



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR INVESTING **IN THE FUTURE**

**SOUNDVIEW FAMILY YMCA
FALL 2 PROGRAM GUIDE
October 28 – December 22, 2019**

HERE FOR YOU

PROGRAM REGISTRATION

FALL 2

OCTOBER 28 - DECEMBER 22

Facility Members: October 7

Community Members: October 14

SOUNDVIEW FAMILY YMCA

P 203 481 9622 F 203 481 9363

Email: soundviewinfo@cccymca.org

FACILITY HOURS

Mon-Thurs 5:30am-9:00pm

Friday 5:30am-7:30pm

Saturday 7:00am-7:00pm

Sunday 8:00am-4:00pm

HOLIDAY HOURS/CLOSURES

Thanksgiving Day: November 28: 7am-11am, Abbreviated schedule

Christmas Eve: December 24: 5:30am - 2:00pm, Abbreviated schedule

Christmas Day: December 25: Closed

New Years Eve: December 31: 5:30am-6:00pm, Abbreviated schedule

New Years Day: January 1, Abbreviated Schedule

WEATHER POLICY: In the event of inclement weather related closures we will post information on Facebook, Twitter, and the following television stations: WTNH (channel 8), WFSB (channel 3), and NBC CT (channel 30).

CHILD WATCH HOURS

Mon-Fri 9:00am-12:00pm

Mon-Thurs 4:30-8:00pm

Saturday 9:00am-12:00pm

Sunday 9:00am-12:15pm



YOUR YMCA STAFF

Executive Director: Cheryl Tuturice

Administrative Coordinator: Barbara Hemming

Senior Program Director: Lindsay DeMartino

Facility Director: Ralph Ricciardelli

Membership Coordinator: Stacey Rubino

Child Watch Coordinator: Michelle March

Aquatics Coordinator: Kyle Jones

Head Swim Coach: Jen Amasino

Head Swim Coach: Sue Lezca

Asst. Facility Director: Gary McNeil

Health and Wellness Coordinator: Michael Castaldi

Senior Coordinator: Kathy Derken

Youth and Family Director: Lynn Wheeler

BOARD OF MANAGERS

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

Chairman: Bob Jacob

Pat Andriole

Nichola Bankuty

Erik Barone

Steve Childs

Christal Esposito

Roberta Flannery

Jeanine Sico

Katelyn Tortora

Chris Young

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income. Please contact us for more information.



Every day, the Y strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It’s how we help communities and the ‘us’ who live in them achieve our individual and collective promise.

When you donate to the Soundview Family YMCA’s Annual Campaign, you make the communities of Branford, Guilford, Madison, North Branford and East Haven better and the “us” who live in them stronger.

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

DONATE FOR A BETTER US.

PARENT/CHILD & PRESCHOOL/ YOUTH Pages 4-6	COMPETITIVE SWIM & CERTIFICATION Page 7 YOUTH SWIM LESSONS Pages 8-9	CHILD CARE Pages 10-11 YOUTH FITNESS/FAMILY TIME Page 13	ADULT TRAINING/ FITNESS Pages 14-17	ACTIVE OLDER ADULTS Page 18 WATER ACTIVITIES Page 19
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YOUTH DEVELOPMENT

CHILD CARE

ENGAGING BEYOND THE SCHOOL DAY AFTER SCHOOL PROGRAM 2019-20

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. We maintain a strong commitment to building character in youth through our four core values of Caring, Honesty, Respect and Responsibility.

EXPERIENCE THE YMCA AFTER SCHOOL

Monday-Friday until 6:30pm.

2, 3, 4, & 5 day options available.

Swimming, Homework Help, Snack, Sports, Fitness Activities, Organized Play, Arts & Crafts, and more!

CONVENIENTLY PROVIDING TRANSPORTATION TO THE Y FROM:

Branford: Murphy, Sliney, Tisko, and Walsh Intermediate

Member/Community Monthly Fees:

2 days/week : \$218/\$368
3 days/week : \$239/\$389
4 days/week: \$263/\$413
5 days/week: \$282/\$432
\$35 registration fee—one time

YOUTH

CHILD WATCH (AGES 3MO-9YEARS)

This safe, secure environment is here for your little one while you take care of you! We have three areas with toys and items best suited for your child's age.

