



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



FOR TEACHING  
**SAFETY  
AROUND  
WATER**

**WOODRUFF FAMILY YMCA  
SPRING PROGRAM GUIDE  
April 22 – June 16, 2019**

# HERE FOR YOU

## SPRING SESSION:

April 22 – June 9

## PROGRAM REGISTRATION

Facility Members: April 1

Community Members: April 8

\*See page 5 for swim lesson schedule

## WOODRUFF FAMILY YMCA

P 203 878 6501 F 203 878 0619

Email: woodruffinfo@cccymca.org

## FACILITY HOURS

Mon-Thurs 5:30am-9:30pm

Friday 5:30am-8:00pm

Saturday 7:00am-6:00pm

Sunday 9:00am-5:00pm

(Pool closes 30 minutes before facility)

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

Memorial Day, May 27 - 5:30am-1:00pm

## OUR MISSION

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

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

Andrew Carlson, MD  
Jori Cogguillo, Secretary  
Rachel Gaudet  
Ray Goskowski  
Elizabeth Hiza  
George Hunihan, Vice Chair

Karen Kipfer  
Dr. Amit Lahav, Immediate Past  
Chair  
Glenn Laudenslager, Annual Cam-  
paign Chair  
Tom Lawlor

George Marshall  
Kevin McGrath  
Paul Mulligan  
Dustin Riedel, Chair  
Fabian C. Villacis

## YOUR YMCA STAFF

District Executive Director: Josh Royce  
Aquatics Director: Natalie Bennettson  
Child Care Director: Donna Denesha  
District Facility Manager: Derek Branco  
Health & Wellness Director: Jennifer Fleischer  
Membership Coordinator: Jo-Ann Onze  
Membership Service Specialist: Heather Savoyski  
Pre-School Coordinator: Sue Buglione  
Operations Director: Nicole Servas

Jroyce@cccymca.org  
Nbennettson@cccymca.org  
Ddenesha@cccymca.org  
Dbranco@cccymca.org  
Jfleischer@cccymca.org  
Jonze@cccymca.org  
Hsavoyiski@cccymca.org  
Sbuglione@cccymca.org  
Nservas@cccymca.org

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

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



When you donate to the WOODRUFF FAMILY YMCA Annual Campaign, you make the communities of Milford, Orange, and West Haven better and the “us” who live in them stronger.

## Youth Development

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.

## Healthy Living

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

## Social Responsibility

With our doors open to all, we bring together people 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.

## DONATE 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.

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SCHOOL AGE  
PROGRAMS**  
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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:

- Swimming lessons
- Field trips and special events
- 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 Program

3 year old program (child must be toilet trained)

**Tuesday and Thursday 9:00am-1:00pm**

Members: \$202/Month

Community Members: \$350/Month

4 year old program (Child must be toilet trained)

**Monday, Wednesday, and Friday 9:00am-1:00pm**

Members: \$316/Month

Community Members: \$476/Month

Full Day Program (child must be toilet trained)

3 & 4 year old program

**Monday - Friday 7:30am-6:00pm**

Members: \$817/Month

Community Members: \$1225/Month

### **Y FUN CLUB (K-Grade 5)**

Child care is available when the Milford school system is closed due to weather. The program runs from 7:30am-6:00pm. A non-refundable registration fee of \$15 will reserve your spot. The program fee will be paid each time you use a snow day. Children will need to bring lunch, a bathing suit and towel)

**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: \$50.00/child

Community Member: \$100.00/child

## SCHOOL AGE

### **BEFORE AND AFTER SCHOOL PROGRAM (Grades K-5)**

Before and Afterschool located in: Calf Pen, John F. Kennedy, Live Oaks, Mathewson, Meadowside, Orange Ave, Orchard Hills and Pumpkin Delight. Our before and after school program provides enriching activities in a community atmosphere. Homework help is offered as well as healthy snacks, group games, activity choice time, reading time, swim at the YMCA, arts and crafts, and much more.

