SOUNDVIEW FAMILY YMCA
628 E Main Street Branford CT 06405
P 203 481 9622 F 203 481 9363
E soundviewinfo@cccymca.org

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/CLOSURES
Labor Day  September 2  7am–1pm

CHILD WATCH & PLAYSCAPE
Child Watch Hours: Ages: 8 weeks—9 years
MWF  9–10:15am / 10:15–11:30am
TTH  9–10:30am / 10:30–12pm
SAT  9–10:30am / 10:30–12pm
MTWTH  4:45–6:15pm / 6:15–7:30pm
Registration required 24 hours in advance.
Playscape Hours: Sunday–Saturday
Hours vary and subject to change.

DIVERSITY AND INCLUSION
CCC YMCA Diversity & Inclusion Statement
adopted 11/18/21 The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has an equitable opportunity to learn, grow, and thrive. At the Y, we set the example when we welcome people across all dimensions of diversity. Dimensions include income, faith, ability, age, sexual orientation, gender identity or expression, race, ethnicity, national origin, cultural background or other unique personal characteristics. Together we stand. For a better us.

PROGRAM REGISTRATION
FALL 1
August 26–October 20

Registration Dates
Facility Member: August 5
Program Participant: August 12

YOUR YMCA STAFF
Matt LaPrino, Executive Director
Derek Branco, Facility Director
Colleen Villano, Director of Healthy Living
Lynn Wheeler, Youth and Family Director
Alex Hunter, Aquatics Director
Stacey Rubino, Membership Director
Michelle March, Child Watch Coordinator
Wesley Crozier, Director of Competitive Aquatics

BOARD OF MANAGERS
The Soundview Family YMCA is governed by our Board of Managers that consists of volunteers from throughout our community.

Christal Esposito – Chair
Jason Bedford
Benjamin Connor, Esq.
Michael Coyne – Vice Chair
Lee Foo
Mary Ann Harmon
Bob Jacob

Chris Manna
Barbara Naclerio
Melissa Nicholson
AJ Pace
Theodore Raczka
Keith Torello
Dr. Lauren White

MEMBERSHIP FOR ALL
Facility Membership rates are based on a sliding scale according to household income. Please see a Member Service Representative for more information.
Families are struggling to afford the cost of living, the cost of child care and the cost of enrichment opportunities. The Soundview Family YMCA is committed to help our community meet these challenges head on.

The Y is a charitable non-profit organization ready to serve ALL! When you donate to the Soundview Family YMCA Annual Campaign, you help us respond to the greatest needs in our community. All contributions to the YMCA provide direct financial assistance for ALL who need it.

DONATE FOR A BETTER US.
We strongly believe that every child needs a safe and fun experience each and every day. Our program is designed to provide an environment where each child can learn and grow through a wide variety of exciting activities that promote youth development, healthy living and social responsibility. For additional information please contact Lynn Wheeler, Youth and Family Director at lwheeler@cccymca.org or call 203 481 9622.

Accepting applications for 2024–2025 School Year. Register now to ensure your have child care. The Branford location will be offering private or group swim lessons during the After School hours once a week.

### EXPERIENCE THE YMCA AFTER SCHOOL PROGRAM AT THE Y!

Monday–Friday until 6:00pm.
2, 3, 4, & 5 day options available.
Swimming, Homework Help, Snack, Sports, Organized Play, Arts & Crafts, STEAM and more!

#### Branford Monthly Fees:

$50 registration fee – one time 2024-2025 School Year Rates

- **2 days/week:** Facility Member: $244  Program Participant: $353
- **3 days/week:** Facility Member: $268  Program Participant: $389
- **4 days/week:** Facility Member: $294  Program Participant: $425
- **5 days/week:** Facility Member: $316  Program Participant: $458

We accept Care 4 Kids and have Financial Aid available to those who qualify.

