FIND WHAT MOVES YOU.
FIND YOUR Y.

FALL 1 PROGRAM GUIDE
At the Y, you’ll find countless opportunities to get moving and experience the joy of better health. All it takes is one step!

For a better us.®
HER FOR YOU

SOUNDVIEW FAMILY YMCA
P 203 481 9622 F 203 481 9363 E soundviewinfo@cccymca.org

FACILITY HOURS
Monday–Thursday 5:30am–8:00pm
Friday 5:30am–7:00pm
Saturday 7:00am–5:30pm
Sunday 8:00am–3:00pm

HOLIDAY HOURS/CLOSURES
Labor Day 7:00am–1:00pm

CHILD WATCH & PLAYSCAPE
Child Watch Hours:
M–Sa 9am–10:30am and 10:45am–12:15pm
MW 4:30pm–5:45pm and 6pm–7:15pm
Playscape Hours: MTW 9–12, 5–7:30pm
Th 4–7:30pm and F 9–12, 4–6:30pm

DIVERSITY AND INCLUSION
CCC YMCA Diversity & Inclusion Statement adopted 11/18/21
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 an equitable opportunity to learn, grow, and thrive. At the Y, we set the example when we welcome people across all 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.

PROGRAM REGISTRATION
FALL I
August 29–October 23
Registration Dates
Facility Members: August 8
Program Participants: August 15

YOUR YMCA STAFF
Matt LaPrino, Executive Director
Ralph Ricciardelli, Facility Director
Colleen Villano, Director of Healthy Living
Lynn Wheeler, Youth and Family Director
Alex Hunter, Aquatics Director
Stacey Rubino, Membership Coordinator
Michelle March, Child Watch Coordinator
Jenn Amasino, Head Swim Coach
Sue Lecza, Head Swim Coach

BOARD OF MANAGERS
The Soundview Family YMCA is governed by our Board of Managers that consists of volunteers from throughout our community.

Christal Esposito – Chair
Paul Allen
Erik Barone
Jason Bedford
Bob Jacob
Anthony Mascia

Melissa Nicholson
Suzy Turman Callaghan
AJ Pace
Lee Foo
Mary Ann Harmon
Barbara Naclerio
Keith Torello

MEMBERSHIP FOR ALL
Membership rates are based on a sliding scale according to household income. Please see a Member Service Representative for more information.

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
Whenever a neighbor needs support, the Y stands ready to help with open arms and caring hearts.

When you donate to the Soundview 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.

**FIND YOUR REASON TO GIVE. DONATE FOR A BETTER US.**
Connect with Matt Laprino, Executive Director to learn more.
ENGAGING BEYOND THE SCHOOL DAY

We strongly believe that every child needs a safe and fun experience each and every day. Our program is designed to provide an environment where each child can learn and grow through a wide variety of exciting activities that promote youth development, healthy living and social responsibility. For additional information please contact Lynn Wheeler, Youth and Family Director at lwheeler@cccymca.org or call 203 481 9622.

Accepting applications for 2022-2023.

EXPERIENCE THE YMCA AFTER SCHOOL PROGRAM AT THE Y!

Monday–Friday until 6:00pm.
2, 3, 4, & 5 day options available.
Swimming, Homework Help, Snack, Sports, Organized Play, Arts & Crafts, STEAM and more!

Branford Monthly Fees: $25 registration fee – one time
2 days/week: Member: $223   Program Participant: $326
3 days/week: Member: $245   Program Participant: $347
4 days/week: Member: $270   Program Participant: $372
5 days/week: Member: $289   Program Participant: $392

CONVENIENTLY PROVIDING TRANSPORTATION

The following Branford schools transport students to our branch:
Murphy, Sliney, Tisko, and Walsh Intermediate School.

All East Haven Schools bus students to and from The Hays School, 1 Maple Street, when school is in session. All half days are included.

East Haven Monthly Fees: $25 registration fee – one time
Before Care begins at 7:00 am and After Care ends at 6:00 pm Monday–Friday

Before Care 3 days/week: Member: $179   Program Participant: $282
Before Care 5 days/week: Member: $231   Program Participant: $333
After Care 3 days/week: Member: $241   Program Participant: $343
After Care 5 days/week: Member: $306   Program Participant: $409
Before and After Care 3 days/week: Member: $354   Program Participant: $456
Before and After Care 5 days/week: Member: $446   Program Participant: $548

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
What is Gymnastics

Exercises developing or displaying physical agility and coordination. The modern sport of gymnastics typically involves exercises on uneven bars, balance beam, floor, and vaulting horse (for women), and horizontal and parallel bars, rings, floor, and pommel horse (for men).

