



# DISCOVER YOUR Y

**WINTER 2  
2026 PROGRAM GUIDE  
MARCH 2nd – APRIL 26th**

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

CENTRAL CONNECTICUT COAST YMCA



# CONTACT US

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E-MAIL: [soundviewinfo@cccymca.org](mailto:soundviewinfo@cccymca.org)

WEB: [www.soundviewymca.org](http://www.soundviewymca.org)

 [facebook.com/SoundviewFamilyYMCA](https://facebook.com/SoundviewFamilyYMCA)

 [@cccymca](https://www.instagram.com/cccymca)

 [@Central Connecticut Coast YMCA](https://www.linkedin.com/company/CentralConnecticutCoastYMCA)

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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 7<sup>th</sup>

Program Participant: February 14<sup>th</sup>

### 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<sup>®</sup>

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](mailto: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
Youth3-17*(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@cccymca.org](mailto:lwheeler@cccymca.org)

For Pool Party questions, contact Valerie at [vparker@cccymca.org](mailto:vparker@cccymca.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

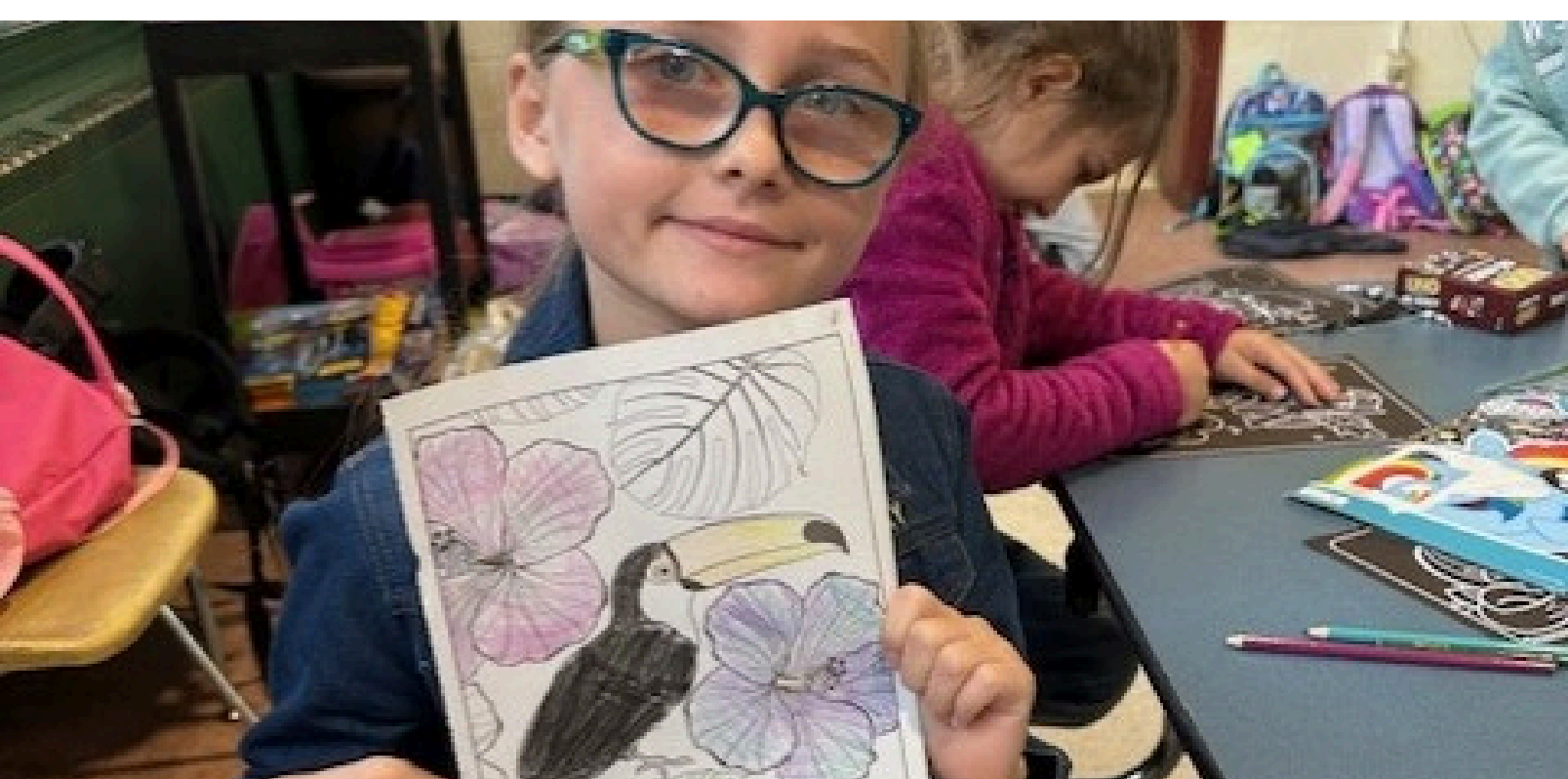
### Splash Bash Pool Parties | Members Only (Ages 5+)

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@cccymca.org](mailto:lwheeler@cccymca.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		
<b>YMCA Youth Membership</b>	<b>\$36.00 Monthly</b>	<b>N/A</b>
<b>LOCATION: HAYS SCHOOL</b>	<b>Y Member</b>	<b>Program Participant</b>
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 .....

