

CENTRAL CONNECTICUT COAST YMCA

A woman with dark hair tied back, wearing a blue t-shirt with the YMCA logo, is smiling and looking down at a craft project on a table. A young girl with long brown hair, wearing a green shirt, is also looking down at the project. They are both focused on their work. The table is covered with various craft materials, including colorful paper and glue. The background is slightly blurred, showing an indoor setting with large windows.

# WOODRUFF FAMILY YMCA FALL 1 PROGRAM GUIDE

# HERE FOR YOU

## **FALL 1 SESSION:**

September 1–October 26

## **PROGRAM REGISTRATION**

Facility Members: August 11

Program Participants: August 18

## **WOODRUFF FAMILY YMCA**

P: 203-878-6501 | F: 203-878-0619

Email: [woodruffinfo@cccymca.org](mailto:woodruffinfo@cccymca.org)

## **FACILITY HOURS**

Mon–Thurs 5:30am–9:00pm

Friday 5:30am–7:00pm

Saturday 7:00am–6:00pm

Sunday 8:00am–4:00pm

For information on closures due to inclement weather, information is posted on WTNH 8, NBC 30, our website and through Facebook.

## **HOLIDAY HOURS/CLOSURES**

Labor Day– 7:00am–1:00pm

## **OUR MISSION**

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## **OUR BOARD OF MANAGERS**

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

Cathy Berni, Chair  
Richard D'Onofrio  
Craig Dellert  
Elizabeth Maurer

George Hunihan  
Victoria Woodard  
Kristine Gentile  
Allie Levene,  
*Annual Campaign Co-Chair*

Glenn Laudenslager,  
*Annual Campaign Co-Chair*  
Diana McCarthy-Bercury  
Brian Gresko  
Michael Pastir

## **YOUR YMCA TEAM**

|   |  |
|---|--|
| District Executive Director: Nicole Servas.....     | <a href="mailto:Nservas@cccymca.org">Nservas@cccymca.org</a>         |
| Health & Wellness Director: Jennifer Fleischer..... | <a href="mailto:Jfleischer@cccymca.org">Jfleischer@cccymca.org</a>   |
| Pre-School Coordinator: Sue Buglione.....           | <a href="mailto:Sbuglione@cccymca.org">Sbuglione@cccymca.org</a>     |
| Child Care and Camp Director: Susie Marklinsky..... | <a href="mailto:Smarklinsky@cccymca.org">Smarklinsky@cccymca.org</a> |
| Membership Coordinator: Claire Morton.....          | <a href="mailto:Cmorton@cccymca.org">Cmorton@cccymca.org</a>         |
| District Operations Director: Ryan LeWorthy.....    | <a href="mailto:Rleworthy@cccymca.org">Rleworthy@cccymca.org</a>     |

**REGISTER ONLINE at [www.woodruffymca.org](http://www.woodruffymca.org)**





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. Your contributions to the YMCA provide direct financial assistance for ALL who need it.

## **DONATE FOR A BETTER US.**

**PRESCHOOL &  
SCHOOL AGE  
PROGRAMS**  
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# YOUTH DEVELOPMENT

## EARLY LEARNING CENTER

**REGISTER NOW FOR 2025-2026 PRESCHOOL SCHOOL YEAR NOW!**

**REGISTRATION CURRENTLY OPEN - CALL FOR A TOUR!**

**Our Early Learning Program is year round!**

Our Nationally Accredited, state licensed programs will prepare your **3 or 4 year old** for kindergarten! With an increased focus on literacy and learning through exploration, your child will develop social, emotional, physical and academic skills necessary for the beginning of his/her academic career, including:

- Music and Movement/socialization
- Sight word recognition & guided reading practices
- Development of fine and gross motor skills
- Language development-focusing on reading, writing, listening, and



speaking connections.

- Swim instruction 2x per month

Family Registration Fee: \$50 non-refundable  
(Annual registration fee due at time of sign up per family)

### FULL DAY PROGRAM:

3 YEAR OLD & 4 YEAR OLD ROOMS

CHILD MUST BE TOILET TRAINED

MONDAY- FRIDAY | 7:15AM-5:30PM

**MEMBERS: \$972/MONTH**

**PROGRAM PARTICIPANT: \$1480/MONTH**

### HALF DAY PROGRAM:

3 YEAR OLD

(CHILD MUST BE TOILET TRAINED)

TUESDAY & THURSDAY | 9:00AM-1:00PM

**MEMBERS: \$244/MONTH**

**PROGRAM PARTICIPANT: \$365/MONTH**

### HALF DAY PROGRAM:

4 YEAR OLD PROGRAM

(CHILD MUST BE TOILET TRAINED)

MONDAY, WEDNESDAY & FRIDAY | 9:00AM-1:00PM

**MEMBERS: \$380/MONTH**

**PROGRAM PARTICIPANT: \$570/MONTH**

## YMCA SCHOOL AGE CHILD CARE

**REGISTER FOR 2025-2026 SCHOOL YEAR NOW!**

During these challenging times when your regular routine seems to change on a daily basis, one thing remains the same: your child needs a safe, enriching place to go when school is not in session plus before and after school day. As an organization dedicated to youth development, we are working closely with the Board of Education!

Our State Licensed program will continue to operate in all 8 of Milford's Elementary schools. Our before school program will open at 7:15AM and run until the start of the school day and our afterschool program will begin at the end of the school day and end at 6PM.

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





# YOUTH DEVELOPMENT

## PARENTS NIGHT OUT

Every parent deserves a night out! Drop off your kid(s) for a movie and pizza night here at the Woodruff Family YMCA. Our caring Y staff will engage your kids in age specific activities! Free for Youth Facility Members!

**AGES:** 3-12 YEARS

**DATE:** FRIDAY, 9/19, 10/10

**TIME:** 6:00PM-9PM

**FACILITY MEMBER:** \$10

**PROGRAM PARTICIPANT:** \$20

For more information, please contact Claire Morton, Membership Coordinator, [cmorton@cccymca.org](mailto:cmorton@cccymca.org).



## Trunk or Treat!

### HALLOWEEN TRUNK OR TREAT

SAVE THE DATE!

Calling all ghouls and goblins! Join us at the Woodruff Family Y for some great Halloween activities. Please reach out to Claire Morton, Membership Coordinator, if you would like to volunteer your car!

**WHEN:** Saturday, 10/25 10am-1pm

## ARCHERY

Have fun and learn to shoot with a certified Archery Instructor.

Students will learn proper form, technique, and terminology as well as scoring and range safety.

**AGES:** 5-12 YEARS

**DATES:** 9/6-10/25

**TIME:** 9AM-10AM

**FACILITY MEMBERS:** \$84

## Y VACATION CLUB

No school? No problem! The Woodruff Family YMCA is here for your child care needs. Drop your child off with our experienced child care staff for a fun-filled day of games, activities, arts & crafts, swimming, and more! Pre-registration is required.

**Labor Day 9/1, Rosh Hashanah, 9/23, Yom Kippur, 10/2**

## CHILD WATCH

The YMCA Child Watch Program is a member benefit open to children 6 weeks to 11 years old. Members may utilize Child Watch while they work out or take a Group Fitness class in our facility.

Parents must remain on the premises at all times.

### HOURS:

MON-SAT | 8:30AM-11:30AM

MON-THURS | 5:00PM-8:00PM

FRI | 5:00PM-6:45PM



MORE INFORMATION ONLINE AT [WWW.WOODRUFFYMCA.ORG](http://WWW.WOODRUFFYMCA.ORG)

# YOUTH DEVELOPMENT

## 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.

Registration for the session.

**Swim Starters and Swim Basics classes require one parent\* to participate in the pool and on the pool deck. Groups will be socially distanced from others.**

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.

\*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<br>Parent* & Child | SWIM STARTERS               | Stages A-B |
| 3 years – 5 years<br>Preschool        | SWIM BASICS<br>SWIM STROKES | Stages 1-4 |
| 6 years – 12 years<br>School Age      | SWIM BASICS<br>SWIM STROKES | Stages 1-6 |
| 12+ years<br>Teen & Adult             | SWIM BASICS<br>SWIM STROKES | Stages 1-6 |

## 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.

**AGE GROUP 6 MONTHS – 3 YEARS  
PARENT\* & CHILD  
STAGES A-B**

## SWIM STARTERS

### STAGE A / WATER DISCOVERY

One parent\* accompanies their child in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**MEMBER: \$105 | PROGRAM PARTICIPANT: \$210  
SATURDAY 8:30AM | SUNDAY 8:30AM**

## SWIM STARTERS

### 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.

**MEMBER: \$105 | PROGRAM PARTICIPANT: \$210  
TUESDAY 4:30, SATURDAY 9:00AM, SUNDAY 9:00AM**



## POOL GUIDELINES

Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol.

