



# DISCOVER YOUR Y

## SUMMER 2026 PROGRAM GUIDE

June 22<sup>nd</sup> - August 23<sup>rd</sup>

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




# CONTACT US

PHONE: 203-481-9622

E-MAIL: [soundviewinfo@cccymca.org](mailto:soundviewinfo@cccymca.org)

WEB: [www.soundviewfamilyymca.org](http://www.soundviewfamilyymca.org)

 [facebook.com/SoundviewFamilyYMCA](https://facebook.com/SoundviewFamilyYMCA)

 @cccymca

 @Central Connecticut Coast YMCA

# TABLE OF CONTENTS

WHY THE Y .....	3
MEMBERSHIPS .....	5-6
YOUTH DEVELOPMENT .....	8-14
SUMMER CAMP .....	167
SWIM .....	17-23
HEALTH & WELLNESS .....	29-31
LOCATIONS .....	32





# 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 SPRING SESSION & REGISTRATION DATES

**SESSION DATES: June 22–August 23**

### REGISTRATION DATES

Facility Member: May 30<sup>th</sup>  
Program Participant: June 6<sup>th</sup>

#### 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

4<sup>th</sup> of July 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  
**Wesley Crozier**, Director of Competitive Aquatics  
**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

**Sofia Rastelli**—Chair  
**Ella Bodner**  
**Logan Camarco**  
**Ryan Cohen**  
**Xavier Gonzalez**  
**Miranda Huaman**  
**Vedi Patel**  
**Muiriel Rader**

CENTRAL CONNECTICUT COAST YMCA

# FOR A BETTER US<sup>®</sup>

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 Lakewood-Trumbull Y for more information.

## DONATE FOR A BETTER US

Connect with Matt Laprino, Executive Director, [mlaprino@cccymca.org](mailto: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
Youth 3-17*(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
<b>AMENITIES</b>											
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	
<b>CHILD CARE &amp; OUTREACH</b>											
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											
<b>PROGRAMS</b>											
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	
<b>ACTIVITIES &amp; SPORTS</b>											
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<sup>®</sup>

FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY



# 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.

#### Parental Supervision Requirement:

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

#### Nut-Free Policy:

The YMCA has a strict policy against pea

#### 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

## 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 4<sup>th</sup> week of the session.  
Black Belt Instructor Christopher Trosuk



**Mondays: July 6-August 24, 2026 SUMMER SESSION**

**Time: 5:00PM-5:40PM**

**Session Price**

**Member: \$80 | Program Participant: \$120**

**Pay per class**

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

**For more information contact Lynn Wheeler at [lwheeler@cccymca.org](mailto:lwheeler@cccymca.org)**

# YOUTH DEVELOPMENT

## GUITAR LESSONS

Electric, Classic & Accoustic

**Mondays or Thursdays**

11:00am - 1:00pm

**Sundays**

11:00am - 1:00pm

45 Minute Time Slots

Members Only June 22 - August 10, 2026

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](mailto:lwheeler@cccymca.org)



**Most Camps Run  
June 22<sup>th</sup>  
-  
August 21<sup>th</sup>**  
\*There are a few exceptions  
please inquire with camps  
individually



