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
Juneteenth June 19 Regular Hours
Independence Day July 4 7am–1pm

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 SUMMER

June 20—August 14

Registration Dates
Facility Member: May 30
Program Participant: June 6

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 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.
All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y’s core values of caring, honesty, respect and responsibility.

Donate to the Soundview Family YMCA Annual Campaign. 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@cccymca.org or call 203 481 9622.

Accepting applications for 2023-2024. Register now to ensure you 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!

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.

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

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

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.

The long course meters season is underway, and we wish all of our swimmers good luck!

MINI STINGRAYS
Our pre-competitive program, the Mini Stingrays, will hold one session for any interested swimmers this summer from June 19—August 5.

Facility Member: $120 Program Participant: $240

Tuesday & Thursday from 6:15–7pm

For more information, please contact our coaching staff at soundviewstingrays@cccymca.org.
STRONG SWIMMERS = CONFIDENT KIDS

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

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

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

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

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
<th>OBSERVATION &amp; CLASS LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months - 3 years Parent* &amp; Child</td>
<td>SWIM STARTERS Stages A-B</td>
<td>While practicing social distancing, parents are asked not to disrupt the children or instructor while the class is in session. For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.</td>
</tr>
<tr>
<td>3 years - 5 years Preschool</td>
<td>SWIM BASICS Stages 1-4</td>
<td></td>
</tr>
<tr>
<td>5 years - 12 years School Age</td>
<td>SWIM BASICS Stages 1-6</td>
<td></td>
</tr>
<tr>
<td>12+ years Teen &amp; Adult</td>
<td>SWIM BASICS Stages 1-6</td>
<td></td>
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</table>

SUMMER SCHEDULE

Wednesday - Saturday classes will run from Wednesday, June 21 - Saturday August 5. Monday & Tuesday classes will run Monday, June 19 through Tuesday August 8. There will be no lessons on Monday July 3 or Tuesday July 4.
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 Summer II session will be run as combined classes.

SWIM STARTERS

Facility Member: $90  Program Participant: $178

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.

Saturday 9:35am & 11:20am

Stage B – Water Exploration

In Stage B, one parent* will work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Saturday 9:35am & 11:20am
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: $90  Program Participant: $178

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.

<table>
<thead>
<tr>
<th>Preschool</th>
<th>School Age</th>
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</thead>
<tbody>
<tr>
<td>Monday 5pm</td>
<td>Tuesday 5pm</td>
</tr>
<tr>
<td>Wednesday 5:35pm</td>
<td>Saturday 10:10am</td>
</tr>
<tr>
<td>Saturday 9am, 10:10am</td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Preschool</th>
<th>School Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 5pm, 5:35pm</td>
<td>Tuesday 5:35pm</td>
</tr>
<tr>
<td>Wednesday 5pm, 5:35pm</td>
<td>Thursday 5pm</td>
</tr>
<tr>
<td>Saturday 9am &amp; 10:45am</td>
<td>Saturday 10:45am</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Preschool</th>
<th>School Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 5pm</td>
<td>Monday 5:35pm</td>
</tr>
<tr>
<td></td>
<td>Tuesday 6:10pm</td>
</tr>
<tr>
<td></td>
<td>Wednesday 6:10pm</td>
</tr>
<tr>
<td></td>
<td>Saturday 10:30am, 11:05am</td>
</tr>
</tbody>
</table>
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: $94  Program Participant: $188

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
  Thursday 5:35pm
  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 6:20pm
  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  $176  (4 lessons)
  2:1  $110  (4 lessons)
  3:1  $85   (4 lessons)
TRY SOMETHING NEW

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: $45  Program Participant: $90

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: $90  Program Participant: $178

Thursday 7:00pm – 7:30pm
Saturday 8:30am–9am
CELEBRATE WITH US
You’re invited to a **POOL PARTY**!

When you perfect a skill, all you want is to show it off to family & friends. So at the conclusion of the group swim lesson session, we are throwing a party!

Facility Members, program participants and their families are welcome to attend our end of session celebration to participate in free swim, a future lifeguard photo booth, raffle prizes, and so much more!

Registration is not required and there is no fee – we just want you to show up and splash around!

There will be two opportunities to party – attend one OR both, regardless of which day you typically take swim lessons.

Let’s have some fun together!

**End of Summer Celebration**

Celebrate the end of summer with fun, games, and a movie!

**Tuesday, June 15 from 5-7pm**

**Saturday August 12 from 12pm-2pm**

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FAMILY FUN FRIDAYS
It’s all about family **FUN** on Friday nights!

**Camp Themes**

Each new week at Camp Nonoma is celebrated with a new theme. This Summer we will celebrate our favorite Holidays, Super Hero’s, Space, Team Challenges and more! The Aquatics team will take these themes and give you a fun, splashy evening. All events will take place on Fridays from 5-7pm.

<table>
<thead>
<tr>
<th>Facility Member $0</th>
<th>Program Participant $5</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 16</td>
<td>Aloha Summer</td>
</tr>
<tr>
<td>June 23</td>
<td>Alice in Wonderland</td>
</tr>
<tr>
<td>June 30</td>
<td>Ship Wrecked</td>
</tr>
<tr>
<td>July 7</td>
<td>Holiday Hoopla</td>
</tr>
<tr>
<td>July 14</td>
<td>Outer Space</td>
</tr>
<tr>
<td>July 21</td>
<td>Water Olympics</td>
</tr>
<tr>
<td>July 28</td>
<td>Super Heroes</td>
</tr>
<tr>
<td>August 4</td>
<td>Animal Planet</td>
</tr>
<tr>
<td>August 11</td>
<td>Crazy Colors</td>
</tr>
</tbody>
</table>

10
Intensive swim lessons are designed to rapidly teach swimmers (1) how to swim with improved coordination and endurance and (2) life-saving water safety skills. Lessons will be held two times per week, on Monday & Wednesday. Lessons are combined school age and preschool and will follow the YMCA Swim Lesson program. All lessons will be 30 minutes in length.

Members $90 Community $178

Stage 1 - 5pm
Stage 2 - 5:35pm
Stage 3 - 6:10pm

There will be two sessions - June 19 - July 12 and July 17 - August 7.

Registration will be open for both sessions for facility members starting May 29 and for the community on June 5.
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 7pm–7:30pm
- Saturday 8am–8:30am

**Adult Intermediate**
- 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:** $30 per month

- Tuesdays & Thursdays 5:30am–6:30am

Monthly or drop-in options are available.

Register online or with our Member Services team today.
Expert instruction and peer driven, you are provided an dynamic mixture of individual coaching and group motivation. Workouts are varied and unique, ensuring that you always make progress. Combined technique, bag work, focus mitts, jump rope and bodyweight exercises keep this workout intense and highly effective.

- Stance and technique fundamentals
- Proper warmup and jump rope technique
- Punch combos
- Heavy Bag work
- Agility and footwork drills

**KICK PUNCH BLOCK**

Through the techniques of a martial artist, you will be given a highly intense, fat burning full body workout in a 60 minute class!

**21 DAY BODY JUMPSTART CHALLENGE**

“It’s really improving my cycling! I am no longer getting a lot of the muscle discomfort in the neck and shoulder blades like I used to get before. I can also see my core strength and my posture improving. Still more work to do but I am much more conscious of my muscles and how they work!” ANN-MARIE

“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  
Program Participant: $120
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.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Hour</td>
<td>$82</td>
</tr>
<tr>
<td>3 Hours</td>
<td>$236</td>
</tr>
<tr>
<td>5 Hours</td>
<td>$379</td>
</tr>
<tr>
<td>10 Hours</td>
<td>$753</td>
</tr>
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</table>

Small Group Training

Experience all benefits of personal training with the added motivation and accountability of peers. With small group training, our personal trainers not only train, but educate you, cueing proper body alignment, detailing range of motion, and working on progressions and regressions. Thrive in a fun and positive workout experience!

We can create a group for you with other Facility Members with similar goals, interests and fitness levels or grab go for it - your friends or co-workers and let’s go!

<table>
<thead>
<tr>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Hour</td>
<td>$126.00</td>
</tr>
<tr>
<td>3 Hours</td>
<td>$350.00</td>
</tr>
<tr>
<td>5 Hours</td>
<td>$673.00</td>
</tr>
<tr>
<td>10 Hours</td>
<td>$1105.00</td>
</tr>
</tbody>
</table>

Small Group Training is limited to 6–8 participants. Price is per group.

WELLNESS CENTER AGE REQUIREMENTS

A YMCA Fitness Trainer will instruct youth on how to safely and effectively use cardiovascular equipment (10 – 13 years old) and selectorized strength equipment (12 – 13 years old). Upon completion, youth will be able to use the equipment in our Wellness Centers when accompanied by a Y Facility Member who is 18 years of age or older. Stop by the Front Desk to schedule an orientation.
BEGINNER PICKLEBALL FOR ADULTS

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
July 9 August 6
July 16 August 13
July 23 August 20
July 30 August 27

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

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

WHEN: 11am Tuesday/Thursday
LOCATION: Studio AB
COST: Facility Member $0
Program Participant $160

HEALTHY LIVING

JOIN US FOR A FREE WEEK PROGRAM
LIVESTRONG at the YMCA supports the increasing number of cancer survivors who find themselves on the journey from completing treatment to feeling physically and emotionally strong enough to return to normal life.

This 12 week small group training program is facilitated by certified YMCA instructors who assist participants in a variety of physical activities including cardiovascular conditioning, strength training, balance and flexibility.

ENROLLING NOW September 2023

To learn more about LIVESTRONG at the YMCA, contact Colleen Villano, Director of Healthy Living
E cvillano@cccymca.org P 203 481 9622 x3217
SUPPORTING WELLNESS TOGETHER

12-Week Health Coaching Program

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

WHO: Anyone ages 18 and up
WHEN: By appointment

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.

Why Holistic Health Coaching?

You will experience a holistic model that considers wellness for your mind, body and spirit—not just the physical aspects. A holistic health coach can help you stay accountable, get perspective on your strengths and identify areas for opportunity. They empower you to create or further develop your vision for healthy living.

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.

LET’S GET STARTED! Let’s take that first step, together. Book your FREE personal consultation today!

WELLNESS WEDNESDAY WORKSHOPS

Interested in finding simple yet impactful ways to weave wellness into your life? If so, please join Nutritional Health Coach, Christina Murphy the last Wednesday of each month for an interactive session offering information, resources, and/or immersion into different wellness modalities.

Seating is limited so be the first to know by joining the mailing list. Email cmurphy@cccymca.org today and receive a recipe book with 30 quick and easy meals to try this month!

For more information on these programs contact Christina Murphy, Certified Health Nutrition Coach at cmurphy@cccymca.org or 203-481-9622 ext. 3213
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
Multipurpose Room
Thursday 5:15pm
Studio B

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 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/Friday 12:30pm
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

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**

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

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**
  - **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 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/Friday 5:00pm**
  - **Multipurpose Room**
- **Saturday 7:15am**
  - **Studio AB**
TEE UP!
JOIN THE FUN

SOUNDVIEW FAMILY YMCA 16th Annual Golf Tournament

The most important round you’ll play all year.
Make a difference. Help the Y stay on course.

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 the 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

SOUNDVIEW FAMILY YMCA
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