDLER & PRESCHOOL PROGRAMS

PLAYTIME PALS (AGES 12-24 MONTHS)

This Parent and Tot class is a fun-filled playtime where you grow together in a stimulating atmosphere. Activities include free play, circle time with songs, a musical parade, parachute and more. This play develops and enhances a child's gross motor skills. Children learn to play and interact with their peers.

Date: March 3-April 7, 2026

Tuesday 9:00AM-9:45AM

Member \$85 | Program Participant \$170

STEPPING STONES (AGES 2-5 YEARS)

This Drop off program is an opportunity for social and emotional growth with friends. Activities consist of circle time, free play, crafts, story time, snack and more! Children learn to separate from their parent and interact with other children. This is a great way to get ready for preschool! A nut-free snack should be provided!

FOR ALL DROP OFF PROGRAMS, CHILDREN MUST BE POTTY TRAINED, OR THE PARENTS MUST STAY IN THE BUILDING.

Date: March 5-April 9, 2026

Thursdays 9:30AM-11:00AM

Member \$125 | Program Participant \$240



Have questions about our preschool program?

**Contact Lynn Wheeler,
Youth & Family Director at
lwheeler@cccymca.org**

YOUTH DEVELOPMENT

FAMILY & YOUTH PROGRAMS

JEWELRY BASICS WORKSHOP (AGES 10-15 YEARS)

Join in the fun at the YMCA learning how to create and make jewelry. We will make everything from earrings, bracelets and necklaces'. So grab a friend and lets have some fun! Materials included.

Friday, March 20, 2026; 4:30PM-6:00PM

Location: Soundview Family YMCA

Member: \$25 | Program Participant: \$35



CROCHET TO TEENS (AGES 10-14 YEARS)

Grad a friend and have fun learning how to crochet? Join us on Tuesdays from 4:30-5:15 PM in the Media Room. Together, we will learn to make different stitches from the crochet chain we start. At the end you will have a scarf, granny squares, or other finished project to take home. No experience necessary. (Materials Included.)

Tuesdays: 4:30PM-5:15PM

Dates: March 3-April 21, 2026 (No class 4/14/2026)

Member: \$85 | Program Participant: \$165



HOT WHEELS PHYSICS (AGES 6-9 YEARS)

Unlock the science of motion through Hot Wheels play and discovery! Race into real-life problem-solving skills with engaging activities centered around important STEAM concepts (Science, Technology, Engineering, Arts and Math).

Wednesdays: 4:30PM-5:15PM

Dates: March 11-April 8, 2026

Member: \$85 | Program Participant: \$165



LEGO STEAM CLUB (AGES 6-9 YEARS)

There's something for everyone in our Lego play space! With a focus on physics, inquiry, and strategy, a variety of activities like simple machines, bridge building, mazes and SO much more will challenge and encourage your child to think critically while experiencing the pure joy of playing with Legos.

Wednesdays: 5:30PM-6:15PM

Dates: March 11-April 8, 2026

Member: \$85 | Program Participant: \$165



YOUTH DEVELOPMENT

We offer two amazing summer camps for ages 3-15!
Day Camp Nonoma & Day Camp Hays

Camp is more than just summer fun—it's where kids build lasting friendships, celebrate achievements, and discover a place they can truly belong.

**REGISTRATION IS OPEN
ON-LINE REGISTRATION GUARANTEES YOUR SPOT**

CAMP NONOMA

- Swim lessons
- High/Low ropes courses
- Archery
- Gaga
- Sports & Games
- Arts & Crafts

and so much more!

CAMP HAYS (East Haven Residents Only)

- Sports & Games
- Archery
- Arts & Crafts
- Gaga
- Water Games

and so much more!