- Infant Room (3-24 months)
- Toddler/Preschool Area (ages 2-5)
- Media Center/School Age Area (6+)

HOURS

Monday - Friday	9:00am-12:00pm
Monday - Thursday	4:30pm-8:00pm
Saturday	9:00am-12:00pm
Sunday	9:00am-12:15pm

Each day we have a schedule of activities to keep your child engaged!

Morning:	Evening:
9:30-10:00 Circle Time	4:45-5:30 Story Time
10:00-10:45 Crafts	5:30-7:00 Free Art
11:00-11:30 Music	7:00-7:30 Music
11:30-12:00 Free Art	7:30-8:00 Free Play

FREE WITH FAMILY MEMBERSHIP!



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

YOUTH DEVELOPMENT

YOUTH Y VACATION CLUB

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

Dates Include:

October 9 Yom Kippur
October 14 Columbus Day
November 5 Election Day
November 29 Day after Thanksgiving
December 23, 24, 26, 27, 30, 31

Time: 8:00am – 6:00pm

Members: \$50 per day

Community: \$100.00 per day

***\$35 Registration fee if not in already enrolled in child care programs**

PARENT'S NIGHT OUT (AGES 4-12)

Parents enjoy a night out while the kids enjoy a great time at the Y! Kids can play with friends, swim, enjoy pizza, crafts, and more!

Member: \$11 per child in advance; \$16 per child day of event

Saturdays:

9/21/19, 11/16/19 & 12/14/19
from 6:00-9:00pm

YOUTH

Unless otherwise specified, fees for Youth Classes are:
Member: \$51 Community Member: \$100

POSITIVE AMERICAN KARATE (AGES 4 & Up)

Karate builds confidence, self-esteem, and respect. Students will become physically fit, focused, and have fun.

Location: Multipurpose Room.

Instructor: Kyle

Fridays 5:00-5:45pm

PARENT & ME SPORTS SPECTACULAR (AGES 3-4)

Children will have the opportunity to try various sports in a safe, structured environment. The Parent & Me Sports Spectacular program is ideal for any child that needs a little help from Mom or Dad.

Location: Studio B.

Saturdays 9:00-9:45am

PARENT & ME INDOOR SOCCER (AGES 3-4)

Children will have the opportunity to try soccer out on our back field. The Parent & Me Soccer program is ideal for any child that needs a little help from Mom or Dad.

Location: Studio B.

Saturdays 10:00-10:45am

PEE-WEE SPORTS SPECTACULAR (AGES 5-6)

Children will have the opportunity to try various sports in a safe, structured environment. Location: Studio B.

Saturdays 11:00-11:45am

YOUTH DEVELOPMENT

YOUTH

Unless otherwise specified, fees for Youth Classes are:
Member: \$51 Community Member: \$100

ARTS & CRAFTS SPECTACULAR (AGES 5-6)

Children will have the opportunity to try create works of art using different materials.

Location: Studio B.

Friday 4:15-5:00pm



LITTLE CHEFS (Ages 5-6)

Love to help mom and dad in the kitchen, then this one's for you! Learn to make yummy healthy snacks and take home your very own cookbook to share with family and friends

Location: Studio B

Tuesday 4:00—5:00pm



LITTLE CHEFS II (Ages 6-9)

Create dishes from what is in front of you. Working as a team, see what delicious meals you can come up with.

Location: Studio B

Thursday: 4:00-5:00 pm

YOUTH

****FREE FOR MEMBERS****
Pre-Registration Required

ZUMBA® KIDS (AGES 4-11)

Zumba® Kids Jr. classes are a dance 'n' play party for lil' feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future.

Here they can socialize, move to age-appropriate music and play games with other kids.

Location:

Multipurpose Room

Instructor:

Martha



STORY BUG (Ages 3-5)

Open the door to a whole new world with books and art. Explore children's books from around the world. Create fun art while using your imagination. A great time for parent and child to bond over the love of books and art.

Location: Child Watch Room

Tuesdays 10:30-11:00a

Knitting and Crochet Club

Leave the kids at home and spend time making new friends while bringing your own knitting or crochet projects to work on. It's always more fun to make things while hanging out with others. Teens and Adults Welcome!

Location: Studio B

Tuesday Evenings 7:00-9:00pm

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

YOUTH DEVELOPMENT

YOUTH SWIM PROGRAMS

Swim Lesson Evaluation Day

This day is for those who have never taken YMCA Swim lessons before and/ or for those unsure what level to enroll in. This short evaluation session will let you know what level to enroll your child in.

REGISTRATION IS REQUIRED.

10/16/19 4:00pm

MINI STINGRAYS

AGES 7 - 12

This pre-competitive swim team program is aimed at swimmers who are not quite ready for a competitive team. The Mini Stingrays are intended to help prepare children for entry into the competitive program while helping to teach them skills that will benefit them for a lifetime.

This is a pre-competitive program designed for younger swimmers. An emphasis is placed on teaching the competitive strokes and preparing swimmers for the YMCA Stingrays Swim Team experience. Swimmers must be able to swim 25 yards of freestyle and 25 yards of backstroke.

Member: \$160 Community: \$320
Monday & Wednesdays 7:15-8:00pm

YOUTH SWIM PROGRAMS

ADAPTIVE AQUATICS

AGES 3 AND UP 1:2 class ratio

This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany if needed. For more information or to discuss your child's specific needs, please contact Suzanne Fuller at extension 3212

Member: \$108 Community: \$216

(Ages 3-5) Saturdays 11:55-12:25pm

(Ages 6-12) Saturday 12:30-1:00pm

(Ages 13-18) Saturday 1:00-1:30pm

Stroke Development (Ages 6-12)

Saturday 9:35-10:05am (Comp. Pool)



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

YOUTH DEVELOPMENT

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. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

*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 a 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.

**Age Group 6 months - 3 years
Parent* & Child
Stages A-B**

SWIM STARTERS

Stage A / Water Discovery

Parents* accompany children 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.

Member: \$88 / Community Member: \$175

Fridays, 10:10am

Saturdays, 11:20am

Sundays, 10:45am

SWIM STARTERS

Stage B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Member: \$88 / Community Member: \$175

Fridays, 10:45am

Saturdays, 11:55am

Sundays, 11:20am

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



YOUTH DEVELOPMENT

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

Age Group:

3 years – 5 years Preschool

5 years – 12 years School Age

12+ years – Teen & Adult

Stages 1-3

SWIM BASICS

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.

Member: \$88 / Community Member: \$175

PRESCHOOL

Mondays: 4:30pm

Tuesdays: 4:15pm

Wednesdays: 4:30pm

Thursdays: 4:15pm

Fridays: 9:00am, 4:30pm

Saturdays: 9:00am, 10:10am, 11:20am

Sundays: 9:00am, 1:00pm

SCHOOL AGE

Mondays: 5:05pm

Tuesdays: 5:25pm

Thursdays: 5:25pm

Fridays: 5:05pm

Saturdays: 9:00am, 10:10am

TEEN & ADULT

Saturdays: 8:00am

SWIM BASICS

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.

Member: \$88 / Community Member: \$175

Preschool

Mondays: 4:30pm

Tuesdays: 4:15pm

Wednesdays: 4:30pm

Thursdays: 4:15pm

Fridays: 9:35am, 4:30pm

Saturdays: 9:35am, 10:45am, 11:55am

Sundays: 9:35am, 1:35pm

School Age

Mondays: 5:05pm

Tuesdays: 5:25pm

Wednesdays: 5:05pm

Thursdays: 5:25pm

Fridays: 5:05pm

Saturdays: 10:10am, 10:45am

Sundays: 2:45pm

AGE GROUP

STAGE

6 months – 3 years

Parent* & Child

SWIM STARTERS

Stages A-B

3 years – 5 years

Preschool

SWIM BASICS
SWIM STROKES

Stages 1-4

5 years – 12 years

School Age

SWIM BASICS
SWIM STROKES

Stages 1-6

12+ years

Teen & Adult

SWIM BASICS
SWIM STROKES

Stages 1-6

SWIM BASICS

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.

Member: \$88 / Community Member: \$175

PRESCHOOL

Mondays: 5:40pm

Wednesdays: 5:40pm

Fridays: 5:40pm

Saturdays: 9:35am

Sundays: 10:10am

SCHOOL AGE

Mondays: 6:15pm

Tuesdays: 4:50pm

Wednesdays: 5:05pm, 6:15pm

Thursdays: 4:50pm

Fridays: 6:15pm

Saturdays: 10:45am, 11:20am

Sundays: 2:10pm

TEEN & ADULT

Saturdays: 8:30am



CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

YOUTH DEVELOPMENT

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.

Age Group:

5 years - 12 years School Age

12+ years - Teen & Adult

Stages 4-6

SWIM STROKES

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.

Member: \$88 / Community Member: \$175

PRESCHOOL

Mondays: 5:40pm

Wednesdays 5:40pm

Saturdays: 9:35am

SCHOOL AGE

Mondays: 6:15pm

Wednesdays: 6:15pm

Fridays: 5:40pm, 6:15pm

Saturdays: 9:50am, 12:05pm

Sundays: 12:30pm

TEEN & ADULT

Saturdays: 8:30am

SWIM STROKES

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.

Member: \$88 / Community Member: \$175

SCHOOL AGE

Tuesdays: 6:00pm

Thursdays: 6:00pm

Saturdays: 10:25am

Sundays: 1:05pm

TEEN & ADULT

Saturdays: 9:00am

AGE GROUP

STAGE

6 months - 3 years
Parent* & Child

SWIM STARTERS

Stages A-B

3 years - 5 years
Preschool

SWIM BASICS
SWIM STROKES

Stages 1-4

5 years - 12 years
School Age

SWIM BASICS
SWIM STROKES

Stages 1-6

12+ years
Teen & Adult

SWIM BASICS
SWIM STROKES

Stages 1-6

SWIM STROKES

Stage 6 / Stroke 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.

Member: \$88 / Community Member: \$175

SCHOOL AGE

Tuesdays: 6:00pm

Thursdays: 6:00pm

Saturdays: 11:15am

Sundays: 1:55pm

TEEN & ADULT

Saturdays: 9:00am



OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.

YOUTH DEVELOPMENT

COMPETITIVE SWIMMING

SWIM FIT/MASTERS SWIM

Swim Fit provides coached workouts for adult swimmers (ages 18+) based on their goals. Workouts incorporate a variety of training styles to satisfy the newer swimmers, fitness swimmers, competitive swimmers, and tri-athletes. Our qualified coaches and supportive team members provide the positive, fun, and often inspirational environment needed to keep each other motivated. Join the team today and enjoy getting fit, improving your swimming, and meeting great people.

- Practices are held 5:30-6:30am Tuesday and Thursday

MEMBERS ONLY

Automatically Billed Monthly: \$54

STINGRAYS SWIM TEAM

Offering a stimulating, enjoyable program that stresses stroke technique, starts, turns and basic training, we measure success not in terms of one or two extremely successful swimmers, but in the measurable improvement of all our swimmers. Our members become the best swimmers they can be, by improving their physical skills, developing self-confidence and self-discipline, and an appreciation for the way that they and their teammates can help each other attain their goals through teamwork and mutual support. We practice from mid-September to mid-March and early April to late July.

YMCA Facility membership is required in order to participate with the Stingrays. Membership must be active and valid during the entire duration of the registered season.

For more information contact:

Sue Lecza at P 203 481 9622 ext. 3202



CERTIFICATION COURSES

AMERICAN RED CROSS (AGES 15 & UP)

LIFEGUARD CERTIFICATION

The American Red Cross Pool Lifeguarding course will help you develop skills and experience that will be valued by colleges and future employers. Colleges and employers look for applicants who can deal effectively with people, who have a take charge attitude and who are willing to work to develop new skills. Upon successful completion of this course, you will be certified in Pool Lifeguarding, First Aid, and CPR/AED for Lifeguards. Attendance at all sessions is required, certification is based up successful completion of both written and practical skills examinations. All classes must be attended. Enrollment does not guarantee certification. (Pre-requisite skills test of 300 yard swim, 2 minutes of treading water with legs only and 20 yard swim with object retrieval is required to take course and tested on first day of class).

Class Options;

December Class

12/27-12/31

10:00am-4:00pm

(Must attend all days)

Member: \$250 Community: \$350



PRIVATE SWIM LESSONS

Schedule private or semi-private (up to 3 participants) swim lessons with our Aquatics department to meet your schedule and give your child (or yourself) the one-on-one instruction. Request forms are available at Member Services or online. Lessons are taught in 30 minute increments.

Contact the Aquatics Department for more information at 203 481 9622 ext. 3212.

HEALTHY LIVING

ADULT FITNESS

YOGA WORKSHOP SERIES Restorative Yoga For The Heart

Nourish your spirit, rejuvenate your body, and enliven your mind! Enjoy an introduction to Yin Yoga, on the philosophy and health benefits of Yin and then the magic for yourself! Please join me 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. Location: Studio A.

Tuesday November 19, 9:00–11:00am
Members: \$30



Get a fast, effective total-body workout with TRX. With TRX you're in control of how much you want to challenge yourself on each exercise.

Why Try TRX Training?

- It's for Everyone
- Improves mobility and flexibility
- Builds lean muscle
- Integrates strength and cardio

Monday: 11:00–11:45am TRX Bootcamp
7:00 – 7:45pm

Wednesday: 11:15–12:00pm TRX Bootcamp

Fridays: 11:00—11:45 am TRX Bootcamp

Saturdays : 10:00 – 10:45 am

Members: \$10 per class for 8 week Session

ADULT TRAINING

GET F.I.T.

Free Introductory Training

As a New Y Member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. (Free Introductory Training) so that we can help you get started.

Training will include:

- Time to get to know each other. Your dedicated F.I.T. Coach is here to serve you!
- Understanding your goals and expectations together so that we can develop an action plan to ensure your success.
- Answer any questions you may have about wellness, equipment and our facility.
- Teach some basic tips so you can hit the ground running.
- Review your progress toward your wellness goals and expectations. Offer some innovative tips to help you progress even faster and discuss potential barriers.
- Start working towards your wellness goals and having some fun!
- An introduction to our Personal Training Program.



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

ADULT PROGRAMS

ROOKIE TRI TRAINING SWIM BIKE RUN GIVE IT A TRI

Ready to train for your first tri or just to get in shape for the tri season? Then our Rookie Tri Training is for you! Train with a great group of people and instructors who will become your new best friends and training partners. Also, join our Y-Tri club for great seminars and club events. The Race will take place on Sunday December 1, starting at 7am.

Training Dates and Times:

Tuesday:	9:15-10:15am Swim 7:45-8:45pm Swim
Wednesday	7:00-8:00am Run 9:15-10:15am Run 5:45-6:45pm Run
Thursday	10:15-11:15am Cycle 7:00pm-8:00pm Cycle
Saturday	8:15-9:15am Brick

Members: \$199

ADULT PROGRAMS

TRI 60 USAT EVENT

**10 minute indoor swim
30 minute indoor cycle
20 minute indoor run**

USA Triathlon has developed an indoor triathlon program called USATri60 to introduce individuals to the sport of triathlon at a grassroots level. The purpose will be to expose participants to the sport of triathlon in a one hour, non-threatening setting and with a built-in support system built to drive the concept that 'anyone can be a triathlete'. Come give it a "tri" on October 27! No experience necessary!

Prizes awarded to the winner of each age group. Celebration to follow! Grab a group of friends and see how far you can swim, cycle and run over 60 minutes!

For more information, please contact Michael Castaldi, Health and Wellness Coordinator at mcastaldi@cccymca.org

**When: Sunday December 8 at 3:00pm
Waves start every 35 minutes**

**Members: \$40
C3 Tri Club Members: \$30
Community Members: \$60**

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

ADULT FITNESS



INSPIRE MOTIVATE MAINTAIN

Personal Training

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 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!

For more information, please contact Aja Greene,
Health & Wellness P 203 481 9622 ext. 3218,
E agreene@cccymca.org

TEEN FITNESS

TEEN FITNESS FOR GIRLS

Girls Only Exercise Program

Teen Fitness for girls is an 8 week program for 6th, 7th, and 8th grade girls designed to introduce them to different areas of exercise in a non intimidating, safe and fun environment. The girls will meet twice a week with a different area of fitness being introduced every two weeks. The areas focused on over the 8 weeks will be weight lifting, Interval Training, Spin and Kick boxing. Each area of fitness will be goal oriented and will progress over the program so the participant feels confident and strong by the end of the 8 weeks.

This program will be taught by a female certified personal trainer.

Mondays and Wednesdays 3:30-4:30pm

Members: \$75

Bussing to YMCA available for Walsh Intermediate School Students



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

ADULT FITNESS

INDOOR BOOTCAMP

Bootcamp For Teens and Adults

Back by popular demand! Spring means outdoor bootcamp at the Y! This program is for anyone who loves to be outdoors and exercise outdoors! Challenge yourself, make new friends, take advantage of the accountability and motivation of a group setting, and allow our trainers to show you how fun burning calories can be while helping you reach your personal goals. Participants should be prepared for anything, including group challenges, partner workouts, relays, bodyweight workouts, kettlebells, weights, tires, hills, and pushing past personal limits!

High intensity training used smartly is the most proven way to bust through plateaus and ruts. If you're at a point where you're ready to put the work in to get the changes you want, this is the class for you! Will train outdoors weather permitting.

Mondays and Wednesdays 6:15am /10:15am/ 6:00pm

Members: \$55



ADULT FITNESS



HEALTHY FAMILY MAKEOVER

2 MONTH PROGRAM For the whole family!

An 8-week contest designed to help you achieve your family's goals in a fun, competitive and supportive environment. This program is for adults and kids to do together, so everyone can get healthy at the same time!

Program Includes:

- Workout and Nutrition Journal
- A 30-minute personal training session per week the family does together
- Nutritional Counseling
- Weekly Tips and Challenges
- Weekly Meetings and Weigh-ins on Mondays at 6:15pm covering a variety of topics
- Exercise Recommendations and Guidelines
- Prizes to the participants with the highest percentage of weight loss

Members: \$149 family, including at least one adult and child, or two adults.

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

FREE TO MEMBER CLASSES!

Class times subject to change. Most recent Group Exercise Schedule is available at the Welcome Center or online 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 exciting energetic music. With the many exercise options and the adjustability of The STEP, intensity is easily managed so anyone, from new to exercise to an athlete in training, will feel successful.

Sunday 8:10 am

BOOT CAMP

A high intensity workout designed to work the whole body using resistance equipment steps and high intensity floor exercise.

Monday: 5:30am

INSANITY

INSANITY is a revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response," which normally happens when your body gets used to exercising at one level of exertion.

Tuesday/Thursday 5:15pm

Thursday 5:30-6:15am

Saturday 7:15am

ZUMBA GOLD

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Monday 12:15pm

Wednesday 11:15 pm

PEDAL FOR PARKINSONS

This 30 minute class is designed for individuals with Parkinson's to help ease symptoms through indoor cycling focused on revolution's per minute when riding.

Tuesday 10:30

FREE TO MEMBER CLASSES!

Class times subject to change. Most recent Group Exercise Schedule is available at the Welcome Center or online www.soundviewymca.org

YOGA

Grow longer and stronger as you work through movement designed to increase your flexibility, release tension, and improve posture.

Monday 8:00 am /7:15 pm

Tuesday/Thursday 11:15am

Wednesday/Friday 8:00am

Sunday 11:20am

PILATES MAT

Tone and strengthen core muscles, improve stability and posture, slim down and tone up. This class involves free flowing moves concentrating on core strength, muscle balance, flexibility by doing traditional Pilates exercises on the mat as well as use of a stability ball. **MAX 25**

Monday/Wednesday 10:15am

Tuesday 6:15pm

YOGA SCULPT

Expand your strength, balance, mobility and overall awareness in this innovative class. Use the props, (weights, tubing, yoga blocks & physioball) are offered to deepen your experience. Start where you are.

