FIND YOUR FRIENDS.
FIND YOUR Y.

SPRING PROGRAM GUIDE
At the Y, there are no strangers – only friends you haven’t met yet. Friends that will inspire you to develop new skills and confidence to lead positive change in yourself and our community.

For a better us.®

SOUNDVIEW FAMILY YMCA
HERE 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–5:00pm
Sunday 8:00am–2:00pm

HOLIDAY HOURS/CLOSURES
Good Friday Regular Hours
Easter Sunday Closed
Memorial Day 7:00am–1:00pm

CHILD WATCH & PLAYSCAPE
Child Watch Hours:
M–F 9am–10:30am and 10:45am–12:15pm
M and W 4:30pm–5:45pm and 6pm–7pm
Playscape Hours: M–F 5:30pm–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
SPRING
April 25—June 19
Registration Dates
Facility Members: April 4
Community Members: April 11

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.

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
FIND WHAT MATTERS MOST. FIND YOUR Y.

Whenever a neighbor needs support, the Soundview Family YMCA stands ready to help with open arms and caring hearts. Find what matters most and discover what a gift it is to give!

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.
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.

Ongoing Registration for School Year 2021-2022.

We are now taking registration for the 2022-2023 School Year. Register now to ensure your have child care.

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   Community: $326
3 days/week: Member: $245   Community: $347
4 days/week: Member: $270   Community: $372
5 days/week: Member: $289   Community: $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 3 days/week: Member: $179   Community: $282
Before Care 5 days/week: Member: $231   Community: $333
After Care 3 days/week: Member: $241   Community: $343
After Care 5 days/week: Member: $306   Community: $409
Before and After Care 3 days/week: Member: $354   Community: $456
Before and After Care 5 days/week: Member: $446   Community: $548

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
**Y VACATION CLUB**
No School, no worries! The Soundview Family YMCA has two locations for your child care needs. Drop off your child with our experienced staff for a fun-filled day of games, activities, arts & crafts, and more! Please bring a nut-free lunch, snacks, refillable water bottle and a bathing suit, and a towel. (Swimming at Branford Location Only.)

**Branford:** Pre-registration is required.
**Member:** $75 per day
**Community:** $150 per day

**East Haven:** Pre-registration is required.
**Members:** $55 per day
**Community:** $110 per day

**Spring Recess** April 15-22

**BASKETBALL CLUB**
**AGES 9+**
Join us at the Y for a fun-filled time of bonding, learning, growing, and basketball. Our enthusiastic leader will guide the children through sharpening their basketball skills to playing scrimmages.

**Member:** $75  **Community:** $150

Saturday 12:15-1:00pm
Location: Basketball Court

**STORY TIME & CREATIVE CRAFTS**
**Ages 3+**
Come work out and leave your little ones with us for story time, crafts and snacks. Sign up for each day in advance.

**Member:** Free  **Community:** $5

Tuesday 9:30am-11:00am
Location: Media Room

**ARCHERY**
**Ages 8-12**
Have fun while sharpening your archery skills. Learn how to be safe while focusing in on techniques to hit your target!

**Member:** $75  **Community:** $150

Thursdays 4:30 pm-5:15 pm
Location: Archery Range

More Information Online at www.soundviewymca.org
YOUTH DEVELOPMENT

TINY TUMBLERS

**Ages 2–4**

Lets have some fun together! Children will learn to tumble using animal walks, rolls and stretches. Tiny Tumblers is a fun gymnastics introduction that will incorporate music, motor skills, coordination and will help to build self-confidence.

**Member:** $64  **Community:** $128

INTRO TO BASKETBALL

**Ages 7–8**

Grab your friends and come have some outdoor fun! Work on dribbling drills, shooting and more! Have fun while learning how to play basketball.

**Member:** $75  **Community:** $150

Saturdays 11:15–12:15pm
BIRTHDAY PARTIES

Meet with our Birthday Party Specialist to create a birthday party to remember!
You bring the kid’s, paper goods, and food, we supply the fun!
Call or email to make your appointment today! Rates may vary depending on the type of birthday party being requested.

Party Types Include:

- Pool Time Party
- Dance Party
- Sports Party
- Tie Die (ages 7 and up)
- Zumba Party (ages 5 and up)
- Archery Party* (ages 8 and up)
- Zipline Party* (ages 5 and up)

*Requires specialty instructor availability

BIRTHDAY PARTY PRICING

Birthday Parties can be scheduled on Saturdays: 1:00pm–3:00pm or 2:30pm–4:30pm
A maximum of 20 children at a birthday party. Our party host will be with you throughout the party helping with all that goes along with running a fun party.

KID’S NIGHT OUT

Grab a friend and head to the Soundview Family YMCA for a fun night out! Have some pizza, go swimming, play games in the multi purpose room and do arts & crafts! It’s a great time for everyone!

Ages 8–15

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May 7, 2022  5:00–7:30pm
June 4, 2022  5:00–7:30pm
TIME FOR KIDS TO BE KIDS

SUMMER DAY CAMP PROGRAMS

Camp Nonoma & Camp Hays (East Haven Residence only) is the place to make every precious summer day a great one!

Summer is the time for kids to be kids! We provide a happy, healthy environment for children to learn and grow. At Y Summer Day Camp, participants gain a sense of accomplishment, build relationships and find their sense of belonging. It’s an opportunity for physical, social, emotional and cognitive learning experiences. For families, camp offers a peace of mind knowing that your child is in a safe and enriching place.

We can’t wait to see you at Camp Hays! We’ve planned an awesome, activity-packed summer with tons to learn, play and explore. The summer is filled with field games, arts and crafts, STEAM activities, music and more! Whether Camp Hays is the path you choose, there is a unique and adventurous summer experience here for everyone.

**WHEN:** June 20–August 26 (Weekly Sessions)
**TIME:** 9 am – 4 pm Extended hours available!
**WHERE:** Soundview Family YMCA, 628 E. Main Street, Branford, CT 06405 OR
Soundview Family YMCA At Hays School, 1 Maple Street, East Haven, CT P 203 481 9622 W soundviewymca.org

**REGISTER:** Registration is now open! Download, or pickup the registration packet. Download at soundviewymca.org

**OPEN HOUSE:** April 30 (At Soundview Only), May 14 and June 4 at both locations. All open houses are from 10AM-1PM

For additional information on YMCA Summer Camp Programs, please visit soundviewymca.org or contact the Soundview Family YMCA at 203 481 9622.
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 Spring season will start in April. Please be on the lookout for more information regarding the start of the 2022 long course season!

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.

Monday & Wednesday 5:30-6:15pm
Tuesday & Thursday 5:30-6:15pm
Saturday 8:15-9am

Members $120
Community $240

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

Make a splash & have a ball – introducing Splashball™.

Splashball™ is a form of Water Polo for youth aged 7–12 that combines skills from Swimming, Basketball, Soccer, Football, Volleyball and puts these skills in the water. It is a non-contact kid friendly version of water polo played in a shallow pool and/or with a pool noodle for support. This program has been setup specifically for athletes that are new to water polo and want to learn. We will teach the athletes the fundamentals necessary to be successful. And it’s coming soon to the Soundview Family YMCA!

Members $75  Community $130

Practices will be held on Wednesday nights by age, with games on Saturdays.

**Wednesday**  6:30-7pm (ages 7–9)
               7–7:30pm (ages 10–12)

**Saturday**   12–1pm (all ages)

If you have any questions please reach out to Aquatics Director, Alex Hunter at ahunter@ccymca.org.

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  $166 (4 lessons)
2:1  $104 (4 lessons)
3:1  $85 (4 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.

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

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

SWIM STARTERS
Member: $84  Community: $168

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.

Monday 9:10am  
Wednesday 10:20am  
Saturday 9:05am  
Sunday 9:05am & 10:15am

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 9:10am  
Wednesday 10:20am  
Saturday 10:50am  
Sunday 9:10am & 10:55am

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
**SWIM LESSONS**

**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.

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

**SWIM BASICS**  
Member: $84  
Community: $168

**Stage 1 – Water Acclimation**

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

- **Preschool**  
  Monday 9:45am, 4:30pm  
  Wednesday 9:10am, 4:20pm  
  Tuesday 5:40pm  
  Saturday 9:40am

- **School Age**  
  Monday 6:15pm  
  Thursday 4:30pm  
  Sunday 11:25am

**Stage 2 – Water Movement**

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

- **Preschool**  
  Monday 10:20am, 5:05pm  
  Wednesday 9:45am, 4:55pm  
  Saturday 10:15am, 11:25am

- **School Age**  
  Tuesday 5:05pm  
  Wednesday 5:20pm, 5:30pm  
  Thursday 5:05pm  
  Sunday 10:50am

**Stage 3 – Water Stamina**

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

- **Preschool**  
  Monday 5:40pm

- **School Age**  
  Monday 4:55pm  
  Tuesday 4:30pm  
  Wednesday 5:55pm  
  Thursday 5:40pm  
  Saturday 11:15am  
  Sunday 9:40am

**MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG**
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 Memorial Day.

