



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FOREVER CONNECTED.

Woodruff Family YMCA Program Guide  
Fall 1 August 30–October 24, 2021

# HERE FOR YOU

## FALL I SESSION:

August 30—October 24

## PROGRAM REGISTRATION

Facility Members: August 10

Community Members: August 17

## **WOODRUFF FAMILY YMCA**

P 203 878 6501 F 203 878 0619

Email: [woodruffinfo@cccymca.org](mailto:woodruffinfo@cccymca.org)

## **FACILITY HOURS**

Mon-Fri 6:00am-7:00pm

Saturday 7:00am-4:00pm

Sunday 8:00am-1:00pm

For information on closures due to inclement weather, information is posted on NBC 30, News 12, WTNH 8 and CTWeather.com. Information is also posted through Facebook.

## **HOLIDAY HOURS/CLOSURES**

Labor Day Monday, September 7 7:00am-1:00pm

## **OUR MISSION**

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

The Woodruff Family YMCA is governed by our Board of Managers that consists of volunteers from throughout the community.

Andrew Carlson, MD  
Rachel Gaudet  
Ray Goskowski  
Elizabeth Hiza  
George Hunihan, Vice Chair  
Karen Kipfer

Dr. Amit Lahav, Immediate Past  
Chair  
Glenn Laudenslager  
Tom Lawlor  
Christy Lindsay  
Dustin Riedel, Chair

Kristine Torreso, Annual Campaign  
Chair  
Fabian C. Villacis  
Tom Woodard

## **YOUR YMCA STAFF**

District Executive Director: Josh Royce  
Operations Director: Nicole Servas  
District Director of Childcare Services: Ryan Leworthy  
Aquatics Director: Chris Fracker  
Health & Wellness Director: Jennifer Fleischer  
Pre-School Coordinator: Sue Buglione  
Youth and Family Coordinator: Susie Marklinsky  
Membership Coordinator: Claire Morton

[Jroyce@cccymca.org](mailto:Jroyce@cccymca.org)  
[Nservas@cccymca.org](mailto:Nservas@cccymca.org)  
[Rleworthy@cccymca.org](mailto:Rleworthy@cccymca.org)  
[Cfracker@cccymca.org](mailto:Cfracker@cccymca.org)  
[Jfleischer@cccymca.org](mailto:Jfleischer@cccymca.org)  
[Sbuglione@cccymca.org](mailto:Sbuglione@cccymca.org)  
[Smarklinsky@cccymca.org](mailto:Smarklinsky@cccymca.org)  
[Cmorton@cccymca.org](mailto:Cmorton@cccymca.org)

**REGISTER ONLINE at [www.woodruffymca.org](http://www.woodruffymca.org)**

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**View current schedules, programs, and events on our website!**



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.

The Woodruff Family YMCA stands by our commitment to serve ALL, and the success of our outreach and impact depends upon the success of our Annual Campaign. The Y is a charitable non-profit organization committed to overcoming barriers of success for ALL.

When you donate to the Woodruff Family YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community. All contributions to the YMCA provide direct financial assistance for ALL who need it.

## **DONATE FOR A BETTER US.**

### **STATEMENT OF DIVERSITY AND INCLUSION**

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 the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socioeconomic status.

### **MEMBERSHIP FOR ALL**

Membership rates are based on a sliding scale according to household income. Please contact the Y for more information.

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# YOUTH DEVELOPMENT

## EARLY LEARNING CENTER

Our Early Learning Program is year round!

Our Nationally Accredited, state licensed programs will prepare your 3 or 4 year old for kindergarten! With an increased focus on literacy and learning through exploration, your child will develop social, emotional, physical and academic skills necessary for the beginning of his/her academic career, including:

- Music and Movement/socialization
- Sight word recognition & guided reading practices
- Development of fine and gross motor skills
- Language development-focusing on reading, writing, listening, and speaking connections.

**Family Registration Fee: \$45 non-refundable**  
(Annual registration fee due at time of sign up per family)

### Half Day Programs

**3 year old program** (child must be toilet trained)  
**Tuesday and Thursday 9:00am-1:00pm**

Members: \$207/Month  
Community Members: \$359/Month

**4 year old program** (Child must be toilet trained)  
**Monday, Wednesday, and Friday 9:00am-1:00pm**

Members: \$324/Month  
Community Members: \$488/Month

**Full Day Program** (child must be toilet trained)  
**3 year old room & 4 year old room program**  
**Monday - Friday 7:00am-6:00pm**

Members: \$837/Month  
Community Members: \$1255/Month

**REGISTRATION:  
CURRENTLY OPEN FOR MEMBERS AND  
COMMUNITY MEMBERS**

## YMCA SCHOOL AGE CHILD CARE



### REGISTRATION NOW OPEN FOR 21-22 SCHOOL YEAR

During these challenging times when your regular routine seems to change on a daily basis, one thing remains the same: your child needs a safe, enriching place to go when school is not in session plus before and after school day.

As an organization dedicated to youth development, we are working closely with the Board of Education! We know how important it is for a child to have an enriching place for learning and growth, both in and out of school. And we're happy to be able to provide that place, allowing your child's social, emotional, physical and academic journey to continue long. Are also proud to be able to provide you and your family with the services required to remain healthy.

Each site is lead by a state certified Head Teacher and their team of Counselors to engage children in STEAM, crafts, games, physical activities, character development as well as homework help and a healthy snack.

Our State Licensed program will continue to operate in all 8 of Milford's Elementary schools. Our before school program will open at 7:15am and run until the start of the school day and our afterschool program will begin at the end of the school day and building new relationships and achieving more.

| Member                  |         |            |            |
|-------------------------|---------|------------|------------|
|                         | 1 child | 2 children | 3 children |
| Before School           | \$ 116  | \$ 205     | \$ 298     |
| After School            | \$ 203  | \$ 363     | \$ 506     |
| Before and After School | \$ 265  | \$ 477     | \$ 690     |
| Community Member        |         |            |            |
|                         | 1 child | 2 children | 3 children |
| Before School           | \$ 121  | \$ 205     | \$ 305     |
| After School            | \$ 214  | \$ 383     | \$ 533     |
| Before and After School | \$ 280  | \$ 503     | \$ 727     |

# YOUTH DEVELOPMENT

## Y FUN CLUB (K-Grade 5)

If the Milford Public Schools are closed due to weather, children enrolled in our Before and After School program may attend full day Y Fun Club. **Fees are paid in advance only.** Parents provide transportation to the Y. Children will need to bring lunch, snack, bathing suit and towel. Care is provided from 7:30am—6:00pm

Note: In the event the storm causes a power outage, or the weather presents a severe safety issue, we may call you to pick up earlier.

Member: \$65.00/child for 2 day package  
Community Member: \$90.00/child for 2 day package.

## Y LEARNING CENTER

In the event things change and schools move remote, the Y is here to meet your school age child care needs!

At our Y Learning Center, kids will have scheduled time for distance learning in quiet spaces equipped with WiFi and with YMCA staff for academic support. When distanced learning is completed for the day, Y staff will lead the participants in various enrichment activities including STEAM, kids fitness, recreational swim and fine arts. We follow the Milford School calendar and will provide additional information should the district move remote.

## Y VACATION CLUB (K – Grade 5)

Child care is available on vacation days, following the Milford Public School calendar.

The program runs from 7:15 am - 6:00 pm for school age children. The program includes field trips, swimming, games, arts and crafts, Space is limited. Look for registration two weeks before each holiday. For more information contact Child Care Department at Ext. 3115.

**One time \$25.00 Non-Refundable registration fee for non-child care participants.**

Members: \$50.00/child

Community Members: \$75.00/child

## FAMILY TIME THEMED EVENTS

Enjoy family time at the Y! Every month look for the Y themed evening events that offers families time to play together, get together and live healthy. Pre-registration required.

**Friday evenings dates TBA 6:30pm-8:00pm**

FREE for Family Facility Members

## SCIENCE & MORE (GRADES K-5)

Have you ever wondered what happens when you put Mentos in a bottle of Diet Coke? Come create cool science experiments with everyday materials that will explode, ooze, and goo. Not only will the child perform wacky science experiments, they will learn the basics of the scientific method.

**Wednesday 4:00pm-4:45pm**

## MIDDLE SCHOOL MANIA

Tweens take over the Y! We'll have themed age appropriate activities for tweens to come and have fun. Activity areas will vary based on weather and season. Activities may include, climbing wall, swimming, classes, crafts and more. Pre-registration required.

**Friday evenings dates TBA 7:30pm-9:30pm**

FREE for Facility Members

Community Members \$10 each event.

## ENVIRONMENTAL CLUB (GRADES 4-7)

Virtual and in person meetings at the Y. This club will participate in environmental learning activities, community events and meetings. Meetings will be monthly. Look for an info session in September!

FREE to Facility Members

# HEALTHY LIVING

## WELLNESS CENTER

### 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.

In-person or virtual options are available.

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!

For more information, please contact Jennifer Fleischer, Health & Wellness, [jfleischer@cccymca.org](mailto:jfleischer@cccymca.org)

### SUPPORTING WELLNESS TOGETHER

12 Week Healthy Lifestyle course. Each week we will meet for a classroom based learning objective where we will teach you healthy eating habits and exercise goals to help you maintain your progress. \*virtual option available.

Begins:

Monday, September 13 6:00pm

Facility Members \$250

For more information, please contact Jennifer Fleischer, Health & Wellness Director, [jfleischer@cccymca.org](mailto:jfleischer@cccymca.org)

## VIRTUAL Y

**For all CCCYMCA facility members!**  
**YMCA360.org**

An innovative new benefit for members that matches their on-the-go lifestyles and puts healthy living at the center of 2021. YMCA360 is a 360-degree seamless Y experience on web and TV. It will be included free with every membership.

With YMCA360, healthy living for people of all ages and activity levels is possible anytime, anywhere. The robust digital experience combines immersive, healthy living with the values of the YMCA in a transformational presentation utilizing best-in-class people, programs and systems delivering the ultimate connected community. More than 300 on-demand and Livestream exercise classes and programs are accessible 24/7 to provide another way to engage with the Y from home or when traveling. New content is added weekly.

For more information, ask at our Member Service Desk or reach out to our Health and Wellness Director Jennifer Fleischer.



### MASTERS SWIM TEAM

**Participate in organized workouts and swim meets at the adult level.**

9/13—12/31

Monday, Wednesday and Friday

6-7:30 am or 4-5:30pm

Begins:

Monday, September 13 6:00pm

Facility Members \$160

Community Members \$320

For more information, please contact Chris Fracker, Aquatics Director, [jcfracker@cccymca.org](mailto:jcfracker@cccymca.org)

# HEALTHY LIVING

## VIRTUAL WELLNESS OPTIONS

### CLASSES FROM OUR Y WELLNESS INSTRUCTORS

New classes are added regularly. Class days and times may change. Please Check our website and mobile app for most current offerings.

**Live Stream Classes with Your Friends Join us for daily classes through Zoom!** To use Zoom, a free video conferencing platform, follow the link below or use the Meeting ID and Password to join the class. Have fun and keep fit! <https://us02web.zoom.us/j/6491974012?pwd=QnlraEVGaHJHS0ZyTW0yUjEzTHZUQT09> Meeting ID: 649-197-4012 / Password: 936974 Classes will begin at the time shared. Please login in advance of the start time, using your first and last name. There is a virtual 'waiting room' for participants. Once we can verify that you're not a robot, we'll invite you to continue. Once the class begins, you will be unable to log in.

**Active Older Adult Classes are available for all ages and all member types including Silver Sneakers, Renew Active and Silver and Fit.**