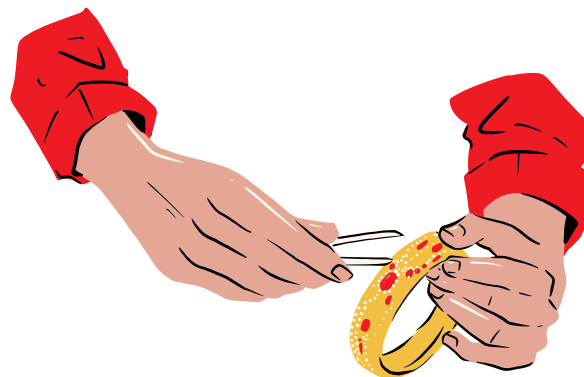
### JEWELRY BASICS WORKSHOP (AGES 10-15 YEARS)

Join in the fun at the YMCA learning how to create and make jewelry. We will make everything from earrings, bracelets and neckless'. 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)

Grab 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**



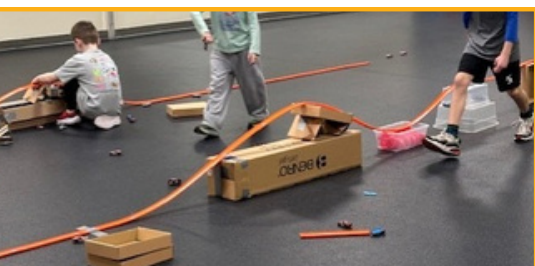
### HOT WHEELS PHYSICS (AGES 6-9 YEARS)

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 GUARENTEE'S 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 15<sup>TH</sup> – AUGUST 21<sup>ST</sup>**  
**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](http://soundviewymca.org)

### **Camp Hays**

1 Maple Street, East Haven CT 05512  
 203-481-9622 | [soundviewymca.org](http://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 Teepee/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 Nonoma

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 15<sup>th</sup> - August 21<sup>st</sup>



**3 years - 15 years**  
\*DEPENDENT 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.

<b>AGE GROUP</b> 6 months – 3 years Parent* & Child	<b>STAGE</b> <b>SWIM STARTERS</b>	Stages A-B	<b>Group Swim Lessons offered March 2– April 26 (pending any facility cancellations)</b>  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 <a href="mailto:vparker@cccymca.org">vparker@cccymca.org</a>
3 years – 5 years Preschool	<b>SWIM BASICS</b> <b>SWIM STROKES</b>	Stages 1-4	
5 years – 12 years School Age	<b>SWIM BASICS</b> <b>SWIM STROKES</b>	Stages 1-6	
12+ years Teen & Adult	<b>SWIM BASICS</b> <b>SWIM STROKES</b>	Stages 1-6	

SWIM STARTERS			SWIM BASICS			SWIM STROKES		
<b>A</b> WATER DISCOVERY	<b>B</b> WATER EXPLORATION		<b>1</b> WATER ACCLIMATION	<b>2</b> WATER MOVEMENT	<b>3</b> WATER STAMINA	<b>4</b> STROKE INTRODUCTION	<b>5</b> STROKE DEVELOPMENT	<b>6</b> 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

#### 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 - Stroke 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](mailto: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!

## 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 13<sup>th</sup> 5-7pm (perquisites),  
February 14<sup>th</sup> 10-4pm, February 15<sup>th</sup> 10-4pm  
and February 16<sup>th</sup> 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](mailto: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](mailto: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 utilizes 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](mailto: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@cccyymca.org](mailto:cmurphy@cccyymca.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 30<sup>th</sup> – June 8<sup>th</sup>**

**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 3<sup>RD</sup> | 1:30 PM | RECREATION POOL**

For more information, contact Christina Murphy, Health Coach at [cmurphy@cccymca.org](mailto: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



### 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 COMPLETelist: 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



**YMCA360**

**YOUR VIRTUAL YMCA**  
Your favorite classes, workouts,  
and programs — anytime, anywhere.

INCLUDED WITH YOUR MEMBERSHIP.  
**LEARN MORE & DOWNLOAD NOW**

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**