

A photograph of three women in a fitness studio. The woman in the foreground is wearing a blue t-shirt with the YMCA logo and is smiling while moving. Two other women are visible behind her, also smiling. The background shows a studio with mirrors and a wooden floor.

FIND WHAT MOVES YOU. FIND YOUR Y.

FALL 1 PROGRAM GUIDE

At the Y, you'll find countless opportunities to get moving and experience the joy of better health. All it takes is one step!

For a better us.®

WOODRIUFF FAMILY YMCA

HERE FOR YOU

FALL 1 SESSION:

August 29-October 23

PROGRAM REGISTRATION

Facility Members: August 8

Community Members: August 15

HOLIDAY HOURS/CLOSURES

Labor Day 9/5 7:00am- 1:00pm

WOODRUFF FAMILY YMCA

P 203 878 6501 F 203 878 0619

Email: woodruffinfo@cccymca.org

FACILITY HOURS

Mon-Thurs 5:30am-8:00pm

Friday 5:30am-7:00pm

Saturday 7:00am-5:30pm

Sunday 8:00am-3:00pm

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.

OUR MISSION

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

OUR BOARD OF MANAGERS

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

Cathy Berni
Richard D'Onofrio
Rachel Gaudet
Ray Goskowski

Elizabeth Hiza
George Hunihan, Annual Campaign
Chair
Karen Kipfer
Dr. Amit Lahav, Immediate Past Chair

Glenn Laudenslager
Dustin Riedel, Chair
Kristine Torreso
Tom Woodard
Craig Dellart

YOUR YMCA TEAM

District Executive Director: Nicole Servas
Health & Wellness Director: Jennifer Fleischer
Pre-School Coordinator: Sue Buglione
Youth and Family Coordinator: Susie Marklinsky
Membership Coordinator: Claire Morton
District Operations Director: Ryan LeWorthy
Aquatics Director: Nicole Turechek

Nservas@cccymca.org
Jfleischer@cccymca.org
Sbuglione@cccymca.org
Smarklinsky@cccymca.org
Cmorton@cccymca.org
Rleworthy@cccymca.org
Nturechek@cccymca.org

REGISTER ONLINE at www.woodruffymca.org



**FIND YOUR
REASON TO GIVE.
FIND YOUR Y.
For a better us.®**

Whenever a neighbor needs support, the Y stands ready to help with open arms and caring hearts.

When you donate to the Woodruff Family Y 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.

FIND YOUR REASON TO GIVE. 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 set the example when we welcome all people across all of 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.

MEMBERSHIP FOR ALL

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

**PRESCHOOL &
SCHOOL AGE
PROGRAMS
Pages 3-5**

**SWIM
LESSONS
Pages 7-9**

**ADULT
FITNESS
Page 6**

**SOCIAL
RESPONSIBILITY
Page 10**

YOUTH DEVELOPMENT

EARLY LEARNING CENTER

REGISTRATION CURRENTLY OPEN – CALL FOR A TOUR!
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.
- Swim instruction 2x per month

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

Full Day Program – 3 year old & 4 year old rooms

Child must be toilet trained

Monday – Friday 7:00am–6:00pm

Members: \$858/Month

Program Participant: \$1286/Month

Half Day Program – 3 year old

(Child must be toilet trained)

Tuesday and Thursday 9:00am–1:00pm

Members: \$212/Month

Program Participant: \$368/Month

Half Day Program – 4 year old program

(Child must be toilet trained)

Monday, Wednesday, and Friday 9:00am–1:00pm

Members: \$332/Month

Program Participant: \$500/Month

YMCA SCHOOL AGE CHILD CARE



REGISTRATION NOW OPEN FOR 22–23 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.

Registration is open for the 2022—2023 school year.

Member			
	1 child	2 children	3 children
Before School	\$ 121	\$ 213	\$ 309
After School	\$ 213	\$ 377	\$ 526
Before and After School	\$ 278	\$ 496	\$ 717
Program Participant			
	1 child	2 children	3 children
Before School	\$ 130	\$ 266	\$ 317
After School	\$ 225	\$ 398	\$ 554
Before and After School	\$ 295	\$ 523	\$ 756

YOUTH DEVELOPMENT

ARCHERY

Have fun and learn to shoot with a certified Archery Instructor.

