FOREVER CARING.

Soundview Family YMCA Program Guide
Fall II October 25–December 19, 2021
SOUNDVIEW FAMILY YMCA
P 203 481 9622 F 203 481 9363
Email: soundviewinfo@cccyymca.org

FACILITY HOURS
Mon–Thurs 6:00am–7:00pm
Friday 6:00am–7:00pm
Saturday 7:00am–4:00pm
Sunday 8:00am–1:00pm

HOLIDAY HOURS/CLOSURES
Veterans Day  Regular Hours
Thanksgiving  Closed

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).

MEMBERSHIP FOR ALL
Membership rates are based on a sliding scale according to household income. Please see a Member Service Representative for more information.

PROGRAM REGISTRATION

Fall II
October 25–December 19
Facility Members:  October 4
Community Members:  October 11

YOUR YMCA STAFF
Matt LaPrino, Executive Director
Ralph Ricciardelli, Facility Director
Colleen Villano, Director of Healthy Living
Lynn Wheeler, Youth and Family Director
Alex Hunter, Aquatics Director
Stacey Rubino, Membership Coordinator
Denise Bowen, AOA Coordinator
Sarah Landolfi, Member Services Specialist
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.

Bob Jacob - Chair
Paul Allen
Erik Barone
Jason Bedford
Christal Esposito
Anthony Mascia
Melissa Nicholson
Suzy Turman Callaghan
AJ Pace
Lee Foo
Mary Ann Harmon
Barbara Naclerio

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
The Soundview Family YMCA is a branch of the CENTRAL CONNECTICUT COAST YMCA which provides citizens within twenty-five Connecticut towns and cities with access to the extraordinary, lifesaving and enriching programs and opportunities, and we need your help, now more than ever.

With our doors open to all, we bring people together from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

When you donate to the Soundview Family YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

For which, we are FOREVER GRATEFUL.

DONATE FOR A BETTER US.
YOUTH DEVELOPMENT

ENGAGING BEYOND THE SCHOOL DAY

AFTER SCHOOL PROGRAM 2021–2022

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

EXPERIENCE THE YMCA AFTER SCHOOL PROGRAM AT THE Y!

Monday–Friday until 6:00pm.

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

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

CONVENIENTLY PROVIDING TRANSPORTATION

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

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

East Haven Monthly Fees:

<table>
<thead>
<tr>
<th>Service</th>
<th>3 days/week</th>
<th>5 days/week</th>
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</thead>
<tbody>
<tr>
<td>Before Care</td>
<td>Member: $175</td>
<td>Community: $275</td>
</tr>
<tr>
<td>Before Care</td>
<td>Member: $225</td>
<td>Community: $325</td>
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<tr>
<td>Before and After</td>
<td>Member: $435</td>
<td>Community: $535</td>
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</tbody>
</table>

$25 registration fee – one time

Y VACATION CLUB

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

Member: $75 per Day Community: $150 per day
8:00am – 6:00pm

September 7, 16
October 8, 11
November 2, 26
December 27, 28, 29, 30, 31

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
YOUTH DEVELOPMENT

YOUTH PROGRAMS

KNITTING AND CROCHET CLUB
AGES 10+
Join us at the Y for a fun-filled time of bonding, learning, growing, and craft. Our enthusiastic leader will guide the children through knitting and crocheting techniques and ideas. Must bring own supplies.

Member: $50  Community: $100
Wednesday  5:15pm–6:00pm

DANCE

CREATIVE MOVEMENT – AGES 3–5
Let your child explore the world of dance through gross and fine motor movement, and a dash of imagination. This dance class will prepare your little dancer for more advanced programs in the future, as well as building confidence!

Member: $100  Community: $200
Saturday  10:30am–11:15am

BALLET – AGES 6–10
Learn classical ballet technique, terminology, and have fun with your friends in this structured dance program. Your dancer will excel in the major ballet categories: barre, across the floor, and center work.

Member: $100  Community: $200
Saturday  11:30am–12:15pm
STINGRAYS SWIM TEAM
The Stingrays swim team is a year-round competitive program serving those in the surrounding communities by helping swimmers of all abilities reach his or her highest potential. Team members apply the four core values of Caring, Honesty, Respect, and Responsibility to all aspects of the sport while also focusing on youth development, healthy living and social responsibility. This program also instills commitment, dedication, teamwork, and a love of swimming within each participant and builds a strong foundation for a lifetime of healthy fitness habits. The Stingrays participate in YMCA and USA Swimming Association competitions at the local, state, regional, and national level.