## **ADDITIONAL CAMP LOCATIONS**

### **DAY CAMP LOCATIONS:**

#### **Soundview Family YMCA Camp Nonoma**

628 East Main Street, Branford, CT 06405

#### **Camp Hays**

1 Maple Street, East Haven, CT 06511



#### **Fairfield YMCA**

841 Old Post Road Fairfield, CT 06824

#### **Bridgeport YMCA**

850 Park Avenue, Bridgeport, CT 06604

#### **Ralphola Taylor Community Center**

790 Central Ave, Bridgeport, CT 06604

#### **Stratford YMCA**

3045 Main Street, Stratford, CT 06614

#### **Valley YMCA**

32 Howard Avenue, Ansonia, CT 06401

#### **Woodruff Family YMCA**

631 Orange Avenue, Milford, CT 06461

#### **Hamden/North Haven YMCA**

#### **Camp Mountain Laurel**

2705 Downes Road, Hamden, CT 06514

#### **New Haven Youth Center YMCA**

50 Howe Street, New Haven, CT 06511

### **OVERNIGHT CAMP LOCATION:**

#### **Camp Hi-Rock**

544 East Street, Mount Washington, MA 01258

# SUMMER CAMP

**3 YEARS - 17 YEARS**

\*Depending on which camp you choose



**Financial  
Assistance  
available for  
those who  
qualify**

**Non-Member  
Registration**

**Member  
Registration**





# SWIM PROGRAMS

## STRONG SWIMMERS = CONFIDENT KIDS .....

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

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

### POOL GUIDELINES/OBSERVATION POLICY

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






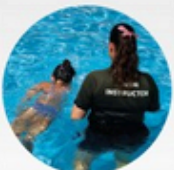
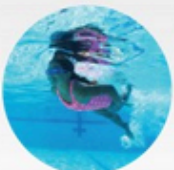

AGE GROUP	STAGE	
6 months - 3 years Parent* & Child	SWIM STARTERS	Stages A-B
3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-4
5 years - 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

Group Swim Lessons offered June 22-August 23  
(pending any facility cancellations)

There are many different options for the summer please  
read carfeully

\*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](mailto:vparker@cccymca.org)

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



# SWIM PROGRAMS

## GROUPS SWIM LESSONS .....

### SUMMER GROUP LESSONS SESSION 1-WEEKDAYS June 16–July 16

#### **Mondays (June 22–July 13)**

- 4:15–4:55 PM: School Age Stage 4
- 4:15–4:45 PM: Preschool Stage 2
- 5–5:30 PM: School Age Stage 2
- 4:50–5:20 PM: Preschool Stage 1
- 5:25–5:55 PM: Preschool Stage 3
- 5:35–6:15 PM: School Age Stage 5
- 6:00–6:30 PM: School Age Stage 1
- 6:20–6:50 PM: School Age Stage 3

#### **Tuesdays (June 16–July 14)**

- 4:30–5 PM: School Age Stage 1
- 4:30–5 PM: Preschool Stage 3
- 5:05–5:35 PM: Preschool Stage 2
- 5:05–5:35 PM: School Age Stage 3
- 5:40–6:10 PM: Preschool Stage 1
- 5:40–6:10 PM: School Age Stage 2
- 6:15–6:55 PM: School Age Stage 4
- 6:15–6:45 PM: Preschool Stage 3

#### **Wednesdays (June 17–July 15)**

- 4:15–4:45 PM: School Age Stage 3
- 4:15–4:45 PM: Preschool Stage 2
- 4:50–5:20 PM: School Age Stage 1
- 4:50–5:20 PM: Preschool Stage 3
- 5:25–6:05 PM: School Age Stage 4
- 5:25–5:55 PM: School Age Stage 2
- 6:10–6:50 PM: School Age Stage 5
- 6–6:30 PM: Adult Beginner
- 6:30–7 PM: Adult Intermediate

#### **Thursdays (June 18–July 16)**

- 4:30–5 PM: Preschool Stage 2
- 4:30–5 PM: School Age Stage 3
- 5:05–5:35 PM: Preschool Stage 3
- 5:05–5:45 PM: School Age Stage 4
- 5:40–6:10 PM: Preschool Stage 1
- 5:50–6:20 PM: School Age Stage 2
- 6:15–6:55 PM: Preschool Stage 4
- 6:25–6:55 PM: School Age Stage 1