**CAMP DATES: JUNE 15TH – AUGUST 21ST
M-F 9:00AM-4:00PM | Pre & Post Care Available**

YMCA Camp Nonoma
628 E. Main Street, Branford CT 06405
203-481-9666 | soundviewymca.org

Camp Hays
1 Maple Street, East Haven CT 06512
203-481-9622 | soundviewymca.org

**SIGN UP
TODAY**





Photo: YMCA Camp Hi-Rock

ADDITIONAL CAMP LOCATIONS

DAY CAMP LOCATIONS:

Fairfield YMCA

841 Old Post Road Fairfield, CT 06824

Lakewood Trumbull YMCA-Camp Tepee/Gymnastic Camp

204 Stanley Road, Monroe, CT 06468

Bridgeport YMCA

850 Park Avenue, Bridgeport, CT 06604

↳ Ralphola Taylor Community Center

790 Central Ave, Bridgeport, CT 06604

Stratford YMCA

3045 Main Street, Stratford, CT 06614

Valley YMCA

32 Howard Avenue, Ansonia, CT 06401

Woodruff Family YMCA-Camp Wepawaug

631 Orange Avenue, Milford, CT 06461

Soundview Family YMCA-Camp Nonomo

628 East Main Street, Branford, CT 06405

Hamden/North Haven YMCA-Camp Mountain Laurel

2705 Downes Road, Hamden, CT 06514

New Haven Youth Center YMCA

50 Howe Street, New Haven, CT 06511

OVERNIGHT CAMP LOCATION:

Camp Hi-Rock

544 East Street, Mount Washington, MA 01258



**SUMMER CAMP DATES:
June 15th -August 21st**



**3 years - 15 years
*DEPENDING ON WHICH CAMP YOU CHOOSE**



On-Line Registration Open

**Financial Assistance available for those who qualify



SWIM PROGRAMS

STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. **Swim Starters and Swim Basics classes require one parent* to participate in the pool and on the pool deck.**

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule.

POOL GUIDELINES/OBSERVATION POLICY

Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol. **Parents are asked not to disrupt the children or instructor while the class is in session.** *At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

AGE GROUP	STAGE	
6 months - 3 years Parent* & Child	SWIM STARTERS	Stages A-B
3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-4
5 years - 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

Group Swim Lessons offered March 2– April 26 (pending any facility cancellations)

For correct placement, we reserve the right to transition children up or down a swim stage at any time during the session

Questions? Please email Aquatics Director, Valerie Parker at vparker@cccympa.org

SWIM STARTERS		SWIM BASICS			SWIM STROKES								
A	WATER DISCOVERY	1	WATER ACCLIMATION	2	WATER MOVEMENT	3	WATER STAMINA	4	STROKE INTRODUCTION	5	STROKE DEVELOPMENT	6	STROKE MECHANICS
Student can respond to verbal cues.	Student can comfortably submerge his or her nose and mouth with assistance.	Student can go underwater voluntarily.	Student can do a front and back float on his or her own.	Student can swim 10-15 yards on his or her front and back.	Student can swim 15 yards of front and back crawl.	Student can swim front crawl, back crawl, and breaststroke across the pool.	Student can swim front crawl, back crawl, and breaststroke across the pool and back.						
													



SWIM PROGRAMS

SWIM STARTERS

Accompanied by one parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

Swim Starters require one parent* to participate in the pool.

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

Facility Member: \$110/Program Participant: \$220

Stage A – Water Discovery 6 months-2 yrs old

Stage A introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water with one* parent.

CLASS OFFERINGS
Sat: 9am Sun: 10:35am

Stage B – Water Exploration 18 months-3 yrs old

In Stage B, one parent* will work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

CLASS OFFERINGS
Sat: 9:35am Sun: 10:35am

Sea Stars and Sidekicks 6 months-2 yrs old

An in-water, participant-led play group that offers a relaxed environment for infants and toddlers to explore the water alongside a parent or caregiver, with no formal instruction or class leader.

OFFERINGS
Mon: 9am
Free for members/\$30 for program participants



SWIM PROGRAMS

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency in these 30 minute classes by learning two benchmark skills:

- 1) Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit, and
- 2) Jump, push, turn, grab.

