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
Thanksgiving Nov 23 Closed
Christmas Eve Day Dec 24 8am–2pm
Christmas Dec 25 Closed
New Years Eve Day Dec 31 8am–2pm
New Years Day Jan 1 8am–2pm

CHILD WATCH & PLAYSCAPE
Child Watch Hours: Ages: 8 weeks—9 years
MWF 9–10:15am / 10:15–11:30am
TTh 9–10:30am / 10:30–12pm
Sat 9–10:30am / 10:30–12pm
MW 4:45–6:15pm / 6:15–7:30pm
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 2

October 24 – December 18

Registration Dates
Facility Member: October 3
Program Participant: October 10

YOUR YMCA STAFF
Matt LaPrino, Executive Director
Derek Branco, Facility Director
Colleen Villano, Director of Healthy Living
Lynn Wheeler, Youth and Family Director
Alex Hunter, Aquatics Director
Stacey Rubino, Facility Membership Coordinator
Michelle March, Child Watch Coordinator
Jenn Amasino, Head Swim Coach
Sue Lecza, Head Swim Coach
Wesley Crozier, Director of Competitive Aquatics

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 Raczk
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.
Families are struggling to afford the cost of living, the cost of child care and the cost of enrichment opportunities.

The Soundview Family YMCA is committed to help our community meet these challenges head on.

The Y is a charitable non-profit organization ready to serve ALL! When you donate to the Soundview Family YMCA Annual Campaign, you help us respond to the greatest needs in our community. All contributions to the YMCA provide direct financial assistance for ALL who need it.

DONATE FOR A BETTER US.
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@cccyymca.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!
Half Day Pre-Registrations $40.00 per day

2023–2024
Afterschool registration has begun – register today!

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)
- October 9, 2023 SDV & Hays
- November 7, 2023 SDV & Hays
- November 22, 2023 SDV & Hays
- December 25–29, 2023 Winter Recess (SDV & Hays)

KIDS NIGHT OUT

Calling all 7–14 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.

HALF DAY CLUB

School has a half day, don’t panic! We’ve got you covered. Become a part of our Half Day Club! You don’t have to be a member or go to our After School program to take advantage of this program when students have a half day of school.

Both After School locations bus from your child’s school, (Branford or East Haven) to the Soundview Family YMCA (Branford) or Hays School (East Haven) on half days. Registration must be done in advance to allow time to let both the schools and bus companies know that your student will be taking a Y bus on half days. (Soundview participants can pack their bathing suit and towel to go swimming.) Both locations serve snacks twice throughout the time students are with us for half days.

**Facility Member:** $40  
**Program Participant:** $40
PAINT N SIP

Join us for a healthy, safe and fun event for children! Everyone leaves with a piece of art that they have created! Grab a friend or two and spend some time creating a piece of art!

Children will paint a picture, while sipping on a healthy smoothie, and share their talents for the group. For more information, please contact Lynn at lwheeler@cccymca.org

Please register in advance as space is limited.

<table>
<thead>
<tr>
<th>Date</th>
<th>Who: Grades 1-3</th>
<th>When: 10:00-12:30 pm</th>
<th>Theme: Spooky Fun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Grades 4-8</td>
<td>1:00-3:30 pm</td>
<td>Spooky Fun</td>
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<tr>
<td>Date</td>
<td>Grades 4-8</td>
<td>1:00-3:30 pm</td>
<td>Thanksgiving</td>
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<tr>
<td>Date</td>
<td>Grades 1-8</td>
<td>1:00-3:30 pm</td>
<td>Holiday Season</td>
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Each Session: Facility Member: $20 Program Participant $35

PRESCHOOL PLAY & LEARN

Learn English as a second language while using art, music, stories and more. Your child will have fun hearing a story being read to them, make an art project, and playing games while learning basic words in the English language.

Join us every Tuesday and Thursday mornings from 9:00-10:00 am. Have some fun and make new friends along the way!

Tuesday’s Only Facility Member: $40 Program Participant $85 (8 sessions)
Thursday’s Only Facility Member: $40 Program Participant $85 (7 sessions)
Tuesday & Thursdays Facility Member: $75 Program Participant $150 (15 sessions)

(No classes on Thursday November 23, 2023)
CALLING ALL ELVES
Get into the holiday spirit and create a surprise for someone special, make reindeer food, enjoy holiday pancakes and visit from the North Pole, including story time with Mrs. Claus.

DATE: December 2, 2023
TIME: 9:30am-10:30am
AGES: 4yo–10yo
COST: Facility Member: FREE   Program Participant $5

Register at the Front Desk, Space is limited!

ARCHERY
Archery is the sport, practice, or skill of using a bow to shoot arrows. The word comes from the Latin arcus, meaning bow. Historically, archery has been used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity.

Whether you are a beginner or wanting to become better at this sport, you will have fun with archery.

Make it a family event or grabs some friends and try your hand at hitting your mark!
Minimum group size of 3, Maximum group size 8

4 Sessions   Facility Member: $60   Program Participant $120
8 Sessions   Facility Member: $120   Program Participant $240

For scheduling please contact Lynn Wheeler at lwheeler@cccymca.org

KARATE CLASSES
Ages K–4th Grade. This beginner class offering students physical benefits of strength, flexibility, improving cardiovascular capacity while teaching life skills and refining character development. A self defense technique is taught at the end of each class.

Fridays
Time: 4:30 pm–5:15 pm   Place: Soundview Family YMCA
Room: Multipurpose Room

Facility Member: $104   Program Participant $195
YOUTH DEVELOPMENT

SELF DEFENSE FOR TEEN GIRLS

Think someone is following you in a dark parking lot? Not sure what to do if someone is wanting to hurt you? Join us in this 4 week session to learn some basic self defense technique’s that will give you the confidence to know what to do when the unexpected happens.

This class is designed for girls ages 11 yrs. Old—16 yrs. Old

Dates: Every Tuesday from 4:30pm-5:15pm Where: Playscape area

Facility Member: Free Program Participant $40 (4 Week Session)

Please register in advance online or in person.

DROP & SHOP

Save the dates! Drop the kids at the Y for some fun while you go out shopping!

Last minute things to do? Register now for Drop and Shop.

Dates: Friday, December 1, 2023 6:30pm-9:00pm

Saturday, December 9, 2023 1:00pm-3:30pm

Facility Member: $15 Program Participant $30

KNITTING & CROCHETING

Have projects just laying around and need the motivation to finish them? Come hang out with fellow knitter’s and Crocheting friends. Drop in on a Wednesdays from 6:30pm-8:00pm.

Want to learn how to knit or Crochet? Come see what you can create with some tools and yarn. Just in time for the holidays!

Looking to give back to your community? Come knit some hats, gloves, scarves to donate to those in need during the cold winter months.

Make new friends and bring old friends while being creative. The possibilities are endless!
YOUTH DEVELOPMENT

HOLIDAY FUN FOR ALL

UNDERWATER TREE LOT

Grab your friends and family for Splashmas fun! Water and dry land activities included. Participants will also be eligible for a raffle to win some great prizes. All ages are welcome to attend. Fee includes donation to the YMCA Annual Campaign.

Decorate our special holiday trees with aquatic ornaments and enjoy free swim. This event will follow all pool rules, so parents & guardians should be prepared to swim with non-swimmers and children under the age of five. Each time slot is 50 minutes.

DATE: Saturday, December 9
TIMES: 12:30, 1:30pm, 2:30pm, 3:30pm
AGES: All!
FEE: Facility Member FREE
Program Participant $5

NOON YEAR’S EVE PARTY

Send 2023 off with a splash! Join us for a splash bash to celebrate the new year. All ages are welcome to attend. This family event will follow all YMCA and pool rules. Fee includes donation to the YMCA Annual Campaign.

Join us for water & land fun! Countdown to NYE at 12pm.

DATE: Sunday, December 31
TIME: 11am-1pm
AGES: All!
FEE: Facility Member FREE
Program Participant $5
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 2 SCHEDULE

Lessons will run Monday, October 23 through Sunday, December 10. Tuesday (Halloween, 10/31) and Thursday (Thanksgiving, 11/23) will have an additional class on 12/12 and 12/14, respectively.

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tbody>
<tr>
<td>6 months - 3 yrs</td>
<td>SWIM STARTERS</td>
<td>Stages A-B</td>
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<tr>
<td>3 yrs - 5 yrs</td>
<td>SWIM BASICS</td>
<td>Stages 1-4</td>
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<td>SWIM STROKES</td>
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<td>Preschool</td>
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<tr>
<td>5 yrs - 12 yrs</td>
<td>SWIM BASICS</td>
<td>Stages 1-6</td>
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<tr>
<td>School Age</td>
<td>SWIM STROKES</td>
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<tr>
<td>12+ yrs</td>
<td>SWIM BASICS</td>
<td>Stages 1-6</td>
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<tr>
<td>Teen &amp; Adult</td>
<td>SWIM STROKES</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 10:05am

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 10:05am
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. Classes are 30 minutes.

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

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, 5:35pm
- Saturday 9am, 10:45am

**School Age**
- Tuesday 5:35pm
- Thursday 5pm
- Sunday 11:15am

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 9:30am
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. 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  
  Wednesday 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 designed to expose swimmers to many types of water activities. Aquatics Conditioning 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. Please note that these classes will require students to be able to pass the swim test to participate (think Stage 4 and up).

Facility Member: $95
Program Participant: $190

Endurance, Sports & Games
Relay races, obstacle courses, & more!
Tuesday 6:45-7:15pm

Aquatic Conditioning
Build endurance & enhance technique!
Thursday 6:55-7:35pm

SPASH WEEK

Holiday Swim Intensive
Consistency and frequency are both crucial when learning to swim and Splash Week is the perfect way to help refine swim skills and accelerate learning. Participants will start with a swim lesson, then change and participate in a dry activities including a Safety Around Water and STEM lesson, enjoy a snack, then get back in the water for more swim instruction and fun! This is a drop-off program.

DATE Tuesday, 12/26 – Friday, 12/29
TIME 9am – 12pm
AGES 5-12
FEE $180 Facility Members
     $360 Program Participants
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, November 7 through Thursday, December 21.

Facility Member: $130  Program Participant: $250

Tuesday & Thursday from 6:15–7pm

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 Facility 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.

Please contact Director of Competitive Aquatics, Wesley Crozier, about joining the team at wcrozier@cccymca.org.

YOUTH DEVELOPMENT
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.
COUCH TO 5K

Become a Runner Regardless of Age or Skill Level

Running is a common exercise many people include in their workouts. But some people struggle to run for long distances or to run at all. If you’ve always wanted to become a runner but thought your age or skill level held you back, think again!

Couch to 5K is a structured 6 week health and wellness program designed to prepare individuals of all fitness levels to complete a 5K road race by the end of 6 weeks.

Training: this 6-week program will consist of two training sessions per week. Each session will be 75 minutes and will be broken into three phases: calisthenics, endurance training, resistance training and stretching.

Objectives: progress will be monitored throughout the 6 weeks periodically to ensure participants are prepared to complete 5K at the end of the program. We will all cap off the program together at the Branford Thanksgiving 5K on November 23, 2023.

DATE: Begins 10/18
DAYS: Wednesday and Friday
PLACE: Wellness Center
TIME: 3:00 PM – 4:15 PM
FEE: Facility Member $0

Meet David—Soundview Family YMCA’s newest Personal Trainer! He is an accomplished distance runner who competed in cross-country and track all 8 years of high school and college. David attended UConn where he competed for the D1 cross country and track program and was elected as captain his senior year. He also scored at the conference championship and ran a 4:09 in the mile.

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 October 18 at 12:30 PM: Soups in a Blender
Wednesday November 29 at 12:30 PM: Quick snacks for 1

COST: Facility Member: $5
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

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

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**  
10/8  
10/15  
10/22  
10/29  
11/5  
11/12  
11/19  
11/26  
**COST:**  
Facility Member $100 /  
Program Participant $200  
**LOCATION:**  
Outside (weather permitting)  
Inside (Multipurpose Room)

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

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, 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.
HEALTHY LIVING

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 believes, 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.
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 – 12pm: 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

Participant’s are placed based on their individual evaluation.
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 want to rebuild.

Please contact for more information or to schedule an intake interview:
Christina Murphy
LIVESTRONG AT THE YMCA LEAD TRAINER
P 203 481 9622 X3213   E cmurphy@cccymca.org

Past Graduate Testimonials:
“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.”

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.

1 Hour $82
3 Hours $236
5 Hours $379
10 Hours $753
HEALTHY LIVING

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.
Monday 8:15am
Sunday 8:15am/Friday 8:00am/Thursday 6:00pm
Studio AB/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 11:30am/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 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
Wednesday 9:30am / 6:15pm
Cycle Room
Tuesday/Thursday 6:30am
Saturday 7:15am
Thursday/Friday 6:00pm
Sunday 8:15am

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
Tuesday 9:15am
Multipurpose Room/Studio AB

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.
Facility Member: $0  Program Participant: $20/month/unlimited
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

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
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture. All levels.
Wednesday 8:15am
Wednesday 5:00pm / Friday 5:30pm
Studio AB
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
Saturday 9:30am
Multipurpose Room
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
Have your **BIRTHDAY PARTY** at the **Soundview Family YMCA**!

You bring the kid’s, paper goods, and food – we supply the fun!

Call or email to make your appointment today! You must be a member of the Y for 3 months to book a Birthday Party. Rates may vary depending on the type of birthday party being requested. Our party host will be with you throughout the party helping with all that goes along with running a fun party. Each birthday child gets a special Birthday T-Shirt!

**Dry Land Party Types Include:**

Playscape Party, Sports Party, Arts & Crafts Party, Tie Die (ages 7 and up)

**Facility Member: $275** (20 party guest, all supplies included.)

**Specialty Parties:**

- Dance Party* (ages 5 and up)
- Archery Party* (ages 8 and up)
- Zipline Party* (ages 5 and up)
- Themed parties* for all ages.

*Specialty Parties are based on instructor availability.

**Facility Member: $295+** (20 party guests, all supplies included.)

Parties can be scheduled:

Saturdays: 1:00pm-3:00pm or 2:30pm-4:30pm

Sundays: 12:30pm -2:30pm

Contact Lynn Wheeler E wheeler@cccymca.org.

**SPLASH BASH Parties are also available!**

Pool parties are available – contact Alex Hunter E ahunter@cccymca.org for pricing and details.

**SOUNDVDIEW FAMILY YMCA**

628 E Main Street Branford CT 06405

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