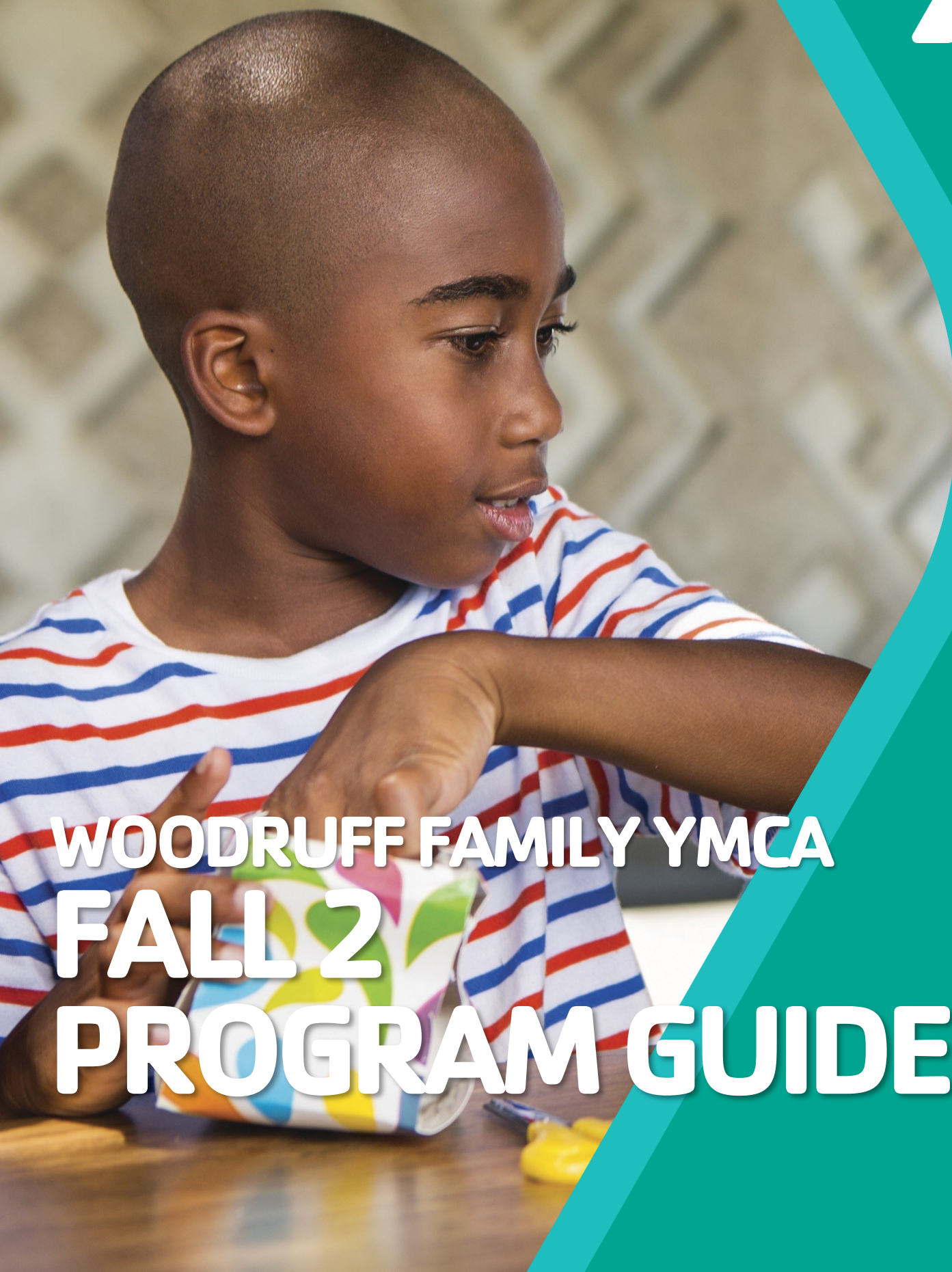


CENTRAL CONNECTICUT COAST YMCA



WOODRUFF FAMILY YMCA FALL 2 PROGRAM GUIDE

HERE FOR YOU

FALL 2 SESSION:

October 27–December 21

PROGRAM REGISTRATION

Facility Members: October 6

Program Participants: October 13

WOODRUFF FAMILY YMCA

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

Email: 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

– 7:00am–1:00pm

Christmas– Closed

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

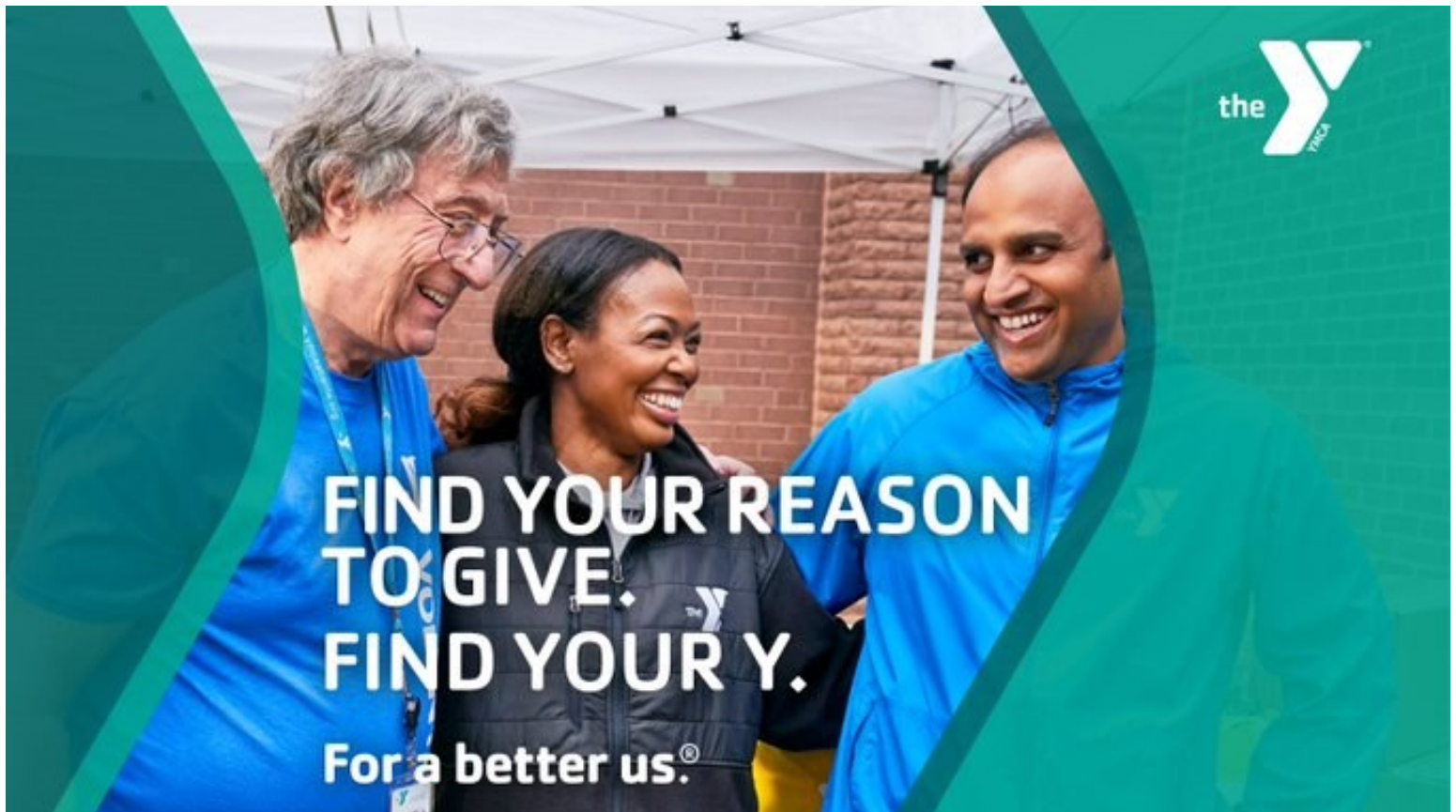
George Hunihan
Victoria Woodard
Kristine Gentile
Allie Levene,
Annual Campaign Co-Chair

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

YOUR YMCA TEAM

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

REGISTER ONLINE at 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.

If you are interested in donating please contact Nicole Servas, District Executive Director, at nservas@cccymca.org

When you donate to the Woodruff 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 FOR A BETTER US.

**PRESCHOOL &
SCHOOL AGE
PROGRAMS**
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**SWIM
LESSONS**
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**ADULT
FITNESS**
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**SOCIAL
RESPONSIBILITY**
Page 11

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

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

MEMBERS: \$972/MONTH

PROGRAM PARTICIPANT: \$1480/MONTH

HALF DAY PROGRAM:

3 YEAR OLD

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. 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, 10/10, 11/7

TIME: 6:00PM-9PM

FACILITY MEMBER: \$10

PROGRAM PARTICIPANT: \$20

For more information, please contact Claire Morton, Membership Coordinator, cmorton@cccymca.org.



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.

Election Day, 11/4, Holiday Break, 12/29-12/31

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

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 11am-1pm



HOLIDAY DROP AND SHOP

Fun for them! Time for you! Drop your kids off at the Y and enjoy some quality time for yourself! While you run errands or take care of things at home, our staff will ensure your children are safe and having a blast making new friends.

AGES: 3-12 YEARS

DATE: 12/12, 12/19, 12/20

TIME: 4-8PM, 11AM-4PM FOR 12/20 OFFERING

FACILITY MEMBER: \$20

PROGRAM PARTICIPANT: \$30

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 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 1-6

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

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, 5:30PM
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

SWIM BASICS

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.

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

PRESCHOOL:

MONDAY 4:30PM
TUESDAY 4:00PM
WEDNESDAY 4:00PM
THURSDAY 4:00PM
FRIDAY 4:30PM
SATURDAY | 9:30AM
SUNDAY | 10:00AM

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 | 5:30PM
THURSDAY 4:30PM
SATURDAY | 10:00AM
SATURDAY | 10:15AM
SUNDAY 10:00AM

SWIM BASICS (CON'T)

STAGE 2 / WATER MOVEMENT

SCHOOL AGE:

MONDAY 4:00PM
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.

HEALTHY LIVING

VIRTUAL Y

**FOR ALL CCCYMCA FACILITY MEMBERS!
YMCA360.ORG**

An innovative new benefit for 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 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

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.



**MORE INFORMATION ONLINE AT
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.

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

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

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.

LENDING LIBRARY

Reading is one of the gateways to learning. Please visit our lobby lending library. Borrow a book! Return it or pass it on. If you have books and materials from your personal library that you'd like to donate - please do!



WOODRUFF FAMILY YMCA

631 Orange Avenue, Milford, CT 06461

P:203-878-6501

WWW.WOODRUFFYMCA.ORG