The Fall / Winter season will run from September 2021 through March 2022, beginning September 13. Practice schedule, meet schedule, and more details will be available as the summer season winds down. All swim team members must be active members of the YMCA for the duration of the season.

All new swim team members must meet with a coach for an evaluation so that coaches can determine proper group placement.

American Red Cross water safety and lifeguarding courses are designed and taught by industry-leading professionals who can help you not only help others stay safe in, on, and around the water, but can help you learn the latest safety and rescue techniques, and deliver critical care, like CPR, first aid, and AED administration, when it’s needed most. And although every class varies, each will cover a variety of important skills that can not only help you stay safe and help others enjoy the water safely, but can help you begin, or advance, your career.
YOUTH DEVELOPMENT

SWIM LESSONS

STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.

Swim Starters and Swim Basics classes require one parent* to participate in the pool and on the pool deck. Groups will be socially distanced from others.

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages – from infants to seniors – can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule.

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

**SWIM STARTERS**

Accompanied by one parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

**TO JOIN OUR INTEREST LIST, PLEASE SPEAK WITH A MEMBERSHIP SERVICES REPRESENTATIVE.**

**SWIM STARTERS**

**Stage A – Water Discovery**

One parent* accompanies their child in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**SWIM STARTERS**

**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.

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**AGE GROUP**

| Stage A-B | 6 months – 3 years | Parent* & Child |
| Stage 1-4 | 3 years – 5 years  | Preschool       |
| Stage 1-6 | 5 years – 12 years | School Age      |
|           | 12+ years          | Teen & Adult    |
|           |                    | SWIM STARTERS   |
|           |                    | SWIM BASICS     |
|           |                    | SWIM STROKES    |
|           |                    | SWIM STROKES    |
|           |                    | SWIM BASICS     |
|           |                    | AQUATIC CONDITIONING |

**SWIM – Teen/Adult**

We offer two levels of swim basics for teens and adults in a combined class for easy development and safety! Students will move at a comfortable pace through safety and confidence in the water!

**TO JOIN OUR INTEREST LIST, PLEASE SPEAK WITH A MEMBERSHIP SERVICES REPRESENTATIVE.**

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**POOL GUIDELINES**

Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol.
YOUTH DEVELOPMENT

SWIM LESSONS

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.

TO JOIN OUR INTEREST LIST, PLEASE SPEAK WITH A MEMBERSHIP SERVICES REPRESENTATIVE.

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

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.

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.

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.

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.

TO JOIN OUR INTEREST LIST, PLEASE SPEAK WITH A MEMBERSHIP SERVICES REPRESENTATIVE.
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.

TO JOIN OUR INTEREST LIST, PLEASE SPEAK WITH A MEMBERSHIP SERVICES REPRESENTATIVE.

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.

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.

SWIM STROKES

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.

ENDURANCE, SPORTS, & GAMES

While building on stamina and technique, swimmers enjoy aquatic sports and games.

AQUATIC CONDITIONING

This program focuses on continuing to build endurance and stroke technique on all major competitive strokes, and encourages swimming as part of a healthy lifestyle.

PRIVATE SWIM LESSONS

AGES: 3 and up

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. Prices are per student.

<table>
<thead>
<tr>
<th>Ratio</th>
<th>Price</th>
<th>Lessons</th>
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</thead>
<tbody>
<tr>
<td>1:1</td>
<td>$165</td>
<td>4</td>
</tr>
<tr>
<td>2:1</td>
<td>$100</td>
<td>4</td>
</tr>
<tr>
<td>3:1</td>
<td>$85</td>
<td>4</td>
</tr>
</tbody>
</table>

Please register online. If you have any questions contact Alex Hunter, Aquatics Director at ahunter@cccymca.org.

