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

PROGRAM REGISTRATION SUMMER
June 17–August 11
Registration Dates
Facility Member: May 27
Program Participant: June 3

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

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

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.

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
Independence Day July 4 7am–1pm

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

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.
The Soundview Family YMCA a branch of the CENTRAL CONNECTICUT COAST YMCA 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.

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 2024–2025 School Year. Register now to ensure you have child care. The Branford location will be offering private or group swim lessons during the After School hours once a week.

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

We accept Care 4 Kids and have Financial Aid available to those who qualify.

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.

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

We accept Care 4 Kids and have Financial Aid available to those who qualify.
Y VACATION CLUB

AT THE SOUNDVIEW FAMILY YMCA & HAYS SCHOOL

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

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

Time: 8:00 am– 6:00 pm

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

SAVE THE DATE:
Calling all 7-14 year old’s, grab your friends and join us for Kid’s Night Out every Friday of the month starting September 13, 2024! Swimming, pizza, Gaga are just some of the fun things to do after hours at the Y!

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
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. 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–9:00 am. After/Extended Care 4:00 pm–6:00 pm.
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.

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

SUMMER SCHEDULE

Summer Group Swim Intensive will run from June 17 – 20. Group Swim Instruction runs June 24 through August 5.

*Please note that Thursday lessons will end on August 15 (no lessons July 4).

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

<table>
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<th>Age Group</th>
<th>Description</th>
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<td>6 months–3 years</td>
<td>Parent* &amp; Child: Stages A–B</td>
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<tr>
<td>3 years–5 years</td>
<td>Preschool: Stages 1–4</td>
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<tr>
<td>5 years–12 years</td>
<td>School Age: Stages 1–6</td>
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<tr>
<td>12+ years</td>
<td>Teen &amp; Adult: 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 life-saving 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.

Saturday 9am, 10:10am, 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 9am, 10:10am, 11:20am
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 5pm
Wednesday 5:35pm
Saturday 9:35am, 10:45am

School Age
Tuesday 5:05pm
Thursday 4:30pm
Saturday 11:20am

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

School Age
Tuesday 5:40pm
Thursday 5pm
Saturday 11:10am

Stage 3 – Water Stamina
In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Preschool
Tuesday 4:30pm
Saturday 10:10am

School Age
Monday 6:10pm
Tuesday 6:15pm
Wednesday 6:10pm
Saturday 9am, 10:35am
SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Classes are 40 minutes.
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.

School Age
Monday 6:10pm
Wednesday 6:10pm
Thursday 5:35pm
Saturday 9:50am

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.

School Age
Thursday 6:20pm
Saturday 9:05am

Stage 6 - Stroke 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.

School Age
Saturday 9:05am

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.

Facility Member: $98  Program Participant: $196

Adult Beginner  Tuesday  7pm
Adult Intermediate  Tuesday  7:35pm
Adult Advanced  Tuesday  8:10pm
BEYOND SWIM BASICS

The Y introduced the country to group swim lessons over 110 years ago in 1909. Now, as one of the largest community-based organizations in the country, we teach more than a million children, especially those most at-risk of drowning, invaluable water safety and swimming skills each year. But, what happens after that? The Soundview Family YMCA is here to help with programs like Introduction to Competitive Swimming & Stingrays Swim Club!

INTRODUCTION TO COMPETITIVE SWIMMING

Instructional in nature and a beginning level for future Stingrays swimmers, youth in the Introduction to Competitive Swim class work on proper body balance and the coordination of each of the competitive strokes. Prerequisites include of 25 yard swim on their front and 25 yard swim on their back, both without stopping.

This class is for swimmers ages 5 – 9 and runs on the group swim instruction schedule. The goal for swimmers in this group is to transition to the Mini Stingrays, full Stingrays Competitive program, or the non-competitive Stingrays Swim Club.

Facility Member: $210
Program Participant: $320

This program is offered TWO TIMES per week – Monday & Wednesday 4:45-5:30pm.

STINGRAYS SWIM CLUB

Interested in swimming but not in competition? Stingrays Swim Club is here for you! 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 for swimmers ages 10 – 14. Coaches will 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

Facility Member: $200
Program Participant: $310

This program is offered TWO TIMES per week – Monday & Wednesday from 7-7:45pm.
### PRIVATE SWIM INSTRUCTION

**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

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### SUMMER SWIM INTENSIVE

**Jump-start summer swimming with one full week in the water!**

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 are combined school age and preschool and will follow the YMCA Swim Lesson program. All lessons will be 30 minutes in length.