**Time: 7:15am-9:00am or 3:00pm-6:00pm**

**School Year 2019-2020**

**(5 DAYS PER WEEK OPTION ONLY)**

**FAMILY REGISTRATION FEE \$25 (NON-REFUNDABLE)**

Before School Program	Members	Community Members
1 Child	\$135	\$141
2 Children	\$238	\$253
3 Children	\$346	\$354
After School Program	Members	Community Members
1 Child	\$236	\$249
2 Children	\$422	\$445
3 Children	\$587	\$619
Before & After School Program	Members	Community Members
1 Child	\$308	\$325
2 Children	\$554	\$584
3 Children	\$801	\$843

### **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

# YOUTH DEVELOPMENT

## SCHOOL AGE

### MIDDLE SCHOOL AFTER SCHOOL PROGRAM

(Grades 6-8)

The focus of the program is to give youth a safe place to be between 2:30pm and 6:00pm where they can do their homework, participate in sports, crafts, teamwork activities, and community service. The activity schedule will vary because the youth are involved in planning their program activities. The program is located at the Woodruff Family YMCA. Transportation is provided to the YMCA from East Shore, West Shore, and Harborside Schools in Milford.

#### **School Year 2019-2020**

Family Registration Fee: \$25.00 Non-Refundable

(Annual fee due at time of sign-up per family)

Members:

5 Days \$343      4 Days \$304      3 Days \$260

Community Members:

5 Days \$514      4 Days \$455      3 Days \$389

There is a \$5 discount per month for each additional child.

### INCLUSIVE AFTER SCHOOL FOR HIGH SCHOOL

The focus of the program is to give youth an opportunity to grow socially, reinforce healthy living skills with sports, swimming, fitness, recreation opportunities, job skills training and shadowing. The program runs between 2:00pm and 6:00pm. Participants will also have time for homework.

Activities are subject to change based on the abilities and interests of the students in the program.

Transportation is provided to the YMCA from Foran, Jonathan Law, and the Academy in Milford.

#### **School Year 2019-2020**

Family Registration Fee: \$25.00 Non-Refundable

(Annual fee due at time of sign-up per family)

Members:

5 Days \$347      4 Days \$309      3 Days \$264

Community Members:

5 Days \$520      4 Days \$464      3 Days \$395

There is a \$5 discount per month for each additional child.

## CAMP WEPAWAUG

Camp Wepawaug is a state licensed day camp for campers ages 5-15 located on our Y grounds with over 20 acres of open fields and woodlands. Each day, our caring and creative camp staff provide a safe, enriching, and fun experience for every camper. With activities like arts & crafts, swimming, sports, archery, group games, nature and our climbing wall and high ropes course as well as specialty camps and special activities centered around a session theme, the summer will fly by!

We are proud that the Y camps are accredited by the American Camping Association, or ACA. ACA-accredited camps meet up to 300 standards for health, safety, and program quality. To learn more visit [www.ACAcamps.org](http://www.ACAcamps.org).

Registration is going on now for the 2019 camp season.

Contact Nicole Servas, Senior Program Director at ext. 3116 or at [nservas@cccymca.org](mailto:nservas@cccymca.org) for more information.



# YOUTH DEVELOPMENT

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**WE ARE OFFERING 7 WEEK SESSIONS THROUGH OUR SUMMER PROGRAM SESSION. OUR REGULAR SESSION SCHEDULE WILL RESUME ON SEPTEMBER 2 FOR THE FALL 1 PROGRAM SESSION.**