**Monday** 7:30am Body Sculpting w/Colleen

**Monday** 9:00am Boot Camp w/Jenn

**Monday** 10:30am Chair Yoga w/Joanne

**Monday** 5:00pm Pilates w/Joanne

**Monday** 6:00pm Zumba w/Danielle

**Tuesday** 7:45am Yoga w/Jo

**Tuesday** 9:00am Abs Express w/Jenn

**Tuesday** 10:30am Active Older Adult Fit w/Jenn

**Tuesday** 5:00pm Yoga w/Joanne

**Wednesday** 7:30am Body Sculpting w/Colleen

**Wednesday** 9:00am Balance and Flex w/Jenn

**Wednesday** 10:30am Chair Yoga w/Joanne

**Wednesday** 5:00pm Cardio Barre w/Joanne

**Thursday** 7:45am Yoga w/Jo

**Thursday** 9:00am Non-Stop Tabata w/Jenn

**Thursday** 10:30am Active Older Adult Fit w/Jenn

**Thursday** 5:00pm Yoga w/Joanne

**Friday** 7:30am Tai Chi w/David

**Friday** 9:00am Cardio Barre w/Jenn

**Friday** 10:00am Zumba Gold w/ Pauline

**Friday** 5:00pm Workout Express w/Joanne

**Saturday** 9:00am Non-Stop Tabata w/Jenn

**Saturday** 10:30am Active Older Adult Fit w/Jenn

**Sunday** 8:00am Body Sculpting w/Colleen

## INDOOR GROUP EXERCISE

Check out our indoor Group Fitness offerings! Registration is mandatory with classes limited with members physically distanced. Registration required through the Woodruff YMCA website, [woodruffymca.org](http://woodruffymca.org)

**Monday** 8:15am Zumba  
9:05am Aqua Fit  
12:30pm AOA Cardio Circuit  
1:15pm AOA Cardio Circuit  
2:30pm Tai Chi  
4:00pm Kids Fit  
5:30pm Group Cycling

**Tuesday** 7:30am Boot Camp  
9:05am Aqua Fit  
9:15am Group Cycling  
10:30am AOA Stretch and Stability  
12:30 AOA Cardio Circuit  
1:30pm AOA Cardio Circuit  
5:30pm Aqua Zumba  
5:30pm Cardio Sculpting  
6:00pm Yoga

**Wednesday** 9:00am Balance & Flex Together  
12:00pm AOA Cardio Circuit  
1:15pm AOA Cardio Circuit  
6:00pm Strength Train Together

**Thursday** 7:30am Boot Camp  
9:15am Group Cycling  
10:30am Strength Train Together  
12:30pm AOA Cardio Circuit  
1:15pm AOA Cardio Circuit  
2:30pm Tai Chi  
3:45pm Tai Chi  
6:00pm Zumba

**Friday** 8:00am Yoga  
9:00am Cardio Barre  
9:05am Aqua Zumba  
10:00am ZumbaGold  
11:30am AOA Cardio Circuit  
12:30pm AOA Cardio Circuit  
1:30pm AOA Cardio Circuit

**Saturday** 8:00am Strength Train Together  
9:00am Boot Camp  
10:15am Zumba Toning

**Sunday** 10:30am Muscle, Core and More

Check the Daxko mobile app or [woodruffymca.org](http://woodruffymca.org) for updates.

### New AOA Stretch and Stability Class

Have you found that your balance isn't as good as it could be? Have you recently fallen or are you nervous about falling? Then our new class "Stretch and Stability" is for you! Using exercises to strengthen the ankle, knee, and hip joints, this class is designed specifically to help prevent falls.

\*A chair will be provided, but participants should be able to stand for at least 30 minutes. Registration is required.

Tuesdays 10:30am—11:15am

# YOUTH DEVELOPMENT

## STRONG SWIMMERS = CONFIDENT KIDS

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

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

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

### 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.

**Age Group 6 months - 3 years  
Parent\* & Child  
Stages A-B**

### SWIM STARTERS

#### Stage A / Water Discovery

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

**Member: \$80 / Community Member: \$160**

**Saturday 8:30am, Saturday 11:00am, Sunday 8:30am  
Monday 5:00pm**

### SWIM STARTERS

#### Stage B / Water Exploration

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

**Member: \$80 / Community Member: \$160**

**Saturday 9:05am, Saturday 11:30am, Sunday 9:05am,  
Tuesday 4:30pm**

| AGE GROUP                             | STAGE                       |                   |
|---------------------------------------|-----------------------------|-------------------|
| 6 months - 3 years<br>Parent* & Child | SWIM STARTERS               | <b>Stages A-B</b> |
| 3 years - 5 years<br>Preschool        | SWIM BASICS<br>SWIM STROKES | <b>Stages 1-4</b> |
| 5 years - 12 years<br>School Age      | SWIM BASICS<br>SWIM STROKES | <b>Stages 1-6</b> |
| 12+ years<br>Teen & Adult             | SWIM BASICS<br>SWIM STROKES | <b>Stages 1-6</b> |



### POOL GUIDELINES

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



# YOUTH DEVELOPMENT

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

### Age Group:

**3 years - 5 years** Preschool  
**5 years - 12 years** School Age  
**12+ years** - Teen & Adult  
**Stages 1-3**

## SWIM BASICS

### Stage 1 / Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

**Member: \$80 / Community Member: \$160**  
**Preschool Monday 5:00pm**  
**Preschool Saturday 8:30am**  
**Preschool Sunday 9:35am**  
**School Age Saturday 8:30am**  
**School Age Sunday 9:40am**  
**School Age Monday 5:30pm**  
**School Age Friday 4:00pm**  
**Teen & Adult Friday 5:00pm**

## SWIM BASICS

### Stage 2 / Water Movement

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**Member: \$80 / Community Member: \$160**  
**Preschool Friday 4:30**  
**Preschool Saturday 9:40am**  
**Preschool Sunday 8:30am**  
**School Age Wednesday, 4pm**  
**School Age Saturday, 9:05am**

### AGE GROUP

### STAGE

|                    |               |                   |
|--------------------|---------------|-------------------|
| 6 months - 3 years | SWIM STARTERS | <b>Stages A-B</b> |
| Parent* & Child    |               |                   |
| 3 years - 5 years  | SWIM BASICS   | <b>Stages 1-4</b> |
| Preschool          | SWIM STROKES  |                   |
| 5 years - 12 years | SWIM BASICS   | <b>Stages 1-6</b> |
| School Age         | SWIM STROKES  |                   |
| 12+ years          | SWIM BASICS   | <b>Stages 1-3</b> |
| Teen & Adult       | SWIM STROKES  |                   |

## SWIM BASICS

### Stage 3 / Water Stamina

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

**Member: \$80 / Community Member: \$160**  
**Preschool Sunday 9:35am**  
**Preschool Wednesday 4:30pm**  
**Preschool Saturday 10:15am**

**Member: \$84 / Community Member: \$168**  
**School Age Tuesday 5:00pm**  
**School Age Saturday 10:15am**  
**Teen & Adult Friday 5:00pm**



### CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

# YOUTH DEVELOPMENT

## 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.

### Age Group:

5 years - 12 years School Age

12+ years - Teen & Adult

Stages 4-6

## SWIM STROKES

### Stage 4 / Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.

Member: \$80 / Community Member: \$160

Preschool Wednesday 4:30pm

Preschool Saturday 11:20am

Member: \$84 / Community Member: \$168

School Age Saturday 10:15am

## SWIM STROKES

### Stage 5 / Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Member: \$84 / Community Member: \$168

School Age Thursday 4:00pm

School Age Saturday 11:20am



## SWIM STROKES

### 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.

Member: \$84 / Community Member: \$168

School Age Thursday 4:55pm

School Age Saturday 10:15am

## PRIVATE and SEMI PRIVATE SWIM LESSONS

**AGES:** 3 and up

One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant.

Participants in Semi Private Lessons must be in the same household.

**MEMBERS ONLY CAN REGISTER:** Please submit the Private Lesson Registration Form found on [www.woodruffymca.org](http://www.woodruffymca.org).

## OBSERVATION POLICY

Based on guidelines from the Milford Health Department, parents who are not participating in their child's lesson are asked to wait outside for their child's lesson to finish.

# SOCIAL RESPONSIBILITY

## FOREVER IN SERVICE

At the Y, we're dedicated to strengthening the community by giving back and supporting our neighbors.

There are many ways our members can help us give back to our community.

- Join Togetherhood to plan and execute community service projects such as maintaining our Purple Pantry.
- Give blood at one of our regular Red Cross blood drives.
- Participate in our quarterly Days of Service community projects.
- Join the Y Board of Managers or become a program volunteer.

To learn more, contact Nicole, Operations Director at [nservas@cccymca.org](mailto:nservas@cccymca.org) or Josh, District Executive Director at [jroyce@cccymca.org](mailto:jroyce@cccymca.org).

## Y LEADERS CLUB

Calling all Milford and Valley teenagers!

