



DISCOVER YOUR Y

**WINTER 2
2026 PROGRAM GUIDE
MARCH 2-APRIL 26**

WOODRUFF FAMILY YMCA
631 Orange Ave Milford CT 06461
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 www.facebook.com/WoodruffFamilyYMCA

 @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.

2026 WINTER 2 SESSION & REGISTRATION DATES

SESSION DATES: MARCH 2- APRIL 26

REGISTRATION DATES

Facility Member: FEBRUARY 7

Program Participant: FEBRUARY 14

FACILITY HOURS

Monday - Thursday 5:30AM - 9:00PM

Friday 5:30AM - 7:00PM

Saturday 7:00AM - 6:00PM

Sunday 8:00AM - 4:00PM

Pool Closes 30 minutes prior to close

HOLIDAY HOURS

Easter Sunday Closed

GENERAL PROGRAM INFORMATION

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

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

1. The YMCA cancels a program or class
2. Request form must be received prior to the start of the program session*
3. After the start of the program session, only for medically documented reason*

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

Nicole Servas, District Executive Director

Ryan Leworthy, District Operations Director

Susie Marklinsky, Child Care & Camp Director

Jennifer Fleischer, Health & Wellness Director

Emily Struzik, Aquatics Director

Claire Morton, Membership Coordinator

Sue Buglione, Preschool Coordinator

The Woodruff Family YMCA is governed by our Board of Managers that consists of volunteers throughout our service areas of Milford, Orange, Woodbridge and West Haven.

Cathy Berni

Craig Dellert

Richard D'Onofrio

Kristine Gentile

Brian Gresko

George Hunihan

Glenn Laudenslager

Allie Levene

Elizabeth Maurer

Diane McCarthy-Bercury

Michael Pastir

James Tappellini

Victoria Woodard

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 Woodruff Family YMCA for more information.

DONATE FOR A BETTER US

Connect with Nicole Servas,
District Executive Director,
nservas@cccymca.org
to learn more.





MEMBERSHIP FOR ALL

The Woodruff 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 Woodruff Family YMCA wellness center houses professional cardio and strength training equipment designed and geared for all fitness levels.

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

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

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

We hope you will decide to join the Woodruff 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 Woodruff Family Y for more information



YOUTH DEVELOPMENT

CHILD WATCH

MONDAY-SATURDAY 8:30AM – 11:30AM
MONDAY-THURSDAY 5:00PM-8:00PM
FRIDAY 5:00PM – 6:45PM

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 nuts.

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. Parents are responsible for diaper changes, staff will contact them when needed.

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

BEFORE/AFTER SCHOOL PROGRAM

Comprehensive state-licensed after school program for youth in kindergarten through 5th grade in the Milford 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!

Locations: Calf Pen Meadow , JFK, Live Oaks, Mathewson, Meadowside, Orange Avenue, Orchard Hills and Pumpkin Delight

Before Care Hours: 7:15AM–until school starts | After Care Hours: End of school day–6:00PM

Member	1 child	2 children	3 children
Before School	\$125	\$219	\$318
After School	\$219	\$388	\$542
Before and After	\$286	\$511	\$739
Program Participant			
Before School	\$137	\$237	\$333
After School	\$236	\$418	\$582
Before and After	\$310	\$549	\$794

YOUTH DEVELOPMENT

PRESCHOOL PROGRAMS

FULL DAY PROGRAM

The Woodruff Family YMCA offers a state licensed 3 and 4 year old program to prepare your child for Kindergarten. With an increased focus on literacy and learning through exploration, your child will develop the social, emotional, physical and academic skills necessary for Kindergarten. We also offer swim lessons bi weekly! Registration fee is \$50, non-refundable.

Monday-Friday 7:15AM-5:30PM

Member \$972/Month | Program Participant \$1480

HALF DAY PROGRAM (AGES 3-4 YEARS)

Three year old program

Tuesday and Thursday 9:00AM-1:00PM

Member \$244 | Program Participant \$365

Four year old program

Monday, Wednesday and Friday 9:00AM-1:00PM

Member \$380 | Program Participant \$570



Have questions about our preschool program?

Contact Sue Buglione,
Preschool Coordinator at
sbuglione@cccymca.org



YOUTH DEVELOPMENT

Y KID'S DAY OUT

Y Kid's Day Out is a fun-filled day designed to keep kids active, engaged and smiling! Participants will enjoy swimming, games and crafts in a safe and supportive environment. Parents are asked to pack a lunch for their child.

**Dates- 3/21, 12:00pm-4:00pm
4/25, 12:00pm-4:00pm**

**Member \$15
Program Participant \$25**

For additional information please contact our Membership Coordinator, Claire Morton at cmorton@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 either the Woodruff Family YMCA including sports, crafts, swim and games. All children should bring a snack and lunch with water! Nut-free please!

**Winter 2 DATES :
March 20
April 3
April 6-10**

**Full Day 7:15AM-6:00PM
Member \$50 | Program Participant \$100**

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, preschool (age 3)-5th grade, will be involved in games, arts and crafts, structured free play and pool time. The Y will provide them with a pizza dinner. Now, on the plus side...you get to have a little down time to yourself or enjoy a night out!

**6:00PM-9:00PM
Members \$15
Program Participant \$25**

**Winter 2 DATES:
March 13
April 10**

YOUTH DEVELOPMENT

FAMILY & YOUTH PROGRAMS

FLICK AND FLOAT

Enjoy a swim and movie on the “big screen” in our pool at the Woodruff Family YMCA. Float, splash and have fun with the family and friends all while watching a movie at the same time! Movie will begin approximately 30 minutes after event start. All swimmers under the age of 13 will be swim tested and given a band to determine their swim level.

February 27 6:00PM–9:00PM

Member \$15 | Program Participant \$25



ANNUAL WOODRUFF FAMILY YMCA EASTER EGG HUNT- SAVE THE DATE!

Join us for a fun-filled Easter celebration at the YMCA! Children will enjoy age-grouped egg hunts, crafts and special visit from the Easter Bunny!

The event date is March 28.

Egg Hunt Schedule

- **Ages 0–3– 11:15am–11:30am**
- **Ages 4–6– 11:45am–12:00pm**
- **Ages 7 and up– 12:15pm–12:30pm**

Y LEADERS CLUB

Y Leaders Club provides high school students with extensive leadership training, offering opportunities for service to the YMCA and the community. Leaders Club meets once a week virtually, and in person. Leaders Club provides a safe, genuine place for high school students and helps direct their energy to positive outcomes.

For more information, contact Susie Marklinsky at the Woodruff Family YMCA

BIRTHDAY PARTIES

The Woodruff Family YMCA offers pool parties to celebrate your child’s next birthday!

For our birthday parties, a party host will be provided to help parents set up and clean up from the party. Parties are two hours—you provide the decorations and food. We provide the fun!

Saturdays–1:00 PM —3:00 PM

Sundays– 1:00 PM—3:00 PM

FEE: Members: \$250/Program Participants: \$350

Max # is 20 people.

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.

For parties, a completed and **signed party agreement as well as a \$100.00 deposit** need to be processed before any date and time is secured. Contact Emily Struzik at estruzik@cccymca.org.



YOUTH DEVELOPMENT

**Summer Day Camp
for ages 5-15!**

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

REGISTER NOW!

CAMP WEPAWAUG

- Swim lessons
 - High Ropes course
 - Archery
 - Sports & Games
 - Arts & Crafts
- and so much more!

CAMP DATES: JUNE 15TH – AUGUST 21ST
M-F 9:00AM-3:30PM | Pre & Post Care Available





Photo: YMCA Camp Hi-Rock

ADDITIONAL CAMP LOCATIONS

DAY CAMP LOCATIONS:

Fairfield YMCA

841 Old Post Road Fairfield, CT 06824

Lakewood Trumbull YMCA-Camp Tepee

204 Stanley Road, Monroe, CT 06468

Bridgeport YMCA

850 Park Avenue, Bridgeport, CT 06604

↳ **Ralphola Taylor Community Center**
790 Central Ave, Bridgeport, CT 06604

Stratford YMCA

3045 Main Street, Stratford, CT 06614

Valley YMCA

32 Howard Avenue, Ansonia, CT 06401

Woodruff Family YMCA-Camp Wepawaug

631 Orange Avenue, Milford, CT 06461

Soundview Family YMCA-Camp Nonoma

628 East Main Street, Branford, CT 06405

Hamden/North Haven YMCA-Camp Mountain Laurel

2705 Downes Road, Hamden, CT 06514

New Haven Youth Center YMCA

50 Howe Street, New Haven, CT 06511

OVERNIGHT CAMP LOCATION:

Camp Hi-Rock

544 East Street, Mount Washington, MA 01258



SUMMER CAMP DATES:
June 15th - August 28st



3 years - 17 years
*DEPENDENT ON WHICH CAMP YOU CHOOSE



Registration begins Jan 2nd

****Financial Assistance available for those who qualify**



SWIM PROGRAMS

STRONG SWIMMERS = CONFIDENT KIDS





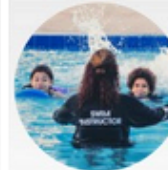
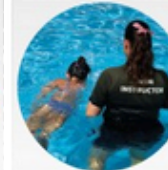
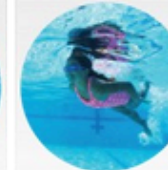

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can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

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

POOL GUIDELINES/OBSERVATION POLICY

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

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

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



SWIM PROGRAMS

STRONG SWIMMERS = CONFIDENT KIDS

Stage A / Water Discovery

Saturday 8:30am
Sunday 8:30am

Stage B / Water Exploration

Saturday 9:00am
Sunday 9:00am

Stage A/B / Water Exploration

Tuesday 4:30pm

Stage 1 / Water Acclimation

Preschool:

Monday 4:00PM
Tuesday 5:40pm
Wednesday 4:30pm
Friday 4:00pm, 5:30pm
Saturday 8:30am, 9:00am
Sunday 8:30am, 9:00am

School Age:

Monday 4:30pm
Thursday 4:30pm
Saturday 9:30am
Sunday 9:30am

Stage 2 / Water Movement

Preschool:

Tuesday 4:00pm
Wednesday 4:00pm, 5:30pm
Thursday 4:00pm
Friday 4:30pm
Saturday 9:30am
Sunday 10:00am

School Age:

Wednesday 4:00pm
Thursday 4:00pm
Friday 5:40pm
Saturday 9:00am
Sunday 9:30am

Stage 3/ Water Stamina

Preschool:

Monday 4:30pm
Tuesday 4:30pm
Thursday 5:45pm
Friday 5:00pm
Saturday 10:00am
Sunday 10:30am

School Age:

Monday 4:00pm
Tuesday 5:00pm
Wednesday 5:30pm
Thursday 4:30pm
Saturday 10:00am, 10:30am
Sunday 10:00am

Stage 4/ Stroke Introduction

Preschool:

Tuesday 4:00pm
Friday 4:30pm
School Age:
Monday 5:00pm
Tuesday 5:00pm
Wednesday 5:30pm
Thursday 5:00pm
Friday 5:00pm
Saturday 10:10am
Sunday 9:00am
Sunday 10:20am

Stage 5/ Stroke Development

School Age:

Monday 5:00pm
Tuesday 5:30pm
Wednesday 4:30pm
Thursday 5:00pm
Saturday 10:50am
Sunday 10:30am

Stage 6/ Stroke Mechanics

School Age:

Thursday 5:40pm
Saturday 9:30am
Sunday 9:40am

Teen/Adult Swim Lessons

Teen:

Friday 5:00pm

Adult:

Friday 5:45pm
Saturday 10:30am

Adaptive Lessons

Registration in person or online. Must make appointment with Emily Struzik, Aquatics Director

Pricing for Swim Lessons
30 mins

Members: \$110
Program Participants: \$220
40 mins

Members: \$115
Program Participants: \$230



HEALTH & WELLNESS

PERSONAL TRAINING & WELLNESS PROGRAMS

PERSONAL TRAINING

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.

For more information, please contact our Health and Wellness Director, Jennifer Fleischer by email at jfleischer@cccymca.org

INTRODUCTION TO PERSONAL TRAINING

For new clients we offer an introductory program for your first 3 hours at \$149 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.

3 hours \$149.00

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.



F.I.T. ORIENTATION FOR ALL

As a Y Member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. (Free Introductory Training) so that we can help you get started. Appointment includes orientation on cardio and strength equipment in our Wellness Center.

Ready to take the next step in your wellness journey?

Connect with our Health & Wellness Director, Jennifer Fleischer, at jfleischer@cccymca.org for more information.



HEALTH & WELLNESS

TRANSFORM YOUR HEALTH, MIND & BODY

SUPPORTING WELLNESS TOGETHER

Are you ready to transform your life and become the best version of yourself? Our 12-week program is designed to help you crush your goals for vibrant health, discover effective strategies for less stress, achieve sustainable weight loss, build a foundation of lifelong fitness, forge new friendships, and simply feel better! We believe there is power in numbers. Together, within our supportive group environment, everyone is stronger. This isn't just a program; it's a community dedicated to collective success.

Program Highlights

- Weekly Inspirational Meetings: Stay motivated and accountable with structured sessions designed for connection and progress tracking.
- Personalized Coaching: Benefit from 30 minutes every week with a certified Personal Trainer, ensuring your journey is guided by expertise and tailored to your unique needs.

Don't wait to invest in your most valuable asset: you. Commit to this transformative experience today. Enroll now and start your journey to a stronger, healthier, and happier you!

For more information, please reach out to Jennifer Fleischer by email at jfleischer@cccymca.org

..... 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 instruction, nutrition/cooking classes, children's book readings, and so much more!
- Learn what's happening at the Y. Push notifications are also available
- PLUS set personal wellness goals
- Get connected by joining Challenges
- Track your wellness activities
- Connect to your wellness device and other health apps.
- View a history of your wellness accomplishments
- Check Y hours and locations

YMCA360

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

INCLUDED WITH YOUR MEMBERSHIP.
LEARN MORE & DOWNLOAD NOW

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 CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS SCHEDULES!

AOA ADULT FIT

Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily activities. Hand-held weights, elastic tubing with handles and balls are used. Chairs available.

AOA CARDIO CIRCUIT

Increase cardiovascular and muscular endurance in a standing circuit workout. Hand-held weights, elastic tubing and a ball will be used and alternated with non-impact aerobics. Chairs available.

AOA STRETCH AND STABILITY

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

AOA CHAIR ASSISTED TAI CHI

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

ACTIVE TOGETHER

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

BALANCE AND FLEX TOGETHER

A blended class that focuses on flexibility and strength, and combining the best of Yoga, Tai Chi and Pilates.

BOOT CAMP

A high intensity workout designed to work the whole body using TRX® straps, resistance equipment, weights and other equipment.

CARDIO BARRE

Barre movements with intervals of cardio. There is minimal impact but don't let that fool you! One of the best workouts around. Weights, bands, balls and other equipment is used.

CYCLE CORE AND MORE

A fun, high-energy Cycle class to focus on training the core and lower body. Through core engagement, the abdominals provide stability and help support the upper body while cycling.

HEALTH & WELLNESS

CLASS DESCRIPTIONS [CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS SCHEDULES!](#)

CIRCLE MOBILITY

Zumba Mat Fusion

MUSCLE CORE AND MORE

Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.

PILATES MAT

Tone and strengthen core muscles, improve stability and posture, slim down and tone up. This class involves free-flowing moves, concentrating on core strength, muscle balance, and flexibility.

QI GONG (STANDING AND SEATED)

Qigong means “life energy cultivation”. It uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy. All levels.

STEP

The energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve cardiovascular fitness.

STRENGTH TRAIN TOGETHER

This class will blast all of your muscles with a hi-rep weight training workout. Using an adjustable barbell, wand body weight, the workout combines squats, lunges, presses and curls with functional exercises.

TAI CHI

The ancient form of Chinese exercise, emphasizing proper breathing, balance, and strength.

WATER FIT

Moderate intensity water aerobics. Includes cardiovascular workout followed by toning exercises using a variety of equipment in the water.

GENTLE FLOW YOGA

Blended styles of yoga, offering non-competitive sequences of movement, tranquil guided meditations and in-depth study of breathing.

VINYASA YOGA

Energetic flow style yoga practice with emphasis on movement and breath.

KIDS YOGA

Improve strength, flexibility and coordination. Children will learn how to focus and center themselves with various breathing and visualization techniques. See growth in both respect, mental clarity and stress relief.

ZUMBA® (STANDARD, TONING, AQUA, KIDS AND GOLD CLASSES AVAILABLE)

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

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



WOODRUFF FAMILY YMCA

631 Orange Ave Milford CT 06461
P: 203-878-6501 | F: 203-878-0619

FOR A BETTER US