Spring May 20-July 7

Registration Facility Members 4/29

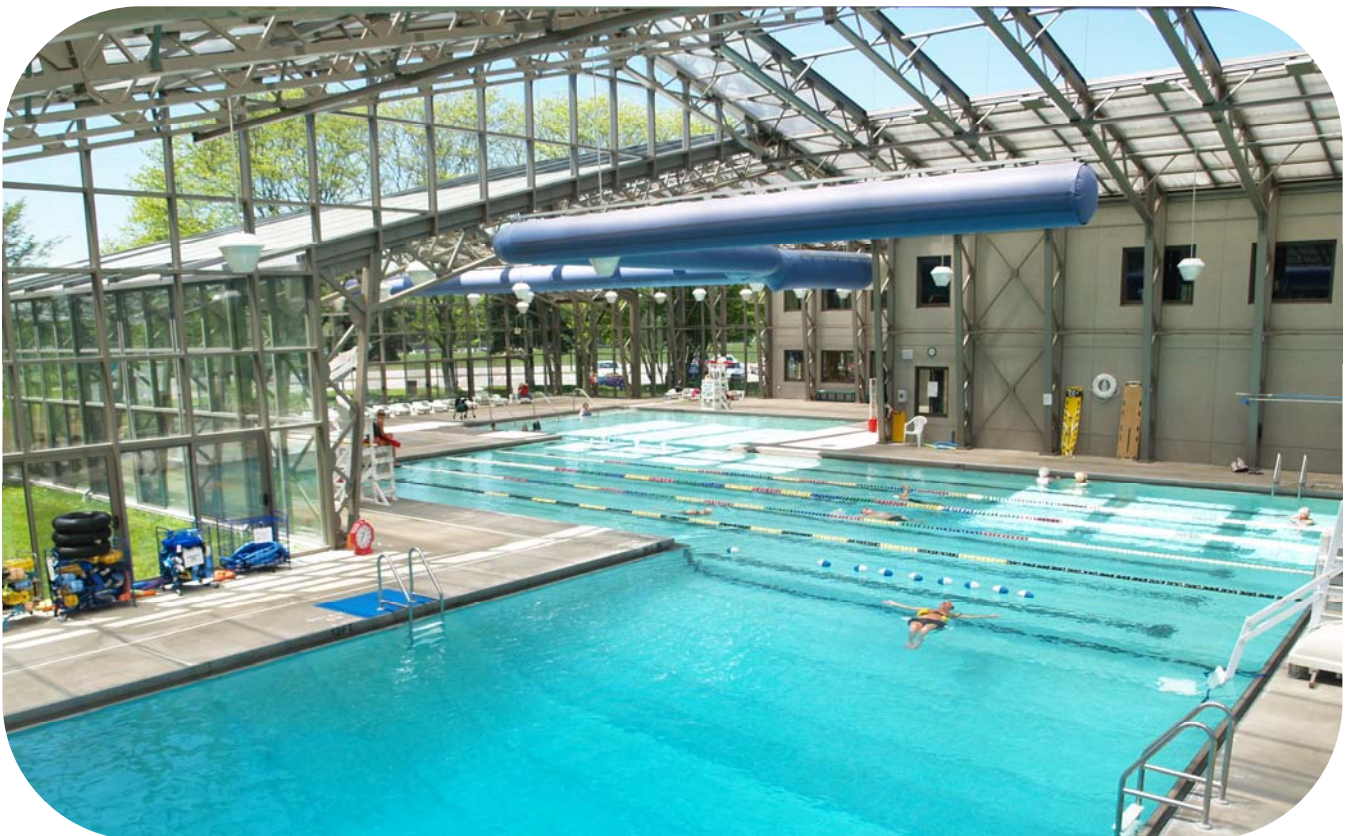
Community Members 5/6

Summer July 8- September 1

Registration Facility Members 6/17

Community Members 6/24

**Look forward to Summer Morning Daily Lessons!**



# YOUTH DEVELOPMENT

## 7 WEEK SWIM LESSON SESSION

April 1—May 19

### SWIM STARTERS Stage A / Water Discovery

7 classes Member: \$84 / Community Member: \$168  
Sundays 11:00am

### SWIM STARTERS Stage B / Water Exploration

7 classes Member: \$24 / Community Member: \$48  
Sundays 10:25am

### SWIM BASICS Stage 1 / Water Acclimation

#### Preschool

7 classes Member: \$24 / Community Member: \$48  
Sundays 9:50am  
Saturdays 8:25am

7 classes Member: \$45 / Community Member: \$90  
Tuesday/Thursday 5:45pm  
Wednesday/Friday 5:10pm

#### School Age

7 classes Member: \$45 / Community Member: \$90  
Wednesday/Friday 6:30pm

### SWIM BASICS Stage 2 / Water Movement

#### Preschool

7 classes Member: \$24 / Community Member: \$48  
Sundays 9:00am  
Saturdays 9:15am

7 classes Member: \$45 / Community Member: \$90  
Tuesday/Thursday 4:00pm  
Wednesday/Friday 5:45pm

#### School Age

7 classes Member: \$24 / Community Member: \$48  
Sundays 11:45am

#### School Age

7 classes Member: \$45 / Community Member: \$90  
Tuesday/Thursday 4:00pm

### AGE GROUP

### STAGE

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

### SWIM BASICS Stage 3 / Water Stamina

#### Preschool

7 classes Member: \$24 / Community Member: \$48  
Saturdays 9:35am  
Saturdays 10:45am