#### CONVENIENTLY PROVIDING TRANSPORTATION

The following Branford schools transport students to our branch:
Murphy, Sliney, Tisko, & Walsh Intermediate School. **All half days are included**

East Haven schools transport all students to and from the Hays Location. **All half days are included.**

#### East Haven Monthly Fees:

$50 registration fee – one time 2024-2025 School Year Rates

Before Care begins at 7:00 am and After Care ends at 6:00 pm Monday–Friday

- **Before Care 3 days/week:** Facility Member: $195 / Program Participant: $283
- **Before Care 5 days/week:** Facility Member: $250 / Program Participant: $362
- **After Care 3 days/week:** Facility Member: $261 / Program Participant: $378
- **After Care 5 days/week:** Facility Member: $332 / Program Participant: $480
- **Before and After Care 3 days/week:** Facility Member: $383 / Program Participant: $517
- **Before and After Care 5 days/week:** Facility Member: $483 / Program Participant: $650

We accept Care 4 Kids and have Financial Aid available to those who qualify.
EXPERIENCE THE YMCA AFTER SCHOOL

Monday–Friday until 6:00 pm at 1332 Middletown Ave, Northford, CT 06472
2, 3, 4, & 5 day options available.
Swimming, Homework Help, Snack, Sports,
Organized Play, Arts & Crafts, STEAM and more!

North Branford Monthly Fees:
$50 registration fee - one time 2024-2025 School Year Rates

Facility Member: $75 per day / Program Participant: $150 per day

Time: 8:00 am–6:00 pm

Branford: October 11, 2024 Vacation Club at the Soundview Family YMCA
Branford, North Branford & East Haven: October 14, 2024 Vacation Club at the Soundview Family YMCA

Y VACATION CLUB

AT THE SOUNDVIEW FAMILY YMCA & HAYS SCHOOL

Even though schools are closed, the Soundview Family YMCA has your child care needs. Drop off your child with our experienced staff for a fun-filled day of games, activities, arts & crafts, swimming (Soundview Only) and more! Please bring a nut-free lunch, water bottle, snack, a bathing suit, and a towel. Pre-registration is required.

Facility Member: $75 per day / Program Participant: $150 per day

Time: 8:00 am–6:00 pm

Branford: October 11, 2024 Vacation Club at the Soundview Family YMCA
Branford, North Branford & East Haven: October 14, 2024 Vacation Club at the Soundview Family YMCA

HALF DAY CLUB

School has a half day, don’t panic! We’ve got you covered. Become a part of our Half Day Club! You don’t have to be a member or go to our After School program to take advantage of this program when students have a half day of school.

All After School locations bus from your child’s school, (Branford, North Branford or East Haven) to their regular SACC program locations on half days.

Registration must be done in advance to allow time to let both the schools and bus companies know that your student will be taking a Y bus on half days. (Soundview participants can pack their bathing suit and towel to go swimming.) Both locations serve snacks twice throughout the time students are with us for half days.

Facility Member: $40 Program Participant: $40

FOR MORE INFORMATION VISIT US ONLINE AT WWW.SOUNDVIEWYMCA.ORG
**KIDS NIGHT OUT**

**Bring A Friend and Have Some Fun!**

Calling all 7-14 year old’s, grab your friends and join us for Kid’s Night Out every Friday starting September 13, 2024! Swimming, pizza, Gaga are just some of the fun things to do after hours at the Y!

**Every Friday Night**
Time: 6:30 pm-9:00 pm
Room: Studio A & B

Pizza will be served. Registration required. **Facility Member: $10**  **Program Participant: $15**

**ARCHERY**

Archery is the sport, practice, or skill of using a bow to shoot arrows. The word comes from the Latin arcus, meaning bow. Historically, archery has been used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity.

Whether you are a beginner or wanting to become better at this sport, you will have fun with archery.

Make it a family event or grabs some friends and try your hand at hitting your mark!