Facility Member \$110 / Program Participant \$220

Stage 1 – Water Acclimation

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

Preschool Stage 1 offerings

3yrs old-5 yrs old

Mon: 9:30am, 5:15pm Tue: 4:45pm

Sat: 9am, 11:20am Sat: 10:45am

Sun: 9am, 11:20am

School Age Stage 1 offerings

6 yrs old-12 yrs old

Tue: 4:45pm

Sat: 10:45am

Stage 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.

Preschool Stage 2 offerings

3yrs old-5 yrs old

Tue: 5:20pm Thurs: 4:45pm

Sat: 10:10am, 11:20am Sun: 11:45am

School Age Stage 2 offerings

6 yrs old-12 yrs old

Tue: 6:30pm

Sat: 9:35am

Stage 3 – Water Stamina

In Stage 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.

Preschool Stage 3 offerings

3yrs old-5 yrs old

Thurs: 5:20pm

Sat: 10:45am

School Age Stage 3 offerings

6 yrs old-12 yrs old

Mon: 5:50pm

Tues: 5:55pm

Thurs: 6:40pm

Sat: 10:10am and 11:20am

Sun: 10:20am



SWIM PROGRAMS

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Classes are 40 minutes.

Facility member \$115/ Program participant \$230

Stage 4 - Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick & dolphin kick. Water safety is reinforced through threading water and elementary backstroke.

School Age Stage 4 offerings

5 yrs old-12 yrs old

Mon: 4:30pm Tue: 6:05pm

Thurs: 5:55pm

Sat: 10:25am Sun: 10:55am

Stage 5 - Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

School Age Stage 5 offerings

5 yrs old-12 yrs old

Mon: 6:25pm

Thurs: 4:15pm

Sat: 9:40am

Sun 9am

Stage 6 - Stoke Mechanics

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

School Age Stage 6 offerings

5 yrs old-12 yrs old

Sat:11:10am

Sun:11:40am



AQUATIC PROGRAMS

OTHER AQUATIC PROGRAMS

PRIVATE SWIM LESSONS

Private Swim Instruction with a trained swim instructor scheduled at the convenience of the individual and pool availability. We offer 1:1, 2:1 ratios for those ages 3 and up. Fees are per individual swimmer. **All swimmers must be a Facility Member to participate.**

1:1 \$215 (4 lessons)

2:1 \$129.50/per student (4 lessons)

We cannot guarantee availability, please email sdvprivatelessons@cccymca.org today!

ADULT GROUP SWIM LESSONS

Swimming is a LIFE SKILL – hone yours.

It's never too late to learn how to swim! As the largest resource for swim lessons, our Y adult swim lessons include beginner, intermediate and advanced levels. So whether you started learning to swim as a child, but never quite mastered it, or are simply afraid of the water, we're here to help you learn to swim confidently, in a supportive environment. You'll soon feel safe and secure in any body of water— whether it's a pool, lake, or our Atlantic Ocean.

Facility Member \$110/Program Participant \$220

Adult Beginner/Intermediate

Sun: 12pm

Adult Advanced

Thurs: 6pm

Y SWIM CLUB

Interested in swimming but not in competition? Y Swim Club is here for you! The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle for swimmers ages 10 – 14. Coaches will focus on the following important milestones:

- Developing endurance in the competitive strokes
- Developing skills related to competitive swimming, such as flip turns, starts, and finishes
- Enhancing skills and building endurance

Facility Member: \$115 / Program Participant: \$230

Saturdays 9-9:40am



WATER EXERCISE

GROUP WATER FITNESS CLASSES

Dive into fitness with our FREE group aqua classes! These low-impact, high-energy workouts are perfect for all fitness levels. Using the natural resistance of water, you'll improve cardiovascular endurance, strength, and flexibility while being gentle on your joints. Join us in the pool for a fun and effective way to stay active, whether you're a beginner or a seasoned fitness enthusiast!

Deep Water Fit: While using a flotation device, swimmers will use stationary and locomotion movements. Class will be held in the competition pool.