7 classes Member: \$49 / Community Member: \$98

Tuesday/Thursday 4:35pm  
Wednesday/Friday 4:00pm

#### School Age

7 classes Member: \$26 / Community Member: \$52

Sundays 10:55am  
Saturdays 10:45am

7 classes Member: \$49 / Community Member: \$98

Tuesday/Thursday 4:35pm  
Wednesday/Friday 4:00pm

### SWIM STROKES Stage 4 / Stroke Introduction

#### Preschool

7 classes Member: \$24 / Community Member: \$48  
Saturdays 10:10am  
Saturdays 11:20am

7 classes Member: \$45 / Community Member: \$90

Tuesday/Thursday 5:10pm  
Wednesday/Friday 4:35pm

#### School Age

7 classes Member: \$26 / Community Member: \$52

Sundays 9:15am  
Saturdays 9:05am

7 classes Member: \$49 / Community Member: \$98

Tuesday/Thursday 5:25pm  
Wednesday/Friday 4:50pm

### SWIM STROKES Stage 5 / Stroke Development

#### School Age

7 classes Member: \$26 / Community Member: \$52

Sundays 10:05am  
Saturdays 9:55am

7 classes Member: \$49 / Community Member: \$98

Tuesday/Thursday 6:15pm  
Wednesday/Friday 5:40pm

### SWIM STROKES Stage 6 / Stroke Mechanics

#### School Age

7 classes Member: \$26 / Community Member: \$52

Saturdays 10:05am

7 classes Member: \$49 / Community Member: \$98

Tuesday/Thursday 7:05pm

# 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 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. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

\*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 a 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

Parents\* accompany children 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.

**7 Week Adjusted Session 5/20-7/7**

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

**Saturdays, 10:10am**

**Sundays, 11:00am**



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

## SWIM STARTERS

### Stage B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

**7 Week Adjusted Session 5/20-7/7**

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

**Wednesdays, 9:00am**

**Saturdays, 10:45am**

**Sundays, 10:25am**



# 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.

**7 Week Adjusted Session 5/20-7/7**

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

Preschool Mondays, 4:00pm

Preschool Tuesdays, 5:45pm

Preschool Wednesdays, 9:30am, 5:10pm

Preschool Thursdays, 4:35pm

Preschool Fridays, 4:00pm

Preschool Saturdays, 8:25am, 10:10am,

School Age Mondays, 7:05pm

School Age Tuesdays, 4:00pm

School Age Thursdays, 4:50pm

School Age Fridays, 4:00pm

School Age Saturdays, 8:15am,

School Age Sundays, 9:15am,

Teen & Adult Tuesdays, 7:55pm

### 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.

## 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.

**7 Week Adjusted Session 5/20-7/7**

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

Preschool Mondays, 4:35pm

Preschool Tuesdays, 4:00pm

Preschool Wednesdays, 9:30am

Preschool Thursdays, 5:10pm

Preschool Fridays, 4:35pm

Preschool Saturdays, 8:25am

School Age Mondays, 4:50pm

School Age Wednesdays, 5:40pm

School Age Thursdays, 5:25pm

School Age Fridays, 4:35pm

School Age Saturdays, 8:50am,

School Age Sundays, 10:45am

## 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.

**7 Week Adjusted Session 5/20-7/7**

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

Preschool Mondays, 5:10pm

Preschool Tuesdays, 4:35pm

Preschool Wednesdays, 4:00pm

Preschool Thursdays, 5:45pm

Preschool Fridays, 5:10pm

Preschool Saturdays, 9:00am, 11:20am

Preschool Sundays, 10:25am, 11:00am

**Member: \$91 / Community Member: \$182**

School Age Wednesdays, 4:00pm

School Age Thursdays, 6:00pm

# 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.

### 7 Week Adjusted Session 5/20-7/7

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

Preschool Mondays, 5:45pm

Preschool Tuesdays, 5:10pm

Preschool Wednesdays, 4:35pm

Preschool Thursdays, 4:00pm

Preschool Fridays, 5:45pm

Preschool Saturdays, 11:20am

Member: \$91/Community Member: \$182

School Age Mondays, 5:25pm

School Age Tuesdays, 5:25pm

School Age Wednesdays, 4:50pm

School Age Fridays, 5:10pm

School Age Saturdays, 10:45am

School Age Sundays, 9:15am, 10:55am

**SWIM LESSON SESSIONS ARE ADJUSTED. WE ARE OFFERING 7 WEEK SESSIONS THROUGH SUMMER PROGRAM SESSION. OUR REGULAR SCHEDULE WILL RESUME ON SEPTEMBER 2.**