# SWIM PROGRAMS

## GROUP SWIM LESSONS.....

### SUMMER GROUP LESSONS SESSION 1-WEKENDS June 20-July 19 (no lessons July 4th)

- Saturdays  
June 20-July 18 (no class July 4)**
- 9-9:30 AM: Stage A
  - 9-9:30 AM: Preschool Stage 1
  - 9-9:30 AM: School Age Stage 2
  - 9-9:40 AM: Y Swim Club
  - 9:35-10:05 AM: Stage B
  - 9:35-10:05 AM: Preschool Stage 2
  - 9:35-10:05 AM: School Age Stage 1
  - 9:40-10:20 AM: School Age Stage 5
  - 10:10-10:40 AM: Preschool Stage 1
  - 10:10-10:40 AM: School Age Stage 2
  - 10:10-10:40 AM: School Age Stage 3
  - 10:25-11:05 AM: School Age Stage 4
  - 10:45-11:25 AM: Preschool Stage 4
  - 10:45-11:15 AM: Preschool Stage 2
  - 10:45-11:15 AM: School Age Stage 3
  - 11:10-11:50 AM School Age Stage 6
  - 11:20-11:50 AM: Preschool Stage 2
  - 11:20-12 PM: School Age Stage 4
  - 11:30-12 PM: Preschool Stage 3

- Sundays  
June 21-July 19**
- 9-9:30 AM: School Age Stage 1
  - 9-9:40 AM: School Age Stage 5
  - 9:35-10:05 AM: School Age Stage 2
  - 9:45-10:15 AM: Preschool Stage 1
  - 10:10-10:40 AM: Preschool Stage 3
  - 10:20-10:50 AM: School Age Stage 2
  - 10:35-11:05 AM: Stage A
  - 10:45-11:15 AM: Preschool Stage 1
  - 10:55-11:35 AM: School Age Stage 4
  - 11:10-11:40 AM: Stage B
  - 11:10-11:40 AM: Preschool Stage 2
  - 11:45-12:15 PM: Preschool Stage 1
  - 11:45-12:15 PM: School Age Stage 3
  - 12-12:30 PM: Adult Beginners
  - 12:30-1 PM: Adult Intermediate



# SWIM PROGRAMS

## GROUP SWIM LESSONS .....

### SUMMER GROUP LESSONS SESSION 2-WEEKDAYS July 20-August 20

- Mondays (July 20- August 17)**  
 4:15-4:55 PM: School Age Stage 5  
 4:15-4:45 PM: Preschool Stage 3  
 4:50-5:20 PM: Preschool Stage 1  
 5-5:30 PM: School Age Stage 2  
 5:25-5:55 PM: School Age Stage 3  
 5:35-6:15 PM: School Age Stage 6  
 6-6:30 PM: School Age Stage 1  
 6:20-6:50 PM: School Age Stage 2

- Tuesdays (July 21-August 18)**  
 4:30-5 PM School Age Stage 1  
 4:30-5 PM: Preschool Stage 2  
 5:05-5:35 PM: Preschool Stage 1  
 5:05-5:35 PM: School Age Stage 3  
 5:40-6:10 PM: Preschool Stage 3  
 5:40-6:10 PM: School Age Stage 2  
 6:15-6:55 PM: School Age Stage 4  
 6:15-6:45 PM: Preschool Stage 2

- Wednesdays (July 22- August 19)**  
 4:15-4:45 PM: School Age Stage 2  
 4:15-4:45 PM: Preschool Stage 1  
 4:50-5:30 PM: School Age Stage 4  
 4:50-5:20 PM: Preschool Stage 2  
 5:35-6:15 PM: School Age Stage 5  
 5:25-5:55 PM: Preschol Stage 3  
 6:20-6:50 PM: School Age Stage 3  
 6-6:30 PM: Adult Beginner  
 6:35-7:05 PM: Adult Intermediate

- Thursdays (July 23- August 20)**  
 4:30-5 PM: Preschool Stage 2  
 4:30-5 PM: School Age Stage 3  
 5:05-5:35 PM: Preschool Stage 3  
 5:05-5:45 PM: School Age Stage 4  
 5:40-6:10 PM: Preschool Stage 1  
 5:50-6:20 PM: School Age Stage 2  
 6:15-6:45 PM: School Age Stage 5  
 6:25-6:55 PM: School Age Stage 1



# SWIM PROGRAMS

## GROUP SWIM LESSONS

### SUMMER GROUP LESSONS SESSION 2-WEEKENDS July 25-August 23

#### Saturdays July 25-August 22

- 9-9:30 AM: Stage A
- 9-9:30 AM: Preschool Stage 1
- 9-9:30 AM: School Age Stage 2
- 9-9:40 AM: Y Swim Club
- 9:35-10:05 AM: Stage B
- 9:35-10:05 AM: Preschool Stage 2
- 9:35-10:05 AM: School Age Stage 1
- 9:40-10:20 AM: School Age Stage 5
- 10:10-10:40 AM: Preschool Stage 1
- 10:10-10:40 AM: School Age Stage 2
- 10:10-10:40 AM: School Age Stage 3
- 10:25-11:05 AM: School Age Stage 4
- 10:45-11:25 AM: Preschool Stage 4
- 10:45-11:15 AM: Preschool Stage 2
- 10:45-11:15 AM: School Age Stage 3
- 11:10-11:50 AM School Age Stage 6
- 11:20-11:50 AM: Preschool Stage 2
- 11:20-12 PM: School Age Stage 4
- 11:30-12 PM: Preschool Stage 3

#### Sundays July 26-August 23

- 9-9:30 AM: School Age Stage 1
- 9-9:40 AM: School Age Stage 5
- 9:35-10:05 AM: School Age Stage 2
- 9:45-10:15 AM: Preschool Stage 1
- 10:10-10:40 AM: Preschool Stage 3
- 10:20-10:50 AM: School Age Stage 2
- 10:35-11:05 AM: Stage A
- 10:45-11:15 AM: Preschool Stage 1
- 10:55-11:35 AM: School Age Stage 4
- 11:10-11:40 AM: Stage B
- 11:10-11:40 AM: Preschool Stage 2
- 11:45-12:15 PM: Preschool Stage 1
- 11:45-12:15 PM: School Age Stage 3
- 12-12:30 PM: Adult Beginners
- 12:30-1 PM: Adult Intermediate



# SWIM PROGRAMS

## GROUP SWIM LESSONS

**\*NEW\***  
**SUMMER**  
**2 WEEK LESSONS**  
**Meets Tuesdays-Thursdays**

**Session 1**  
**June 23-July 2**  
3:20-3:50 PM: Preschool Stage 1  
3:55-4:25: School Age Stage 2  
4:30-5 PM: Preschool Stage 3

**Session 2**  
**July 7-July 16**  
3:20-3:50 PM: School Age Stage 1  
3:55-4:25: Preschool Stage 2  
4:30-5 PM: School Age Stage 3

**Session 3**  
**July 21-July 30**  
3:20-3:50 PM: School Age Stage 1  
3:55-4:25: Preschool Stage 2  
4:30-5 PM: School Age Stage 3

**\*NEW\***  
**SUMMER**  
**3 WEEK LESSONS**  
**Meets Tuesdays and Thursdays**

**Session 1**  
**Tuesdays and Thursdays**  
**June 16-July 2**  
7-7:40 PM: Stage 5

**Session 2**  
**Tuesdays and Thursdays**  
**July 7-July 23**  
7-7:40 PM: Stage 6

**Session 3**  
**Tuesdays and Thursdays**  
**July 28- August 13**  
7-7:40 PM: Stage 4



# AQUATIC PROGRAMS

## OTHER AQUATIC PROGRAMS .....

### 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](mailto:sdvprivatelessons@cccymca.org) today!

### 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**  
Wednesdays: 6 PM  
Sundays: 12 PM

**Adult Intermediate**  
Wednesdays: 6:35 PM  
Sundays: 12:30 PM

### Y SWIM CLUB

Interested in swimming but not in competition? Y Swim Club is here for you! The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle for swimmers ages 10 - 14. Coaches will focus on the following important milestones:

- Developing endurance in the competitive strokes
- Developing skills related to competitive swimming, such as flip turns, starts, and finishes
- Enhancing skills and building endurance

Saturdays 9-9:40am



# 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](mailto:VPARKER@CCCYMCA.ORG)

**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 Summer 2026 class schedule



# 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.

Contact Director of Competitive Aquatics, Wesley Crozier about joining the team at [wcrozier@cccymca.org](mailto:wcrozier@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!

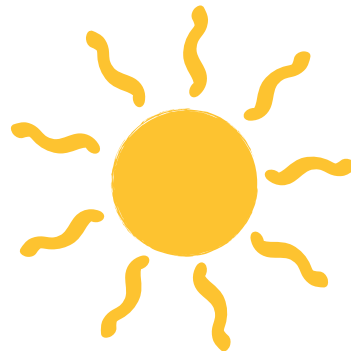
Facility Member: \$60 per month / Drop-in \$10 per practice  
Mon & Wed 7:15-8:15pm / Tue & Thur 5:30- 6:30am / Sunday 9-10am



We raise **\$100** when you meet with a Trinity Solar Expert.

We raise **\$1000** when you go solar with Trinity.

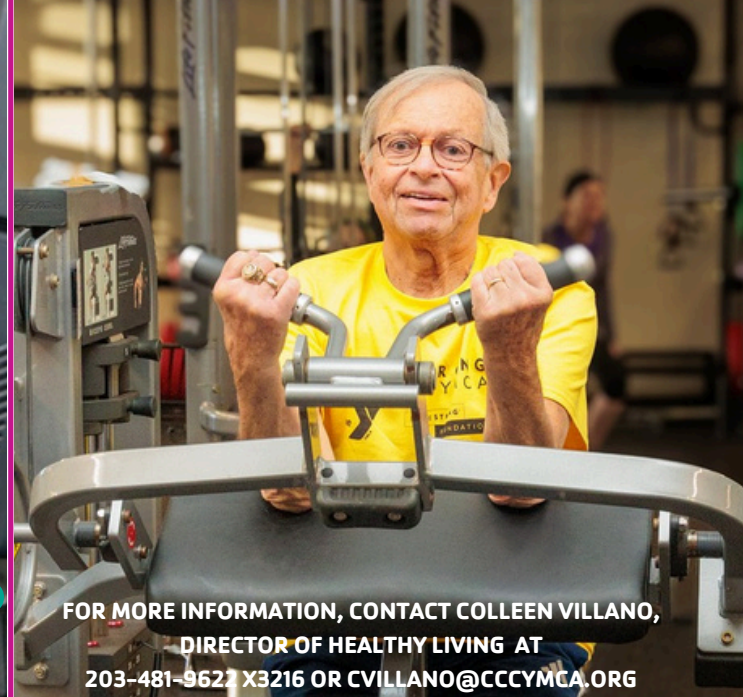
Refer a friend outside the organization. Get\* **\$500** for you and **\$500** for our YMCA.



Call (800) 655-2500 to schedule your free, no-obligation consultation. Or scan to learn more.



\*for every referral after your first, you each receive \$1000



# HEALTH & WELLNESS

FOR MORE INFORMATION, CONTACT COLLEEN VILLANO,  
DIRECTOR OF HEALTHY LIVING AT  
203-481-9627 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 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](mailto:dbowen@cccyymca.org)

**Tuesday and Thursday 11AM**



## LIVESTRONG® AT THE YMCA



### LIVESTRONG® 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](mailto: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](mailto:cvillano@cccymca.org) for more information.**



# SOUNDVIEW FAMILY YMCA TRIATHLON CLUB

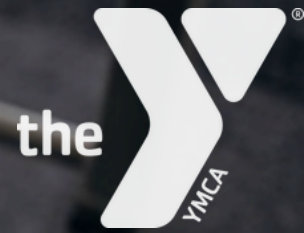
Join the Soundview Family Y Triathlon Club – An inclusive, community-driven program supporting athletes of all levels and abilities, from first-timers to Ironman finishers.

- Structured swim, bike & run training
- USA Triathlon-certified coaching
- Supportive team culture
- Youth, adult, and adaptive athletes welcome

Whether your goal is fitness, confidence, racing, or performance – we've got a place for you.

One-year membership:  
\$200 Members/ \$250 Program Participants





# BENCH PRESS COMPETITION

STRENGTH. FOCUS. RESULTS.



## WHO CAN SIGN UP?

Competitors must be 14 years or older (per fitness center guidelines). All participants should be comfortable and capable of performing a flat barbell bench press.

## HOW DO WE KEEP IT FAIR?

We use a **DOTS** (Dynamic Objective Team Score) system to level the playing field across body weights and ages.



Body Weight

+



Weight Lifted

=



DOTS Score

## DIVISIONS



MEN'S DIVISION



WOMEN'S DIVISION



JUNIORS (AGES 14-23)

PROCEEDS BENEFIT

LIVESTRONG AT THE YMCA

## EVENT DETAILS



**SATURDAY JUNE 27 2026**

8:30AM Check-in / 10:00 AM Rules Briefing  
Lifting begins immediately following



\$20 Members / \$40 Program Participants

## ARE THERE WEIGHT CLASSES?

**-NO-**

- ✓ No weight classes
- ✓ We will have a DOTS scoring to promote fairness and discourage unhealthy cutting or bulking
- ✓ All athletes will be weighed in before 10AM
- ✓ Competitors in all divisions shall perform lifts on a 20kg (44lb) barbell

## COMPETITION FORMAT

- ✓ Each lifter gets 3 attempts to hit a 1-rep max
- ✓ You may increase weight after a successful lift
- ✓ You cannot lower weight
- ✓ You may skip ("scratch") if desired
- ✓ Submit opening weight before 10AM
- ✓ Attempt weights must be declared immediately after each lift

**3**

**ATTEMPTS**

**1 REP MAX**



## QUESTIONS?

CONTACT

Julian

jmt8487@gmail.com

Robert

robrilllis5491@gmail.com

SOUNDVIEW FAMILY YMCA | 628 E MAIN STREET | BRANFORD CT 06405  
CENTRAL CONNECTICUT COAST YMCA



Reconnect with your breath, build flexibility, and cultivate inner peace.



# RESTORATIVE YOGA WORKSHOP

Tuesday, June 2nd

1-3 PM | Studio AB

\$40 Members / \$80 Program Participants

Instructor: Jo McIntosh

Bolsters, blocks, & straps are provided. Bring a yoga mat, a blanket or two, a hard pillow, water and warm socks.



Book Your  
Spot Now



SOUNDVIEW FAMILY YMCA  
628 East Main Street, Branford CT 06405  
[www.soundviewymca.org](http://www.soundviewymca.org) 203 481 9622



# CYCLE FOR A



# CAUSE

Every dollar raised helps strengthen and support cancer survivorship

## LIVESTRONG® AT THE YMCA

**SATURDAY  
6<sup>TH</sup>  
JUNE  
2026**  
8:00AM-12:00PM

- 8:00AM** Ed's Party Playlist
- 9:00AM** Latin Vibes with Maribel
- 10:00AM** Classic Rock with Ronnie
- 11:00AM** 70's & Motown with Ronnie