Thursday 8:00am

ESSENTRICS®

Essentrics® uses continuous rotational movements to strengthen your muscles, increase flexibility, relieve joint pain, and improve your posture.

Friday 12:15pm

ZUMBA®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party.

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Saturday 9:15am

Monday /Wednesday 5:15pm

Tuesday 7:15 pm

Sunday 9:15am

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 like a dance party!

Monday/Wednesday/Friday 9:15am

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

FREE TO MEMBER CLASSES

Class times subject to change. Most recent Group Exercise Schedule is available at the Welcome Center or online www.soundviewymca.org

COACH BY COLOR CYCLE CLASSES!!!

These zones can be linked to WattRate (power) and Functional Threshold Power (FTP), or heart rate and percentage of Heart Rate Max (HRM). FTP represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTP is known, users are assigned the five colored zones to accurately coach their effort for the best customized results. The WattRate® TFT computer on certain ICG bikes vividly displays the color zones, as does a front LED display.

Tuesday/Thursday 5:45 am and 8am

Mon/Tues/Wednesday/Thursday/Friday 9:15am

Mon/Tues/Wed/Thurs 6:00pm

Saturday 7:15 and 9:15am

Sunday 8:15 and 10:15am

BEGINNER FRIENDLY

Want to start exercising but not sure where to start? Try our 101 classes! These 30 minute entry level classes are small in size and will help you make new friends, become part of a group, and learn to incorporate exercise into your lifestyle. These classes will support you and teach you how to do exercises!

CYCLE 101

Learn the basics of cycling with this 30 minute class designed to motivate and inspire the new Cyclist. The class will be at a slower pace and will focus on form and breathing.

Monday/Wednesday/Friday 10:30 am



TOGETHER CLASSES

Class times subject to change. Most recent Group Exercise Schedule is available at the Welcome Center or online www.soundviewymca.org

STRENGTH TRAIN TOGETHER

This class will blast your muscles with a high rep weight training workout. Using an adjustable barbell the workout combines squats, lunges, presses, and curls with functional integrated exercise.

Monday/Wednesday 6:15 pm

Tuesday 9:15 am

Tuesday/Thursday 12:15 pm

Friday 10:15 am

Sunday 10:15 am

ACTIVE TOGETHER

Cardio, Strength, Balance, and Flexibility—in just 1 hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

Tuesday 8:00am

Thursday 6:15 pm

Saturday 8:10am

BALANCE AND FLEX TOGETHER

Our Certified Instructors, 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. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

Wednesday 7:15pm

Tuesday/Thursday 10:20am

DEFEND TOGETHER

This is 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 9:15am/7:15pm

Saturday 10:15am



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

ACTIVE OLDER ADULT EXERCISE

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 living activities. Hand-held weights, elastic tubing with handles and balls are used. Chairs available.

Mon/Fri 11:15am

Wednesday 12:15pm

CHAIR YOGA

Move your whole body through a complete series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and range of movement.

Tuesday/Wednesday 1:15pm

ZUMBA GOLD®

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Monday 12:15pm

Wednesday 11:15am

ACTIVE OLDER ADULT CARDIO CIRCUIT

Increase cardiovascular and muscular endurance in a standing circuit workout. Hand-held weights, elastic tubing and a ball will be used alternated with non-impact aerobics. Chairs available.

Thursday 1:15pm

ESSENTRICS®

Essentrics® uses continuous rotational movements to strengthen your muscles, increase flexibility, relieve joint pain, and improve your posture.

Friday 12:15pm



ACTIVE OLDER ADULT ACTIVITIES

SHORELINE INSURANCE SERVICES PRESENTS

MEDICARE OPEN ENROLLMENT INFORMATIONAL SESSIONS

Come and ask questions about Medicare Open Enrollment and find out what plan works best for you! Steve Cudgma from Shoreline Insurance Services, Inc. will be in the lobby on Wednesdays to answer your questions.

Dates: Wednesdays, October 16-December 4, anytime between 9:30am-11:30am in the lobby

MEMBER COST: FREE, no sign up

WATCH FOR OUR MONTHLY "SENIOR NEWS" FOR MORE EXCITING EVENTS IN NOVEMBER AND DECEMBER!



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

MEMBER WATER ACTIVITIES FREE TO MEMBER CLASSES!

BEGINNER CLASSES

JOINTS IN MOTION

It is designed to provide gentle range of motion for **participants with arthritis**, limited mobility, or similar joint issues.

Mon/Wed 12:30-1:30pm (Ginny)



INTERMEDIATE CLASSES

CARDIO WATER POWER

Medium to high-level cardio workout. Recommended for more advanced participants. Uses various moves to create resistance for an up-tempo workout.

Tues/Thurs 9:00-10:00am (Alpha)

Tues/Thurs 11:00-12:00pm (James)

Mon 6:30-7:30pm (Paige)

WATER FIT

Moderate intensity water aerobics. This class includes 30-35 minutes of aerobics followed by 15 minutes of toning using a variety of equipment. This creates a challenging program!

Mon/Wed 8:00-9:00am (Emily)

Fri 8:00-9:00am

Mon/Wed 11:30-12:30 (Ginny)

Tues/Thurs 10:00-11:00am (Alpha)

Tues/Thurs 12:00-1:00pm (James)

Tues/Thurs 6:45-7:45pm (Ginny)

MEMBER WATER ACTIVITIES FREE TO MEMBER CLASSES!

ADVANCED CLASSES

DEEP WATERFIT

Participants use flotation devices to suspend themselves in the water. A variety of traveling and in-place movements are done to challenge the muscles and provide a high-intensity workout. This class is great for cross training and those who do high-impact sports, such as running. Class is held in the Competition Pool unless otherwise noted.

Mon/Wed 9:05-9:50am (Emily)

Monday 9:50-10:35am (Emily)

Wednesday 6:30-7:30pm *Warm Pool*

Fri 9:05-9:50am (James)

HYDRO DEEP

Advanced deep-water class designed to build strength, cardio, and muscle tone. Buoys, kickboards, and noodles are incorporated. Aqua belts are provided for use during some intervals of the class but not all. **Participants must be comfortable in the deep water both vertically and horizontally without belts for portions of the class.**

Class is held in the Competition Pool.

Friday 9:50-10:35am

SPECIALTY CLASSES

FLIPPER CLASS

Advanced water aerobics class which incorporates the use of training fins to intensify workout. Participants will do a variety of traveling movements which incorporate the use of fins, kickboards and other equipment to make this class a challenging workout. Participants must be comfortable in deep water. Class is held in the Competition Pool.

Wednesday 9:50-10:35am (Emily)





**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ALWAYS WELCOME IN EVERY COMMUNITY NATIONWIDE MEMBERSHIP:

At the Y, we are for youth development, healthy living and social responsibility. We are dedicated to ensuring our facilities, programs and services are open and welcoming to all. As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals.



ALWAYS WELCOME

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

IN EVERY COMMUNITY

We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

WHAT YOU NEED TO KNOW

- Nationwide Membership is valid for active, full facility Y members whose home Y participates without restriction or blackout periods
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants (including Silver Sneakers, Silver and Fit or other like programs) are not eligible for nationwide membership
- Special memberships established by any Y for group homes, other agencies, etc., are not eligible
- When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID as well as provide basic membership data such as name and email address
- Members will need to sign a universal liability waiver and privacy policy
- Ys should allow nationwide members access to services typically offered to full-facility members. Check with the Y for schedule and availability. Nationwide members visiting other Ys for a period greater than 28 days must transfer membership affiliation for continued use
- All Ys reserve the right to restrict or revoke these privileges
- Registered sex offenders are prohibited from participating

To find a Y in another location, go to ymca.net.

SOUNDVIEW FAMILY YMCA

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