Leaders Club provides high school students with extensive leadership training, offering opportunities for service to the YMCA and the community. Leaders Club also serves as a recruiting program for future Y professionals! We are here to develop leaders, fostering with them a culture of service in addition to knowledge and training that will help them better serve others and shape a healthy and productive life for themselves. Leaders Club meets once a week virtually, until the time we can meet in person. Leaders Club provides a safe, genuine place for high school students and helps direct their energy to positive outcomes.

For more information, contact Nicole Servas, Operations Director at the Woodruff Family YMCA at [nservas@cccymca.org](mailto:nservas@cccymca.org) so we can send you the log on details for the Virtual Meetings.

## JUNIOR LIFEGUARD PROGRAM

For those interested in lifeguarding, but not yet 16. This course gives 13-15 year olds a sneak peek into what it takes to be a great guard.

Sept 6-Oct 8 Mon, Wed & Fri 4-6pm and alternating Sat 9-12

Facility Members \$100

Community Members \$200

Contact Chris Fracker at [cfracker@cccymca.org](mailto:cfracker@cccymca.org) for registration details and qualifications.

## TOGETHERHOOD

Togetherhood is the Y's member-led volunteer service program and the Y's Signature Program for Social Responsibility. Togetherhood is run by a **Togetherhood committee**, made up of Y members and community leaders working as volunteers, with the support and guidance of a Y Staff Advisor. With the help of the programs resources the team will plan and execute service projects that strengthen communities while enabling volunteers to form meaningful connections with people from diverse backgrounds.

We are looking for 2 volunteers to keep up our Purple Pantry on Mondays and /or Thursdays. It takes just a few minutes to add food when it's needed from our supplies.

Ready to help and give back? Please reach out to Nicole Servas, Operations Director at 203 878 6501 or by email at [nservas@cccymca.org](mailto:nservas@cccymca.org).



## YOUTH & GOVERNMENT (HIGH SCHOOL AGE)

Delegations are held at the YMCA, Foran High School and Laurelton Hall. Participants take on government roles and participate in writing, debating, lobbying and passing laws. Program concludes with the annual state conference in Hartford. (Delegations and participants will be required to pay for their own trip.)

Contact Nicole Servas at ext. 3116 if you are interested but your school does not have a Delegation.



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**Everyone is welcome at the Woodruff Family Y, a branch of the Central Connecticut Coast YMCA.**

We invite you to join us however you are most comfortable – come for a workout or just to say hi. Taking care of your health is more important now than ever before. We're here to help you stay active and connected to your Y community. We look forward to seeing you.

We have taken numerous steps to facilitate physical distancing in our wellness areas and throughout the Y to ensure the highest standards for cleanliness. We are following guidance from the State of Connecticut, the CDC, our Health Department and other YMCAs.

Please remember:

Branch Hours: M-F 6am-7pm; Sat 7am-4pm; Sun 8am-1pm

- Masks are optional for those meeting the State of Connecticut Mask Requirement for vaccinated individuals.
- Children (under 12 and 3 and over) must wear a mask (unless in an aquatic program.)
- Everyone will self-scan in using their membership card or mobile phone.
- Please bring your own mat, water and refillable water bottle. We are offering fillable water stations. Water fountains are temporarily disabled.
- As always, leave your valuables at home. It would be best if you could please, leave everything home – but your water bottle, phone and keys.
- Advance reservations for lap swimming and classes are required so that we can properly clean areas and maintain social distancing in tight common areas such as doorways and hallways.
- To reserve a lane, go to [woodruffymca.org](http://woodruffymca.org) and click on the schedules & reservations link.
- Lap swimmers must have the ability to swim the length of the pool without a floatation device.
- One or two swimmers per lane for a maximum of 45 minutes as recommended by the State of Connecticut. Number of swimmers and qualifications may vary by Y based on local Health Departments requirements.
- Please arrive ready to get in the pool. Arrive dressed to swim and please shower before you come to the Y.
- YMCA staff members will be wearing face masks when indoors.
- If wearing a face mask, it should be removed before entering the pool.
- Bring your own aquatic equipment – towels, kickboards, noodles and goggles. Equipment is temporarily unavailable.
- Please note that these protocols are important to ensure the health and safety of our children, families, volunteers, and staff. All safety measures are subject to change per the State of Connecticut, Health Department, or YMCA needs. Our priority is keeping our community safe and healthy.

**WOODRUFF FAMILY YMCA  
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