Spring May 20-July 7

Registration Facility Members 4/29

Community Members 5/6

Summer July 8- September 1

Registration Facility Members 6/17

Community Members 6/24

## 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.

### 7 Week Adjusted Session 5/20-7/7

Member: \$91/Community Member: \$182

School Age Wednesdays, 6:15pm

School Age Thursdays, 6:50pm

School Age Saturdays, 9:55am, 11:35am

School Age Sundays, 10:05am, 11:45am

## 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.

### 7 Week Adjusted Session 5/20-7/7

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

School Age Tuesdays, 7:05pm

School Age Wednesdays, 7:05pm

School Age Fridays, 6:00pm

School Age Sundays, 11:25am

### AGE GROUP

### STAGE

6 months - 3 years  
Parent\* & Child

SWIM STARTERS

Stages A-B

3 years - 5 years  
Preschool

SWIM BASICS  
SWIM STROKES

Stages 1-4

5 years - 12 years  
School Age

SWIM BASICS  
SWIM STROKES

Stages 1-6

12+ years  
Teen & Adult

SWIM BASICS  
SWIM STROKES

Stages 1-6

## OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.

# YOUTH DEVELOPMENT

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## YOUTH SWIM LESSONS

**REMINDER, OUR POOL WILL BE CLOSED FROM 3/11-4/1. PROGRAMS WILL RESUME ONCE THE POOL REOPENS**

### PRIVATE SWIMMING LESSONS (30 MINUTES)\*

These swim lessons provide a one-on-one setting and are open to all ages and ability levels.

Registration for these lessons is on a first come first serve basis.

Package of 1:	Members	\$48
Package of 2:	Members	\$96
Package of 4:	Members	\$180

### SEMI-PRIVATE SWIMMING LESSONS (30 MINUTES)\*

These classes are perfect for siblings and friends with similar swimming abilities! A 1 to 2 instructor to student ratio provides an excellent learning environment.

Registration for these lessons is on a first come first serve basis.

Package of 1:	Members	\$58
Package of 2:	Members	\$105
Package of 4:	Members	\$185

### TRI-PRIVATE SWIMMING LESSONS (30 MINUTES)\*

These classes are perfect for siblings and friends with similar swimming abilities! A 1 to 3 instructor to student ratio provides an excellent learning environment.

Package of 4:	Members	\$246
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### ADAPTIVE AQUATICS 1:1 class ratio

This program is open to all individuals with cognitive and/ or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany if needed.

Contact Aquatics Department at ext. 3127 if you have any questions.

Members:	\$102
Community Members:	\$204

## YOUTH SWIM LESSONS

### SWIM CLUB (5-10 years)

Swim club is an addition to our aquatics program and is designed for swimmers age 5-10 who have completed all the levels of the YMCA lesson program. During each 45 minute lesson swimmers will focus on stroke technique, timing, and endurance.

Choose between once or twice a week

**Tuesday 6:20pm**

**Thursday 6:20pm**

#### Pricing for once a week:

Members:	\$98
Community Members:	\$196

#### Pricing for twice a week:

Members:	\$157
Community Members:	\$314

### SWIM CLUB (10-15 years)

Swim club is an addition to our aquatics program and is designed for swimmers ages 10-15 who have completed all the levels of the YMCA lesson program. During each 45 minute lesson swimmers will focus on stroke technique, timing, and endurance.

Choose between once or twice a week.

**Monday 7:25pm**

**Wednesday 6:05pm**

#### Pricing for once a week:

Members:	\$118
Community Members:	\$236

#### Pricing for twice a week:

Members:	\$189
Community Members:	\$378

# YOUTH DEVELOPMENT

## YOUTH

### **\*NEW\* Y PLAYGROU (AGES 1.5-3)**

Come and play at the YMCA! Geared for those who are not yet ready for preschool. This instructor led program will incorporate circle time, manipulatives, STEM and gross motor activities into a fun playful class. Parents are asked to join in on the fun.

**Mondays 10:30am-11:30am**

**Fridays 10:30am-11:30am**

Members \$10

Community Members \$20

### **ZUMBA® KIDS**

Designed exclusively for kids Zumba Kids classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines. Parents love Zumba Kids because of the effects it has on kids. It increases their focus and self-confidence, boosting metabolism and enhancing coordination.

