DISCOVER YOUR Y

SPRING

2026 PROGRAM GUIDE

April 27th –June 21st

SOUNDVIEW FAMILY YMCA
628 East Main Street, 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

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facebook.com/SoundviewFamilyYMCA

@cccymca

@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.

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	CLOSED
Memorial Day	7:00AM-1:00PM

2026 SPRING SESSION & REGISTRATION DATES

SESSION DATES: April 27th–June 21st

REGISTRATION DATES

Facility Member: April 4th
Program Participant: April 11th

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 FAMILY YMCA is governed by our Board of Managers that consists of volunteers throughout Madison, Guilford, Branford, North Branford and East Haven.

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 Lakewood-Trumbull Y for more information.

DONATE FOR A BETTER US

Connect with Matt 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 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 Lakewood-Trumbull 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

YOUR MEMBERSHIP GOES FURTHER

As a member of the Central Connecticut Coast YMCA, your membership opens the doors to **every branch in our Association**. If your home branch doesn't offer a specific program or class you're interested in, you can visit another location and enjoy it at the member rate.

Each branch offers its own unique mix of programs designed to strengthen our communities and help individuals of all ages thrive.

From child care and youth development to fitness, swimming, and family activities, there's truly something for everyone at the Y—**more choices, more convenience, and more opportunities** to belong.

	Alpha Community Services Y	Bridgeport Y	Fairfield Y	Hamden/North Haven Y	Lakewood-Trumbull Y	New Haven Y Youth Center	Soundview Family Y	Stratford Y	Valley Y	Woodruff Family Y	YMCA Camp Hi-Rock
AMENITIES											
Athletic Fields							X		X	X	X
Wellness Center (Cardio)			X		X		X	X		X	
Wellness Center (Strength Training)			X		X		X	X		X	
Gymnasium					X	X					
Indoor Pool		X	X			X	X	X		X	
Oudoor Pool				X	X						
Childwatch			X		X		X	X		X	
Locker Rooms (Adult)			X		X		X	X		X	
Locker Rooms (Youth)						X	X				
Locker Rooms (Family/Special Needs)							X			X	
CHILD CARE & OUTREACH											
Before & Afterschool Programs		X	X	X	X	X	X	X	X	X	
Early Learning & Child Care		X	X			X		X	X	X	
Summer Day Camp		X	X	X	X	X	X	X	X	X	X
Housing/Shelter/Case Management	X										
Resident Camp/Family Camp											
PROGRAMS											
Active Older Adult Classes			X		X		X	X	X	X	
Birthday Parties		X	X		X	X	X	X		X	X
Group Exercise (Land and/or Water)			X		X		X	X		X	
Lifeguard Certification		X	X	X	X	X	X	X		X	X
Personal Training			X		X		X	X		X	
Yoga & Pilates			X		X		X	X		X	X
Group Cycling			X		X		X			X	
ACTIVITIES & SPORTS											
Gymnastics					X						
Swim Lessons		X	X	X	X	X	X	X		X	X
Swim Team		X	X				X	X			X
Basketball		X			X	X	X				X
Dance			X	X	X					X	X
Soccer		X								X	X

For a better us

FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY

RACE4CHASE

YOUTH TRIATHLON

JUNE 22ND-AUGUST 1ST

MONDAY-FRIDAY: 9AM—12PM
COST: FREE

FOR AGES 6-12

RACE DAY: SATURDAY, AUGUST 1
FINALE: USAT SANCTIONED TRIATHLON
CAMP SLOPER, SOUTHINGTON

CMAK
CHASE MICHAEL ANTHONY KOWALSKI
SANDY HOOK MEMORIAL FOUNDATION

SWIM

BIKE

RUN

Get ready for a summer full of fun, friends, and sports!

FUNDRAISING GOAL

Each participant (excluding first-time participants) will strive to meet a fundraising goal of $250.

Every dollar raised supports the Soundview Family YMCA and helps youth and families in need within our communities. We'll provide ideas and guidance to help participants reach their goal!

Applications

Available March 30th-April 30th , 2026

Due to limited space, priority is given to families demonstrating need and those committed to completing the full program.

For more information:
Contact Colleen Villano at 203 481 9622 x3217

SOUNDVIEW FAMILY YMCA
CENTRAL CONNECTICUT COAST YMCA
628 E MAIN STREET | BRANFORD CT | 06495

the Y YMCA

175 YEAR ANNIVERSARY

HEALTHY KIDS DAY®

Free To The Public!

Laser Tag , Kid Fitness, Face Painting, Arts & Crafts, Castle & Slide Bounce House, BH Care, School of Rock Band, Games and much more!

We are collecting toiletry items for the "OPEN DOOR PROJECT RISE" the week of April 12-18th, 2026
Check them out on Instragam and Facebook!

APRIL 18
10:00AM–1:00PM

NATIONAL SPONSORS

PEANUTS

LOWER SUGAR 75% LESS SUGAR

SOUNDVIEW FAMILY YMCA
628 East Main Street, Branford, CT 06405
(203) 481-9622 ymca.org/hkd

452575 12/25

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 **6 weeks to 11 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 pea

Limited Availability:
Child Watch services are limited to 2 hours 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% Cancelation Fee for all parties canceled two weeks prior to party date.

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

For Pool Party questions, contact Valerie at 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 ONLY: 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

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 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

PARENTS 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 April 3rd
and April 17th

Located at the Soundview Family YMCA in Branford CT.
Registration closes at 1:00pm 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

2026-2027 CHILD CARE FEES

YMCA Youth Membership Location: Hays School	$45.00 Monthly Y Member	N/A Programp Participant
Before Care 3 Days a Week Before Care 5 Days a Week	$215.00 $270.00	$315.00 $400.00
After Care 3 Days a Week After Care 5 Days a Week	$285.00 $359.00	$415.00 $520.00
Before & After Care 3 Days a Week Before & After Care 5 Days a Week	$420.00 $525.00	$355.00 $699.00

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: April 28-June 16
Tuesday 9:00AM-9:45AM
Member $75| Program Participant $150

Have questions about our preschool program?

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

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: 4:30PM-5:15PM
Dates: April 29-June 3, 2026
Member: $90| Program Participant: $180
(Special Kit to keep Included)

YOUTH DEVELOPMENT

SELF-DEFENSE & SAFETY AWARENESS

Ages 5-17 years of age

This program is designed to enhance self-esteem, self-discipline and safety awareness! Students are placed into classes according to age and ability. A Black Belt instructor teaches beginning, intermediate and advanced techniques for self defense only. New students accepted up to the 4th week of the session.
Black Belt Instructor Christopher Trosuk

Mondays: April 13th-June 15th (No class 5/25/26)
Time: 5:00PM-5:40PM
Session Price
Member: $80 | Program Participant: $120
Pay per class
Member: $10 | Program Participant: $15

For more information contact Lynn Wheeler at lwheeler@cccymca.org

YOUTH DEVELOPMENT

BULLSEYE! LEARN HOW TO AIM STRAIGHT!

Archery is becoming a popular sport! Join our certified Archery instructor to learn all the basic skills . The instructor will lead participants through fun skill drills and games to help improve their skills. There are two different classes based on age.

Saturdays May 2-June 13 (No class 5/23/2026)
Saturdays 10-10:45am Ages 7-12
Saturdays 11-11:45am Ages 13+
Member: $90 | Program Participant: $170

CROCHET OR KNITTING CLUB

Grad a friend and have fun learning how to crochet or knit! Join us on Wednesdays from 1:00-2:00PM in the Media Room. Together, with those that know how to crochet or knit, we will share eachother's talents while maiking new friends.

Wednesdays: 1:00-2:00pm
Dates:April 29-June 10, 2026
Member: Free | Program Participant: $5.00 drop in fee per day.

GUITAR LESSON

ELECTRIC, CLASSIC & ACCOUSTIC

OPEN ENROLLMENT

MONDAYS & THURSDAYS

11:00AM-2:00PM

45 Minute Time Slots

SOUNDVIEW YMCA IS PROUD TO ANNOUNCE WE ARE NOW OFFERING BEGINNER, INTERMEDIATE AND ADVANCED GUITAR LESSONS. LESSONS ARE DESIGNED TO TEACH YOU EVERYTHING YOU NEED TO KNOW TO PLAY LEAD GUITAR TO ANY SONG, IN ANY KEY, IMMEDIATELY. LESSONS CAN BE BOOKED 1 ON 1 OR IN A GROUP SETTING. EQUIPMENT IS HELPFUL BUT NOT NECESSARY, AS WE HAVE AN ADDITIONAL GUITAR AND AMP FOR ONE-ON-ONE LESSONS. ACOUSTIC GUITARS ARE FINE TOO

SCOTT PASSESER IS OUR INSTRUCTOR. SCOTT HAS BEEN PLAYING LEAD GUITAR FOR 40 YEARS AND TAUGHT HIMSELF TO PLAY WITHOUT LEARNING MUSIC THEORY OR READING MUSICAL NOTES. HE CAN UNLOCK THE MYSTERY OF THE GUITAR NECK QUICKLY AND CUSTOMIZE A PLAN TO GET YOU PLAYING AFTER JUST A COUPLE OF LESSONS.

SOUNDVIEW FAMILY YMCA

www.soundviewymca.org

Most Camps Run
June 22th
–
August 21th
*There are a few exceptions please inquire with camps individually

ADDITIONAL CAMP LOCATIONS

DAY CAMP LOCATIONS:

Soundview Family YMCA Camp Nonoma
628 East Main Street, Branford, CT 06405

Camp Hays
1 Maple Street, East Haven, CT 06511

Fairfield YMCA
841 Old Post Road Fairfield, CT 06824

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
631 Orange Avenue, Milford, CT 06461

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

3 YEARS – 17 YEARS

*Depending on which camp you choose

Financial Assistance available for those who qualify

Non-Member Registration

Member Registration

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.**

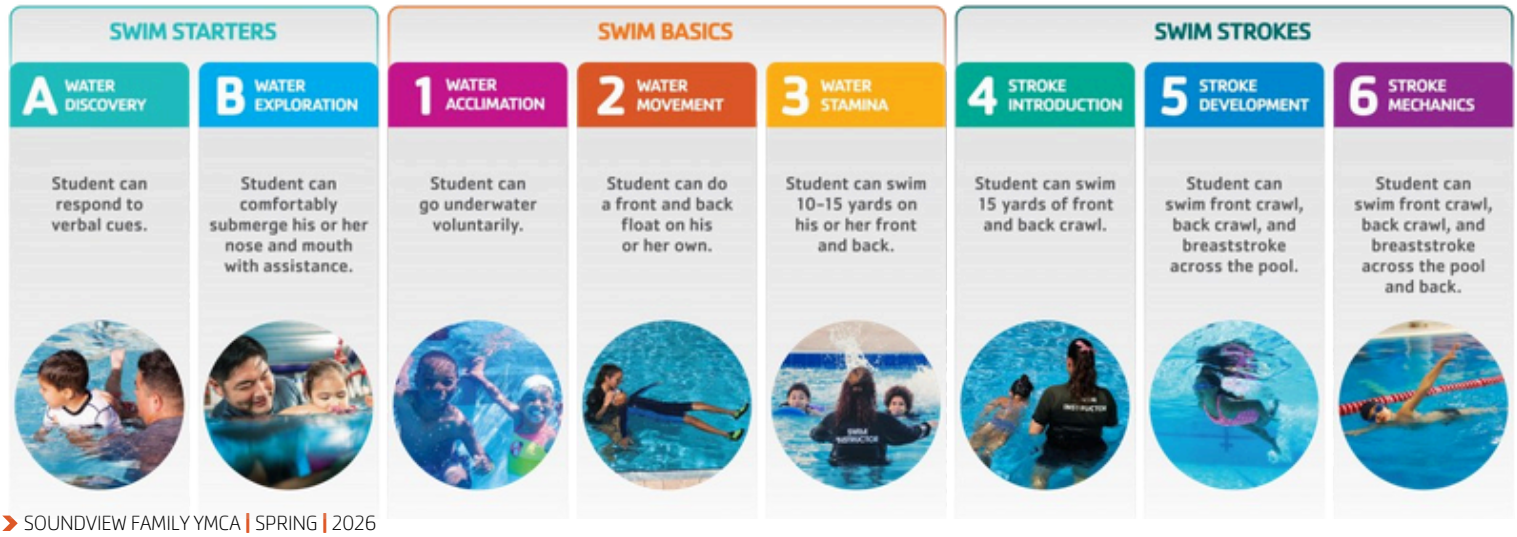
Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages – from infants to seniors – can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule.

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 April 27– June 15 (pending any facility cancellations)
*No classes Memorial Day, May 25, 2026
*No classes Saturday May 9, 2026
*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@cccymca.org



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: 10:05am, 5:15pm
Sat: 9am, 10:10am, 11:20am
Sun: 9:45am, 11:10am

School Age Stage 1 offerings
6 yrs old–12 yrs old
Tue: 4:45pm
Sat: 10:10am

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: 9:35am 10:10am, 11:20am
Sun: 11:45am

School Age Stage 2 offerings
6 yrs old–12 yrs old
Tue: 6:30pm
Sat: 9:35am, 10:45am
Sun: 11:45am

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
Mon: 9:30am
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: 9am 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

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

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.

Adult Beginner	Adult Intermediate	Adult Advanced
Sun: 12pm	Sun: 12:30pm	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!

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.

MASTERS 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
Drop-in options are available for $10 per practice

Monday & Wednesday 7:15-8:15pm
Tuesday & Thursday 5:30- 6:30am
Sunday 9-10am

the YMCA

American Red Cross

Train to Save Lives – Become a Lifeguard Blended Lifeguard Class

$300 Members

$350 Program Participants

Must be able to pass following prerequisites:

- 200 yards swim (freestyle or breaststroke with face in the water)
- 2 minutes treading water (using legs only) and diving down to retrieve a 10 lb object

In person classes will meet at the YMCA

Sunday April 12th 10:00AM-4:00PM
Monday April 13th 10:00AM-4:00PM
Tuesday April 14th 10:00AM-4:00PM
Wednesday April 15th 10:00AM-4:00PM
*must attend all classes

*Online course work must be completed prior to first in person class

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

SOUNDVIEW FAMILY YMCA
CENTRAL CONNECTICUT COAST YMCA

Stay certified and ready to respond!

Register for one of our lifeguard recertification classes.

OPTION 1:
April 16th & April 17th
9:00AM–2:00PM

$150 Members
$250 Program Participants

OPTION 2:
April 25th & April 26TH
10:00AM–3:00PM

$150 Members
$250 Program Participants

REGISTER HERE

SOUNDVIEW FAMILY YMCA
CENTRAL CONNECTICUT COAST YMCA

WHY TRI ATHLON?

CENTRAL CONNECTICUT COAST YMCA

2026 ADULT INDOOR TRIATHLON TRAINING

March 30TH – June 1st

Monday, Wednesday, Friday
11:00 AM-12:00 PM

Tuesday, Wednesday, Thursday
7:30 PM – 8:30 PM

Member: $150
Program Participant: $225

Register Here

SOUNDVIEW FAMILY YMCA TRIATHLON CLUB

Join the Soundview Family Y Triathlon Club – An inclusive, community-driven program supporting athletes of all levels and abilities, from first-timers to Ironman finishers.

- Structured swim, bike & run training
- USA Triathlon–certified coaching
- Supportive team culture
- Youth, adult, and adaptive athletes welcome

Whether your goal is fitness, confidence, racing, or performance – we've got a place for you.

One-year membership:
$200 Members/ $250 Program Participants

Questions? Contact Tri Coach Michela Cole at mcole@cccymca.org.

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

THE GUILFORD FOUNDATION

The Madison Foundation

PRESENTED BY

BEACH ROSES WALK
MADISON, CONNECTICUT

the Y YMCA

SATURDAY
6TH
JUNE
2026
8:00AM–12:00PM

CYCLE FOR A CAUSE

LIVESTRONG

Every dollar raised helps strengthen and grow the cancer survivorship program

LIVESTRONG® AT THE YMCA

TICKETS

SINGLE RIDE $25
For one (1) themed ride

TEAM BIKE $500
4–6 riders from 8am–12pm

VIRTUAL RIDER $20

THEMED RIDES

8:00AM Ed's Party Playlist
9:00AM Latin Vibes with Maribel
10:00AM Classic Rock with Ronnie
11:00AM 70's & Motown with Ronnie

DOORS OPEN AT 7:30AM

TICKETS

DONATE

SOUNDVIEW FAMILY YMCA

CENTRAL CONNECTICUT COAST YMCA
628 E. MAIN STREET | BRANFORD, CT 06405 | 203-481-9622

the YMCA

LIVESTRONG FOUNDATION

2026 CYCLE FOR A CAUSE INCENTIVES

Trucker Hat

Tie Dye T-Shirt

Tumbler

Hoodie

Gym Bag

Every dollar raised helps strengthen and grow the cancer survivorship program

LIVESTRONG AT THE YMCA

CREATE YOUR FUNDRAISING PAGE TODAY!

SOUNDVIEW FAMILY YMCA

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 $82.00 | 3 hours $236.00
5 hours $379.00 | 10 hours $753.00

INTRODUCTION TO PERSONAL TRAINING

For new clients we offer an introductory program for your first 4 hours at $210 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 $278.00

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.

3 hours $264.00 | 5 hours $500.00 |
10 hours $824.00

YOUTH WEIGHT TRAINING (AGES 12-17 YEARS)

Once a week with a Personal Trainer you'll learn the basics of weight training and exercise. Perfect for athletes trying to stay in shape for the coming season, or for newcomers who want to learn how to get stronger safely and properly.

4 Hours | $278.00

SLOW STRENGTH: STABILITY BALL TRAINING

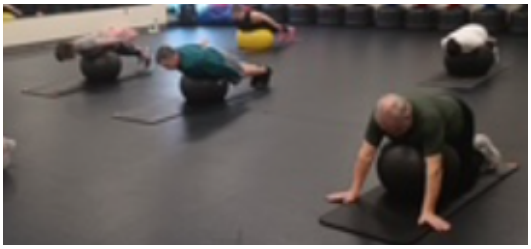
Get ready for a challenging group workout that will spice up your routine and push you to new limits!

Each week, we spotlight the **stability ball**—a versatile tool that enhances neuromuscular efficiency, improving how your brain and muscles communicate and work together. Because of the instability, proper form and technique are key. Every movement requires focus, control, and alignment, helping you build strength the right way while maximizing results and reducing risk of injury. Training this way leads to:

- Faster muscle response and reaction time
- Improved balance and coordination
- Greater core activation and total-body strength
- Better movement control and body awareness
- Open to all fitness levels
- Focus on quality over quantity

Slow it down. Stay controlled. Move with purpose. Are you ready to take it on?

Thursday & Friday 6:30AM-7:30AM
$150 Members | 8 weeks



Ready to take the next step in your wellness journey?

Connect with our Director of Healthy Living, Colleen Villano at cvillano@cccymca.org for more information.

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 COMPLETELIST: 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 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

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 East Main Street, Branford CT 06405
P: 203-445-9633 | F: 203-445-9080

FOR A BETTER US®