FIND CONNECTION.
FIND YOUR Y.

FALL 11 PROGRAM GUIDE

The YMCA connects people to a great sense of purpose and to each other to make our community stronger.

For a better us.®

SOUNDVIEW FAMILY YMCA
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.

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
10/10 Indigenous Peoples Day  Regular Hours
11/11 Veterans Day  Regular Hours

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

PROGRAM REGISTRATION
FALL II
October 24–December 18
Registration Dates
Facility Member: October 3
Program Participant: October 10

YOUR YMCA STAFF
Matt LaPrino, Executive Director
Derek Branco, 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  AJ Pace
Erik Barone  Lee Foo
Jason Bedford  Mary Ann Harmon
Bob Jacob  Barbara Naclerio
Melissa Nicholson  Keith Torello
Dr. Lauren White

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 Matthew LaPrino, Executive Director to learn more.
YOUTH DEVELOPMENT

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!

2022-2023
Afterschool Registration Has Begun! Register Today!

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, and horizontal and parallel bars, rings, floor, and pommel horse.

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 4:30pm-5:30pm
- 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
KIDS NIGHT OUT

Calling all 8-14 year olds, grab your friends and join us for Kid’s Night Out every 2nd Saturday of the month starting October 8, 2022! Swimming, pizza, Gaga are just some of the fun things to do after hours at the Y!

October 8, 2022
Time: 5:00 pm-7:30 pm
Place: Soundview Family YMCA
Room: Studio A
Pizza will be served
Member: $15  Program Participant $18

November 12, 2022 (Friends Giving)
Time: 5:00 pm-7:30 pm
Place: Soundview Family YMCA
Room: Studio A
Pizza will be served
Member: $15  Program Participant $18

December 10, 2022 (Holiday Party)
Time: 5:00 pm-7:30 pm
Place: Soundview Family YMCA
Room: Studio A
Pizza will be served
Member: $15  Program Participant $18

TEEN LEADERS CLUB

Leaders Club is a year-long, YMCA-based leadership-development program for middle and high school teens. This program provides teens with extensive leadership training and volunteer opportunities that support YMCA programs and services to the community. In addition to teaching teens leadership through service, Leaders Club advisers introduce teens to all the work the Y does to strengthen community, and Inspire and prepare teens to become future Y leaders.

For more information, please email Lynn Wheeler at lwheeler@cccymca.org.

Join us for our information/kick off meeting on Wednesday, October 19, 2022 from 6:30-7:30 pm. Refreshments will be served.
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.

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.

MASTERS SWIM IS BACK!
The Stingrays Masters program is back on Tuesdays & Thursdays from 5:30-6:30am and Sundays from 9-10am. Participants must be YMCA members. Register online or with our Member Services team today.

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

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.

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tbody>
<tr>
<td>6 months - 3 yrs</td>
<td>SWIM STARTERS</td>
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<tr>
<td>Parent* &amp; Child</td>
<td>Stages A-B</td>
</tr>
<tr>
<td>3 yrs - 5 yrs</td>
<td>SWIM BASICS</td>
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<tr>
<td>Preschool</td>
<td>SWIM STROKES</td>
</tr>
<tr>
<td>5 yrs - 12 yrs</td>
<td>SWIM BASICS</td>
</tr>
<tr>
<td>School Age</td>
<td>SWIM STROKES</td>
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<tr>
<td>12+ yrs</td>
<td>SWIM BASICS</td>
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<tr>
<td>Teen &amp; Adult</td>
<td>SWIM STROKES</td>
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<td>Stages 1-6</td>
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Please note that the Fall II session will run for eight weeks, with the exception of Thursday classes in observance of Thanksgiving (no lessons on Thursday, 11/24).
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. Some classes are combined A & B.

Swim Starters require one parent* to participate in the pool.

SWIM STARTERS

Member: $90  Program Participant: $178

Stage A - Water Discovery

Stage A, introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

- Monday 9:45am
- Wednesday 9:45am
- Saturday 9am
- Sunday 9am & 10:45am

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.

- Monday 9:45am
- Wednesday 9:45am
- Saturday 10:10am
- Sunday 9am & 10:45am
SWIM LESSONS

YOUTH DEVELOPMENT

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.

SWIM BASICS

Member: $90  Program Participant: $178

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.

<table>
<thead>
<tr>
<th>Preschool</th>
<th>School Age</th>
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<tbody>
<tr>
<td>Monday 9:10am, 5pm</td>
<td>Tuesday 4:30pm</td>
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<tr>
<td>Wednesday 9:10am, 5pm</td>
<td>Thursday 5:05pm</td>
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<tr>
<td>Saturday 10:45am</td>
<td>Sunday 9:35am</td>
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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.

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<th>Preschool</th>
<th>School Age</th>
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<tbody>
<tr>
<td>Monday 10:20am, 5pm, 5:35pm</td>
<td>Tuesday 5:40pm</td>
</tr>
<tr>
<td>Wednesday 10:20am, 5pm, 5:35pm</td>
<td>Wednesday 4:30pm</td>
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<tr>
<td>Saturday 9:35am</td>
<td>Sunday 10:10am</td>
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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.

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<tr>
<th>Preschool</th>
<th>School Age</th>
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<td>Monday 5:35pm, 6:10pm</td>
<td>Monday 6:10pm</td>
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<tr>
<td>Wednesday 5:35pm, 6:10pm</td>
<td>Tuesday 5:05pm</td>
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<td>Wednesday 6:10pm</td>
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<td>Thursday 5:40pm</td>
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<td></td>
<td>Saturday 11:15am</td>
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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. These classes are 40 minutes.

SWIM STARTERS
Member: $94          Program Participant: $188

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.

  Tuesday 6:15pm
  Saturday 10:30am

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.

  Thursday 6:15pm
  Saturday 9:45am

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.

  Saturday 9am

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 package but will be billed per individual. All swimmers must be a member to participate. Register for the private instruction waitlist today!

  1:1 $176  (4 lessons)
  2:1 $220  (4 lessons)
  3:1 $265  (4 lessons)
AMERICAN RED CROSS CERTIFICATION COURSES

Lifeguard Review Course
An abbreviated Lifeguarding course that reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years. Registration is required by Monday, October 31 to provide ample time to set up the course.

Sunday, November 13 from 8am-5pm
Member: $75
Program Participant: $130

Blended Learning First Aid / CPR / AED
First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Registration is required by the Monday before class begins to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class.

Sunday, October 16 9-11am
Sunday, November 13 9-11am
Member: $25
Program Participant: $50

Blended Learning Lifeguard Course
The Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Registration is required by Monday, December 19 to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class.

All classes must be attended. Registration does not guarantee certification.

Tuesday, December 27 9:30am-2:30pm
Wednesday, December 28 9:30am-2:30pm
Thursday, December 29 9:30am-2:30pm
Friday, December 30 9am-12pm

The class is at no cost to the participant pending a successful reference and background check, and an agreement to work at the Soundview Family YMCA for six months. Otherwise, the course fee is $350.
FAMILY FUN FRIDAYS
It’s all about **FUN** on Friday nights!

**H₂O Glow**
At this glow-in-the-dark pool party you will can have fun, family swim while participating in a glow stick drop, seeing a fun lighted display, and more!

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<tr>
<th>Date</th>
<th>Time</th>
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<tr>
<td>October 21</td>
<td>5-7pm</td>
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<tr>
<td>November 4</td>
<td>5-7pm</td>
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<tr>
<td>December 2</td>
<td>5-7pm</td>
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**Member $0  Program Participant $5**

**Game Night**
There is no better exercise (for the brain & body) than play! Bring the family to a night of fun water games.