Students will learn proper form, technique, and terminology as well as scoring and range safety.

Age 5-12
Facility Members- \$80
Program Participant- \$160

For more information, please contact Claire Morton, Membership Coordinator, cmorton@cccymca.org.

PARENTS NIGHT OUT

Every parent deserves a night out! Drop off your kid(s) for a movie and pizza night here at the Westport Weston Family YMCA. Our caring Y staff will engage your kids in age specific activities!

Please bring a school supply to donate for our school supplies drive to benefit our local schools!

Age 5-12
Date- Friday, 11/11/22
Time- 5:30-9pm

For more information, please contact Claire Morton, Membership Coordinator, cmorton@cccymca.org.

FAMILY NIGHT at the Y

Members can enjoy extended at the Y where they can hang in the pool, partake in arts and crafts and play some great games! Spending quality time together is what it's all about!

It is a holiday theme night so wear your favorite festive clothes!

Date- Saturday, 12/10/22

Time- 5-8pm



HEALTHY LIVING

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

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.

Session begins Tuesday September 13.

YMCA Members \$250 per participant

For more information, please contact Jennifer Fleischer, Health & Wellness Director, 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.



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=OnIraEVGaHJHSOZyTW0yUIEzTHZUQT09> 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

Tuesday 7:45am Yoga w/Jo

Tuesday 9:00am Abs Express w/Joanne

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 Cardio Barre w/ Joanne

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

Monday 8:15am Zumba
9:05am Aqua Fit
10:30am Strength Train Together
12:30pm AOA Cardio Circuit
1:30pm AOA Cardio Circuit
4:00pm Kids Fit
5:30pm Cycle, Core and More
6:30 Active Together

Tuesday 8:00 Yoga
9:05am Aqua Fit
9:15am Group Cycling
10:30am AOA Stretch and Stability
12:30 AOA Adult Fit
1:30pm AOA Adult Fit
2:30 Tai Chi
5:30pm Aqua Zumba
5:30pm Cycle Core and More
6:30pm Yoga

Wednesday 9:00am Balance & Flex Together
12:30pm AOA Cardio Circuit
1:30pm AOA Cardio Circuit
4:00 Tai Chi
6:00pm Strength Train Together

Thursday 9:15am Step
10:30am Yoga
11:30am AOA Stretch and Stability
12:30pm AOA Cardio Circuit
6:00pm Zumba

Friday 8:00am Yoga
9:00am Cardio Barre
9:05am Aqua Zumba
10:00am ZumbaGold
11:30am AOA Adult Fit
12:30pm AOA Adult Fit

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

Sunday 9:15am Step

Check our mobile app or woodruffymca.org for updates.

AOA STRETCH AND STABILITY

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.

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.

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

SWIM STARTERS

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

**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: \$84 / Program Participant: \$168
Saturday 8:30am, Saturday 11:00am, Sunday 8:30am

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: \$84 / Program Participant: \$168
Saturday 9:05am, Saturday 11:30am, Sunday 9:05am,
Tuesday 4:30pm

AGE GROUP

STAGE

6 months - 3 years

SWIM STARTERS

Stages A-B

Parent* & Child

3 years - 5 years

SWIM BASICS

Stages 1-4

Preschool

SWIM STROKES

5 years - 12 years

SWIM BASICS

Stages 1-6

School Age

SWIM STROKES

12+ years

SWIM BASICS

Stages 1-6

Teen & Adult

SWIM STROKES



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: \$84 / Program Participant: \$168

Preschool Tuesday 4:00pm

Preschool Saturday 8:30am

Preschool Saturday 9:00am

School Age Saturday 8:30am

School Age Saturday 9:40am

School Age Sunday 9:40am

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: \$84 / Program Participant: \$168