Minimum group size of 3, Maximum group size 8

**4 Sessions**  **Facility Member: $60**  **Program Participant: $120**

**8 Sessions**  **Facility Member: $120**  **Program Participant: $240**

For scheduling please contact Lynn Wheeler at lwheeler@cccymca.org

**PAINT & SIP**

Join us for a healthy, safe and fun event for children! Everyone leaves with a piece of art that they have created! Grab a friend or two and spend some time creating a piece of art!

Children will paint a picture, while sipping on a healthy smoothie, and share their talents for the group. For more information, please contact Lynn at lwheeler@cccymca.org

**Please register in advance as space is limited.**

**Date:** September 21, 2024  **Who:** Grades 3-8  **When:** 10:00am-12:30pm  **Theme:** Fall Fun

**Date:** October 19, 2024  **Who:** Grades 3-8  **When:** 10:00am-12:30pm  **Theme:** Halloween

**Each Session:**  **Facility Member: $20**  **Program Participant: $35**
Have your BIRTHDAY PARTY at the Soundview Family YMCA!

You bring the kid’s, paper goods, and food - we supply the fun! Call or email to make your appointment today! You must be a member of the Y for 3 months to book a Birthday Party. Rates may vary depending on the type of birthday party being requested. Our party host will be with you throughout the party helping with all that goes along with running a fun party. Each birthday child gets a special Birthday T-Shirt!

**Dry Land Party Types Include:**
Playscape Party, Sports Party, Arts & Crafts Party, Tie Die (ages 7 and up)

**Facility Member: $275** (20 party guest, all supplies included.)

**Specialty Parties:**
Dance Party* (ages 5 and up)
Archery Party* (ages 8 and up)
Zipline Party* (ages 5 and up)

Themed parties* for all ages.
*Specialty Parties are based on instructor availability.

**Facility Member: $295+** (20 party guests, all supplies included.)

Parties can be scheduled:
Saturdays: 1:00pm-3:00pm or 2:30pm-4:30pm
Sundays: 12:30pm -2:30pm

Contact Lynn Wheeler E wheeler@cccymca.org.

**SPLASH BASH Parties are also available!**
Pool parties are available - contact Alexandra Hunter E ahunter@cccymca.org for pricing and details.
BUILDING CONFIDENT SWIMMERS

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 through the YMCA Swim Instructor program. Their training includes CPR, AED, First Aid and Oxygen Administration.

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.

FALL 1 SCHEDULE

Group Swim Instruction runs September 2 – October 21.

 Did You Know?

- 9 in 10 parents see swimming as an essential life skill, yet 24% have low confidence in their kids’ ability to stay safe around water.
- Parents and guardians have a critical role to play in teaching their kids water safety skills – but they don’t have to do it alone! With more than 110 years’ experience equipping people with the skills they need to stay safe in and around water, the Y is America’s most trusted swim instructor. Each year, the Y teaches more than one million kids lifesaving swimming and safety around water skills.

More Info!

- Parents are asked not to disrupt the children or instructor while the class is in session.
- For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.
- For more information, please contact Aquatics Director, Alex Hunter at ahunter@cccymca.org.
YOUTH GROUP SWIM INSTRUCTION

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.

All Stage A & B classes are offered at the same times, but will be split by age and ability when applicable.

Facility Member: $98  Program Participant: $196

Stage A – Water Discovery
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.

Saturday 9am, 10:10am, 11:20am
Sunday 11:25am
Wednesday 10:15am

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

Saturday 9am, 10:10am, 11:20am
Sunday 11:25am
Wednesday 10:15am
YOUTH GROUP SWIM INSTRUCTION

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: $98  Program Participant: $196

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
Monday 5pm
Wednesday 9:05am, 5:35pm
Saturday 9:35am, 11am
Sunday 10:50am

School Age
Tuesday 5:05pm
Thursday 5:35pm
Sunday 9:05am

Stage 2 – Water Movement
In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Preschool
Monday 5:35pm
Wednesday 9:40am, 5pm
Saturday 10:25am, 10:45am
Sunday 10:15am

School Age
Tuesday 5:40pm
Thursday 5pm
Sunday 9:40am

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
Tuesday 4:30pm

School Age
Monday 6:10pm
Tuesday 6:15pm
Saturday 9:50am, 10:35am
**YOUTH GROUP SWIM INSTRUCTION**

**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:** $103  
**Program Participant:** $206

**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**
- Wednesday 6:10pm
- Thursday 6:10pm
- Saturday 9:05am

**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**
- Saturday 11:15am

**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**
- Saturday 10:30am

**ADULT GROUP SWIM INSTRUCTION**
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:** $103  
**Program Participant:** $206

**Adult Beginner**  
- Tuesday 7pm

**Adult Intermediate**  
- Tuesday 7:35pm

**Adult Advanced**  
- Tuesday 8:10pm
INTRODUCTION TO COMPETITIVE SWIMMING
Instructional in nature and a beginning level for future Stingrays swimmers, youth in the Introduction to Competitive Swim class work on proper body balance and the coordination of each of the competitive strokes. Prerequisites include a 25 yard swim on their front and 25 yard swim on their back, both without stopping.

This class is for swimmers ages 5-9 and runs on the group swim instruction schedule. The goal for swimmers in this group is to transition to the full Stingrays Competitive program or the non-competitive Stingrays Swim Club.

Saturday 9:45am

Facility Member: $103
Program Participant: $206

STINGRAYS SWIM CLUB
Interested in swimming but not in competition? Stingrays 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

Saturday 9am

Facility Member: $75
Program Participant: $150
**PRIVATE SWIM INSTRUCTION**

Private Swim Instruction with a trained swim instructor scheduled at the convenience of the individual and pool availability. We offer 1:1, 2:1, or 3:1 ratios for those ages 3 and up. Fees are per individual swimmer. **All swimmers must be a Facility Member to participate.** We cannot guarantee availability, so please register for the private instruction interest list today!

- **1:1** $193 (4 lessons)
- **2:1** $116 (4 lessons)
- **3:1** $100 (4 lessons)

As part of our private swim instruction program, we also proudly offer Adaptive Aquatics. Our qualified instructors teach youth and adults with diverse abilities to learn to swim, fine-tune swimming techniques and promote water safety in a one-on-one setting over six lessons. These lessons are open to the community as well as members of our facility. Please register for the Adaptive Instruction interest list today!

**Facility Member:** $150  
**Program Participant:** $249

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**AMERICAN RED CROSS COURSES**

**Blended Learning Lifeguard Course**

The American Red Cross Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Registration and payment are required by the Monday prior to the start of class to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class.

**All classes must be attended. Registration does not guarantee certification.**

**Questions?** Contact Aquatics Director Alex Hunter at ahunter@cccymca.org.

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**COURSE INFO**

**DATE** 9/22, 10/6, 10/20  
**TIME** 10am–4pm  
**FEE**  
Facility Member $300  
Program Participant $350
STINGRAYS 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.

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

STINGRAYS MASTER SWIM

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: $50 per month

Tuesday & Thursday 5:30- 6:30am
Drop-in options are available.

Register online or with our Member Services team today.
SWEAT FOR A CAUSE
FUNDRAISER
SATURDAY OCTOBER 5
SOUNDVIEW FAMILY YMCA

Together we can make a difference in the lives of others.

Help us raise funds to support our life-changing program LIVESTRONG AT THE YMCA and other YMCA chronic disease programs - all of which are offered to those who qualify, free of charge.

Join in this community fitness fundraiser featuring cycling, dancing and swimming. Take part in one, two or all three activities!

Cancer is a disease that takes a tremendous physical and emotional toll on those affected. The Y and Livestrong Foundation have joined together to create LIVESTRONG AT THE YMCA an evidence-based physical activity and well-being program designed to help adults (and their caregivers) reclaim their health. This YMCA program is free of charge to those who choose to participate.

4-HOUR CYCLE
8:00 AM—12:00 PM
Pedal for a purpose on stationary bikes and ride with the music!

$500 per team/per bike
Teams of 1-6 riders
Livestrong at the YMCA T-shirt
Team Recognition

2-HOUR CARDIO DANCE
9:30 AM—11:30 AM
A fun dance workout that’s more of a party than exercise.

$30 per person
Multipurpose Room

2-HOUR WATER AEROBICS
9:00 AM—11:00 AM
Jump in for a low impact high energy water aerobics workout.

$30 per person
9am Recreation Pool
10am Competition Pool
GROUP EXERCISE CLASSES

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 AND FLEX TOGETHER
Our will grow you 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 and sweat through this full-body fitness journey.
Monday 8:15am
Studio AB
Sunday 8:15am / Friday 8:00am / Thursday 6:00pm
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 a dance party!
Monday/Wednesday 9:15am
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!
Wednesday 11:30am / Friday 12:00pm
Multipurpose Room

CARDIO INTERVALS AND STRENGTH
This class combines aerobics and sports conditioning with weights, strength training and core.
Tuesday 6:15pm
Multipurpose Room

YMCA360 Cycle
Rides you can do on the road, at your Y or in your home.
**COACH BY COLOR CYCLE***
This class uses 5 colored training zones that use your own fitness ability and heart rate to push you to your maximum intensity. These colors accurately coach your effort to give you the best workout possible. This class is for all abilities.

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**GROUP CYCLING 101**
Beginners level cycling - combining a cardio and strength training workout into a 30 minute program.

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**KICKBOX BOOTCAMP**
Work your whole body in a moderate intensity workout combining strength training, kickboxing and floor work.

| Monday 6:15pm | Multipurpose Room |

**PILATES MAT**
This class involves free flowing moves concentrating on core strength, muscle balance, and flexibility using traditional Pilates exercises.

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**PURE STRETCH**
A light-hearted class designed to stretch your entire body and improve your core strength.

| Monday 9:15am | Studio AB |

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

| Friday 10:30am | Multipurpose Room |

**STRENGTH TRAIN TOGETHER***
Maximize your workout results with 60 min of impactful strength training. Get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and body weight.

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

**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 |

**YOGA CHAIR***
Move your whole body through a series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and ROM.

| Thursday 11:00am | Multipurpose Room |

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

| Wednesday 8:15am / Sunday 11:00am | Studio AB |
| Wednesday 5:00pm / Friday 5:30pm | Multipurpose Room |
| Tuesday / Thursday 8:15am | 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 |

To see our current class schedule visit: ccymca.org/locations/soundview/schedules

*Class reservation required. Class format and instructor subject to change without notice.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.SOUNDVIEWYMCA.ORG
**SUPPORTING WELLNESS TOGETHER**

**12-Week Weight Loss & Accountability Group**

When you’ve gone so far down the rabbit hole that you don’t even know where to begin anymore, it’s time to SHIFT. Soundview Family YMCA’s flagship program, personally coached by Integrative Nutritional Health Coach, Christina Murphy, takes you through a process of understanding food, mindset, and connection to nourish and restore a deeper relationship to yourself and your purpose.

**PROGRAM INCLUDES**

- Weekly 1 hour confidential sessions
- Implementation of SMART goal setting, motivational interviewing techniques, and health education to engage behavior change and support the client’s wellness vision.
- Customized health and nutritional education based on current health and lifestyle goals.

**DAYS:** Wednesdays 7PM (Zoom)  
Fridays 11AM (In-person)

**COST:** $175 Facility Member

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**21 DAY RESET**

Consistency with small manageable steps is key to turning around your health. Join the 21-day reset challenge for a guided and structured program designed to help individuals break unhealthy eating habits and establish new, sustainable patterns in an intensive 21 days.

