



FALL 2 PROGRAM GUIDE

SOUNDVIEW FAMILY YMCA



HERE FOR YOU

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

Thanksgiving Nov 27 Closed

CHILD WATCH & PLAYSCAPE

Ages 8 weeks—9 years

Drop In Child Watch Hours:

Monday—Saturday 9:00–12pm

Monday—Thursday 4:45pm–7:15pm

Playscape Hours: Sunday–Saturday

Hours vary and subject to change.

WELLNESS CENTER AGE REQUIREMENTS

A YMCA Fitness Trainer will instruct youth on how to safely and effectively use cardiovascular equipment (10 – 13 years old) and our strength machines (12 – 13 years old).

Upon completion, youth (ages 10–13) will be able to use the equipment in our Wellness Center when accompanied by a Y Member who is 18 years of age or older.

Youth ages 9 and under may not enter the Wellness Center unless they are there to participate in a program or class specifically designed for them.

PROGRAM REGISTRATION FALL 2

OCTOBER 27 – DECEMBER 21

Registration Dates

Facility Member: **October 6**

Program Participant: **October 13**

YOUR YMCA STAFF

Matt 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

BOARD OF MANAGERS

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

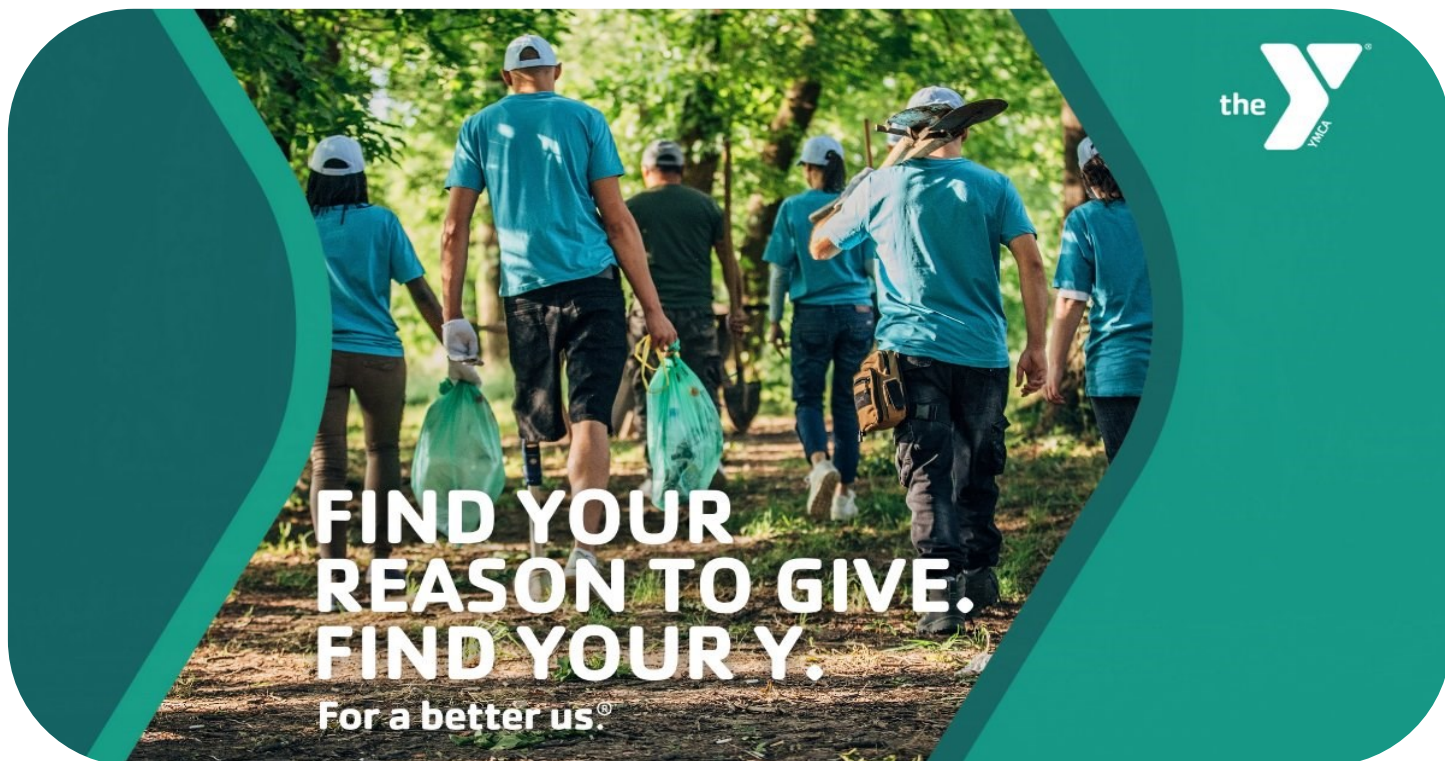
Christal Esposito – Chair
Benjamin Connor, Esq.
Michael Coyne – Vice Chair
Mary Ann Harmon
Jessica Lombardozzi
Chris Manna
Barbara Naclerio
Melissa Nicholson
Ali Pourmaleki
Keith Torello
Dennis Velasquez

YOUTH BOARD MEMBERS

Sofia Rastelli—Chair
Ella Bodner
Logan Camarco
Xavier Gonzalez
Miranda Huaman
Vedi Patel
Muiriel Rader

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.



The Soundview Family YMCA stands by our commitment to serve ALL, and the success of our outreach and impact depends upon the success of our Annual Campaign.

The Y is a charitable non-profit organization committed to overcoming barriers of success for EVERYONE.

When you donate to the Soundview Family YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community. All contributions to the YMCA provide direct financial assistance for everyone who needs it.

[Donate online](#) or contact Matt LaPrino, Executive Director
E mlaprino@cccymca.org
P 203 481 9622 x3207

DONATE FOR A BETTER US.



YOUTH & FAMILY

KID'S 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 19, 2025! (No Kid's Night Out on October 31, 2025, November 28, 2025)

Swimming, pizza, Gaga are just some of the fun things to do after hours at the Y! The Snack Shack is Back!

Every Friday Night

Time: 6:30 pm-9:00 pm

Cost: Facility Member \$10 Program Participant \$15

Room: Studio A & B



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: November 23, 2025 **Who:** Grades 3-8 **When:** 10:00am-12:30pm **Theme:** Imagination Fun

Date: December, 13 2025 **Who:** Grades 3-8 **When:** 10:00am-12:30pm **Theme:** Holiday Fun

Each Session: Facility Member: \$25 Program Participant \$40

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 and more! All Vacation Club Days are held at the Soundview Family YMCA in Branford CT.

Please bring a nut-free lunch, water bottle, snack, a bathing suit, and a towel. Pre-registration is required.

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

Facility Member: \$275 Winter Session/ Program Participant \$375 Winter Session

Time: 7:00 am– 5:00 pm

Monday, October 13, 2025 Fall Recess

Tuesday, November 4, 2025 Election Day

Wednesday, November 26, 2025 Thanksgiving Recess

December 22. 23. 24, 26, 29, 30, and 31, 2025 Winter Session

(December 24 & 31, 2025 are from 7:00 am—1:00 pm)



LEGO CLUB



Join our instructor Myra Holms Pfeffer as your child creates with Lego's. Explore the interesting and fascinating subject of science, conduct experiments, get involved with science inquiry, and HAVE FUN!!!

Every Wednesday (6 Weeks) 10/29/2025-12/10/2025

Ages: 6-9 4:30-5:15 pm Studio A

Facility Member: \$85 Program Participant: \$150

CELEBRATE AT THE Y

DRY LAND PARTY CHOICES

- Playscape
- Sports
- Arts & Crafts
- Tie Die (ages 7+)
- STEM

Facility Member: \$285
(up to 20 party guests)

SPECIALTY PARTY CHOICES

***based on instructor availability.**

- Archery (ages 8+),
- Zipline Party (ages 5+)
- Dance (ages 5+)
- Create Your Own

Facility Member: \$295+
(up to 20 party guests)



Time choices:
Saturdays: 1:00pm–
3:00pm or 3:30pm–
5:30pm

You must be a member of the Y for 3 months to book a Birthday Party. Contact Lynn Wheeler E wheeler@cccymca.org.

YOUTH & FAMILY

CHESS CLUB

Make New Friends and Have Some Fun!

Every Monday at 10:00am people of all ages and skill levels can gather to play, study and appreciate the game of Chess. Chess Club offer a range of activities and a supportive environment for members to improve their skills and connect with others.

EVERY MONDAY MORNING

Time: 10:00am – 11:30am Room: Media Room

ARCHERY CLUB

Learn something new! Try Archery

Make it a family affair or grab some friends! Archery is a great sport to learn with others. Whether you are new to Archery or want to hone your skills, this club is just for you! Anyone ages 7 and up can have some fun learning the art of Archery.

EVERY SATURDAY MORNING

Date: October 25, 2025—November 22, 2025 (5 Weeks)

Time: 9:30am –10:15am OR 10:30am–11:15am

Facility Member: \$75 Program Participant: \$140

Advanced registration required.



YARN CLUB

Join us for a time to share what you are working on while visiting with friends. Knitting or crocheting is more fun when you are with someone. Open to all.



"I'm hooked on crochet"

Wednesdays 1:00pm–2:00pm

Media Room

If you have yarn or tools to share, bring them with you.



CENTRAL CONNECTICUT
COAST YMCA

TRUNK OR TREAT

Saturday, October 18th

Trunk or Treat 4:30PM

Outdoor Movie 6:30PM

Onsite Pizza!

**Proceeds will be
donated to the
2025 Annual
Campaign!**

**SOUNDVIEW FAMILY YMCA
628 East Main Street
Branford, CT 06405**

**Interested in
Decorating
Your Car?**

**Be sure to
register at the
Front Desk!**



SCHOOL AGE CHILD CARE

ENGAGING BEYOND THE SCHOOL

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**.



CONVENIENTLY PROVIDING TRANSPORTATION

The East Haven schools transport students to and from our After School program at 1 Maple Street, East Haven, CT. **All half days are included**

EXPERIENCE THE YMCA AFTER SCHOOL PROGRAM AT THE Y!

East Haven Monthly Fees:

\$50 registration fee - one TIME 2025-2026 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: \$205 / Program Participant: \$295

Before Care 5 days/week: Facility Member: \$260 / Program Participant: \$380

After Care 3 days/week: Facility Member: \$272 / Program Participant: \$395

After Care 5 days/week: Facility Member: \$345 / Program Participant: \$500

Before and After Care 3 days/week: Facility Member: \$400 / Program Participant: \$539

Before and After Care 5 days/week: Facility Member: \$505 / Program Participant: \$680

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



AQUATICS

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.

SWIM SCHEDULE

Group Swim Instruction offered October 27–December 14 (pending any facility cancellations)

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

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 life-saving 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, Valerie Parker at vparker@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.

Facility Member: \$105

Program Participant: \$210

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.

Mon: 9am Sat: 9am Sun: 9am

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.

Mon: 9am Sat: 9:35am Sun: 9am



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 \$105 / Program Participant \$210

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

Mon: 9:35am, 5:15pm

Sat: 9am, 11:20am

Sun: 9:35am, 11:20am

School Age

Tue: 4:45pm

Wed: 6:30pm

Sat: 10:45am

Stage 2 - Water Movement

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

Preschool

Tue: 5:30pm

Wed: 4:45pm

Thur: 4:45pm

Sat: 10:10am

School Age

Tue: 6:40pm

Wed: 5:30pm

Sat: 10:10am

Sun: 10:10am

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

Mon: 10:10am

Sat: 10:45am

School Age

Mon: 5:50pm

Tues: 6:05pm

Wed: 5:55pm

Thur: 5:20pm

Sat 9:35am, 11:20am

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: \$110

Program Participant: \$220

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 treading water and elementary backstroke.

School Age

Mon: 4:30pm Tue: 6:05pm Thur: 5:55pm

Sat: 10:25am Sun: 11:20am

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

Mon: 6:25pm Sat: 9:40am Sun 10:35am

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

Sat 11:05am



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 ratios for those ages 3 and up. Fees are per individual swimmer. **All swimmers must be a Facility Member to participate.**

1:1 \$205 (4 lessons)

2:1 \$125/per student (4 lessons)

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



SPLASH BASH PARTIES

Splash Bash Pool Birthday Parties

Make a splash on your child's special day with a YMCA Splash Bash Birthday Party! Celebrate with friends and family in a fun, active, and memorable way. Parties are for **members** ages 5 and older and are held on **Saturdays only**.

You can choose from two exciting party packages:

Basic Splash Bash

- 60 minutes of swim time in the shared pool
- 45 minutes in the celebration room
- Tables and chairs set up by your party host

Deluxe Splash Bash

- 60 minutes of **private pool** swim time
- 45 minutes in the celebration room
- 30 minutes in the YMCA playscape after your celebration
- Tables and chairs set up by your party host

Whether you choose the Basic or Deluxe package, your child and their guests will enjoy a fun-filled birthday to remember!

Contact Aquatics Director, Valerie Parker
vpaker@cccymca.org to book your party 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 Tuesday 7pm

Adult Intermediate Tuesday 7:35pm

Adult Advanced Tuesday 8:10pm

Facility Member \$105

Program Participant \$210



BEYOND SWIM BASICS

The Y introduced the country to group swim lessons over 110 years ago in 1909. Now, as one of the largest community-based organizations in the country, we teach more than a million children, especially those most at-risk of drowning, invaluable water safety and swimming skills each year. But, what happens after that? The Soundview Family YMCA is here to help with programs like Mini Stingrays.

MINI STINGRAYS

Instructional in nature and a beginning level for future Stingrays swimmers, youth in the **Mini Stingrays** class work on proper body balance and the coordination of each of the competitive strokes. Prerequisites include of 25 yard swim on their front and 25 yard swim on their back, both without stopping.

This class is for swimmers ages 6 - 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 Y Swim Club.

Tuesdays and Thursdays 7:10-7:50pm

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



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

Thursdays 4:15-4:55pm and Saturdays 9-9:40am

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

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 9am and 10am and Wednesdays 9am

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-Fridays 8am, Mondays and Wednesdays 11am, Mondays 10am, Tuesdays and Thursdays 9am and 10am, Thursdays at 11am

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



COMPETITIVE AQUATICS

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.

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

STINGRAYS MASTERS

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.

HEALTHY LIVING

ARE YOU EQUIPPED TO SUCCEED?

Free Introductory Training (F.I.T.) For New & Current Y Members

Whether you're new to the Y or need a refresher, our **F.I.T. (Free Introductory Training)** is here to help you get the most out of your membership.

Meet with a personal trainer to:

- ✓ Clarify your goals & create an action plan
- ✓ Learn how to use equipment with confidence
- ✓ Get tips to jumpstart or refresh your routine
- ✓ Two free sessions to ensure your success

Let's get started—register at the Front Desk.

TRY BEFORE YOU BUY

H.E.L.P. (Health, Education and Logical Planning)

A 60-minute H.E.L.P session will get you started towards your goal. You will receive:

- ◆ Understand your body's unique needs and create a personal blueprint.
- ◆ 2 or 3 easily implemented suggestion towards tailored to your specific goals
- ◆ 10 easy recipes to try.

To schedule a nutritional coaching appointment email Christina Murphy, Nutrition Health Coach at cmurphy@cccymca.org.

LIVESTRONG[®]
AT THE YMCA



NEXT SESSION: JANUARY 2025

Monday & Thursday | 1:15pm - 2:30pm

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

INTRO TO PERSONAL TRAINING

Ready to Feel Stronger, Healthier, and More Confident?

Jumpstart your fitness journey with a **4-hour personalized training package** designed to help you gain momentum, build confidence, and see results. Our **Certified Personal Trainers** will work with you to assess your wellness goals and create a customized plan tailored just for you

- ✓ 4 Hours for Only \$278
- ✓ One-Time Introductory Offer
- ✓ Customized, Goal-Based Training
- ✓ Support Every Step of the Way

BEGINNER PICKLEBALL CLINIC



Four (4) sessions

Week 1: Game rules & Understanding the Court, Scoring, Paddle use, & Dinking

Week 2: Serving & Return of Serve

Week 3: Transition & 3rd Shot Drop

Week 4: Blocking Bangers &

Punch Volley

4 WEEK SUNDAY CLINIC

TIME: 11:00am-12:30pm

COST: Facility Member \$100 / Program Participant \$150

PLACE: Outside (weather permitting)/Multipurpose Room

SPACE LIMITED TO 8 PLAYERS. REGISTRATION





**SPACE IS
LIMITED!**

RESTORATIVE YOGA WORKSHOP

STRETCH-BE STILL-MEDITATE-BREATHE

Bolsters, blocks, and straps are provided. Bring a yoga mat, a blanket or two, a hard pillow, and a bottle of water. Don't forget your warm socks!

Tuesday, October 28 or
Thursday, October 30
1:00 PM — 3:00 PM
Facility Member \$40
Program Participant \$80

SOUNDVIEW FAMILY YMCA
CENTRAL CONNECTICUT COAST YMCA

GROUP EXERCISE CLASSES

*** Registration required. Download Y360.**

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 and 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, KICK & LIFT

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

Monday 6:15pm

Multipurpose Room

CARDIO INTERVALS & STRENGTH

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

Tuesday 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*

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 7:15am

Sun 8:15am

Fri 5:15pm

Wed 9:15am / 6:15pm

Cycle Room

LOW

Aerobics is back! A lower impact, steady state cardio workout. This energetic, music-based workout combines cardio tracks with toning tracks.

Tuesday / Thursday 9:15-10:00am

Studio AB

MOVEMENT FOR PARKINSONS

Stage 3-5 Loss of balance. Ambulates with cane/walker. Stiffness in the legs with difficulty to stand/walk.

Tuesday / Thursday 10:15am

Studio AB

Stage 1-2 Mild symptoms and walking problems. Poor posture may be apparent.

Tuesday / Thursday 11:15am

Studio AB

GROUP EXERCISE CLASSES

First time participants please arrive 10 minutes before the start of class for setup.

PILATES MAT

This class involves free flowing moves concentrating on core strength, muscle balance, and 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 and improve your core strength.

Monday 9:15am

Studio AB

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

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

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

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

Sunday 11:00am

Studio AB

Wednesday 5:00pm / Friday 5:30pm

Multipurpose Room

Tuesday / Wednesday / Thursday 8:00am

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

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 — NEW!

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

Class format/instructor subject to change without notice. Visit Y360 app for current schedules.



SOUNDVIEW FAMILY YMCA

628 East Main Street,
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