SOUNDVIEW FAMILY YMCA
628 E Main Street Branford CT 06405
P 203 481 9622 F 203 481 9363
E soundviewinfo@cccymca.org

FACILITY HOURS
Monday–Thursday 5:30am–9:00pm
Friday 5:30am–7:00pm
Saturday 7:00am–6:00pm
Sunday 8:00am–4:00pm

HOLIDAY HOURS/CLOSURES
Memorial Day 7:00am—1:00pm

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
MTWTH 4:45–6:15pm / 6:15–7:30pm
Online registration required 24 hours in advance.
Playscape Hours: Sunday–Saturday
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
SPRING
April 22—JUNE 16

Registration Dates
Facility Member: April 1
Program Participant: April 8

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, Membership Director
Michelle March, Child Watch Coordinator
Jenn Amasino, Head Swim Coach
Sue Lecza, Head Swim Coach
Wesley Crozier, Director of Competitive Aquatics

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.

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
Jason Bedford
Benjamin Connor, Esq.
Michael Coyne – Vice Chair
Lee Foo
Mary Ann Harmon
Bob Jacob

Chris Manna
Barbara Naclerio
Melissa Nicholson
AJ Pace
Theodore Raczka
Keith Torello
Dr. Lauren White
The Soundview Family YMCA provides our community with access to extraordinary, lifesaving and enriching programs and opportunities. We need your help, now more than ever. With our doors open to all, we support those in need. When you donate to the Soundview Family YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

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

Accepting applications for 2023-2024. We are now taking registration for the 2024-2025 School Year. Register now to ensure your have child care.

**EXPERIENCE THE YMCA AFTER SCHOOL**

Monday-Friday until 6:00pm.
2, 3, 4, & 5 day options available.
Swimming, Homework Help, Snack, Sports, Organized Play, Arts & Crafts, STEAM and more!

**Branford Monthly Fees:**
$50 registration fee - one time 2024-2025 School Year Rates

- **2 days/week:** Facility Member: $244  Program Participant: $353
- **3 days/week:** Facility Member: $268  Program Participant: $389
- **4 days/week:** Facility Member: $294  Program Participant: $425
- **5 days/week:** Facility Member: $316  Program Participant: $458

**East Haven Monthly Fees:**
$50 registration fee - one time 2024-2025 School Year Rates
Before Care begins at 7:00 am and After Care ends at 6:00 pm Monday-Friday

- **Before Care 3 days/week:** Facility Member: $195 / Program Participant: $283
- **Before Care 5 days/week:** Facility Member: $250 / Program Participant: $362
- **After Care 3 days/week:** Facility Member: $261 / Program Participant: $378
- **After Care 5 days/week:** Facility Member: $332 / Program Participant: $480
- **Before and After Care 3 days/week:** Facility Member: $383 / Program Participant: $517
- **Before and After Care 5 days/week:** Facility Member: $483 / Program Participant: $650

**CONVENIENTLY PROVIDING TRANSPORTATION**

The following Branford schools transport students to our branch:
Murphy, Sliney, Tisko, & Walsh Intermediate School. **All half days are included**

East Haven schools transport all students to and from the Hays Location. **All half days are included.**
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

May 17, 2024 (Hays ONLY)  
June 10-17, 2024  Possible Vacation Club Before Camp Begins. Please visit our website for updated information.

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

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 March 29 2024 & April 12, 2024.**

**Every Friday Night**

**Time:** 6:30 pm-9:00 pm

**Room:** Studio A & B

Pizza will be served. Registration required.  
**Facility Member:** $10  
**Program Participant:** $15
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### ENGAGING BEYOND THE SCHOOL DAY
EXPERIENCE THE YMCA AFTER SCHOOL

Swimming, Homework Help, Snack, Sports, Organized Play, Arts & Crafts, STEAM and more!
Y VACATION CLUB

AT THE SOUNDVIEW FAMILY YMCA & HAYS SCHOOL

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

Time: 8:00 am – 6:00 pm
February 19–20, 2024 SDV & Hays
March 29, 2024 SDV
April 8–12, 2024 SDV & Hays
May 17, 2024 (Hays ONLY)
June 10–17, 2024 Possible Vacation Club Before Camp Begins

ARCHERY

Learn the art of Archery. Private lessons or group lessons are available based on Instructor’s availability.
Have some fun while learning a new skill. Make it A Family Outing! Either way, you’ll have fun learning about how to use a bow and arrow.

Please contact the Soundview Family YMCA or email Lynn Wheeler at lwheeler@cccymca.org for dates and times.
The package includes 4 classes.
Facility Member: $105 Program Participant: $185

Time: TBA

HOMESCHOOL FITNESS

The Soundview Family YMCA’s Homeschool Fitness program is designed to provide homeschool students with an opportunity to participate in physical fitness activities outside of the homeschool environment. The swim portion of the class offers a dynamic and enjoyable learning experience for homeschool students, combining water safety, physical fitness, and social interaction. By the end of the class, participants will have increased confidence in their swimming abilities, a better understanding of water safety, and a greater appreciation for the joy of swimming and aquatic activities.

Prerequisites
No prior swimming experience is required for this course. Participants of all skill levels are welcome, from beginners to intermediate swimmers ages 6 to 12. However, students should feel comfortable being in the water and be willing to participate in swimming activities.

Facility Member: $200
Program Participant: $310

This program is offered TWO TIMES per week – Tuesday & Thursday from 2-3pm.

Contact Alex Hunter, Aquatics Director for more information E ahunter@cccymca.org
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 drinks, 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.
Date: May 5, 2024
Who: Grades 2-8
When: 10:00-12:30 pm
Theme: Mother’s Day Gift
Cost: Facility Member: $20 / Program Participant $40

PRESCHOOL PLAY & LEARN
Learn English as a second language 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. Have some fun and make new friends along the way!

Tuesdays 9–10am
Facility Member: $40
Program Participant $85 (8 sessions)

KNITTING & CROCHETING
Calling all knitter’s and Crochet people! Help make the winter months warm for people. Ever wanted to learn how to knit or crochet? Come and learn or lend a hand in teaching others. Join me as we make scarves, hats and mittens this winter for those in need.
Make new friends and bring old friends while being creative. The possibilities are endless!

Drop in on Wednesdays from 1:00pm–2:00pm

TEA & PAINT
Grab a friend or two and spend some time creating a piece of art! Sipping on Hot Tea and painting with Acrylic Paint with friends. Learn some new techniques while having fun. Take home your own set of brushes and your own piece of art!

Wednesday, May 15
Time: 1:00pm–3:00pm
Room: Media Center
Registration required.
Facility Member: $20
Program Participant: $40
**WOMEN’S SELF DEFENSE**

Doesn’t matter your age, being able to defend yourself till you can get to a safe place is important. Not sure what to do in a scary situation, then this class is for you! Join us in this 4 week session to learn some basic self defense techniques that will give you the confidence to know what to do when the unexpected happens.

**When:** Tuesdays 4:30pm–5:15pm  
**Place:** Playscape area  
**Facility Member:** $40  
**Program Participant:** $80 (4 Week Session May 7, 14, 21, 28, 2024)

Please register in advance on line or in person.

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**MAHJONG FOR BEGINNERS**

Ever wonder how to play Mahjong, well this is the place to be. Come meet new friends or bring old ones with you and learn the Chinese game of Mahjong.

**Dates:** Tuesdays 1:30pm–2:30 PM  
**Place:** Studio A  
**Facility Member:** $10 / **Program Participant** $20  
(4 Week Session May 7, 14, 21, 28, 2024)

Please register in advance on line or in person.

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**KIDS & FAMILY GROUP FITNESS**

**FAMILY CARDIO & STRETCH**

Move to the beat with simple fitness moves choreographed to your favorite music. Parents and kids will enjoy this full body cardio workout and stretch. Grab your sneakers and get ready to be energized and keep that heart rate up! Yoga mat optional.

**When:** Mondays  
**Time:** 4:30pm–5:10pm  
**Place:** Multipurpose Room  
**Cost:** Facility Member FREE

**ZUMBA KIDS**

Classes are rockin, high energy fitness parties packed with specialty choreographed, kid friendly routines and all the music kids love like hip-hop, reggaeton, cumbia, and more.

**When:** Thursdays  
**Time:** 4:30pm–5:10pm  
**Place:** Multipurpose Room  
**Cost:** Facility Member FREE
SOUNDVIEW FAMILY YMCA

CAMP NONOMA

At the Soundview Family YMCA Camp Nonoma, we are committed to helping your child have a great camp experience through fun activities and games that encourage children (ages 3–15) develop new skills and try new things. We pride ourselves on the variety of activities we offer that keep campers engaged, busy and active. Each activity period is 35 minutes long, allowing each camper to participate in a variety of activities throughout the day.

This summer, campers will enjoy participating in favorites like Gaga, Arts & Crafts, Ropes, Swimming, Sports and more. Each new week at Camp Nonoma is celebrated with a new theme. Wacky Wednesdays, Campers and staff will dress up for the week’s theme while playing games especially for that week’s theme. All Adventurers will go on two field trips a week on Tuesdays and Thursdays.

REGISTRATION STEPS

Please refer to our website for Registration starting Feb 1, register online at soundviewymca.org. For assistance or paper registration forms, please visit or call the Soundview Family YMCA at 628 E Main Street Branford, CT 06405 or 203 481 9622. For Financial Assistance/Care4kids support, please contact Lynn Wheeler at soundviewymcacamp@cccymca.org.

WEEKLY THEMES

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NEED ADDITIONAL CARE?

The Soundview Family YMCA Camp Nonoma day begins 9:00 am and ends 4:00 pm. Before Care 7:30 am–9:00am After/Extended Care 4:00pm–6:00pm
SOUNDVIEW FAMILY YMCA

CAMP HAYS

The Soundview Family YMCA is partnering with the Town Of East Haven to bring a safe, fun, affordable camp to all East Haven Residence.

At Camp Hays, we are committed to helping your child have a great camp experience through fun activities and games that encourage children (ages 3–15) develop new skills and try new things. We pride ourselves on the variety of activities we offer that keep campers engaged, busy and active. Each activity period is 35 minutes long, allowing each camper to participate in a variety of activities throughout the day. This summer, campers will enjoy participating in favorites like Gaga, Arts & Crafts, Archery, Sports and Nature while hanging out with new and old friends.

Camp Hays celebrates with a new theme each week on “Wacky Wednesday! Campers and Staff dress up and play games for the themed week. Adventurers will go on field trips every Tuesday & Thursday to places like the beach, museums, Soundview Family YMCA, and more. Schedule to be announced.

REGISTRATION STEPS

Please refer to our website for Registration starting Feb 1, register online at soundviewymca.org. For assistance or paper registration forms, please visit or call the Soundview Family YMCA at 628 E Main Street Branford, CT 06405 or 203 481 9622. For Financial Assistance/Care4kids support, Please contact Lynn Wheeler at: soundviewymcacamp@cccymca.org.

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NEED ADDITIONAL CARE?

The SOUNDVIEW FAMILY YMCA Camp Hays Camp day begins 9:00 am and ends 4:00pm. Before Care 7:00am to 9:00 am After/Extended Care 4:00 pm–6:00pm
BUILDING CONFIDENT SWIMMERS

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 through the YMCA Swim Instructor program. 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.

SPRING SCHEDULE

Group Swim Instruction runs April 22 – June 16

Tuesday – Sunday classes will run from April 23 – 9
Monday classes will run April 22 – June 10, with no classes on May 27 in observance of Memorial Day.

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

<table>
<thead>
<tr>
<th>6 months–3 years</th>
<th>3 years–5 years</th>
<th>5 years–12 years</th>
<th>12+ years</th>
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</thead>
<tbody>
<tr>
<td>PARENT* &amp; CHILD:</td>
<td>PRESCHOOL:</td>
<td>SCHOOL AGE:</td>
<td>TEEN &amp; ADULT:</td>
</tr>
<tr>
<td>STAGES A–B</td>
<td>STAGES 1–4</td>
<td>STAGES 1–6</td>
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All age groups are taught the same skills but divided according to their developmental milestones.

Did You Know?

- 9 in 10 parents see swimming as an essential life skill, yet 24% have low confidence in their kids’ ability to stay safe around water.
- Parents and guardians have a critical role to play in teaching their kids water safety skills – but they don’t have to do it alone! With more than 110 years’ experience equipping people with the skills they need to stay safe in and around water, the Y is America’s most trusted swim instructor. Each year, the Y teaches more than one million kids lifesaving swimming and safety around water skills.

More Info!

- 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.
- May is National Water Safety Month, so stay tuned for the fun we have planned!
- For more information, please contact Aquatics Director, Alex Hunter at ahunter@cccymca.org.
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.
*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.

All Stage A & B classes are offered at the same times, but will be split by age and ability when applicable.

Facility Member: $98  Program Participant: $196

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
Saturday 9am, 10:10am, 11:20am
Sunday 9:40am & 10:50am

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
Saturday 9am, 10:10am, 11:20am
Sunday 9:40am & 10:50am

Did You Know?

May is National Water Safety Month.

We want to ensure that water safety doesn’t get lost in the shoreline’s eagerness to jump into summer. As temperatures rise, kids want to cool off, whether that is in home pools, ponds, lakes, rivers, streams, or oceans. And that means the risk of drowning is as prevalent as ever. For National Water Safety Month this May, the Soundview Family YMCA is encouraging parents* and caregivers to reinforce the importance of water safety skills with the whole family. Stay tuned for fun events, activities, and more to ensure a safe and fun experience for all this summer.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.SOUNDVIEWYMCA.ORG
**YOUTH GROUP SWIM INSTRUCTION**

**SWIM BASICS**
Students learn personal water safety and achieve basic swimming competency in these 30 minute classes 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.

**Facility Member: $98**  **Program Participant: $196**

**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 5:35pm
- Saturday 9:35am, 10:45am
- Sunday 11:25am

**School Age**
- Tuesday 5pm
- Thursday 4:30pm

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

**School Age**
- Tuesday 5:40pm
- Thursday 5pm
- Sunday 10:15am

**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**
- Tuesday 4:30pm
- Saturday 10:10am

**School Age**
- Monday 6:10pm
- Tuesday 6:15pm
- Wednesday 6:10pm
- Saturday 9am
- Sunday 9:05am

**BEYOND THE BASICS**

Endurance, Sports, & Games is designed to expose swimmers to many types of water activities. 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: $98**  **Program Participant: $196**

**Endurance, Sports & Games – Relay races, obstacle courses, & more!**
**Wednesday 4:30-5pm**
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.  

**Facility Member: $103**  
**Program Participant: $206**

### 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.

<table>
<thead>
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<th>School Age</th>
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<tbody>
<tr>
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<td>Thursday 5:35pm</td>
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<td>Saturday 9:50am &amp; 10:35am</td>
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### 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.

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<tr>
<td>Thursday 6:20pm</td>
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<td>Saturday 9:05am</td>
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### 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.

<table>
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<td>Saturday 9:05am</td>
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**Adult Group 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.

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<tr>
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<td>Tuesday 7pm</td>
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<tr>
<td><strong>Adult Intermediate</strong></td>
<td>Tuesday 7:35pm</td>
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<tr>
<td><strong>Adult Advanced</strong></td>
<td>Tuesday 8:10pm</td>
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Private Swim 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. We cannot guarantee availability, so please register for the private instruction interest list today!

1:1  $193 (4 lessons)
2:1  $116 (4 lessons)
3:1  $100 (4 lessons)

As part of our private swim instruction program, we also proudly offer Adaptive Aquatics. Our qualified instructors teach youth and adults with diverse abilities to learn to swim, fine-tune swimming techniques and promote water safety in a one-on-one setting over six lessons. These lessons are open to the community as well as members of our facility. Please register for the Adaptive Instruction interest list today!

Facility Member: $150  Program Participant: $249
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.

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.

Swimmers must be able to complete 25 yards of backstroke and freestyle and be between the ages of 6–9. Contact Director of Competitive Aquatics, Wesley Crozier, to schedule an evaluation wcrozier@cccymca.org.

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: $50 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.
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 & 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
Studio AB
Sunday 8:15am / Friday 8:00am / Thursday 6:00pm
Multipurpose Room

CARDIO DANCE
Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium- and low-impact aerobic dance moves to a variety of high-energy beats. It’s a dance party!
Monday/Wednesday 9:15am
Multipurpose Room

CIRCUIT TRAINING 101
This is a fun 45 minute entry level class where participants complete a circuit of exercises to build foundational strength and to elevate your heart rate. Wrap it up with some stretches and you’re on your way!
Wednesday 11:30am / 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

To see our current class schedule visit: cccymca.org/locations/soundview/schedules
*Class reservation required. Class format and instructor subject to change without notice.
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.

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<thead>
<tr>
<th>Mon/Tue 6:15pm</th>
<th>Tue/Thur 6:30am</th>
<th>Thur / Fri 6:00pm</th>
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<tr>
<td>Wed 9:15am / 6:15pm</td>
<td>Sat 7:15am</td>
<td>Sun 8:15am</td>
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GROUP CYCLING 101 NEW!
Beginners level cycling - combining a cardio and strength training workout into a 30 minute program.

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<th>Wed 10:30am / Sat 9:30am</th>
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HIGH-LOW
Aerobics is back! Full body cardio workout for All levels. Your energetic, music-based cardio workout that combines cardio tracks with toning tracks. Tailor the workout to yourself by choosing low-impact or higher-impact moves (instructor shows all levels!). We will keep your heart rate up at a steady pace while also challenging, strengthening, and toning all your muscles, improving balance, agility, posture, and core strength.

<table>
<thead>
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<th>Monday 5:15pm</th>
<th>Tuesday / Thursday 9:15am</th>
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<td>Multipurpose Room</td>
<td>Studio AB</td>
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KICKBOX BOOTCAMP
Work your whole body in a moderate intensity workout combining strength training, kickboxing and floor work.

| Monday 6:15pm | Multipurpose Room |

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

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<th>Sunday 9:15am / Thursday 7:15am</th>
<th>Monday / Wednesday 10:30am</th>
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<tr>
<td>Studio AB</td>
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PURE STRETCH
A light-hearted class designed to stretch your entire body and improve your core strength.

| Monday 9:15am | Studio AB |

TAI CHI
The ancient form of Chinese exercise, emphases proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress.

| Friday 10:30am | Multipurpose Room |

STRENGTH TRAIN TOGETHER*
Maximize your workout results with 60 min of impactful strength training. Get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and body weight.

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<tr>
<th>Saturday / Tuesday / Thursday 9:30am</th>
<th>Wednesday 6:15pm</th>
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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
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture. All levels.

| Wednesday 8:15am / Sunday 11:00am | Studio AB |
| Wednesday 5:00pm / Friday 5:30pm | Multipurpose Room |
| 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 |
MOVEMENT FOR PARKINSON’S DISEASE

“I find myself invigorated after each session. Even my Neurologist has seen improvement. I’m walking with more confidence.” Joe

“When diagnosed with Parkinson’s (3) my neurologist stated that exercise was most helpful in slowing down the disease. Since joining Movement for Parkinson’s, I have felt stronger and more mobile. Denise is a great instructor. She is caring, thoughtful, and helps us achieve the best we can do.” Carol

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.

10:15 – 11am: Stage 3 – 5
Loss of balance (such as unsteadiness as the person turns or when he/she is pushed from standing). 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. Walking problems and poor posture may be apparent.

Participant’s are placed based on their individual evaluation. For more information contact Denise Bowen, AOA Specialist E dbowen@cccymca.org P 203 481 9622 x3213

WHEN: Tuesday/Thursday
COST: Facility Member $0 / Program Participant $160 (16 classes)
LOCATION: Studio AB

PERSONAL TRAINING

If you are 14, 80 or in between, and if your goal is to lose weight; gain strength; improve balance; flexibility and agility; rehabilitate a new or old injury, or just push yourself – a Y personal trainer can help you get there.

Our certified personal trainers will help develop a personalized program that is perfect for you. They will support you with expert knowledge, coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be.

Schedule a FREE evaluation today! We’ll discuss your goals and define a training program tailored just for you!

LIVESTRONG AT THE YMCA

Supporting Cancer Survivorship

LIVESTRONG at the YMCA is a FREE 12-week small group program designed for adult cancer survivors seeking to regain health as they become de-conditioned or chronically fatigued from treatment and/or disease. Family Community Facility Membership with full access to the Y and Central Connecticut Coast YMCA branches seven days per week

Our certified instructors provide a supportive, safe environment for each class and have undergone specialized training in the areas of cancer, post-rehab exercise, nutrition, and supportive cancer care. LIVESTRONG at the YMCA is provided at no cost to participants thanks to the generosity of those who donate to our Annual Support Campaign.

To learn more about LIVESTRONG at the YMCA, contact Christina Murphy, Lead Instructor E cmurphy@cccymca.org

Next LIVESTRONG AT THE YMCA class:
Mondays and Wednesdays
5:30 – 6:45 PM
July 29— October 14

ALZHEIMER’S ASSOCIATION

Understanding Alzheimer’s Disease and Dementia with Wendy DeLucca

Wendy discusses differences between Alzheimer’s Disease and dementia, symptoms, how the disease progresses, and available resources.

DATE: Tuesday, May 14
TIME: 1:15–2:30pm
LOCATION: Studio AB

Registration required. Visit www.soundviewymca.org or call 203 481 9622.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.SOUNDVIEWYMCA.ORG
**Wellness Center Age Requirements**

A YMCA Fitness Trainer will instruct youth on how to safely and effectively use our cardiovascular equipment (10 – 11 years old) and our 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. To schedule an orientation call 203 481 9622.

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**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!

**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

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**HEALTH COACHING**

**TRY BEFORE YOU BUY**

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

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 a nutritional coaching appointment email Christina Murphy, Nutrition Health Coach at cmurphy@cccymca.org.

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**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.

Week 1: 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

**COST PER FOUR WEEK SESSION:**

Facility Member $100 / Program Participant $200

**LOCATION:** Multipurpose Room or Outside (weather permitting)

Four Sundays
Session 1: May 5, 12, 19, 27
Session 2: June 2, 9, 23, 30

Space is limited. Registration is required. Pickleballs and Paddles provided.
AN EVEN BETTER WAY TO Y IS HERE!

EXPERIENCE THE NEW YMCA360 APP.

YMCA360 MOBILE APP
How to Log In

Enter your zip code
Select the Branch that is your home branch
Enter the email address that is attached to your YMCA membership
Retrieve the 6-digit code that was sent to your email and enter it here

FOR MORE INFORMATION VISIT US ONLINE AT WWW.SOUNDVIEWYMCA.ORG
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SCAN WITH YOUR PHONE’S CAMERA TO DOWNLOAD

APPLE DEVICES

ANDROID DEVICES

YMCA360.ORG  ymca360  ymca.360

FOR MORE INFORMATION VISIT US ONLINE AT WWW.SOUNDVIEWYMCA.ORG
HEALTHY KIDS DAY®
April 20 10am–1pm
Free to the Public

FIND YOUR JOY.
FIND YOUR Y.
Soundview Family YMCA
628 East Main Street, Branford
W soundviewymca.org
P 203 481 9622

For a better us®

FOR MORE INFORMATION VISIT US ONLINE AT WWW.SOUNDVIEWYMCA.ORG