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<th>Date</th>
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<tr>
<td>October 28</td>
<td>5-7pm</td>
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<tr>
<td>November 18</td>
<td>5-7pm</td>
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<tr>
<td>December 16</td>
<td>5-7pm</td>
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**Member $0  Program Participant $5**

**Flick & Float**
Enjoy a different family-friendly movie each month while you float around in our heated pool. Movie showings will begin within 30 minutes of event start.

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<tr>
<td>October 14</td>
<td>5:30-7:30pm (Halloween Movie)</td>
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<td>November 11</td>
<td>5:30-7:30pm</td>
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<tr>
<td>December 9</td>
<td>5:30-7:30pm (Holiday Movie)</td>
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**Member $0  Program Participant $5**

AQUATIC FITNESS CLASSES
**FREE** with Y membership but you must register ahead to secure your spot.

**Cardio Power**
Uses various movements to create resistance for an up-tempo workout.

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<th>Day</th>
<th>Time</th>
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<tr>
<td>Tuesday</td>
<td>8am</td>
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<tr>
<td>Thursday</td>
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**Deep Water Fit**
While using a flotation device, swimmers will use stationary and locomotion movements. Class will be held in the competition pool.

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<th>Time</th>
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<tr>
<td>Monday</td>
<td>9am, 10am</td>
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<tr>
<td>Tuesday</td>
<td>9am, 10am</td>
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<tr>
<td>Wednesday</td>
<td>9am</td>
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**Flipper**
Training fins and kickboards will be used to create an advanced water aerobics experience. Class will be held in the competition pool.

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<th>Time</th>
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<tr>
<td>Wednesday</td>
<td>10am</td>
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**Joints in Motion**
This low intensity class will incorporate aerobic movement with noodles and choreography.

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<tr>
<td>Monday</td>
<td>12pm</td>
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<tr>
<td>Wednesday</td>
<td>12pm</td>
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**Water Fit**
Aerobic activity followed by toning with barbells and noodles.

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<th>Day</th>
<th>Time</th>
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<tbody>
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<td>Monday</td>
<td>8am, 11am</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9am, 10am, 11am</td>
</tr>
<tr>
<td>Wednesday</td>
<td>8am, 11am</td>
</tr>
<tr>
<td>Thursday</td>
<td>9am, 10am, 11am, 7pm</td>
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</table>

**Aqua Training**
Take the punches to the pool in this high intensity interval workout.

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<th>Day</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>7pm</td>
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</table>
Pickleball is considered to be the fastest growing sport in America. It’s a combination of ping pong, tennis and badminton rolled into one fabulous game, played on a court 1/4 the size of a tennis court. Pickleballs and Paddles will be provided.

Four (4) session program will cover basic Pickleball skills - building a strong foundation. You’ll quickly be able to play the game with confidence.

Week 1: Game rules & Understanding the Court, Scoring, Paddle use, and Dinking,
Week 2: Serving and Return of Serve.
Week 3: Transition and 3rd Shot Drop.
Week 4: Blocking the Bangers and Punch Volley

TIME: 11:00am – 12:30pm
DATES: Four (4) Sundays
Week 1: November 6
Week 2: November 13
Week 3: November 20
Week 4: November 27
COST: Member $100 /Program Participant $200
LOCATION: Multipurpose Room

Bill Sadick, Certified Instructor

Limited to 8 players. Registration is required.
CANCER SURVIVORSHIP

The LIVESTRONG at the YMCA program supports the increasing number of cancer survivors who find themselves on the journey from completing treatment to feeling physically and emotionally strong enough to return to normal life.

These small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. LIVESTRONG at the YMCA creates a welcoming community in which survivors can develop supportive relationships and improve their quality of life.

Who can participate?
Any adult 18+ who is living with or beyond cancer treatment (YMCA membership is not required).

How much does it cost?
There is no cost to participate, and all participants receive a complimentary 3 month family membership.

How long is the program?
The program is 12 weeks long. Group meets 2 times per week.

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.

WHEN: By Appointment

LOCATION:
Soundview Family YMCA

COST: Free

To learn more about LIVESTRONG at the YMCA, contact Colleen Villano, Director of Healthy Living
E cvillano@cccymca.org P 203 481 9622 x3217

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
HEALTHY LIVING

WELLNESS WEDNESDAY WORKSHOPS

These workshops are designed to engage, educate, and motivate you to incorporate wellness into your life.

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: Self-Care Routine During the Holidays
The holiday season. It’s called “the most wonderful time of the year”. But between buying gifts, 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 with some self-care tips to reduce stress.

December 28: How to Meditate
When we meditate, we inject long-lasting benefits into our lives: We lower our stress levels, we connect better, we improve our focus. I will walk you through the basics on how to meditate.

LOCATION: Media Room
TIME: 12:00pm – 1:00pm

H.E.L.P.
(Health, Education & Logical Planning)
Here at the YMCA, we understand that sorting through all the conflicting nutritional information out there can be both confusing and frustrating. We are here to H.E.L.P.

Perhaps you want more energy. Maybe you have those nagging sweet cravings that you can’t seem to get under control. Schedule a complementary private coaching session to get to know your body’s unique needs, create a personal blueprint with measurable goals and walk away with 1 or 2 simple suggestions to practice during towards sustainable change.

SUPPORTING WELLNESS TOGETHER

Creating a Healthy Relationship with Food and you!

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.

COST: Member $175 / Program Participant $350

Monthly Events: Informational Lectures, YMCA Book Worms, Hiking Club, Geocaching and more!

WOMEN’S WELLNESS WEEKEND

RELAX & REJUVINATE BY THE SEA
Friday, March 31 – Sunday, April 2
A weekend to relax, rejuvenate, and have fun! Spend a weekend away at the beautiful Mercy by the Sea in Madison and treat your spirit, mind, and body to better overall wellness!

Included:
• 6 tasty & healthy meals
• Morning Meditation
• Labyrinth Walk & Journaling
• Stress Management activities
• And more!

For more information or to reserve your spot, contact Christina Murphy, Health Nutrition Coach at cmurphy@cccymca.org.
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

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.
Tuesdays 9:30am
Location: Studio AB
HEALTHY LIVING

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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/Friday 9:15am**
**Wednesday 8:15 AM**
**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: Multipurpose Room**

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/Tuesday 6:15pm**
**Tuesday/Thursday 6:30am**
**Thursday/Friday 6:00pm**
**Wednesday 9:30am / 6:15pm**
**Saturday 7:15am/Sunday 8:15am**
**Location: Cycle Room**

KICKBOX BAG
This total body workout combines cardio kickboxing and bag training that will push you to reach a new level of fitness.

**Sunday 10:30am**
**Thursday 10:30am**
**Tuesday 6:00pm**
**Location: Studio AB**

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

**Monday 6:15pm**
**Location: Multipurpose Room**

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/Tuesday 6:15pm**
**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

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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.

Sunday/Monday/Friday 8:15am
Location: Multipurpose Room

Thursday 5:15pm
Location: Studio B

PURE STRETCH
A light-hearted class designed to stretch your entire body and improve your core strength.

Monday 9:30am
Location: Studio AB

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

Wednesday 4:45pm
Location: Multipurpose Room

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

YOGA SLOW FLOW
Movements flow from one position to another, in a graceful, mindful sequence integrating breath awareness and alignment.

Tuesday/Thursday 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: www.zoom.us
Meeting ID: 649-197-4012 PW: 936974

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
A Place Where We Can All Connect
At the Y, we’re committed to helping you live a healthier, stronger life, wherever you are! That’s why we have partnered with YMCA360 to provide our members with a 360-degree seamless Y experience. No matter whether you are at home or on vacation, you can connect with our Y community to access the best in online fitness classes, youth sports skills and healthy living resources.

A New Kind of Membership
YMCA360 brings your membership full circle. All YMCA of Upper Palmetto members enjoy an exclusive collection of on-demand and livestream classes online, PLUS the benefits of belonging to the Y.

Access to YMCA360 is included with every CCCY membership at no additional charge.