FIND YOUR FUN.
FIND YOUR Y

SUMMER PROGRAM GUIDE
At the Y, you’ll run, you’ll laugh, you’ll sweat and you’ll have fun meeting people while you enjoy yourself. Connect with neighbors and give back to your community, find your fun.

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.

PROGRAM REGISTRATION
SUMMER
June 20—August 15
Registration Dates
Facility Members: May 30
Community Members: June 6

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.
FOOD FOR NEIGHBORS IN NEED.
SAFE SPACES FOR KIDS TO LEARN AND GROW.
OUTREACH TO SENIORS WHO ARE FEELING ISOLATED.

These are just a few of the many reasons to give to the Y.

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.
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.


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
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: Saturday, June 4 at the Soundview Family YMCA 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 is underway. Please be on the lookout for more information regarding the start of the 2022 - 2023 short course season!

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

For more information, please contact Aquatics Director, Alex Hunter, at ahunter@cccymca.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

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

    Saturday 9:05am & 10:50am

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.

    Saturday 9:05am & 10:50am

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
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 Independence 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 4:30pm
Wednesday 5:40pm
Saturday 9:40am

School Age
Monday 6:15pm
Tuesday 5:40pm
Thursday 4:30pm

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 5:05pm
Wednesday 4:30pm
Saturday 10:15am, 11:25am

School Age
Tuesday 5:05pm
Wednesday 6:15pm
Thursday 5:05pm

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
Wednesday 5:05pm

School Age
Tuesday 4:30pm
Wednesday 5:40pm
Saturday 11:15am
**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.

**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.

- 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

**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 years</td>
<td>SWIM STARTERS</td>
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<tr>
<td>Parent* &amp; Child</td>
<td>Stages A–B</td>
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<tr>
<td>3 years - 5 years</td>
<td>SWIM BASICS</td>
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<td>Preschool</td>
<td>SWIM STROKES</td>
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<td>Stages 1–4</td>
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<tr>
<td>5 years - 12 years</td>
<td>SWIM BASICS</td>
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<td>School Age</td>
<td>SWIM STROKES</td>
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<td>Stages 1–6</td>
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<tr>
<td>12+ years</td>
<td>SWIM BASICS</td>
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<tr>
<td>Teen &amp; Adult</td>
<td>SWIM STROKES</td>
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<td></td>
<td>Stages 1–6</td>
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</tbody>
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SOCIAL RESPONSIBILITY

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 Swim Lesson program.

Members $84    Community $168

- Stage 1 - 4:30pm
- Stage 2 - 5:05pm
- Stage 3 - 5:40pm
- Stage 4 - 6:15pm

There will be two sessions - June 21 - July 14 and July 19 - August 11. Registration will be open for both sessions for facility members starting May 30 and for the community on June 6.

ADULT SWIM INSTRUCTION
EVERYONE CAN BE A SWIMMER

Adult instruction is back & better than ever!

Members $84    Community $168

- Adult Beginner       Saturday 8am
- Adult Intermediate   Saturday 8:30am

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

June 24 from 5–7pm
July 22 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**

July 8 from 6–8pm
July 29 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!

July 15 from 5–7pm
August 19 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! With classes like Water Fit, Cardio Power, Deep Water Fit, Flipper, Joints in Motion, Waverunners, AquaSurge, and more we have had quite a busy spring session.

Thank you for your participation so far this year – you have brought great joy, enthusiasm, and passion to our YMCA every single day.

Please stay tuned for an updated summer schedule. Class times will change to accommodate our influx of summer programming, and we thank you for your patience and flexibility.

As a reminder, while these classes are free with your Y membership, you must register to secure your spot.
SUPPORTING OUR NEIGHBORS

COMMUNITY FOOD DRIVE

JUNE 20–24, 2022
Recipient: East Haven Food Pantry

JULY 18–22, 2022
Recipient: Guilford Food Pantry

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.

FIND HIDDEN TREASURE WITH GEOFENCING

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

June 11, July 2, August 6

**TIME:** Noon  
**LOCATION:** Stony Creek Quarry  
99 Quarry Road  
Branford, CT 06405  
**COST:** Free

Registration required. For more information,

SOCIAL HOUR

If you like to socialize with other members of the Soundview Family YMCA, this club is for you! The Y Social Club meets the first Friday of every month and will offer a variety of activities such as cards, puzzles and games!

June 3, July 1, August 5

**LOCATION:** Media Room  
**TIME:** 2:00pm  
**COST:** Free

WELLNESS WEDNESDAY WORKSHOPS

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

June 29—Pantry Makeover  
July 27—Supermarket Tour  
August 31—Meal Planning and Prepping

**LOCATION:** Multipurpose Room  
**TIME:** 12:30pm – 1:30pm  
**COST:** Free

More information online at www.soundviewymca.org
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.

**CRITERIA FOR PARTICIPATION**

- Available for individuals currently undergoing cancer treatment or have completed their treatment.
- Strong personal desire and commitment to attend classes.
- Obtain a signed medical clearance form.
- Participate in an interview with our Intake Specialist, complete a confidential health assessment and program registration forms.

2022 Fall Session

Intake dates: July 1—August 15
Session begins: September 2022
Now accepting enrollments.

For more information about LIVESTRONG at the YMCA
Colleen Villano, Director of Healthy Living 203 481 9622 X3217 or cvillano@cccymca.org
CYCLE FOR A CAUSE TOGETHER
SUPPORTING CANCER SURVIVORSHIP

EVENT INFORMATION
- Teams of 1-6 people
- $500 per team/per bike
- Team name displayed on bike
- Livestrong at the Y t-shirt
  - Free Child Watch
- Music, raffles and food!

SATURDAY, JULY 30
8:00am — 12:00pm

Register by July 25, 2022!

LIVESTRONG at the YMCA is made possible through community donations. $500 supports the cost of one cancer survivor to reclaim their health and includes a three month household membership.

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
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  Deconstructing Craving
Pantry Makeover  Pro/Pre-biotics
Food Journaling  Supermarket Tour
Home cooking  Meal Prep
and much more!

Members: $175
Community: $350

STRETCH BREATH SMILE

Restorative Yoga Workshop

Nourish your spirit, rejuvenate your body, and enliven your mind! Enjoy an introduction to Yin Yoga, on the philosophy and hearth benefits of Yin and then the magic for yourself! Join Jo and get to know your inner emotional with a feeling of calm and energy. The asanas combined with deep, focused breathing encourage you to tune in and listen to your body and surrender to your feelings rather than trying to push them down or control them. Poses are held between ten breaths and ten minutes, to liberate the body’s chronic holding patterns and relieve pain, helping you to recapture some of the ease and freedom of movement you used to have as a child. One of the most potent ways to cultivate the body’s subtle energy, Yin enables you to heal yourself, move negative emotions out, prevent injury and find a deep sense of peace in your body mind and spirit.

Date: Tuesday, June 14
Time: 10:00am – 12:00pm
Location: Multipurpose Room
Cost: $30 Members / $60 Community
Registration required.

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.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 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 9:30am**
**Location: Multipurpose Room**
HEALTHY LIVING

Class reservations required through www.soundviewymca.org

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/Friday 9:15am
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
Location: Multipurpose Room

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

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
Thursdays 9:30am
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 6:00pm
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

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

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
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
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

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
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

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: 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

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

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
Location: Multipurpose Room

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