Parent and me: 1–3 years old
Warm up: 10 mins
Three (10 Minute Rotations)
One (5 minute Water Break)
Tuesdays Studio B 10:00am-10:45am
Member: $84  Program Participant $168

Toddlers: 3–4 years old
Warm up: 10 mins
Three (10 Minute Rotations)
One (5 minute Water Break)
Tuesdays Studio B 11:00am-11:45am
Member: $84  Program Participant $168

Preschool Ages: 4–6 years old
Warm up: 10 mins
Three (15 Minute Rotations)
One (5 minute Water Break)
Wednesday Studio B 11:00am-11:45am
Member: $96  Program Participant $192

Y VACATION CLUB AT The SOUNDVIEW FAMILY YMCA

Even though schools are closed, the Soundview Family YMCA has your child care needs. Drop off your child with our experienced staff for a fun-filled day of games, activities, arts & crafts, swimming and more! Please bring a nut-free lunch, a bathing suit, and a towel. Pre-registration is required.

Member: $75 per day  Program Participant: $150 per day  8:00am – 6:00pm
October 7 & 10, 2022 Fall Recess  November 8, 2022 Election Day
December 26–30, 2022 Winter Recess

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
YOUTH DEVELOPMENT

STINGRAYS 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 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.

The Fall / Winter season will run from September 2022 through March 2023.

All new swim team members must meet with a coach for an evaluation so that coaches can determine proper group placement. Evaluations will be on:

<table>
<thead>
<tr>
<th>Ages 10 and under</th>
<th>Ages 11 and older</th>
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<tbody>
<tr>
<td>August 24 5:30-6:00pm</td>
<td>August 30 5:30-6:00pm</td>
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<td>August 30 5:30-6:00pm</td>
<td>August 30 6:00-6:30pm</td>
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MINI STINGRAYS
The Mini Stingrays is a pre-competitive swim group learning the basics of stroke development, good practice habits, and YMCA core values. Swimmers should be able to swim 25 yards of freestyle and 25 yards of backstroke.

For more information, please contact our coaching staff at soundviewstingrays@cccymca.org.

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
**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 lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule.

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

**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.

**AGE GROUPS:** 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.

**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.
SWIM BASICS
Students learn personal water safety and achieve basic swimming competency 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.

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.

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.

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.

YOUTH INTENSIVE LESSONS
SWIMMING WITH PURPOSE
Intensive swim lessons are designed to rapidly teach swimmers (1) how to swim with improved coordination and endurance and (2) life-saving water safety skills. Lessons will be held two times per week, on Tuesday & Thursday. Lessons are combined school age and preschool and will follow the YMCA

PRIVATE SWIM INSTRUCTION
Private instruction with a trained swim instructor scheduled at the convenience of the individual and pool availability. We offer 1:1, 2:1, or 3:1 ratios for those ages 3 and up. Fees are per student and each swimmer must be a member to participate.

1:1 (4 lessons)
2:1 (4 lessons)
3:1 (4 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.

The session will run for eight weeks, with the exception of the observance of Independence Day.

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.

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.

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.

### AGE GROUP

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tbody>
<tr>
<td>6 months - 3 years</td>
<td>SWIM STARTERS</td>
<td>Stages A-B</td>
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<tr>
<td>Parent* &amp; Child</td>
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<tr>
<td>3 years - 5 years</td>
<td>SWIM BASICS</td>
<td>Stages 1-4</td>
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<tr>
<td>Preschool</td>
<td>SWIM STROKES</td>
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<tr>
<td>5 years - 12 years</td>
<td>SWIM BASICS</td>
<td>Stages 1-6</td>
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<tr>
<td>School Age</td>
<td>SWIM STROKES</td>
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<tr>
<td>12+ years</td>
<td>SWIM BASICS</td>
<td>Stages 1-6</td>
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<tr>
<td>Teen &amp; Adult</td>
<td>SWIM STROKES</td>
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OBSERVATION AND CLASS LEVEL
While practicing social distancing, parents are asked not to disrupt the children or instructor while the class is in session. For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.
LIVESTRONG at the YMCA is a FREE 12-week small group program designed for adult cancer survivors seeking to regain health as they become de-conditioned or chronically fatigued from treatment and/or disease. This program includes:

- Two 75 minute classes per week (day and evening sessions available).
- Family Community Membership with full access to the Y and Central Connecticut Coast YMCA branches seven days per week.

For more information about LIVESTRONG at the YMCA
Colleen Villano, Director of Healthy Living 203 481 9622 X3217 or cvillano@cccymca.org
HEALTHY LIVING

COMMUNITY BASED EXERCISE PROGRAM FOR INDIVIDUALS WITH PARKINSON’S DISEASE

Participants will be evaluated by a Physical Therapist for their readiness to begin an exercise program and will be assessed using the 30 Second Sit to Stand Test and Timed Up and Go.

Participants can select from several exercise classes 2-3x a week that will include strength training and range of motion, balance exercises, aerobic activity using a recumbent bike, treadmill or dancing, and flexibility exercises.

Each session will be 45 minutes in length. Sessions will be in a group setting and participants will be supervised by a certified personal trainer or physical therapist to ensure safety.

Participants will be re-tested every 4 weeks using the 30 Second Sit to Stand Test and the Timed Up and Go to track progress in functional mobility and balance/fall risk.

WHEN: By Appointment
LOCATION: Soundview Family YMCA
COST: Free

It has been supported by research studies that exercise can be beneficial for Parkinson’s Disease and more so in the early stages of the disease. Research says that 2.5 hours a week of physical activity can slow the decline in quality of life for those with Parkinson’s Disease. The Parkinson’s Foundation recommends aerobic activity 3x a week; balance, agility, and multitasking exercises 2-3x a week; and strength training and stretching 2-3x a week.
SUPPORTING WELLNESS TOGETHER

Creating a Healthy Relationship with Food

This program is designed to help people seeking a healthier lifestyle by making small, modest changes to their daily behaviors and forming sustainable healthy habits. Participants joining the program should be ready to commit to developing self-designed weekly action plans that incorporate what is learned during each session. This 12-week program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short-term solution.

Each week, participants will be introduced to a new topic relevant to weight loss, discuss as a group successes/challenges/suggestions, and develop goals for the upcoming week.

WEEKLY DISCUSSION TOPICS

- SMART Goals
- Pantry Makeover
- Food Journaling
- Home cooking
- Deconstructing Craving
- Pro/Pre-biotics
- Supermarket Tour
- Meal Prep
- and much more!

COST: Members $175 / Program Participant $350

WELLNESS WEDNESDAY WORKSHOPS

Wellness Wednesday Workshops are interactive programs designed to engage, educate, and motivate you to incorporate wellness into your life.

August 31: Meal Planning & Prepping
Meal prep is the key to healthy, homemade eating without a lot of work. With simple prep each week, you can stock your fridge and freezer with heat and eat meals for breakfast, lunch, and dinner.

September 28: Proper Label Reading:
Understanding what’s in the foods and beverages we may consume can help us make healthier decisions. Packaged foods and drinks — the types that come in cans, boxes, bottles, jars, and bags — include nutrition and ingredient information on their labels. However, sometimes these labels can be difficult to decipher. We are here to help.

October 26: Shop on a Budget
A nutritious diet certainly can be expensive, but it doesn’t have to be! I will give you quick and easy tips to cut costs on your grocery bill and how to eat well on a budget.

November 30: Develop a Self-Care Routine During the Holidays
The holiday season. It’s called “the most wonderful time of the year”. But between buying gifts, hosting parties, trying not to break your healthy habits (or the bank), and attending family gatherings, it can also be the most stressful time of the year.

I want to help you feel your best this holiday season and sharing self-care tips to reduce stress and help you get the most comfort and joy out of your holidays.

LOCATION: Multipurpose Room
TIME: 1:00pm – 2:00pm
COST: Free
Registration required.
HEALTHY LIVING

Class reservations required through www.soundviewymca.org

ACTIVE OLDER ADULT FIT
Enjoy your friends while you move 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 10:45am
Location: Multipurpose Room

ACTIVE OLDER ADULT STRETCH AND 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 12:15pm
Location: Multipurpose Room

CIRCUIT TRAINING 101
This is a fun 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!
Monday/Friday 12:30—1:00pm
Location: Multipurpose Room

EASY DOES IT
Low impact cardiovascular exercises, muscle conditioning with resistance equipment, agility training and stretching. For seniors, beginners, and ready to be fit participants.
Monday/Friday 1:15—1:45pm
Location: Multipurpose Room

QI FLOW BALANCE
Slow gentle movements warm tendons, ligaments and muscle. Flow from one movement to the next to help in everyday activities.
Friday 10:45am
Location: Multipurpose Room

MOVEMENT FOR PARKINSON’S DISEASE
Physical activity has shown to slow the disease process, decreasing pain associated with Parkinson’s Disease. Exercise through gentle, deliberate movements to help prolong independent mobility, improve sleep, mood, memory, and overall quality of life.
Tuesday/Thursday 11:00am
Location: Studio AB
Members: Free  Program Participant: $80

YOGA CHAIR
Move your whole body through a series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and ROM.
Thursday 11:00am
Location: 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 9:15am**
- **Location:** Multipurpose Room

BODY SCULPTING ON ZOOM
The overall muscle conditioning workout increases strength, endurance and stamina using weights, tubing, bands and exercise balls.

- **Sunday 8:00am**
- **Monday/Wednesday 7:30am**
- **Location:** www.zoom.us
- **Meeting ID:** 649-197-4012 **Password:** 936974

CARDIO DANCE
Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium- and low-impact aerobic dance moves to a variety of high-energy beats. It’s a dance party!

- **Monday/Wednesday 8:15am**
- **Location:** Basketball Court

COACH BY COLOR CYCLE
This cycle class uses 5 colored training zones that use your own fitness ability and heart rate to push you to your maximum intensity. These colors accurately coach your effort to give you the best workout possible. This class is for all abilities.

- **Monday 6:15pm**
- **Tuesday/Thursday 6:30am and 6:00pm**
- **Friday 6:00pm**
- **Wednesday 9:30am and 6:15pm**
- **Saturday 7:15am/Sunday 8:15am**

KICKBOX BOOTCAMP
Work your whole body in a moderate intensity workout combining strength training, kickboxing and floor work.

- **Monday 6:00pm**
- **Location:** Studio AB

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**
- **Location:** Multipurpose Room

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/Tuesday/Thursday 9:30am**
- **Wednesday 6:00pm**
- **Location:** 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**
- **Thursday 9:45am**
- **Location:** Multipurpose Room
- **Saturday 9:30**
- **Location:** Studio AB

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
HEALTHY LIVING

Class reservations required through www.soundviewymca.org

BALANCE AND FLEX TOGETHER
Our will grow you 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 and sweat through this full-body fitness journey.
Monday/Friday 8:15am
Location: Multipurpose Room

PURE STRETCH
A light-hearted class designed to stretch your entire body and improve your core strength.
Monday 9:30am
Location: Multipurpose Room

PILATES MAT
This class involves free flowing moves concentrating on core strength, muscle balance, and flexibility using traditional Pilates exercises.
Sunday 9:15am
Monday/Wednesday 10:15am
Thursday 7:15am
Location: Studio AB

YOGA
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture. This class is designed for all levels.
Wednesday 8:15am
Location: Studio AB

YOGA SLOW FLOW
Movements flow from one position to another, in a graceful, mindful sequence integrating breath awareness and alignment.
Tuesday/Thursday 8:30am
Friday 8:15am
Location: Multipurpose Room

YOGA ON ZOOM
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture. This class is designed for all levels.
Tuesday/Thursday 7:45am
Location: Multipurpose Room
Location: www.zoom.us
Meeting ID: 649-197-4012 PW: 936974

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
YMCA360 ON-DEMAND AND LIVE

At the YMCA we believe that when people experience all that our Y has to offer, they will be drawn into supportive, healthier relationships with one another and their community.

YMCA360 is a free on-demand video platform free to all full-facility members of the Central Connecticut Coast YMCAs. YMCA360 offers 1000+ group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more.

From your desktop, laptop, tablet, smart TV or mobile device, YMCA360 is available wherever you are with an internet connection. Instructions for access:

Please visit ymca360.org

- Click the login button
- Enter your email address, click continue
- Enter your zip code, click continue
- Click your YMCA
- You will receive a 6 digit email code, via email
- Enter this code, click continue
- You will be let in!

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG