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–5:30pm
Sunday 8:00am–3:00pm

HOLIDAY HOURS/CLOSURES
Labor Day Sept 4 7am–1pm
Indigenous Peoples Day Oct 9 Regular Hours

CHILD WATCH & PLAYSCAPE
Child Watch Hours: ages: 8 weeks—9 years
M-F 9-10:30am / 10:45am-12:15pm
MW 4:45-6pm / 6pm-7:15pm
Sat 8:30-9:30am / 9:30-10:30am / 10:30-11:30am
Registration required 24 hours in advanced.

Playscape Hours: Monday–Sunday
Hours vary and subject to change.

DIVERSITY AND INCLUSION
CCC YMCA Diversity & Inclusion Statement
adopted 11/18/21 The Central Connecticut Coast YMCA is an inclusive organization open
to all. The Y believes that in a diverse world
we are stronger when we are inclusive, when
our doors are open to all, and when everyone
has an equitable opportunity to learn, grow,
and thrive. At the Y, we set the example
when we welcome people across all
dimensions of diversity. Dimensions include
income, faith, ability, age, sexual orientation,
gender identity or expression, race, ethnicity,
national origin, cultural background or other
unique personal characteristics. Together we
stand. For a better us.

PROGRAM REGISTRATION
FALL 1

August 29—October 23

Registration Dates
Facility Member: August 8
Program Participant: August 15

YOUR YMCA STAFF
Matt LaPrino, Executive Director
Derek Branco, Facility Director
Colleen Villano, Director of Healthy Living
Lynn Wheeler, Youth and Family Director
Alex Hunter, Aquatics Director
Stacey Rubino, Facility 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
Benjamin Connor, Esq.
Michael Coyne
Lee Foo
Mary Ann Harmon

Bob Jacob
Barbara Naclerio
Melissa Nicholson
AJ Pace
Theodore Racza
Keith Torello
Dr. Lauren White

MEMBERSHIP FOR ALL
Facility Membership rates are based on a
sliding scale according to household
income. Please see a Member Service
Representative for more information.
The Soundview Family YMCA stands by our commitment to serve ALL, and the success of our outreach and impact depends upon the success of our Annual Campaign. The Y is a charitable non-profit organization committed to overcoming barriers of success for ALL.

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.
ENGAGING BEYOND THE SCHOOL DAY

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

Accepting applications for 2023–2024. We are now taking registration for the 2023–2024 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: Facility Member: $232 Program Participant: $339
3 days/week: Facility Member: $255 Program Participant: $361
4 days/week: Facility Member: $280 Program Participant: $387
5 days/week: Facility Member: $301 Program Participant: $407

CONVENIENTLY PROVIDING TRANSPORTATION

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

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

East Haven Monthly Fees: $25 registration fee – one time
Before Care begins at 7:00 am and After Care ends at 6:00 pm Monday–Friday
Before Care 3 days/week: Facility Member: $187 Program Participant: $293
Before Care 5 days/week: Facility Member: $240 Program Participant: $346
After Care 3 days/week: Facility Member: $251 Program Participant: $357
After Care 5 days/week: Facility Member: $319 Program Participant: $425
Before and After Care 3 days/week: Facility Member: $368 Program Participant: $474
Before and After Care 5 days/week: Facility Member: $464 Program Participant: $570
YOUTH DEVELOPMENT

Y VACATION CLUB AT THE SOUNDVIEW FAMILY YMCA & HAYS SCHOOL
Even though schools are closed, the Soundview Family YMCA has your child care needs. Drop off your child with our experienced staff for a fun-filled day of games, activities, arts & crafts, swimming (Soundview Only) and more! Please bring a nut-free lunch, water bottle, snack, a bathing suit, and a towel. Pre-registration is required.

**Facility Member:** $75 per day  
**Program Participant:** $150 per day

**Time:** 8:00 am– 6:00 pm

October 6, 2023 (SDV Only)  
November 7, 2023 SDV & Hays  
December 25–29, 2023 Winter Recess (SDV & Hays)

KIDS NIGHT OUT

Calling all 8-14 year old’s, grab your friends and join us for Kid’s Night Out every Friday of the month starting October 6, 2023! Swimming, pizza, Gaga are just some of the fun things to do after hours at the Y! No KNO on November 24, 2023 & December 29, 2023.

**Every Friday Night**

**Time:** 6:30 pm–9:00 pm  
**Place:** Soundview Family YMCA

**Room:** Studio A  
**Pizza will be served**

**Facility Member:** $10  
**Program Participant** $15

Please register in advance.

KARATE CLASSES

Ages K-4th Grade. Master Herrera teaches this beginner class offering students physical benefits of strength, flexibility, improving cardiovascular capacity while teaching life skills and refining character development.

**Fridays**

**Time:** 4:30 pm–5:15 pm  
**Place:** Soundview Family YMCA

**Room:** Multipurpose Room

**Facility Member:** $104  
**Program Participant** $195
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.

FALL I SCHEDULE

Tuesday – Sunday lessons will be held from September 5 through October 22.

Monday lessons will start on September 11 and run through October 16.

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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</thead>
<tbody>
<tr>
<td>6 months – 3 years Parent* &amp; Child</td>
<td>SWIM STARTERS  Stages A–B</td>
</tr>
<tr>
<td>3 years – 5 years Preschool</td>
<td>SWIM BASICS  SWIM STROKES   Stages 1–4</td>
</tr>
<tr>
<td>5 years – 12 years School Age</td>
<td>SWIM BASICS  SWIM STROKES   Stages 1–6</td>
</tr>
<tr>
<td>12+ years Teen &amp; Adult</td>
<td>SWIM BASICS  SWIM STROKES   Stages 1–6</td>
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OBSERVATION & CLASS LEVEL

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.
GROUP SWIM INSTRUCTION

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.

All Stage A & B classes for the Fall I session will be run as combined classes.

SWIM STARTERS
Facility Member: $95  Program Participant: $190

Stage A – Water Discovery
Stage A introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water with one* parent.
  Monday 10:15am
  Wednesday 10:40am
  Saturday 9:35am & 11:20am
  Sunday 10am

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 10:15am
  Wednesday 10:40am
  Saturday 9:35am & 11:20am
  Sunday 10am
GROUP SWIM INSTRUCTION

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit, and (2) jump, push, turn, grab.

SWIM BASICS
Facility Member: $95  Program Participant: $190

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 9:05am, 5pm
Wednesday 10:05am, 5:35pm
Saturday 10:10am

School Age
Tuesday 5pm
Sunday 10:35am

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 9:40am, 5:35pm
Wednesday 9:30am, 5pm
Saturday 9am, 10:45am

School Age
Tuesday 5:35pm
Thursday 5pm
Sunday 11:10am

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
Wednesday 6:10pm

School Age
Tuesday 6:10pm
Wednesday 6:10pm
Thursday 5:35pm
Saturday 10:30am, 11:05am
Sunday 11:45am
GROUP SWIM INSTRUCTION

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. These classes are 40 minutes.

SWIM STROKES
Facility Member: $99
Program Participant: $198

Stage 4 – Stroke Introduction
Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick & dolphin kick. Water safety is reinforced through threading water and elementary backstroke.

   Monday 6:10pm
   Saturday 9:45am

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 6:10pm
   Saturday 9am

Stage 6 – Stoke Mechanics
In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

   Saturday 9am

PRIVATE SWIM INSTRUCTION
Private instruction with a trained swim instructor scheduled at the convenience of the individual and pool availability. We offer 1:1, 2:1, or 3:1 ratios for those ages 3 and up. Fees are per individual swimmer. All swimmers must be a Facility Member to participate. Register for the private instruction waitlist today!

   1:1     $186   (4 lessons)
   2:1     $112   (4 lessons)
   3:1     $95    (4 lessons)
BEYOND THE STAGES

For swimmers who LOVE the water. Endurance, Sports, & Games is a new class designed to expose swimmers to many types of water activities. Each mini session is three classes long, and swimmers will try out a different activity each session. Please note that this class will require students to be able to pass the swim test to participate (think Stage 4 and up).

Facility Member: $95  
Program Participant: $190

Water Games
Relay races, obstacle courses, & more!
Monday 7pm-7:30pm

AQUATIC CONDITIONING

Swift Strokes – Deeper Confidence.
The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. As you work with students in this program, focus on the following important milestones:
- Developing endurance in the competitive strokes
- Developing skills related to competitive swimming, such as flip turns, starts, and finishes
- Enhancing skills and building endurance

This program offers youth the chance to experience the enormous health benefits of swimming while enjoying the fun, excitement and character lessons without being a member of a competitive team.

Facility Member: $94  
Program Participant: $188

Thursday 6:55-7:35pm
MINI STINGRAYS

Bridging the gap between learn to swim and the competitive swim team, Mini Stingrays is an instructional program that develops the fundamental competitive swimming skills necessary to participate on our Soundview YMCA Stingrays. The program will run for seven weeks from Tuesday, September 12 through Thursday, October 26.

**Facility Member:** $130       **Program Participant:** $250

Tuesday & Thursday from 6:15-7pm
ADULT SWIM INSTRUCTION

Swimming is a **LIFE SKILL** – hone yours.
It’s never too late to learn how to swim! As the largest resource for swim lessons, our Y adult swim lessons include beginner, intermediate and advanced levels. So whether you started learning to swim as a child, but never quite mastered it, or are simply afraid of the water, we’re here to help you learn to swim confidently, in a supportive environment. You’ll soon feel safe and secure in any body of water—whether it’s a pool, lake, or our Atlantic Ocean.

**Facility Member:** $90  
**Program Participant:** $178

### Adult Beginner
- **Tuesday**: 6:30–7pm  
- **Saturday**: 8am–8:30am

### Adult Intermediate
- **Tuesday**: 7–7:30pm  
- **Saturday**: 8:30am–9am

### Adult Advanced
- **Saturday**: 9am–9:30am

STINGRAYS MASTERS SWIM

Take the **PLUNGE** – join Masters today!

An extension of our youth swim team, the Stingrays Masters Team offers training designed to improve swimming skills for a wide range of abilities. Masters focus on stroke refinement and endurance. Practices utilizes equipment such as boards, buoys, paddles, and fins. Practices are challenging but fun!

**Facility Member:** $40 per month  
- **Tuesday & Thursday**: 5:30–6:30am  
- **Sunday**: 9–10am  

Drop-in options are available.

Register online or with our Member Services team today.
YOU CAN HELP US HELP FAMILIES IN OUR COMMUNITY BE INVOLVED WITH US

Engage alongside us to help our community. Together we can make a difference. **Monday, August 15 – Friday, August 25**

Our goal is to prepare over 200 families to go back-to-school! We’ve partnered with The United Way of CT to collect school supplies. Join us on Aug 25 to deliver new backpacks and supplies to the children connected with The United Way of CT.

School Supplies Needed Include:
- Backpacks
- Composition Notebooks
- Expo Markers
- Glue Sticks
- Colored Pencils
- Washable Markers
- Loose lined paper
- Water Bottles
- Tissues
- Folders
**Pickleball** is considered to be the fastest growing sport in America. It’s a combination of ping pong, tennis and badminton rolled into one fabulous game, played on a court 1/4 the size of a tennis court.

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

Bill Sadick, Certified Instructor

**TIME:** 11:00am – 12:30pm  
**DATES:** Four (4) Sundays  
**SESSION 1** or **SESSION 2**  
September 10 or October 15  
September 17 or October 22  
September 24 or October 29  
October 8 or November 5

**COST:**  
Facility Member $100 / Program Participant $200  
**LOCATION:**  
Outside  
(weather permitting)

Space is limited. Registration is required. Pickleballs and Paddles will be provided.

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**MUSIC FOR YOUR SOUL**  
A sound healing experience

This is a 45-minute meditation workshop, targeting the release of expectations and cleansing out what no longer serves by using sound vibrations coinciding with the chakras.

In a resting posture, you will be met with deeply immersive and tactile sounds and vibrations. You will not only hear the waves of sound, you will feel them. The crystal bowls alter your awareness of the present by shifting and adjusting your innermost center and internal climate.

The echoing sounds of Crystal bowls have been shown to reduce stress, fatigue, and depression symptoms.

**Please bring:**  
- Socks  
- A blanket  
- Any props you feel necessary for ease (mat/ bolsters /pillows)  
- We encourage you to bring a journal and any crystals you may want to cleanse

**WHEN:** Saturday, September 23  
Saturday, October 21  
**PLACE:** Multipurpose Room  
**TIME:** 3:00-3:45 PM  
**FEE:**  
Facility Member $15.00  
Program Participant: $30.00

Kaitlyn Reynolds, teaches a variety of classes. In her Yin classes, she incorporates sound healing with her crystal sound bowls and moves the students into two to five-minute holds, passively stretching the body. She offers many alignment cues in her beginner to advanced vinyasa classes. In addition, she encourages awareness of the position and movement of the body through space in cadence with breath.
21 DAY CHALLENGE

“I always struggled with push-ups, but thanks to this challenge and guidance from Robert, I learned the reason why I struggle and am improving every single day! The best part about it is that I’m getting better at push ups and I don’t even feel like I’m trying too hard. The two exercises he teaches in this program are fundamental to overall fitness and can be applied to any exercise you want to get better at!” DAVID

The 21 Day Jumpstart Challenge is more than a 21-day challenge, it is an opportunity to cultivate long lasting habits through micro daily movement sessions using the Never Stop Training philosophy. This challenge is designed for people to push themselves both in the gym and outside the gym. No equipment is needed!

WHEN: By Appointment
COST: Facility Member: $0
CHRONIC DISEASE MANAGEMENT

Do you know anyone who was diagnosed with Parkinson’s Disease? Maybe you have Parkinson’s?

Parkinson’s is a disorder of the Central Nervous System that affects movement, often including tremors. Other symptoms are slow movement, stiffness, and loss of balance. The symptoms of Parkinson’s are unique to each individual. A Parkinson’s diagnosis can cause fear and uncertainty, but the good news is that there are ways to manage Parkinson’s Disease symptoms and live a fulfilling life.

Studies show that regular exercise can help maintain balance, mobility, and the ability to perform daily tasks thus slowing the disease process and decrease pain associated with Parkinson’s Disease.

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

Each session will be 45 minutes in length that will include strength training, balance exercises, flexibility exercises, and aerobic activity.

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

Remember, you aren’t alone. The Soundview Family YMCA and our Movement For Parkinson’s Community is here to support you!

**Movement for Parkinson Classes**

Physical activity seems 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.

**WHEN:** Tuesday/Thursday

**LOCATION:** Studio AB

**COST:** Facility Member $0/ Program Participant $160

**10:15 – 11am: Stage 3 – 5**

Loss of balance (such as unsteadiness as the person turns or when he/she is pushed from standing). Falls are more common. Motor symptoms continue to worsen. Restricted in his/her daily activities now, but is still physically capable of leading an independent life. Need to ambulate with a cane/walker for safety. Stiffness in the legs may make it impossible to stand or walk.

**11:15 – 12am: Stages 1 – 2**

Mild symptoms that generally do not interfere with daily activities. Tremor and other movement symptoms occur on one side of the body only. Changes in posture, walking, and facial expressions occur. Symptoms start getting worse. Tremor, rigidity and other movement symptoms affect both sides of the body or the midline (such as the neck and the trunk). Walking problems and poor posture may be apparent. The person is able to live alone, but daily tasks are more difficult and lengthier.
The 12-week class welcomes survivors of all types of cancer who have become de-conditioned from their treatment and/or disease. Class meets twice each week for 75 minutes with focus on improving strength, cardiovascular fitness, balance and flexibility, while encouraging supportive interaction and relationship building among participants. LIVESTRONG at the YMCA is free for adult cancer survivors 18 years and older.

Taking It At Your Own Pace
No one experiences cancer in the same way. Participants come to the program with different physical challenges and lifestyle goals. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild.

Expert, Caring Staff
LIVESTRONG at the YMCA staff have been specially trained to work with cancer survivors and patients and follow American College of Sports Medicine and American Cancer Society exercise guidelines. They’re also relationship builders with the empathy and ability to connect with and develop relationships with and among cancer survivors and their families.

Past Graduate Testimonials:
“I see an improvement in my balance. My legs do not fatigue as quickly as prior to this program. I am stronger than I thought I was. I wanted to improve my cardiovascular health, and I did!”

“This program has given me more positivity around my exercising. Feeling stronger than before I had started. This has given me something to look forward to each week. I enjoyed meeting with our group and staff members.”

“I came to this program soon after completing chemo. The variety of exercises was very helpful. I have started rebuilding muscle mass which I will continue. I feel stronger as a result of the program and I am regaining stamina.”

“The Livestrong Program at the YMCA was a great opportunity to reestablish an exercise program that I had given up on. The instructors were so supportive and encouraging making it so easy to stay motivated. Being surrounded with a supportive group of people, including the other participants, made this journey worth the effort.

2023 Fall Session
12 Week Session begins
September 11, 2023
Mondays and Thursdays
1:15 PM - 2:30 PM
Intake interviews are open

FOR MORE INFORMATION CONTACT:
Christina Murphy, LIVESTRONG AT THE YMCA LEAD TRAINER
P 203 481 9622 X3213   E cmurphy@cccyymca.org
Falls Prevention Awareness Week
Falls are the leading cause of both fatal and nonfatal injury in people over age 60. The Soundview YMCA will offer a week caulking filled of activities, lectures and classes to help reduce the risk.

- **Monday, September 18:** Blood Pressure Screenings (2:30pm – 4:00pm) - Do you know your blood pressure? Risk of falls increase if blood pressure is too low or too high. See Denise in the front lobby to find out.
- **Tuesday, September 19:** Stretch and Stability (12:00pm – 12:45pm) - Discover how you can prevent falls by improving your balance and mobility. Multipurpose Room
- **Wednesday, September 20:** Lecture on Importance of Exercise (12:30pm – 2:30pm) – Kathy Szabo, DPT talks about the importance of exercise as we age from 12:30pm—1:30pm and will end with balance testing from 1:30-2:30pm in Studio AB.
- **Thursday, September 21:** Hearing Screenings (12:00pm – 3:00pm) - John from Discount Hearing in the Media Room
- **Friday, September 22:** Free Eye Glass Cleaning (1:30pm – 3:00pm) – See Denise in the front lobby for a free eye glass cleaning.

**Free Monthly Hearing Screenings**
The Soundview Family YMCA is pleased to have John Caswell from Discount Hearing join us to conduct monthly hearing screenings.

**DATE:** Thursday, September 21  
**TIME:** 12:00 PM - 3:00 PM  
**LOCATION:** Multi Media  
**Appointments are limited, registration is strongly suggested.** See sign up sheet at the events table in lobby.

**Lunch N Learns**
Interested in finding simple yet impactful ways to weave wellness into your life? Find cooking for one a challenge? Food shopping on a budget?
If so, please join Nutritional Health Coach, Christina Murphy for an interactive session offering resources easily implemented into your everyday life.

**Email cmurphy@cccymca.org** today and receive a recipe book with 14 quick and easy meals to try!

**NEXT CLASS DATES:**  
Wednesday, September 27 at 12:30 PM  
Wednesday October 18 at 12:30 PM

**COST:** Facility Member: $5
WORKING WITH A CERTIFIED HEALTH COACH

At the Soundview YMCA, our Holistic Health Coach supports members either one-on-one or group. **You will receive guidance, support, and accountability to make change.**

**Your Coach**

Our holistic health coaches are nationally board certified by the Institute for Integrative Nutrition®. They have the training and experience to meet you where you are – this isn’t a “one-size-fits-all” approach. Your Y coach will be your partner in discovering lasting change that promotes your health and wellness.

What participants are saying:

“Christina’s approach to healthy living really opened my eyes. Having tried many different weight loss programs it was nice to find one that wasn’t so restrictive. This program allowed me to learn HOW to eat not just telling me one thing is bad or good.”

“Bite sized fitness. Steps that matter and are easy to take. Thanks for helping me on my path!”

“Planet Fitness has nothing on Judgement Free Zone from Christina! She’s great!”

SUPPORTING WELLNESS TOGETHER

12-Week Weight Loss & Accountability Group

Join certified Health Coach, Christina Murphy for support, accountability, motivation, & information you need to reach your goal!

I’ve learned through my own weight loss journey that the more I restricted, the more I binged.

The more rules I followed, the more “rules” I “broke” with cheat days. Sound familiar?

When I focused on creating a healthy relationship with food, it was a game changer! I not only have lost 30 pounds, but I have also kept it off.

During this program, we will break your patterns, remove your self-sabotaging beliefs, and I will teach you how to love yourself unconditionally every day!

12-WEEK PROGRAM INCLUDES

* Weekly 1 hour confidential sessions with our health coach
* Implementation of SMART goal setting, motivational Interviewing techniques, and health education to engage behavior change and support the client’s wellness vision.
* Customized health and nutritional education based on current health and lifestyle goals

TRY BEFORE YOU BUY

H.E.L.P. (Health, Education and Logical Planning)

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.

A 60-minute H.E.L.P session will get you started towards your goal. You will receive:

♦ Understand your body’s unique needs and create a personal blueprint.
♦ 2 or 3 easily implemented suggestion towards tailored to your specific goals
♦ 10 easy recipes to try.

To schedule an appointment, email Christina Murphy, Nutrition Health Coach at cmurphy@cccymca.org.
SPECIAL EVENTS

CYCLE FOR A CAUSE
SUPPORTING CANCER SURVIVORSHIP

A NIGHT AT STUDIO Y
ANNUAL DINNER BENEFIT
TEE UP FOR A CAUSE
17TH ANNUAL GOLF TOURNAMENT

Our Events have Raised more than $30,000!!

The Central Connecticut Coast YMCA is committed to providing opportunity, one gift at a time. By meeting the ongoing challenges that members of our communities’ face.

By supporting the Y, you help guarantee that everyone, regardless of their ability to pay, can experience the Y by participating in healthy programs to improve their health, close educational achievement gaps, build strong character and help to change trajectories.

Our friends and supporters care deeply about the future of our communities.

No one comes to the Y expecting anything other than change, positive change for mind, body and spirit. As a leader in our community, we know you understand the power of change and that your business is a driving force behind it. Together we will continue to build stronger communities.

Together we make a better us.
**HEALTHY LIVING**

Class reservations required through www.soundviewymca.org or the YMCA Universal App

Class format and time subject to change without notice.

**ACTIVE OLDER ADULT FIT**
Enjoy moving 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 10:30am**
**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**
**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 9:30am**
**Wednesday 8:00am**
**Friday 9:15am**
**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.
**Sunday/Monday 8:15am**
**Friday 8:00am**
**Thursday 6:00pm**
**Multipurpose Room**

**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 9:15am**
**Multipurpose Room**

**CIRCUIT TRAINING 101**
This is a fun 45 minute 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!
**Wednesday 11:30pm /Friday 12:00pm**
**Multipurpose Room**

**CARDIO INTERVALS AND STRENGTH**
This class combines aerobics and sports conditioning with weights, strength training and core.
**Tuesday 6:15pm**
**Multipurpose Room**

**COACH BY COLOR CYCLE**
This cycle class uses 5 colored training zones that use your own fitness ability and heart rate to push you to your maximum intensity. These colors accurately coach your effort to give you the best workout possible. This class is for all abilities.
**Monday/Tuesday 6:15pm**
**Tuesday/Thursday 6:30am**
**Thursday/Friday 6:00pm**
**Wednesday 9:30am / 6:15pm**
**Saturday 7:15am/Sunday 8:15am**
**Cycle Room**

**HIGH-LOW**
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 Low uses cardio and toning tracks choreographed with simple fitness moves.
**Monday 5:15pm**
**Multipurpose Room**
**Tuesday 9:30am**
**Studio AB**

**KICKBOX BOOTCAMP**
Work your whole body in a moderate intensity workout combining strength training, kickboxing and floor work.
**Monday 6:15pm**
**Multipurpose Room**

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**Be a YMCA Zoomer**

Join CCCY Zoom group exercise classes. Participate on the Zoom platform from the comfort of your own home or on the go. Classes are led by CCCY instructors. Participate in one class or all that are offered - You choose! Your account will be drafted monthly for this program.
HEALTHY LIVING

Class reservations required through www.soundviewymca.org or the YMCA Universal App
Class format and time subject to change without notice. Ages 14 and older unless otherwise noted.

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
- Studio AB

TAI CHI
The ancient form of Chinese exercise, emphasizes proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress.
- Friday 10:45am
- Multipurpose Room

PURE STRETCH
A light-hearted class designed to stretch your entire body and improve your core strength.
- Monday 9:15am
- 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/Thursday 9:30am
- Wednesday 6:15pm
- Multipurpose Room

STEP
Step is an energetic cardio workout that is done all on and off.
The STEP to train fitness, agility, coordination and strength, all to energetic music.
- Saturday 8:30am
- Multipurpose Room

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

YOGA SLOW FLOW
Movements flow from one position to another, in a graceful, mindful sequence integrating breath awareness and alignment.
- Tuesday/Thursday 8:15am
- 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
- Multipurpose Room
- Saturday 9:30am
- Studio AB

ZUMBA GOLD
Invigorating, community oriented dance–fitness class that’s fresh and exhilarating! Modified, low-impact moves available for active older adults.
- Monday 11:30am
- Multipurpose Room

PURE STRETCH
A light–hearted class designed to stretch your entire body and improve your core strength.
- Monday 9:15am
- Studio AB

YOGA
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture. All levels.
- Wednesday 8:15am
- Studio AB
- Wednesday 5:00pm/Friday 5:30pm
- Multipurpose Room
TEE UP!
JOIN THE FUN

SOUNDVIEW FAMILY YMCA 16th Annual Golf Tournament
The most important round you’ll play all year.

The true power of the Y is in the hearts and actions of every person who believes in our vision of a stronger community for all. Every day, the Y provides food for those who are hungry; a safe, nurturing space for kids to learn and grow and outreach to seniors. Every day, we improve our game thanks to generosity of people like you, our members, our volunteers and our donors.

When you and your friends participate in our Annual Golf Tournament, you help us support adults, youth and families in our community with the YMCA programs and services they need to thrive.

WHEN: Monday, September 11, 2023

WHERE: Lyman Orchards Golf Club, Jones Course
70 Lyman Rd, Middlefield, CT  P 860 200 2730

PLANS: 11:00am Registration
11:30am Lunch
12:30pm Shotgun Start (Scramble)
5:00pm Reception/Dinner, Auction, Awards

RSVP: Please respond by September 1, 2023

FOR MORE INFORMATION, CONTACT:
Matt LaPrino, Executive Director
mlaprino@cccymca.org

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG