HERE FOR YOU

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.

FALL 1 SESSION:
August 26 – October 20
PROGRAM REGISTRATION
Facility Members: August 5
Program Participants: August 12

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, Annual Campaign Chair
Tom Woodard
Kristine Torreso

Glenn Laudenslager
Diana McCarthy-Bercury
Michael Pastir

YOUR YMCA TEAM
District Executive Director: Nicole Servas
Health & Wellness Director: Jennifer Fleischer
Pre-School Coordinator: Sue Buglione
Child Care and Camp Director: Susie Marklinsky
Membership Coordinator: Claire Morton
District Operations Director: Ryan LeWorthy
Aquatics Director: Nicole Turechek

Nservas@cccymca.org
Jfleischer@cccymca.org
Sbuglione@cccymca.org
Smarklinsky@cccymca.org
Cmorton@cccymca.org
Rleworthy@cccymca.org
Nturechek@cccymca.org

REGISTER ONLINE at www.woodruffymca.org
View current schedules, programs, and events on our website!
The Woodruff 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 ALL.

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 ALL who need it.

**DONATE FOR A BETTER US.**

**STATEMENT OF DIVERSITY AND INCLUSION**

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

EARLY LEARNING CENTER

REGISTER NOW FOR 2024–2025 PRESCHOOL SCHOOL YEAR!

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: $937/Month
Program Participant: $1410/Month

Half Day Program – 3 year old
(Child must be toilet trained)
Tuesday and Thursday 9:00am–1:00pm
Members: $232/Month
Program Participant: $348/Month

Half Day Program – 4 year old program
(Child must be toilet trained)
Monday, Wednesday, and Friday 9:00am–1:00pm
Members: $362/Month
Program Participant: $543/Month

YMCA SCHOOL AGE CHILD CARE

REGISTER FOR 2024–2025 SCHOOL YEAR

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.

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MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
**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!

**Age 5-12**

**Date— Friday, 8/16, 9/13, 9/27, 10/11**

**Time— 6:00-9pm**

Facility Member – $10

Program Participant – $20

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

**SCIENCE AND MORE**

Have you ever wondered what happens when you put Mentos in a bottle of Diet Coke? Come create cool science experiments with everyday materials that will explode, ooze, and goo. Not only will the child perform wacky science experiments, they will learn the basics of the scientific method.

**Ages 5-12**

**Date— Thursday, 8/29-10/17, 5pm.**

Facility Member – $84

Program Participant—$168

**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, 10/26 10am-1pm**

**CREATIVE MINDS**

We want to see your imagination and creativity flow. Join us for a 6 week class, where you will learn about artists, create pieces of art, do experiments and more. At the end of the 6 week sessions we will hold an art gallery, displaying the masterpieces your young ones created throughout the session.

There will be two sessions, catering to different age groups and bring in our families that homeschool.

**WHEN: Session 1: September 3 – October 9 Session 2: October 22 – November 27**

**TIME: Tuesday 6:30-7:15pm Ages 6-12 years**

**Wednesday 11:30-12:00pm Ages 2-5 years**

**Wednesday 12:15-1:00pm Ages 6-12 years**

**Cost: $60 Members, $100 Program Participants**

More information online at www.woodruffymca.org
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.
Age 5-12
Dates– 8/31–10/19, 9am-10am
Facility Members– $84
Program Participant– $168

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 Tues, Wed, Fri and Sat– 8:30AM-11:30AM
Mon-Thurs– 5:00PM-7:30PM, Fri– 5:00PM-6:30PM

CLIMBING 101
Are you ready to reach for the sky! Students will learn the fundamentals of rock climbing, safety and fun. Each class is taught by a certified climbing instructor from our summer camps.
Ages– 6-13
Date– 8/31–10/19, 10am-11am
Facility Members– $84
Program Participant– $168
Registration is required for this event.

NO SCHOOL NO PROBLEM
Drop your child off with our experienced staff for a fun-filled day of swimming, group games, outdoor play, activities, arts & crafts, snack and a special STEM Activity!
Rosh Hashanah, October 3, 7:15am-6:00pm
Remember your lunch, snack, bathing suit and towel
Members $50, Program Participant $100

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
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: $98 / Program Participant: $196
Tuesday 4:30pm
Friday 4:30pm
Sundays 9am

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: $98 / Program Participant: $196
Tuesday 4:30pm
Friday 4:30pm
Sundays 9am

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
**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 Group:**
- 3 years – 5 years Preschool
- 6 years – 12 years School Age
- 12+ years – Teen & Adult

**Stages:** 1–3

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**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:** $98 / **Program Participant:** $196
- Preschool Tuesday 4:30pm, 5:30pm
- Preschool Thursday 4:30pm, 5:00pm
- Preschool Friday 4:30pm, 5:30pm
- Preschool Sunday 9:00am, 9:30am
- School Age Tuesday 5:00pm
- School Age Thursdays 4:30pm, 6:10pm
- School Age Friday 5:00pm
- School Age Sunday 9:00am, 10:00am
- Teen/Adult Tuesday 6:10pm
- Teen/Adult Sunday 10:50

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**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:** $98 / **Program Participant:** $196
- Preschool Tuesday 5:00pm, 5:30pm
- Preschool Thursday 4:30pm, 5:00pm
- Preschool Friday 4:30pm, 5:30pm
- Preschool Sunday 9:00am, 9:30am
- School Age Tuesday 5:00pm
- School Age Thursdays 4:30pm, 6:10pm
- School Age Friday 5:00pm
- School Age Sunday 9:00am, 10:00am
- Teen/Adult Tuesday 6:10pm
- Teen/Adult Sunday 10:50

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**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:** $98 / **Program Participant:** $196
- Preschool Tuesday 5:00pm
- Preschool Thursday 4:30pm, 5:00pm, 6:10pm
- Preschool Friday 5:00pm
- Preschool Sunday 9:30
- School Age Tuesday 4:30pm, 5:30pm
- School Age Thursday 5:00pm
- School Age Friday 4:30pm, 5:00pm
- School Age Sunday 9:30am, 10:00am
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 Group:

5 years – 12 years School Age
12+ years – Teen & Adult
Stages 4–6

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: $103/ Program Participant: $206 (45min)
Preschool Tuesday 5:00pm
Preschool Thursday 5:00pm, 6:10pm
Preschool Friday 5:30pm
Preschool Sunday 9:30am, 10:10am
School Age Tuesday 5:30pm
School Age Thursdays 5:30pm
School Age Sunday 9:30am, 10:50am

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: $103/ Program Participant: $206
School Age Tuesday 5:30pm
School Age Thursday 5:30pm
School Age Friday 5:30pm
School Age Sunday 10:10am

SWIM STROKES

Stage 6 / Stoke Mechanics

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Member: $103/ Program Participant: $206
School Age Tuesday 5:30pm
School Age Thursday 5:30pm
School Age Sunday 10:10am

PRIVATE and 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.
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, jfleischer@cccymca.org

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 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 our Health and Wellness Director Jennifer Fleischer.

CHANGE IS GOOD!
Please let Member Services update your contact info if you have a new address; new email or new phone number.

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
- 9:00am Strength Train Together
- 10:15am Balance and Flex Together
- 12:30pm AOA Cardio Circuit
- 1:30pm AOA Cardio Circuit
- 4:00pm Kids Fit
- 5:30pm Cycle, Core and More
- 5:30pm Balance and Flex Together
- 6:30pm Active Together

Tuesday
- 8:00 Yoga
- 9:00am Active Together
- 10:30am AOA Stretch and Stability
- 12:30pm AOA Adult Fit
- 1:30pm AOA Adult Fit
- 3:00pm Tai Chi
- 5:30pm Zumba
- 5:30pm Step
- 6:30pm Yoga

Wednesday
- 9:00am Balance & Flex Together
- 9:15am Indoor Cycling
- 10:10am Qi gong
- 12:30pm AOA Cardio Circuit
- 1:30pm AOA Cardio Circuit
- 3:00pm Tai Chi
- 4:00pm Yoga–Child
- 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
- 12:30pm AOA Cardio Circuit
- 2:00pm Qi Gong
- 6:00pm Zumba
- 6:00pm Boot Camp
- 7:00pm Yoga

INDOOR GROUP EXERCISE

Check out our indoor Group Fitness offerings! Registration is mandatory. Registration required through the Woodruff Family YMCA website, woodruffymca.org

Friday
- 8:00am Yoga
- 9:00am Cardio Barre
- 10:00am Zumba Gold
- 10:45am CIRCL Mobility
- 11:30am AOA Adult Fit
- 12:30pm AOA Adult Fit

Saturday
- 8:00am Strength Train Together
- 9:00am Boot Camp
- 10:15am Zumba Toning

Sunday
- 9:15am Step
- 10:15am Muscle, Core and More

INTRODUCTION TO PERSONAL TRAINING

If you’ve been thinking about trying Personal Training, this is your great opportunity! For new clients only, we are offering an introductory rate of $149 for a three hour package (hours can be broken up into smaller segments of time, agreed upon by the Trainer). For more information, please contact Jennifer Fleischer, Health & Wellness Director, jfleischer@cccymca.org or 203 878 6501 x 3118.

10 WEEK HEALTHY LIFESTYLE

Join our 10 Week Healthy Lifestyle course starting in October! Each week we will meet for a classroom based learning objective where we will teach you healthy eating habits and exercise goals to help you maintain your progress throughout the year. Fee: $150 per member

Class Options: Tuesdays, 10/15–12/1, 12:00pm-1:00, Thursdays, 10/17–12/13, 5:30PM–6:30PM
Togetherness

Togetherness is the Y’s member-led volunteer service program and the Y’s Signature Program for Social Responsibility. Togetherness is run by a Togetherness committee, made up of Y members and community leaders working as volunteers, with the support and guidance of a Y Staff Advisor. With the help of the programs resources the team will plan and execute service projects that strengthen communities while enabling volunteers to form meaningful connections with people from diverse backgrounds. Ready to help and give back? Please reach out to Nicole Servas, District Executive Director at 203 878 6501 or by email at nservas@cccymca.org.

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 Markinsky 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!