### TICKETS

**SINGLERIDE \$25**  
For one (1) themed ride

**TEAM BIKE \$500**  
4-6 riders from 8am-12pm

TICKETS



DONATE



SPONSOR



## SOUNDVIEW FAMILY YMCA

628 E.MAIN STREET | BRANFORD,CT 06405 | 203-481-9622



**BEACH ROSES WALK**  
MADISON, CONNECTICUT



LIVESTRONG®

FOUNDATION

# 2026 CYCLE FOR A CAUSE INCENTIVES



Trucker  
Hat



Tie Dye  
T-Shirt



Tumbler

Gym Bag



Hoodie



Every dollar raised helps strengthen and grow the cancer survivorship program

**LIVESTRONG® AT THE YMCA**  
**CREATE YOUR FUNDRAISING PAGE TODAY!**  
**SOUNDVIEW FAMILY YMCA**



# HEALTH & WELLNESS

## GROUP EXERCISE CLASSES ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS

### WHAT TO EXPECT FOR OUR CLASSES

Space is limited and reservations are required. Please bring your own mat, water and towel. Our instructors lead the classes through various exercises. They assist with modifications and advancements and offer recommendations to ensure each participant is both comfortable and challenged to reach their full potential. If you have a specific health concern or injury, please inform an instructor prior to the class beginning. 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 COMPLETE LIST: 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 / Wednesday 9:18am 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

### CARDIO INTERVALS & STRENGTH

This class combines aerobics and sports conditioning with weights, strength training and core.

Tuesday 6:15pm Multipurpose Room

### CARDIO, KICK & LIFT

A functional fitness cardio kickboxing class with combos, weights, and more!

Monday 6:15pm 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

### 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

### 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 /  
Wednesday 6:15pm  
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 / Wednesday 6:15pm  
Multipurpose Room

# HEALTH & WELLNESS

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

### STEP\*

Step is an energetic cardio workout that is done all on and off The STEP to train fitness, agility, coordination and strength, all to energetic music.  
Saturday 8:30am 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.  
Wednesday 5:00pm / Friday 5:30pm Multipurpose Room  
Tuesday / Wednesday / Thursday / Saturday 8:00am / Sunday 11:00am Studio AB

### YOGA CHAIR\*

Thursday 11:00am Multipurpose Room

### 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

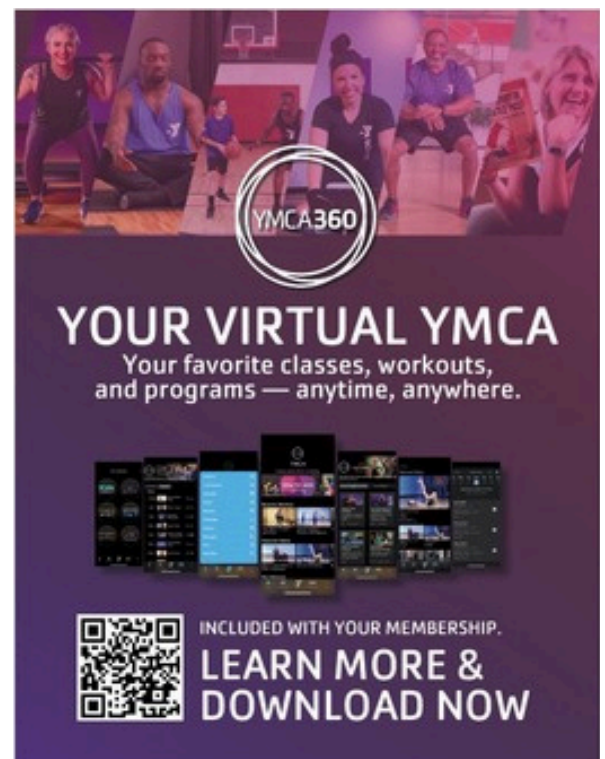
Easy to follow class that lets you move to the beat at your own speed. Invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Modified, low-impact moves available for active older adults.  
Tuesday 11:15am Multipurpose Room

## 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



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

INCLUDED WITH YOUR MEMBERSHIP.  
**LEARN MORE & DOWNLOAD NOW**

# 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

FOR A BETTER US®