



DISCOVER YOUR Y

FALL 1
2026 PROGRAM GUIDE

August 31st – October 25th

SOUNDVIEW FAMILY YMCA
628 East Main Street, Branford CT 06405
P: 203-481-9622 | F: 203-481-9363

CENTRAL CONNECTICUT COAST YMCA



CONTACT US

PHONE: 203-481-9622

E-MAIL: soundviewinfo@cccymca.org

WEB: www.soundviewfamilyymca.org



facebook.com/SoundviewFamilyYMCA



[@cccymca](https://www.instagram.com/cccymca)



[@CentralConnecticutCoastYMCA](https://www.linkedin.com/company/CentralConnecticutCoastYMCA)

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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 FALL SESSION & REGISTRATION DATES

SESSION DATES: August 31st–October 25th

REGISTRATION DATES

Facility Member: August 8th

Program Participant: August 15th

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

Labor Day 7:00AM-1:00PM

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*
4. 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

Matthew LaPrino, Executive Director
Derek Branco, Facility Director
Michelle March, Membership Coordinator
Valerie Parker, Aquatics Director
Stacey Rubino, Membership Director
Colleen Villano, Director of Healthy Living
Lynn Wheeler, Youth & Family Director

The SOUNDVIEW FAMILY YMCA is governed by our Board of Managers that consists of volunteers throughout Madison, Guilford, Branford, North Branford and East Haven.

BOARD MEMBERS

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

YOUTH BOARD MEMBERS

Ella Bodner
Logan Camarco
Ryan Cohen
Xavier Gonzalez
Miranda Huaman
Vedi Patel
Muiriel Rader

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 Y for more information.

DONATE FOR A BETTER US

Connect with Matt LaPrino, Executive Director, at mlaprino@cccymca.org to learn more.





MEMBERSHIP FOR ALL

The SOUNDVIEW 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 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. Almost 3,100 people from several local communities belong to the Lakewood-Trumbull 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 SOUNDVIEW 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 Soundview Family Y for more information

YOUR MEMBERSHIP GOES FURTHER

As a member of the Central Connecticut Coast YMCA, your membership opens the doors to **every branch in our Association**. If your home branch doesn't offer a specific program or class you're interested in, you can visit another location and enjoy it at the member rate.

Each branch offers its own unique mix of programs designed to strengthen our communities and help individuals of all ages thrive.

From child care and youth development to fitness, swimming, and family activities, there's truly something for everyone at the Y—**more choices, more convenience, and more opportunities** to belong.



	Alpha Community Services Y	Bridgeport Y	Fairfield Y	Hamden/North Haven Y	Lakewood-Trumbull Y	New Haven Y Youth Center	Soundview Family Y	Stratford Y	Valley Y	Woodruff Family Y	YMCA Camp Hi-Rock
AMENITIES											
Athletic Fields							X		X	X	X
Wellness Center (Cardio)			X		X		X	X		X	
Wellness Center (Strength Training)			X		X		X	X		X	
Gymnasium					X	X					
Indoor Pool		X	X			X	X	X		X	
Outdoor Pool				X	X						
Childwatch			X		X		X	X		X	
Locker Rooms (Adult)			X		X		X	X		X	
Locker Rooms (Youth)						X	X				
Locker Rooms (Family/Special Needs)							X			X	
CHILD CARE & OUTREACH											
Before & Afterschool Programs		X	X	X	X	X	X	X	X	X	
Early Learning & Child Care		X	X			X		X	X	X	
Summer Day Camp		X	X	X	X	X	X	X	X	X	X
Housing/Shelter/Case Management	X										
Resident Camp/Family Camp											
PROGRAMS											
Active Older Adult Classes			X		X		X	X	X	X	
Birthday Parties		X	X		X	X	X	X		X	X
Group Exercise (Land and/or Water)			X		X		X	X		X	
Lifeguard Certification		X	X	X	X	X	X	X		X	X
Personal Training			X		X		X	X		X	
Yoga & Pilates			X		X		X	X		X	X
Group Cycling			X		X		X			X	
ACTIVITIES & SPORTS											
Gymnastics					X						
Swim Lessons		X	X	X	X	X	X	X		X	X
Swim Team		X	X				X	X			X
Basketball		X			X	X	X				X
Dance			X	X	X					X	X
Soccer		X								X	X

For a better us[®]

FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY

SOUNDVIEW FAMILY YMCA

20TH ANNUAL GOLF TOURNAMENT

TEES FOR TOMORROW



IN HONOR OF:

The Y builds a stronger community for all providing food, safe spaces for kids, and support for seniors every day. Join our Annual Golf Tournament to help youth, adults, and families thrive. Be part of the impact!

TUESDAY, SEPTEMBER 8, 2026

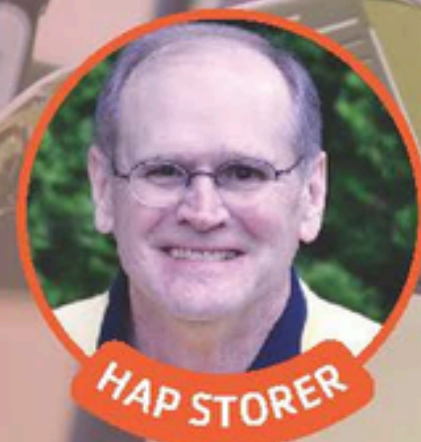
Lyman Orchards Golf Club
70 Lyman Rd, Middlefield, CT 06455

9:00AM Registration/Breakfast

10:30AM Shotgun Start

3:00PM Reception,
Auction, Raffle, Awards

RSVP By September 1st



FOR MORE INFORMATION, CONTACT:

Matt LaPrino

mlaprino@cccymca.org
or 203-481-9622





YOUTH DEVELOPMENT

CHILD WATCH

MONDAY-SATURDAY 9:00AM - 12:00PM
MONDAY-FRIDAY 4:45PM - 7:15PM

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.

Nut-Free Policy:

The YMCA has a strict policy against peanuts.

Parental Supervision Requirement:

Parents or guardians are required to remain within the YMCA facility while their child is in Child Watch.

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 and for attending to their child's needs, such as diaper changes.

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-certified after school program for youth in kindergarten through 8th grade in the East Haven 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!

Location: The Hays School, 1 Maple Street, East Haven CT. 06512
We service all Public Schools in East Haven CT.

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

Annual Registration Fee: \$50 per child

2026-2027 CHILD CARE FEES

YMCA Youth Membership Location: Hays School	\$45.00 Monthly Y Member	N/A Program Participant
Before Care 3 Days a Week	\$215.00	\$315.00
Before Care 5 Days a Week	\$270.00	\$400.00
After Care 3 Days a Week	\$285.00	\$415.00
After Care 5 Days a Week	\$359.00	\$520.00
Before & After Care 3 Days a Week	\$420.00	\$355.00
Before & After Care 5 Days a Week	\$525.00	\$699.00



YOUTH DEVELOPMENT

2026 Y VACATION CLUB

Our vacation club is a mashup of SACC and Day Camp. Children will have fun playing outside & inside. So pack a NUT FREE lunch, snacks and refillable water bottle, close toed shoes for outdoor play, a bathing suit, towel and goggles. All Vacation Club days are held at the Soundview Family YMCA in Branford CT.

Hours: 8:00AM – 6:00PM

Member Rate \$ 85

Member Participant Rate \$160

Fall Recess Friday October 9, 2026

Columbus Day Monday October 12, 2026

Election Day Tuesday November 3, 2026

**EAST HAVEN RESIDENTS ONLY:
Half Day Club at the Hays School**

Wednesday October 9, 2026 and/or Wednesday
October 21, 2026

Member and Member Participant Rate \$45 per ½
Day

Must register in advance





SCHEDULE OF EVENTS



SOUNDVIEW FAMILY YMCA



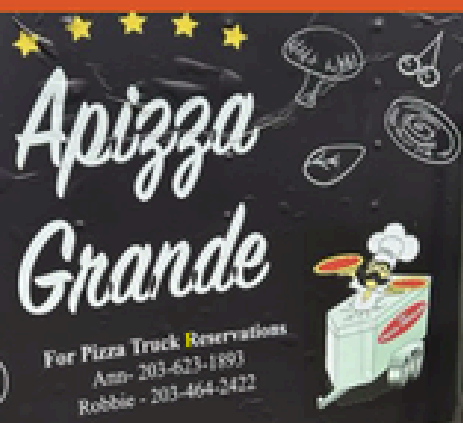
TRUNK OR
TREAT

4:30PM - 5:30PM



HALLOWEEN
MOVIE

6:00PM



ON SITE
PIZZA TRUCK

(AVAILABLE FOR PURCHASE)

4:30PM



KID'S NIGHT OUT

Kid's Night Out is Back Friday, September 18, 2026!

So grab your friends and have some fun at the Soundview Family YMCA every Friday Night! (No Kid's Night Out on School Vacation Days.) There is swimming, pizza, Snack Shack, games and more!

Sorry, no parents allowed, you must be 8-15 years old to come hang out with us. **Registration for Kid's Night Out closes each Friday by 2:00PM.**

Check out our "Themed Kid's Night Out" each month! October is Monster Mash. Registration for Themed Kid's Night Out closes the Thursday before at 2:00PM.



MEMBERSHIP RATE

\$15

PROGRAM PARTICIPANT RATE

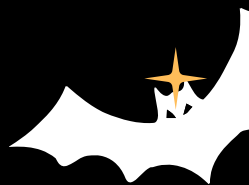
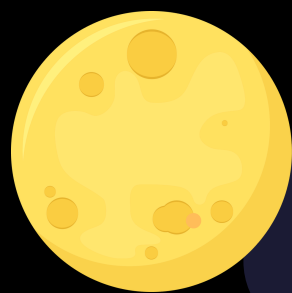
\$20

203-481-9622

Register on line at:

www.soundviewymca.org

SOUNDVIEW FAMILY YMCA
628 E. Main St. Branford CT



JOIN US FOR A

MONSTER MASH

PIZZA | SWIMMING | GAMES

Friday, October 23, 2026

6:30PM-9:00PM

Ages 8-15 yrs. old

Members \$30 Participants \$45

Costume Contest

SOUNDVIEW FAMIL YMCA

628 E. Main Street, Branford, CT 06405



For more information contact Lynn Wheeler at lwheeler@cccymca.org

YOUTH DEVELOPMENT

SELF-DEFENSE & SAFETY AWARENESS

Ages 5-17 years of age



This program is designed to enhance self-esteem, self-discipline and safety awareness! Students are placed into classes according to age and ability.

A Black Belt instructor teaches beginning, intermediate and advanced techniques for self defense only.

New students accepted up to the 4th week of the session.

Black Belt Instructor Christopher Trosuk



Mondays: October 5-December 7, 2026
Time: 5:00PM-5:40PM

Session Price

Member: \$90 | Program Participant: \$135

Pay per class

Member: \$10 | Program Participant: \$15

Register on Monday, September 28, 2026 and meet the instructors.

For more information contact Lynn Wheeler at lwheeler@cccymca.org

YOUTH DEVELOPMENT

GUITAR LESSONS

Electric, Classic & Accoustic

Mondays or Tuesdays

12:30PM – 3:30PM

55 Minute Time Slots

Members Only

September 21 – November 10, 2026

Member Rate for 8 Lessons \$120.00

Soundview Family YMCA is Proud to announce we are now offering beginner, intermediate and advanced guitar lessons. Lessons are designed to teach you everything you need to know to play lead guitar to any song, in any key, immediately. Lessons are 8 weeks long. Equipment is helpful but not necessary, as we have an additional guitar and amp for one-on-one lessons. Acoustic guitars are fine too.

Scott Passeser is our instructor. Scott has been playing lead guitar for 40 years and taught himself to play without learning music theory or reading musical notes. He can unlock the mystery of the guitar neck quickly and customize a plan to get you playing after just a couple of lessons.



For more information contact Lynn Wheeler at lwheeler@cccymca.org



Mondays
5:00PM-6:00PM
Starting:
August 31-October 19,
2026



MEET OUR INSTRUCTOR: CHRISTOPHER PATES

Christopher Pates comes to Soundview Family YMCA as an experienced archery instructor and longstanding enthusiast/competitor with traditional and compound archery. Chris runs a year-round archery program for adolescents and teens at the East Haven Recreation Center. He is a certified Level 1 Archery Instructor with USA Archery and has taught hundreds of adults and kids. Chris is the archery specialist at Camp Hays in East Haven, teaches archery at Totoket Valley Elementary School in North Branford where he works during the school year and serves as the Archery Chairman at Guildford Sportsmen's Assoc. in Guildford with more than 100 archers participating annually in 3D and field archery.



For More Information
Contact Lynn Wheeler
at:
lwheeler@cccymca.org

ARCHERY

ANY SKILL LEVEL
AGES 7 AND UP
FAMILIES WELCOME



Member Rate:
\$100.00

Program
Participant Rate:
\$150.00



SWIM LESSONS

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

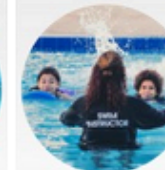
Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol. Parents are asked not to disrupt the children or instructor while the class is in session. *At the Y, we know families take a variety of forms. As a result, we define parents broadly to 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

Group Swim Lessons offered August 31–October 18 (pending any facility cancellations). No classes on Labor Day.

*For correct placement, we reserve the right to transition children up or down a swim stage at any time during the session.

*Questions? Please email Aquatics Director, Valerie Parker at vparker@cccymca.org

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 LESSONS

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: \$110/Program Participant: \$220

Stage A – Water Discovery 6 months–2 yrs old

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.

CLASS OFFERINGS:

Mon: 9:00AM Sat: 9:00AM Sun: 10:45AM

Stage B – Water Exploration 18 months–3 yrs old

In Stage B, one parent* will work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

CLASS OFFERINGS:

Mon: 9AM Sat: 9:35AM Sun: 10:45AM



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 \$110 / Program Participant \$220

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 Stage 1 offerings:

Mon: 4:45PM Wed: 9:35AM, 5:20PM
Sat: 9AM, 10:10AM Sun: 9AM

School Age Stage 1 offerings:

Mon: 5:30PM Tue: 4:45PM
Sat: 10:45PM Sun: 9:35PM,
10:10PM

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 Stage 2 offerings:

Mon: 5:20PM Tue: 5:20PM
Wed: 10:10AM Thurs: 4:45PM
Sat: 9:35AM, 11:20AM Sun: 9:35AM

School Age Stage 2 offerings:

Tue: 6:30PM Wed: 5:55PM
Thur: 5:55PM
Sat: 10:10AM Sun: 11:20AM

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 Stage 3 offerings:

Wed: 4:45PM Thur: 5:20PM
Sat: 10:45AM

School Age Stage 3 offerings:

Mon: 5:55PM Tue: 5:55AM
Sat: 9:45AM, 11:20AM Sun: 9AM



SWIM LESSONS

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 \$115/ Program participant \$230

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 threading water and elementary backstroke.

School Age Stage 4 offerings

Mon: 4:45PM Thurs: 6:30PM Sat: 11:05PM Sun: 10:55PM

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 Stage 5 offerings:

Mon: 6:05PM Tues: 7:00PM Sat: 10:20AM Sun: 10:10AM

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.

School Age Stage 6 offerings:

Thur: 7:00PM Sat: 9:00AM



AQUATIC PROGRAMS

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
Mon: 6:30PM Sun: 12:00PM

Adult Intermediate:
Wed: 6:30PM Sun: 12:30PM

PRIVATE SWIM LESSONS

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 \$215 (4 lessons)
2:1 \$129.50/per student (4 lessons)

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

Family Fun Fridays in the Recreation Pool are back this fall!
Glow in the dark parties, flick and floats and more!
Dates to be announced



**American
Red Cross**

Train to Save Lives – Become a Lifeguard Blended Lifeguard Class

\$300 members

**\$350 program
participants**

GUARD

**Must be able to pass following
prerequisites:**

- 200 yards swim
(freestyle or breaststroke
with face in the water)
- 2 minutes treading water
(using legs only)
and diving down to retrieve a 10 lb object

**Questions? Email Aquatics
Director Valerie Parker
vparker@cccymca.org**

In person classes will meet at the YMCA:

**Saturday September 19th
9:00AM-3:00PM**

**Sunday September 20th
9:00AM-3:00PM**

**Saturday September 26th
9:00AM-3:00PM**

**Saturday October 3rd
9:00AM-3:00PM**

***must attend all classes**

***Online course work must be completed
prior to first in person class**

**SOUNDVIEW FAMILY YMCA
CENTRAL CONNECTICUT COAST YMCA**



WATER EXERCISE

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.

Joints in Motion: This low intensity class will incorporate aerobic movement with noodles and choreography.

Water Fit: Aerobic activity followed by toning with barbells and noodles.

Aqua Zumba: A Zumba® "pool party" invigorating workout. Splash, stretch, twist, shout, laugh and holler!

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.

PLEASE SEE THE Y360 APP FOR THE FALL2026 CLASS SCHEDULE



SPLASH BASH PARTIES

SATURDAYS AT
1:00PM OR 3:30PM

SHARED OR
PRIVATE POOL
OPTIONS

TO BOOK YOUR PARTY
TODAY CONTACT
VALERIE PARKER AT
VPARKER@CCCYMCA.ORG

SOUNDVIEW FAMILY YMCA
CENTRAL CONNECTICUT COAST YMCA



COMPETITIVE SWIMMING

STINGRAY 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.

For more information, contact Sue Lecza at suelecza@gmail.com or soundviewstingrays@cccymca.org

MASTERS SWIM TEAM

Take the PLUNGE – join Masters today!

An extension of our youth swim team, the Stingrays Masters Team offers training to improve swimming skills for a wide range of abilities.

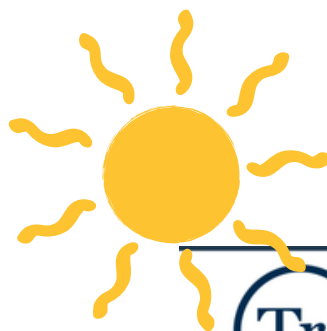
Masters focuses on stroke refinement and endurance. Practices utilize boards, buoys, paddles, and fins. Practices are challenging but fun!

Facility Member: \$60 per month / Drop-in \$10 per practice

Monday & Wednesday 7:15AM–8:15PM

Tuesday & Thursday 5:30PM– 6:30AM

Sunday 9:00AM–10:00AM



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HEALTH & WELLNESS

FOR MORE INFORMATION, CONTACT COLLEEN VILLANO,
DIRECTOR OF HEALTHY LIVING AT
203-481-9622 X3216 OR CVILLANO@CCCYMCA.ORG

CHRONIC DISEASE PROGRAMS

At the Soundview Family YMCA, we're committed to supporting the health of our entire community—especially those living with chronic diseases who may not feel comfortable in traditional fitness settings. Our **chronic disease programs** offer more than physical activity—they create a space for social and emotional healing, connection, and support. Thanks to generous donations from members, sponsors, and community partners, these life-changing programs are offered free of charge. By supporting the Y, you help ensure that everyone—regardless of financial ability—has access to resources that improve lives and foster lasting change.

ROCK STEADY BOXING

Rock Steady Boxing is a safe, non-contact fitness program for people with **Parkinson's Disease** at any stage that builds balance, mobility, strength, and confidence while fostering community support; to get started, a signed medical clearance is required, and caregivers are encouraged to attend. No YMCA membership required and no charge for the class. For more information, contact Denise Bowen at dbowen@cccyymca.org

Tuesday & Thursday 11:00AM / Monday 12:30PM



L I V E S T R O N G® AT THE YMCA

This free 12-week LIVESTRONG program at the YMCA helps **adult cancer survivors** rebuild strength and confidence through supportive small group sessions. Participants receive full YMCA access every day. Certified instructors trained in recovery, exercise, nutrition, and supportive care guide each step.

Eligible participants are those in treatment or post-treatment who can attend regularly, complete a medical clearance form, and complete an intake interview and confidential health assessment, with a focus on physical, emotional, & social healing.

Don't miss your chance! We're offering morning, afternoon, and evening classes. Have questions? Email cmurphy@cccyymca.org for more details.





HEALTH & WELLNESS

PERSONAL TRAINING & WELLNESS PROGRAMS

INTRODUCTION TO PERSONAL TRAINING

For new clients we offer an introductory program for your first 4 hours at \$210 so you can experience the benefits of working with a personal trainer.

4 hours \$278.00

1-ON-1 PERSONAL TRAINING & NUTRITIONAL COUNSELING

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.

**1 hour \$82.00 | 3 hours \$236.00
5 hours \$379.00 | 10 hours \$753.00**

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.

**3 hours \$264.00 | 5 hours \$500.00 |
10 hours \$824.00**

YOUTH WEIGHT TRAINING (AGES 12-17 YEARS)

Once a week with a Personal Trainer you'll learn the basics of weight training and exercise. Perfect for athletes trying to stay in shape for the coming season, or for newcomers who want to learn how to get stronger safely and properly.

4 Hours | \$278.00

SLOW STRENGTH: STABILITY BALL TRAINING



Get ready for a challenging group workout that will spice up your routine and push you to new limits!

Each week, we spotlight the **stability ball**—a versatile tool that enhances neuromuscular efficiency, improving how your brain and muscles communicate and work together. Because of the instability, proper form and technique are key. Every movement requires focus, control, and alignment, helping

you build strength the right way while maximizing results and reducing risk of injury. Training this way leads to:

- Faster muscle response and reaction time
- Improved balance and coordination
- Greater core activation and total-body strength
- Better movement control and body awareness
- Open to all fitness levels
- Focus on quality over quantity

Slow it down. Stay controlled. Move with purpose. Are you ready to take it on?

**Thursday & Friday 6:30AM–7:30AM
\$150 Members | 8 weeks**

**Ready to take the next step in
your wellness journey?**

**Connect with our Director of
Healthy Living, Colleen Villano
at cvillano@cccymca.org
for more information.**

SOUNDVIEW FAMILY YMCA

CENTRAL CONNECTICUT COAST YMCA



Y MOVE TOGETHER

4:30PM
TUESDAYS
9/15-10/20

Multipurpose
Room

Tired of choosing between working out and spending time with your kids? Now you don't have to!

- ✦ Squat with your toddler
- ✦ Let your preschooler count your reps
- ✦ Exercise while your baby watches
- ✦ Move, laugh, and play together

Join us for Y Move Together—a special 50-minute family fitness class where parents get to exercise, and kids join the workout!

Ages: Birth–10 Years
Cost: FREE Members



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. **Classes are for ages 14+** and are subject to change without notice. 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. Instructor and format subject to change without notice.

RESERVATIONS FOR CLASSES

Please reserve a spot for all classes from home on our Y360 app. You can sign up for group classes 6 days in advance and up to 1 hour before class starts. We are happy to show you how to use the app!

CLASS DESCRIPTIONS THIS MAY NOT BE A COMPLETelist: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

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 12:30PM 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 & 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/low-impact aerobic dance moves to a variety of high-energy beats. It's like a dance party!

Monday & Wednesday 9:15AM 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 12:30PM Multipurpose Room or Fitness Center

COACH BY COLOR CYCLE/GROUP 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 8:15AM/9:30AM
Sun 8:15AM	Wed 9:15AM /6:15PM

Cycle Room



LINE DANCING

Enjoy your workout with easy to follow specific line and western steps to the beat and accompaniment of popular and classic music.

Monday 6:15PM/Saturday 8:15AM Multipurpose Room

PILATES MAT

A class with free flowing moves concentrating on core strength, muscle balance, & flexibility using traditional Pilates exercises.

Sunday 9:30AM / Monday & Wednesday 10:30AM
Studio AB

PURE STRETCH

A light-hearted class designed to stretch your entire body & improve your core strength.

Monday 9:15AM 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
Multipurpose Room

HEALTH & WELLNESS

CLASS DESCRIPTIONS THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

NEW

TABATA

A high-intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 min intervals with 20 secs of hard work followed by 10 sec of rest. Proven to burn calories for up to 36 hrs post workout. Get in sharp the fast way!

Wednesday 6:15PM Multipurpose Room

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

YOGA

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

Evening (Multipurpose Room)

Morning (Studio AB)

Monday 7:30PM

Tuesday 8:00AM

Wednesday 5:00PM

Wednesday 8:00AM

Thursday 6:30PM

Thursday 8:00AM

Friday 5:30PM

Saturday 8:00AM

Sunday 11:00AM

YOGA CHAIR*

Thursday 11:00AM Multipurpose Room

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 instructions, 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

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



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

INCLUDED WITH YOUR MEMBERSHIP.
LEARN MORE & DOWNLOAD NOW

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



SOUNDVIEW FAMILY YMCA

628 East Main Street, Branford CT 06405
P: 203-445-9633 | F: 203-445-9080

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