OBSERVATION POLICY

While practicing social distancing, parents are asked not to disrupt the children or instructor while the class is in session.
FLICK AND FLOAT
Family Movie Night
No need for popcorn at this monthly movie night! Enjoy a different family-friendly movie each month while you float around in our heated pool. Movie showings will begin within 30 minutes of event start. Price includes 2 adults.
Member: $10 ($2 per additional child)
Community: $15 ($2 per additional child)
October 22 6:00–8:00pm

FLOATING PUMPKIN PATCH
Fall Festival Event
Join us for this exciting autumn event to celebrate the fall! After enjoying some pool time, families will chose pumpkins from the floating pumpkin patch to decorate while enjoying a fun fall activity. Adults must accompany children under 14 years old in the pool.
Member: $20 per family
Community: $30 per family
October 23 2:00–4:00pm

AQUATIC FITNESS CLASSES
FREE with Y membership

Cardio Power – Uses various movements to create resistance for an up-tempo workout.
Tuesday 8:00am
Wednesday 7:00pm
Thursday 8:00am

Deep Water Fit – While using a flotation device, swimmers will use stationary and locomotion movements. Class will be held in the competition pool.
Monday 9:00am
Monday 10:00am
Wednesday 9:00am

Flipper – Training fins and kickboards will be used to create an advanced water aerobics experience. Class will be held in the competition pool.
Wednesday 10:00am

Joints in Motion – This low intensity class will incorporate aerobic movement with noodles and choreography.
Monday 12:00pm
Wednesday 12:00pm

Water Boot Camp – A rugged workout of sports drills, circuits, and interval training using the properties of water.
Tuesday 10:00am
Tuesday 11:00am
Thursday 10:00am
Thursday 11:00am

Water Fit – Aerobic activity followed by toning with barbells and noodles.
Monday 8:00am
Monday 11:00am
Tuesday 9:00am
Wednesday 8:00am
Wednesday 11:00am
Thursday 9:00am
NEIGHBORS HELP NEIGHBORS

FOOD DRIVE
Let’s lend a helping hand and help our local food pantries! Collection times will be from 7am-7pm at the Soundview Family YMCA in Branford.

Collection Days - Pantries to benefit
- Monday - Thursday, October 18-22 – Guilford Food Bank
- Monday - Thursday, November 15-19 – Branford Food Pantry
- Monday - Thursday, December 13-17 – North Haven Food Pantry
- Monday - Thursday, January 17-21 – East Haven Food Pantry

We are collecting non-perishable foods, cleaning supplies, and household staples for the people served by the local food pantries.

Drop off while practicing social distancing and remaining personally safe, please place your donations in the bin at our front entrance. Thank you!
SOCIAL RESPONSIBILITY

TEEN LEADERS CLUB

UNLIMITED POTENTIAL
ENDLESS GROWTH

The YMCA Teen Leaders Club is a year-long, leadership development program for middle and high school teens. This program provides teens with extensive leadership training and volunteer opportunities that supports our community. When you become a Leader, you can meet other teens from our community, plan events and field trips, participate in regional leadership retreats, and earn volunteer service hours and recommendations.

HONESTY
RESPECT
RESPONSIBILITY
CARING

TO JOIN
Ask a member services representative for a questionnaire, and return it to the Leaders Club Advisor, Sarah Landolfi, at slandolfi@ccccymca.org

WHEN
September 23 – May 26
Thursdays 5:30-6:30pm plus monthly volunteer service events.

FEES
FREE with Y Membership
This program is for members only at this time.
HEALTHY LIVING

ADULT FITNESS

Class reservations required through www.soundviewymca.org

ACTIVE TOGETHER
Innovative! To improves cardiovascular fitness, build total body strength, enhance movement health for daily life. Inspiring music and coaching insures you succeed with simple, athletic exercises that use dumbbells, bodyweight and The STEP®.

Sunday 9:15am
Location: Studio AB

ACTIVE OLDER ADULT FIT
Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily activities. Hand-held weights and balls are used.

Monday/Wednesday 10:45am
Location: Multipurpose Room

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.

Monday 8:15am
Location: Multipurpose Room

Friday 9:15am
Location: Outdoor 2

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
Location: Outdoor 2

COACH BY COLOR CYCLE
This cycle class uses 5 colored training zones that use your own fitness ability and heart rate to push you to your maximum intensity. These colors accurately coach your effort to give you the best workout possible. This class is for all abilities.

Monday 6:15pm
Tuesday/Thursday/Friday 6:00pm
Wednesday 9:30am and 6:15pm
Saturday 7:30am/Sunday 8:15am
Location: Multipurpose Room

KICKBOX BAG
This total body workout combines cardio kickboxing and bag training that will push you to reach a new level of fitness.