What’s Included:
- Daily tips and support via text message
- Daily activity tracker for the week
- Live webinar each Wednesday evening to discuss questions, challenges, recipes and share successes

**DATES:** September 1 through 21

**COST:** Facility Member $25 / Program Participant $50

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**SMILING TREATS FOR ALL AGES**

A healthy eating routine is essential at every stage of life and can have positive effects that add up over time. This lesson we will be creating two simple ingredient snacks using a blender that are not smoothies.

**Seating limited, reserve your spot today!**

Email cmurphy@cccymca.org

**DATE:** Sunday, October 6

**TIME:** 2PM

**COST:** Facility Member: $25

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**RED CROSS BLOOD SERVICES**

**Date:** Sunday, September 15  
**Location:** Playscape

To schedule an appointment visit www.redcrossblood.org/give
Supporting Cancer Survivorship

LIVESTRONG at the YMCA is a FREE 12-week small group program designed for adult cancer survivors seeking to regain health as they become de-conditioned or chronically fatigued from treatment and/or disease.

Our certified instructors provide a supportive, safe environment for each class and have undergone specialized training in the areas of cancer, post-rehab exercise, nutrition, and supportive cancer care. LIVESTRONG at the YMCA is provided at no cost to participants thanks to the generosity of those who donate to our Annual Support Campaign.

To learn more about LIVESTRONG at the YMCA, contact Christina Murphy, Lead Instructor ECMurphy@cccymca.org

Next LIVESTRONG AT THE YMCA class:
Mondays and Wednesdays 5:30–6:45 PM
Beginning September 9

"I am extremely grateful for the Livestrong at the YMCA program. I knew I needed to exercise for my overall health and to give myself the best odds against breast cancer, but I didn’t know where to start. The program provided me with the accountability to just show up and try. Christina gently increased the intensity over the weeks and it built my confidence. I feel prepared to keep exercising on my own in the gym and by attending classes at the YMCA."

MOVEMENT FOR PARKINSON’S DISEASE

10:15 – 11am: Stage 3 – 5
Loss of balance (such as unsteadiness as the person turns or when he/she is pushed from standing). Need to ambulate with a cane/walker for safety. Stiffness in the legs may make it impossible to stand or walk.

11:15 – 12pm: Stages 1 – 2
Mild symptoms that generally do not interfere with daily activities. Tremor and other movement symptoms occur on one side of the body only. Changes in posture, walking, and facial expressions occur. Walking problems and poor posture may be apparent.

Participant’s are placed based on their individual evaluation. For more information contact Denise Bowen, AOA Specialist dbowen@cccymca.org

WHEN: Tuesdays and Thursdays
COST: Facility Member $0 / Program Participant $160 (16 classes)
LOCATION: Studio AB

"I find myself invigorated after each session. Even my Neurologist has seen improvement. I’m walking with more confidence.” Joe
FAIRWAYS FOR FUTURES

SOUNDVIEW FAMILY YMCA
18th Annual Golf Tournament
Join us and the ROTARY CLUB OF BRANFORD for the most important round of the year.

At the heart of the Y is the belief in a stronger community for all. Every day, we provide food for the hungry, safe spaces for kids to learn and grow, and outreach to seniors. Thanks to the generosity of people like you, our members, volunteers, and donors, we continue to improve lives.

By participating in our Annual Golf Tournament, you support adults, youth, and families in our community with the YMCA programs and services they need to thrive. Join us on the course and be a part of something truly impactful. Help us stay on course and make a difference in our community.

WHEN: Tuesday September 10, 2024
WHERE: Lyman Orchards Golf Club, Jones Course
70 Lyman Rd, Middlefield, CT  P 860 200 2730
PLANS: 11:00am Registration
  11:30am Lunch
  12:30pm Shotgun Start (Scramble)
  5:00pm Reception, Auction, Awards
RSVP: Respond by Friday, September 6, 2024

FOR MORE INFORMATION CONTACT: Matt LaPrino, Executive Director mlaprino@cccymca.org

FOR MORE INFORMATION VISIT US ONLINE AT WWW.SOUNDVIEWYMCA.ORG