Preschool Friday 4:30pm

Preschool Saturday 9:40am

Preschool Sunday 10:15am

School Age Wednesday 4:00pm

School Age Thursday 4:00pm

School Age Saturday, 9:05am

Teen & Adult Friday, 5:00pm

AGE GROUP

STAGE

6 months - 3 years

SWIM STARTERS

Stages A-B

3 years - 5 years

SWIM BASICS

SWIM STROKES

Stages 1-4

5 years - 12 years

SWIM BASICS

SWIM STROKES

Stages 1-6

12+ years

SWIM BASICS

SWIM STROKES

Stages 1-3

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: \$84 / Program Participant: \$168

Preschool Wednesday 4:30pm

Preschool Saturday 10:15am

School Age Tuesday 5:00pm

School Age Thursday 4:30pm

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: \$84 / Program Participant: \$168 (30 min)

Preschool Wednesday 5:00pm

Preschool Saturday 11:00am

Members \$88 / Program Participant \$177 (45 min)

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: \$88 / Program Participant: \$177

School Age Thursday 5:00pm

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: \$88 / Program Participant: \$177

School Age Thursday 5:45pm

School Age Saturday 9:30am

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.

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, District Executive Director at nservas@cccymca.org

Y LEADERS CLUB

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, and 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 Susie Marklinsky Youth and Family coordinator at the Woodruff Family YMCA at smarklinsky@cccymca.org so we can send you the log on details for the Virtual Meetings.

PURPLE PANTRY

Food insecurity has no season. There are people in our community still without food and items to sustain their health. Please consider dropping off a non-perishable food or household item. It is our hope that if you are in need, you'll take something and replenish our Purple Pantry when you can.

LENDING LIBRARY

Reading is one of the gateways to learning. Please visit our lobby lending library. Borrow a book! Return it or pass it on. If you have books and materials from your personal library that you'd like to donate - please do!

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.

Ready to help and give back? Please reach out to Nicole Servas, District Executive Director at 203 878 6501 or by email at nservas@cccymca.org.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE CAN MAKE A DIFFERENCE

OPERATION BACK PACK JULY 25–AUGUST 26

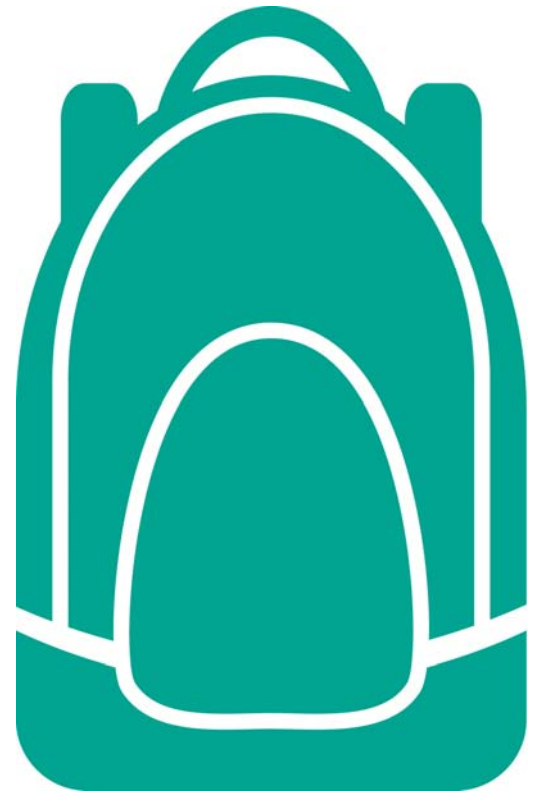
It's almost time to head back to school! And many in our community need school supplies.

Engage a long side us to help our community. Together we can make a difference by collecting school supplies in need. Students in the Milford Public School District will be grateful!

Donations of pencils, erasers, glue sticks, Crayola crayons, pocket folders, spiral notebooks-Wide ruled, one subject, pens, post its, highlighters, index cards, mechanical pencils, hand sanitizer, small packs of tissue are being requested or are especially needed.

Donation bins are located in the front lobby of the Woodruff Family YMCA.

Together we can make a difference.



WOODRUFF FAMILY YMCA
631 Orange Avenue
Milford, CT 06461
P 203.878.6501 F 203.878.0619