Friday 4:30pm
Sunday 10:30am
Location: Multipurpose Room

KICKBOX BOOTCAMP
Work your whole body in a moderate intensity workout combining strength training, kickboxing, and floor work.

Monday 6:00pm
Location: Studio AB

LINE DANCING
Enjoy your workout with easy-to-follow specific line and western steps to the beat and accompaniment of popular and country music.

Thursday 9:30am Multipurpose Room

PILATES MAT
This class involves free flowing moves concentrating on core strength, muscle balance, flexibility by doing traditional Pilates exercises.

Sunday 9:15am
Thursday 7:15am Location: Studio AB
HEALTHY LIVING

ADULT FITNESS

Class reservations required through www.soundviewymca.org

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

QI FLOW BALANCE
Slow gentle movements warm tendons, ligaments and muscle. Flow from one movement to the next to help in everyday activities.
Friday 10:45am
Location: Multipurpose Room

YOGA
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture. This class is designed for all levels.
Wednesday 8:15am
Location: Multipurpose Room

YOGA 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 range of movement.
Thursday 11:00am
Location: Multipurpose Room

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

QI FLOW BALANCE
Slow gentle movements warm tendons, ligaments and muscle. Flow from one movement to the next to help in everyday activities.
Friday 10:45am
Location: Multipurpose Room

R.I.P.P.E.D.
An energizing workout, utilizing resistance and cardio training, that combines resistance, Intervals, power, plyometrics and endurance.
Friday 9:30am
Thursday 5:15pm
Location: Multipurpose Room

STRENGTH TRAIN TOGETHER
Maximize your workout results with 60 min of impactful strength training. You’ll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and body weight.
Saturday 9:30am
Wednesday 6:00pm
Location: Studio AB

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

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

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.
Monday / Wednesday 5:15pm
Location: Multipurpose Room
Saturday 9:30 / Sunday 8:15am
Location: Studio AB

ZUMBA GOLD
Invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Modified, low-impact moves available for active older adults.
Tuesday 9:30am
Location: Multipurpose Room

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
ONE-ON-ONE NUTRITIONAL COACHING

Exercising is a HUGE part of a healthy lifestyle, but nutrition can be the sweet sauce to finally reaching your goal. With so much nutritional information out there, we want to give you a trusted and reliable place to make the changes you desire.

60 minutes
(1) session $75
(3) sessions $215
(5) sessions $345
(10) sessions $685

Facilitator: Christina Murphy, Integrative Nutritional Health Coach
Christina started coaching for the Living Fierce Club where she personally coached women into transformation through small attainable steps and accountability. She furthered her training in 2019 from the Institute of Integrative nutrition, where she received in-depth training in nutrition, health and wellness, and coaching skills. Christina offers workshops, one on one and group coaching programs to individuals needing extra support to create lifelong healthy habits.

NEW!

MOVEMENT FOR PARKINSON’S DISEASE
Physical activity has shown to slow the disease process, decreasing pain associated with Parkinson’s Disease. Exercise through gentle, deliberate movements to help prolong independent mobility, improve sleep, mood, memory, and overall quality of life.

Tuesday / Thursday 10:00—10:45am
Location: Studio AB

BETTER BALANCE
Discover how you can prevent falls by improving your balance and mobility. You’ll improve posture, increase muscle strength, expand flexibility, and firm your core.

Tuesday / Thursday 12:15—1:00pm
Location: Multipurpose Room

To schedule a consultation, contact Colleen Villano, Director of Healthy Living at cvillano@cccymca.org or 481 9622 x3217

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
YMCA360 ON-DEMAND AND LIVE

At the YMCA we believe that when people experience all that our Y has to offer, they will be drawn into supportive, healthier relationships with one another and their community.

YMCA360 is a free on-demand video platform free to all full-facility members of the Central Connecticut Coast YMCAs. YMCA360 offers 300+ group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more.

From your desktop, laptop, tablet, smart TV or mobile device, YMCA360 is available wherever you are with an internet connection. Instructions for access:

Please visit ymca360.org

- Click the login button
- Enter your email address, click continue
- Enter your zip code, click continue
- Click your YMCA
- You will receive a 6 digit email code, via email
- Enter this code, click continue
- You will be let in!

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