**MORE INFORMATION ONLINE AT [WWW.WOODRUFFYMCA.ORG](http://WWW.WOODRUFFYMCA.ORG)**

# YOUTH DEVELOPMENT

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

**AGE GROUPS:**  
**3 YEARS-5 YEARS | PRESCHOOL**  
**6 YEARS-12 YEARS | SCHOOL AGE**  
**12+ YEARS | TEEN & ADULT**

## SWIM BASICS

### 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.

**MEMBER: \$105 | PROGRAM PARTICIPANT: \$210**

#### PRESCHOOL:

MONDAY 4:00PM  
TUESDAY 4:00PM  
WEDNESDAY 4:30PM  
THURSDAY 4:30PM  
FRIDAY 4:00PM, 5:30PM  
SATURDAY 8:30AM, 9:00AM  
SUNDAY 8:30AM, 9:00AM

#### SCHOOL AGE:

MONDAY 4:30PM  
TUESDAY 5:00PM  
WEDNESDAY 5:00PM  
THURSDAY 5:00PM  
FRIDAY 4:00PM  
SATURDAY | 9:30AM  
SUNDAY | 9:30AM

#### TEEN (AGE 13-16):

FRIDAY | 5:00PM  
SATURDAY | 10:00AM

#### ADULT BEGINNER (AGE 17 AND UP):

SATURDAY | 10:45AM

**MEMBER: \$105 | PROGRAM PARTICIPANT: \$210**

#### PRESCHOOL:

MONDAY 4:30PM  
TUESDAY 4:00PM  
WEDNESDAY 4:00PM  
THURSDAY 4:00PM  
FRIDAY 4:30PM

## 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**

6 years – 12 years  
School Age

SWIM BASICS  
SWIM STROKES

**Stages 1-6**

12+ years  
Teen & Adult

SWIM BASICS  
SWIM STROKES

**Stages 1-3**

## SWIM BASICS

### 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.

**MEMBER: \$105 / PROGRAM PARTICIPANT: \$210**

#### PRESCHOOL:

MONDAY 4:30PM  
TUESDAY 4:30PM  
WEDNESDAY 4:30PM  
THURSDAY 5:45PM  
FRIDAY 5:00PM  
SATURDAY | 10:00AM  
SUNDAY | 10:30AM

#### SCHOOL AGE:

TUESDAY | 5:00PM



WEDNESDAY 4:00PM  
THURSDAY | 4:00PM  
FRIDAY 5:40PM  
SATURDAY | 9:00AM  
SUNDAY | 9:30AM



# YOUTH DEVELOPMENT

## 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.

**AGE GROUPS:**  
**5 YEARS-12 YEARS | SCHOOL AGE**  
**12+ YEARS | TEEN & ADULT**



## SWIM STROKES

### STAGE 4 / STROKE INTRODUCTION

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.

**MEMBER: \$110 | PROGRAM PARTICIPANT: \$220 (45MIN)**

#### **PRESCHOOL:**

MONDAY 5:00PM

WEDNESDAY 5:00PM

FRIDAY | 4:30PM

#### **SCHOOL AGE:**

MONDAY | 5:00PM

WEDNESDAY | 5:30PM

FRIDAY 5:00PM

SATURDAY | 10:30AM

SUNDAY | 9:00AM

## SWIM STROKES

### 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.

**MEMBER: \$110/PROGRAM PARTICIPANT: \$220**

#### **SCHOOL AGE:**

MONDAY | 5:00PM

TUESDAY | 5:30PM

THURSDAY 5:00PM

SATURDAY | 10:50AM

SUNDAY | 10:30AM



## SWIM STROKES

### 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.

**MEMBER: \$110/PROGRAM PARTICIPANT: \$220**

#### **SCHOOL AGE:**

THURSDAY | 5:30PM

SATURDAY | 9:30AM

SUNDAY 9:45AM

## PRIVATE & SEMI PRIVATE SWIM LESSONS

#### **AGES: 3 and up**

One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled

between the instructor and the participant. Participants in Semi Private Lessons must be in the same household.

#### **MEMBERS ONLY CAN**

**REGISTER:** Please submit the Private Lesson Registration Form found on [www.woodruffymca.org](http://www.woodruffymca.org).





# HEALTHY LIVING

members that matches their on-the-go lifestyles and puts healthy living at the center of 2023.

YMCA360 is a 360-degree seamless Y experience on web and TV. It is included free with every membership.

With YMCA360, healthy living for people of all ages and activity levels is possible anytime, anywhere. The robust digital experience combines immersive, healthy living with the values of the YMCA in a transformational presentation utilizing best-in-class people, programs and systems delivering the ultimate connected community.

More than 1,000+ on-demand and Livestream exercise classes and programs are accessible 24/7 to provide another way to engage with the Y from home or when traveling. New content is added weekly.