Mondays and Wednesdays: 9am
Mondays: 10am

Flipper: Training fins and kickboards will be used to create an advanced water aerobics experience. Class will be held in the competition pool.

Wednesdays: 10am

Joints in Motion: This low intensity class will incorporate aerobic movement with noodles and choreography.

Mondays and Wednesdays: 12pm

Water Fit: Aerobic activity followed by toning with barbells and noodles.

Mondays and Wednesdays: 8am and 11am
Tuesdays and Thursdays: 8am and 10am
Tuesdays: 11am
Fridays: 8am

Aqua Zumba: A Zumba® "pool party" invigorating workout. Splash, stretch, twist, shout, laugh and holler!

Mondays: 6:30pm

Cardio Power: This class is a big combination of athletic moves meant to give you a complete total body workout.

Class held in the competition pool.
Fridays: 9am

Please see the Y360 app for up to date offerings!

Jump In, Lifeguard Training Starts Here!

A photograph of a swimming pool with several people swimming. In the center, a person wearing a red life vest with 'LIFEGUARD' printed on it is performing a rescue swim. The pool has lane lines and a concrete deck with bleachers on the left.

American Red Cross Blended Lifeguard Course

Ages 15+

\$300/members
\$350/program participant

Must be able to pass following prerequisites:
200 yards swim, 2 minutes treading water (using legs only
and diving down in deep end to retrieve a 10 lb object

In Person Classes:
February 13th 5-7pm (perquisites),
February 14th 10-4pm, February 15th 10-4pm
and February 16th 10-4pm

Online class portion:
Information will be e-mailed and must
be completed prior to first class

*must attend all classes and complete the online material prior to first class

*class times subject to change

Questions? Email Aquatics Director Valerie Parker vparker@cccymca.org



COMPETITIVE SWIMMING

STINGRAY SWIM TEAM

The Stingrays swim team is a year-round competitive program serving those in the surrounding communities by helping swimmers of all abilities reach his or her highest potential.

Team Facility Members apply the four core values of Caring, Honesty, Respect, and Responsibility to all aspects of the sport while also focusing on youth development, healthy living and social responsibility.

This program also instills commitment, dedication, teamwork, and a love of swimming within each participant and builds a strong foundation for a lifetime of healthy fitness habits. The Stingrays participate in YMCA and USA Swimming Association competitions at the local, state, regional, and national level.

Contact Director of Competitive Aquatics, Wesley Crozier about joining the team at wcrozier@cccymca.org.

STINGRAY SWIM TEAM

Take the PLUNGE - join Masters today!

An extension of our youth swim team, the Stingrays Masters Team offers training designed to improve swimming skills for a wide range of abilities. Masters focus on stroke refinement and endurance. Practices utilize equipment such as boards, buoys, paddles, and fins. Practices are challenging but fun!

Facility Member: \$60 per month

Monday 7:15-8:15pm

Tuesday & Thursday 5:30- 6:30am

Sunday 9-10am

Drop-in options are available.





HEALTH & WELLNESS

FOR MORE INFORMATION, CONTACT COLLEEN VILLANO,
DIRECTOR OF HEALTHY LIVING AT
203-481-9622 X3216 OR CVILLANO@CCCYMCA.ORG

CHRONIC DISEASE PROGRAMS

At the Soundview Family YMCA, we're committed to supporting the health of our entire community—especially those living with chronic diseases who may not feel comfortable in traditional fitness settings. Our chronic disease programs offer more than physical activity—they create a space for social and emotional healing, connection, and support. Thanks to generous donations from members, sponsors, and community partners, these life-changing programs are offered free of charge. By supporting the Y, you help ensure that everyone—regardless of financial ability—has access to resources that improve lives and foster lasting change.

ROCK STEADY BOXING

Rock Steady Boxing is a safe, non-contact fitness program for people with Parkinson's at any stage that builds balance, mobility, strength, and confidence while fostering community support; to get started, a signed medical clearance is required, and caregivers are encouraged to attend. No YMCA membership required and no charge for the class.