SWIM STROKES
Member: $88  Community: $177

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.

- Monday 5:30pm
- 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.

- Monday 6:15pm
- 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

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.
AMERICAN RED CROSS CERTIFICATION COURSES

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, April 11 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.

- Friday, May 13 4–7pm
- Saturday, May 14 12–5pm
- Friday, May 20 4–7pm
- Thursday, May 21 12–5pm

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.

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, June 13 to provide ample time to set up the course.

Saturday, June 18 from 8am–6pm

- Member: $75
- Community Member: $130
AMERICAN RED CROSS CERTIFICATION COURSES

Infant CPR

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, June 13 to provide ample time to set up the course.

Sunday, May 15 from 10am–12pm

Member: $0
Community Member: $5

Waterfront Lifeguarding

The Waterfront Lifeguard certification course incorporates both the lifeguarding course with the Waterfront skills module. The purpose of the Waterfront skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds.

Registration is required by Monday, May 16 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.

You are required to be an American Red Cross Lifeguarding in good standing. Registration does not guarantee certification.

Sunday, May 22 from 9am–3pm

Member: $75
Community Member: $130
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!

Member $0  Community $5
May 6 from 5–7pm
June 3 from 5–7pm

Game Night

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

Member $0  Community $5
May 13 from 6–8pm
June 10 from 5–7pm

Inflatable Friday

Bring in an inflatable to lounge on while enjoying your swim time. This is at no additional cost to you, but a suggested donation to our Community Support Campaign of $5 per float is welcome!

April 29 from 5–7pm
May 20 from 5–7pm

AQUATIC FITNESS CLASSES
FREE with Y membership

With 20 aquatic group exercise classes to choose from, you’re sure to always get in a great workout! In addition to our regular lineup of Water Fit, Cardio Power, Deep Water Fit, Flipper, and Joints in Motion we had a few new classes for you to try out!

WAVERUNNERS
Balanced and fun aerobic exercises to increase cardiorespiratory endurance, stamina and physical resilience. Class routine in a supportive environment helps reduce anxiety, stress, and muscular tension. Suitable for all ages.
Friday 10am

AQUABILITIES
Aquatic routines to increase range of motion and functional capacity and decrease pain, stiffness and discomfort. Designed to improve overall fitness level. Equipment changes week to week. Suitable for anyone living with chronic pain or disability.
Monday 7pm

AQUASURGE
A fast-paced combination of total body joint exercises concentrating on improving brain health and the musculoskeletal system including endurance, strength, balance, and coordination. Exercises include a variety of equipment. Suitable for all ages.
Friday 9am

While these classes are free with your Y membership, you must register to secure your spot.
GIVE BABIES A FRESH START
COMMUNITY DIAPER DRIVE
APRIL 25 – 30, 2022

Diapers are expensive and can cost families up to $100 or more per month. Help local families in need with donations of diapers, wipes and pull-ups.

NEIGHBORS HELPING NEIGHBORS
COMMUNITY FOOD DRIVE
JUNE 20–24, 2022
Recipient: East Haven Food Pantry

Items in Need: Baking Mixes (Brownie, Muffins), Pancake Mix and Syrup, Rice, Cereal, Oatmeal, Baked Beans, Soups, Juice, Canned Meats (Spam, Chicken), Pudding/Jell-O and Canned Vegetables.

THANK YOU FOR YOUR GENEROSITY!

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
At the Y, a supportive community is a big part of wellness. Because we know that healthy lifestyles are achieved through nurturing our mind, body and spirit, well-being and fitness is so much more at the Y. Beyond a fitness facility we provide educational programs to promote and support healthier decisions.

WELLNESS WEDNESDAY WORKSHOPS

Wellness Wednesday Workshops are interactive programs designed to engage, educate, and motivate you to incorporate wellness into your life. Topics will include label reading, pantry make over, meal planning & prepping, and tips on how to start.

DATES: April 27, May 25, June 29
LOCATION: Multipurpose Room
TIME: 12:30pm – 1:30pm
COST: Free

GEOCACHING
OUTDOOR FUN FOR EVERYONE

Here is an amazing activity that will keep the kids (ageless) longing to spend more time in the great outdoors. Geocaching is a treasure hunt that happens outside using GPS enabled devices. We use our phones with the downloadable app.

WHEN: Saturday, May 7, 2022
First Saturday of the month
TIME: Noon – 1:00pm
LOCATION: Stony Creek Quarry, 99 Quarry Road, Branford, CT 06405
Register at the Welcome Center or call 203 481 9622.
H.E.L.P.
HEALTH, EDUCATION AND LOGICAL PLANNING

We understand that sorting through all the conflicting nutritional information out there can be both confusing and frustrating. The Y is 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. Or perhaps it’s time to finally figure out how to look and feel great in your own body.

Does any of this sound familiar?

Two 60-minute sessions will help get you on track to:

- Understanding your goals and expectations together so we can develop an action plan to ensure your success.
- Get to know your dedicated H.E.L.P. Coach
- Understand your body’s unique needs and create a personal blueprint.
- Set personal goals.
- Practice simple suggestions towards sustainable change with an easy to follow workbook.

COST: FREE

To schedule an appointment, contact Christina Murphy, Health Nutrition Coach at cmurphy@ccymca.org or call 203 481 9622 x3213.
FLEXIBILITY AND STABILITY TRAINING PROGRAM

During this 8 week progressive program, you will work one-on-one with a personal trainer to guide you through the safest and most effective stretching techniques to help you perform better, prevent injury, improve your range of motion, and aid in your recovery from exercise. Some benefits you can expect are:

- Improved posture
- Ease of motion
- Reduced risk of accidents and injuries
- Relieved stress
- Decreased pain
- Improved sports, work or activity performance

Package includes: Foam Roller, Program Guide, (1) 60 minute and (8) 30 minute personal training sessions.

Members: $345

For more information, please contact Colleen Villano, Director of Healthy Living at 203 481 9622 x3217 or cvillano@cccymca.org

INSPIRE MOTIVATE MAINTAIN

If you are 14, 80 or in between, and if your goal is to lose weight, gain strength, improve balance flexibility and agility, rehabilitate a new or old injury, or just need to 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. They will support you with expert knowledge, coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be.

Schedule a FREE evaluation today! We’ll discuss your goals and define a training program tailored just for you!
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 10:15am
Location: Studio AB

Members: Free      Community Members: $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
Invigorating, community oriented dance-fitness class that’s fresh and exhilarating! Modified, low-impact moves available for active older adults.

Tuesday 9:45am
Location: Multipurpose Room

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
**HEALTHY LIVING**

**Class reservations required through www.soundviewymca.org**

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**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

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**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/Friday 9:15am**
- **Location:** Basketball Court

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**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**
- **Location:** Multipurpose Room

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**HIGH LOW**
HIGH Low is a low impact aerobics experience based on traditional aerobics principles creating a steady state cardio workout. This action packed, full body blast will challenge you while at the same time keeping it LOW. HIGH
- **Monday/Wednesday 5:15pm**
- **Location:** Multipurpose Room

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

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**KICKBOX BOOTCAMP**
Work your whole body in a moderate intensity workout combining strength training, kickboxing and floor work.
- **Monday 6:00pm**
- **Location:** Studio AB

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**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

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

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**R.I.P.P.E.D.**
An energizing workout, utilizing resistance and cardio training, that combines resistance, Intervals, power, plyometrics and endurance.
- **Friday 9:30am**
- **Location:** Multipurpose Room

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More information online at www.soundviewymca.org
HEALTHY LIVING

Class reservations required through www.soundviewymca.org

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

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
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: 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 9:30am
Wednesday 6:00pm

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 8:15am
Location: Studio AB

DEFEND TOGETHER
A gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

Thursday 6:00pm
Location: Studio AB

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

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

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

ZUMBA
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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