- **Facility Member : $50**
- **Program Participant : $100**

**Stage 1** 5-5:30pm
**Stage 2** 5:35-6:05pm
**Stage 3** 6:10-6:40pm

This **ONE WEEK** session will be held Monday - Thursday from June 17 - 20.
FAMILY FUN

DUCK DAYS OF SUMMER
Scavenger Hunt & More!

It’s the Duck Days of Summer here in the Aquatics Department, and we want you to join in on the fun! Starting June 24, there will be a large duck hidden somewhere on the pool deck. If you successfully locate the duck, ask a YMCA Team Member for a sticker. Find the duck all seven weeks and submit your card to be entered to win a fun prize!

Then, come celebrate the end of summer with us on Tuesday, August 13 from 5–7pm with some more ducky fun. There will be races, games, and more!

It will be a QUACKIN’ good time!

Please contact Alex Hunter, Aquatics

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 along with our camp friends! The Aquatics team will take these themes and give you a fun, splashy evening. All events will take place on Fridays from 5–6:45pm.

Facility Member $0
Program Participant $5

June 21   Aloha Summer
June 28   Disney Fun
July 12   Inflatable Game Night
July 26   Water Olympics
August 9   Color Splash
August 23   Aloha Summer
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.

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
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

AN EVEN BETTER WAY TO Y IS HERE!

EXPERIENCE THE NEW YMCA360 APP.

To see our current class schedule visit: cccymca.org/locations/soundview/schedules
*Class reservation required. Class format and instructor subject to change without notice.
TAI CHI
The ancient form of Chinese exercise, emphasizes proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress.
Friday 10:30am
Multipurpose Room

PILATES MAT
This class involves free flowing moves concentrating on core strength, muscle balance, and flexibility using traditional Pilates exercises.
Sunday 9:15am
Studio AB
Monday / Wednesday 10:30am

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, emphasizes 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.
Saturday / Tuesday / Thursday 9:30am
Multipurpose Room
Wednesday 6:15pm

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
**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

**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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**SMILING TREATS FOR ALL AGES**

A healthy eating routine is essential at every stage of life and can have positive effects that add up over time. This lesson we will be creating easy to assemble snacks using simple kitchen gadgets to help take control of your nutrition and establish healthy habits that will build a healthy future.

Seating limited, reserve your spot today! Email cmurphy@cccymca.org and receive a recipe book with 14 quick and easy meals to try!

**DATE:** Friday, August 30
**TIME:** 2PM
**COST:** Facility Member: $25

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**HIKE THE GREAT OUTDOORS**

On Wednesday, June 19 we’re co-listed with the Appalachian Mountain Club Connecticut Chapter (CT AMC) for a moderate hike at the Jarvis Preserve in Branford. Guided by Janet Ainsworth, AMC’s passionate hike leader and conservation advocate. Let’s explore together!

For more information on meeting location and to register for the hike please email 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:** Outside (weather permitting)
Four Sundays
Session 1: June 2, 9, 23, 30
Session 2: July 7, 14, 21, 28

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**For More Information Visit Us Online At www.soundviewymca.org**
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!

**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.

**Movement for Parkinson’s Disease**

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

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

“When diagnosed with Parkinson’s I (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

**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.

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 ccmurphy@cccymca.org

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

SOUNDVIEW FAMILY YMCA
18th Annual Golf Tournament
Join us and the ROTARY CLUB OF BRANFORD for the most important round of the year.

At the heart of the Y is the belief in a stronger community for all. Every day, we provide food for the hungry, safe spaces for kids to learn and grow, and outreach to seniors. Thanks to the generosity of people like you, our members, volunteers, and donors, we continue to improve lives.

By participating in our Annual Golf Tournament, you support adults, youth, and families in our community with the YMCA programs and services they need to thrive. Join us on the course and be a part of something truly impactful. Help us stay on course and make a difference in our community.

WHEN: Tuesday September 10, 2024
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, Auction, Awards
RSVP:  Respond by Friday, September 6, 2024

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

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