Tuesday and Thursday 11AM to 12:30PM



Don't miss your chance! We're offering morning, afternoon, and evening options to fit your schedule. Have questions? Email cmurphy@cccymca.org for more details.

LIVESTRONG® AT THE YMCA

This free 12-week LIVESTRONG program at the YMCA helps adult cancer survivors rebuild strength and confidence through supportive small group sessions. Participants receive full YMCA access every day. Certified instructors trained in recovery, exercise, nutrition, and supportive care guide each step.

Eligible participants are those in treatment or post-treatment who can attend regularly, complete a medical clearance form, and complete an intake interview and confidential health assessment, with a focus on physical, emotional, & social healing.

SUPPORTED BY





HEALTH & WELLNESS

PERSONAL TRAINING & WELLNESS PROGRAMS

PERSONAL TRAINING & NUTRITIONAL COUNSELING

If you are 14 or 80, and if your goal is to lose weight; gain strength; improve balance; flexibility and agility; rehabilitate an injury; or just push yourself – a Y personal trainer can help you get there. Our certified personal trainers will help develop a personalized program that is perfect for you and will support you with expert knowledge, coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be. Personal Training Packages are available in several options to suit your goals and schedule.

**1 hour \$82 | 3 hours \$236
5 hours \$379 | 10 hours \$753**

INTRODUCTION TO PERSONAL TRAINING

For new client, we offer an introductory program for your first 4 hours at \$278 so you can experience the benefits of working with a personal trainer. Our Certified Personal Trainers will assess your wellness goals and develop a customized plan to meet your needs to help you achieve success, no matter where you are on your wellness journey.

4 hours \$278



SMALL GROUP TRAINING

Small Group Training Packages for 2–6 participants are available in 3-, 5-, and 10-hour options. Enjoy the motivation and support of training with others while receiving expert guidance to help you reach your fitness goals together. Cost is divided between participants.

3 hours \$350 | 5 hours \$673 | 10 hours \$764



Ready to take the next step in your wellness journey?

**Connect with Colleen Villano,
Director of Healthy Living
[E cvillano@cccymca.org](mailto:cvillano@cccymca.org)
for more information.**



HEALTH & WELLNESS

TRANSFORM YOUR HEALTH, MIND & BODY

SUPPORTING WELLNESS TOGETHER

Ready to Transform Your Life?

If you're looking to become the strongest, happiest, and healthiest version of yourself, this is your moment. Our 12-week Transformation Program is designed to help you crush your goals for vibrant health, reduce stress with effective strategies, achieve sustainable weight loss, build a foundation of lifelong fitness, form meaningful friendships, and simply feel better in your everyday life. We believe there is power in numbers—when we work together, we rise together. This isn't just a program; it's a community committed to collective success.

Each week, you'll join an inspirational meeting that keeps you motivated, connected, and accountable. These sessions are focused on helping you stay on track while providing space to celebrate progress and overcome obstacles. In addition, you'll also participate in a 45 minute small-group fitness class led by a certified Group Fitness Instructor who provides guidance, encouragement, and modifications so every participant can move safely and confidently at their own pace.

March 30th – June 8th

Mondays 5:30PM–6:15PM Workouts/Wednesdays 5:30PM–6:15PM Discussion

Member \$200 | Program Participant \$400

SUPPORTED: A GENTLE AQUATIC EXPERIENCE FOR CANCER SURVIVORS

Supported is a calming, water-based experience designed specifically for individuals living with cancer or recovering from treatment offering a safe and supported way to reconnect with their bodies at their own pace.

Supported is not a fitness class.

Supported is not a rehabilitation protocol.

Supported is an invitation to feel safe, held, and present in the body again.