For more information, ask at our Member Service Desk or reach out to Jennifer Fleischer, Health & Wellness Director at [jfleischer@cccymca.org](mailto:jfleischer@cccymca.org)

## MOTIVATE MAINTAIN

### PERSONAL TRAINING

If you are 14, 80 or in between, and if your goal is to lose weight, gain strength, improve balance, flexibility and agility, rehabilitate a new or old injury or just push yourself – a Y personal trainer can help you get there. In-person or virtual options are available.

Our certified personal trainers will help develop a personalized program that is perfect for you. They 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.

Schedule a **FREE** evaluation today! We'll discuss your goals and define a training program tailored just for you!

For more information, please contact Jennifer Fleischer, Health & Wellness Director at [jfleischer@cccymca.org](mailto:jfleischer@cccymca.org).



MORE INFORMATION ONLINE AT  
[WWW.WOODRUFFYMCA.ORG](http://WWW.WOODRUFFYMCA.ORG)

# HEALTHY LIVING

## INDOOR GROUP EXERCISE

Check out our indoor Group Fitness offerings!

Registration is mandatory. Registration required through the Woodruff Family YMCA website, [woodruffymca.org](http://woodruffymca.org).

### MONDAY

8:00AM.....ZUMBA  
8:00AM.....WATER FIT  
9:00AM.....STRENGTH TRAIN TOGETHER  
9:00AM.....DEEP WATER FIT  
10:15AM.....BALANCE AND FLEX TOGETHER  
12:30PM.....AOA CARDIO CIRCUIT  
1:30PM.....AOA CARDIO CIRCUIT  
5:30PM.....CYCLE, CORE AND MORE  
5:30PM.....BALANCE AND FLEX TOGETHER  
6:30PM.....ACTIVE TOGETHER

### TUESDAY

9:00AM.....ACTIVE TOGETHER  
10:30AM.....AOA STRETCH AND STABILITY  
12:00PM.....WATER FIT  
12:30PM.....AOA ADULT FIT  
1:30PM.....AOA ADULT FIT  
3:00PM.....TAI CHI  
4:30PM.....KIDS YOGA  
5:30PM.....ZUMBA  
6:30PM.....AQUA ZUMBA  
6:30PM.....YOGA  
8:00PM.....YOGA

### WEDNESDAY

9:00AM.....BALANCE & FLEX TOGETHER  
8:00AM.....DEEP WATER FIT  
9:15AM.....INDOOR CYCLING  
9:00AM.....WATER FIT  
11:00AM.....QI GONG  
12:30PM.....AOA CARDIO CIRCUIT  
1:30PM.....AOA CARDIO CIRCUIT  
3:00PM.....TAI CHI  
5:30PM.....CYCLE CORE AND MORE  
6:00PM.....STRENGTH TRAIN TOGETHER  
6:30PM.....MUSCLE CORE AND MORE

### THURSDAY

9:15AM.....STEP  
10:30AM.....YOGA  
11:30AM.....AOA STRETCH AND STABILITY  
12:00PM.....WATER FIT  
12:30PM.....AOA CARDIO CIRCUIT  
4:30PM.....KIDS ZUMBA  
6:00PM.....ZUMBA

### SATURDAY

8:00AM.....STRENGTH TRAIN TOGETHER  
9:00AM.....BOOT CAMP  
10:15AM.....ZUMBA TONING

### SUNDAY

9:15AM.....STEP  
10:15AM.....MUSCLE, CORE AND MORE





# SOCIAL RESPONSIBILITY

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## FOREVER IN SERVICE

At the Y, we're dedicated to strengthening the community by giving back and supporting our neighbors. There are many ways our members can help us give back to our community.

- Join Togetherhood to plan and execute community service projects such as maintaining our Purple Pantry.
- Give blood at one of our regular Red Cross blood drives.
- Participate in our quarterly Days of Service community projects.
- Join the Y Board of Managers or become a program volunteer.

To learn more, contact Ryan, District Operations Director at [rleworthy@cccymca.org](mailto:rleworthy@cccymca.org)

## Y LEADERS CLUB

Leaders Club provides high school students with extensive leadership training, offering opportunities for service to the YMCA and the community. Leaders Club also serves as a recruiting program for future Y professionals! We are here to develop leaders, fostering with them a culture of service in addition to knowledge and training that will help them better serve others and shape a healthy and productive life for themselves. 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 so we can send you the log on details for the Virtual Meetings.

## PURPLE PANTRY

Food insecurity has no season. There are people in our community still without food and items to sustain their health. Please consider dropping off a non-perishable food or household item. It is our hope that if you are in need, you'll take something and replenish our Purple Pantry when you can.



**WOODRUFF FAMILY YMCA**

631 Orange Avenue, Milford, CT 06461

P:203-878-6501

[WWW.WOODRUFFYMCA.ORG](http://WWW.WOODRUFFYMCA.ORG)