The goal of Supported is to create a gentle, non-demanding environment where participants can explore sensation, rest, and safety in the water. The experience centers on:

- Feeling the natural buoyancy of water
- Noticing sensations without evaluation or pressure
- Recognizing differences between easier and harder days
- Practicing pacing—choosing when to move and when to rest
- Rebuilding trust in the body with compassion

All while using a variety of support options such as pool noodles, pull buoys, or other flotation aids to attain stable standing positions to do gentle micro-movements (all options with rest always allowed).



Led by **Tess Morrison**, Supported is designed for those who need a gentle re-entry into movement, especially individuals navigating fatigue, balance changes, or sensory overwhelm—and who feel most comfortable in a calm, supportive space that honors personal pace and choice.

TUESDAY | MARCH 3RD | 1:30 PM | RECREATION POOL

For more information, contact Christina Murphy, Health Coach at cmurphy@cccymca.org

HEALTH & WELLNESS

GROUP EXERCISE CLASSES ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS

WHAT TO EXPECT FOR OUR CLASSES

Space is limited and reservations are required. Please bring your own mat, water and towel. Our instructors lead the classes through various exercises. They assist with modifications and advancements and offer recommendations to ensure each participant is both comfortable and challenged to reach their full potential. If you have a specific health concern or injury, please inform an instructor prior to the class beginning.

RESERVATIONS FOR CLASSES

We request that all members reserve a spot for all classes, either from home on our Y360 app, or by contacting us. You can sign up for group classes 6 days in advance, and up to one hour before the start of class. We are happy to show you how to use the app!

CLASS DESCRIPTIONS

THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

ACTIVE OLDER ADULT FIT*

Enjoy moving to music. Exercises are designed to increase muscular strength and range of movement to help with daily activities. Hand-held weights and balls are used.

Monday / Wednesday 10:30am Multipurpose Room

ACTIVE OLDER ADULT STRETCH & STABILITY*

Discover how you can prevent falls by improving your balance and mobility. You'll improve posture, increase muscle strength, and expand flexibility.

Tuesday / Thursday 12:15pm Multipurpose Room

ACTIVE TOGETHER*

Innovative! To improve cardiovascular fitness, build total body strength, enhance movement health for daily life. Inspiring music and coaching insures you succeed with simple, athletic exercises that use dumbbells, bodyweight and The STEP®.

Sunday 9:30am / Wednesday 8:00am / Friday 9:15am
Multipurpose Room

BALANCE & FLEX TOGETHER

Grow your muscles longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Motivating music drives the experience as you breathe & sweat through this full-body fitness journey.

Monday 8:15am Studio AB
Sunday 8:15am / Friday 8:00am Multipurpose Room

CARDIO BARRE

Barre movements with intervals of cardio. There is minimal impact but don't let that fool you. One of the best workouts with standing and floor work.

Thursday 9:15am Studio AB

NEW

CARDIO DANCE

Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium- and low-impact aerobic dance moves to a variety of high-energy beats. It's like a dance party!

Monday & Wednesday 9:15am Multipurpose Room

CARDIO INTERVALS & STRENGTH

This class combines aerobics and sports conditioning with weights, strength training and core.

Tuesday 6:15pm Multipurpose Room

CARDIO, KICK & LIFT

A functional fitness cardio kickboxing class with combos, weights, and more!

Monday 6:15pm Multipurpose Room

CIRCUIT TRAINING 101

This is a fun 45 minute entry level class where participants complete a circuit of exercises to build foundational strength and to elevate your heart rate. Wrap it up with some stretches and you're on your way!

Friday 12:00pm Multipurpose Room

COACH BY COLOR CYCLE/GROUP CYCLE*

This class uses 5 colored training zones that use your own fitness ability & heart rate to push you to your maximum intensity. These colors accurately coach your effort to give you the best workout possible. For all abilities.

Mon/Tue 6:15pm	Tue/Thur 6:30am
Thur 6:00pm	Sat 8:15am/9:30am
Sun 8:15am	Wed 9:15am / 6:15pm
	Cycle Room

PILATES MAT

A class with free flowing moves concentrating on core strength, muscle balance, & flexibility using traditional Pilates exercises.

Sunday 9:30am / Monday & Wednesday 10:30am /
Wednesday 6:15pm
Studio AB

PURE STRETCH

A light-hearted class designed to stretch your entire body & improve your core strength.

Monday 9:15am Studio AB

STRENGTH TRAIN TOGETHER*

Maximize your workout results with 60 min of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and body weight/

Saturday 9:30am / Tuesday & Thursday 9:15am / Wednesday 6:15pm
Multipurpose Room

HEALTH & WELLNESS

CLASS DESCRIPTIONS

THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

STEP*

Step is an energetic cardio workout that is done all on and off The STEP to train fitness, agility, coordination and strength, all to energetic music. Saturday 8:30am Multipurpose Room

TAI CHI

The ancient form of Chinese exercise emphasizes proper breathing, balance and strength. Great for improving balance, increasing flexibility, and reducing stress.

Friday 10:30am Multipurpose Room

TAI CHI CHAIR

Friday 11:45am Studio AB

YOGA

Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture. All levels.

Wednesday 5:00pm / Friday 5:30pm Multipurpose Room

Tuesday / Wednesday / Thursday / Saturday 8:00am / Sunday 11:00am Studio AB

YOGA CHAIR*

Thursday 11:00am Multipurpose Room

ZUMBA

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party.

Tuesday / Thursday 5:15pm Multipurpose Room

Saturday 9:30am Studio AB

ZUMBA TONING

Targeted body-sculpting exercises and high-energy cardio work combined with Latin-infused Zumba moves create a calorie-torching, strength-training dance party. Using light weight dumbbells, you'll work every muscle group.

Monday 5:30pm Multipurpose Room

ZUMBA GOLD

Easy to follow class that lets you move to the beat at your own speed. Invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Modified, low-impact moves available for active older adults.

Tuesday 11:15am Multipurpose Room

WORKOUT OF THE WEEK

Looking to level up your fitness? Get ready for a challenging, and competitive group workout that will spice up your routine and push you to new limits!

Open to all fitness levels.

Thursday / Friday 6:30am Studio AB

YMCA 360 MOBILE APP

YMCA360 is a wellness program benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allows you to customize your health and wellness journey. The things you love about the Y, its people, places, and programs, are all on YMCA360!

Download our Mobile App which will allow you to:

- Check-in using your bar code
- View class schedules at your Y and other Central Connecticut Coast YMCAs
- Make a class reservation
- Livestream and on-demand classes taught by YMCA instructors
- Fitness classes, sports instructions, nutrition/cooking classes, children's book readings, and so much more!
- Learn what's happening at the Y. Push notifications are also available
- PLUS set personal wellness goals
- Get connected by joining Challenges
- Track your wellness activities
- Connect to your wellness device and other health apps.
- View a history of your wellness accomplishments
- Check Y hours and locations



CENTRAL CONNECTICUT COAST YMCA

FOOD PANTRY LOCATIONS



STRATFORD YMCA
3045 Main Street
Stratford, CT 06614



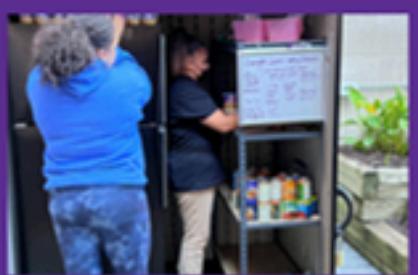
VALLEY YMCA
32 Howard Avenue
Ansonia, CT 06401



WOODRUFF FAMILY YMCA
631 Orange Avenue
Milford, CT 06461



SOUNDVIEW FAMILY YMCA
628 East Main Street
Branford, CT 06405



NEW HAVEN YMCA YOUTH CENTER
50 Howe Street
New Haven, CT 06511

CENTRAL CONNECTICUT COAST YMCA



SOUNDVIEW FAMILY YMCA

628 E Main St, Branford CT 06405
P: 203-481-9622 | F: 203-481-9363

FOR A BETTER US