**Monday 5:00pm-5:45pm**

FREE for Family Facility members

### **KIDS FIT**

High Intensity Interval Training designed for kids of all ages. Parents must stay if children are under 5. Children over 5, parents are still welcome to stay and participate. Incorporating sports drills, core, agility and balance work.

**Wednesday 4:15pm-5:00pm**

**5:00pm-5:45pm**

FREE for Family Facility members

### **INTRO TO IMPROV & STORYTELLING (GRADES 3-6)**

This class creates a fun and supportive environment for kids to learn the basics of creating improv. The class is taught primarily through games, play, and improvised stories. Learn how to be positive, take risks, be more creative, overcome shyness and focus on the people you're working with.

**Thursday 6:00pm - 7:30pm**

FREE for Facility Members

## YOUTH

### **DOODLE BUGS (AGES 3-5)**

An arts & crafts class for children who want to take part in arts and crafts but aren't old enough for our other class. Each week will be a new age appropriate craft.

**Saturday 9:00am-9:45am**

FREE for Facility Members

### **CRAFTY CORNER**

An arts and crafts class involving different projects every week.

**Saturday 10:00am- 10:45am (AGES 5-7)**

**Saturday 11:00am-11:45pm (AGES 8-12)**

FREE for Facility Members

### **BOOKING AND COOKING (AGES 5-10)**

6 week program combining literacy and health with kid friendly cooking. Each week, a new children's book will be paired with a yummy food creation. Children will measure, mix, bland and stir up delicious concoctions to math the title or theme of the book that week.

**Mondays 4:00pm - 4:45pm**

**April 29- June 10**

Members: \$60

Community Member: \$120

\*Please advise the staff at the welcome center and the teacher should your child have any food related allergy.

### **YOUTH CONDITIONING**

Are you between the ages of 8-13? Do you want to become faster, stronger and more agile? This is the class for you.

- Work with a certified personal trainer
- Meet once a week for 8 weeks

**Mondays Ages 8-13 4:15pm-5:15pm**

Members: \$90

Community Members: \$180

# YOUTH DEVELOPMENT

## YOUTH

### 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 (ages 5-7)**

**Wednesday 5:00pm -5:45 (ages 8-12)**

FREE for Facility Members

### MUSIC AND MOVEMENT (AGES 2-4)

Perfect class for little ones who are not ready to separate from Mom and Dad. Girls wear leotards, tights, and ballet slipper. Boys wear a t-shirt and sweatpants or shorts.

**Monday 4:00pm-4:30pm**

Members: \$45

Community Members: \$90

### COMBO DANCE (AGES 3-7)

A fun introduction to ballet and tap. Girls wear leotard and tights with ballet slippers and tap shoes. Boys wear t-shirt and sweatpants/shorts and sneakers.

**Saturday 11:30am-12:15pm (AGES 3&4)**

**Saturday 12:15pm-1:15pm (AGES 5-7)**

Member: \$72

Community Member \$144

### HIP HOP DANCE (AGES 7-12)

Fun hip hop dance class for children age 7-13. Great for beginners!

**Monday 4:30pm—5pm**

Members: \$45

Community Members: \$90



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## YOUTH

### YOUNG ARCHERS (AGES 6-8)

A beginner class for our young archers. Learn all the basics on equipment geared towards this age group.

**Saturday 11:00pm-11:30pm**

Member: \$60

Community Member: \$120

### ARCHERY (AGES 8-ADULT)

Ready, Aim, Fire!

Learn proper technique for shooting a bow and arrow as well as basic bow maintenance. Equipment is provided.

**Saturday 900am-9:45am**

**Saturday 10:00am-10:45am**

Member: \$60

Community Member: \$120

### ROOKIES SOCCER (AGES 3-5)

Dribble, shoot, goal!

Participants and their parents will learn soccer skills through age appropriate games and drills.

Participants will receive a size 3 soccer ball.

Parents participation is required.

**Saturday 9:00am-9:45am (AGES 3-4)**

Members: \$72

Community Member: \$144

### ALLSTAR SOCCER CLINIC (AGES 6-9)

In this clinic, athletes will learn the basics of game play, improve your skills and have fun. Participants should bring their own cleats and shin guards. We will supply the ball.

**Saturday 10:00am-11045am**

Members: \$72

Community Members: \$144

# 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.

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)

### SENIOR COLOR CLUB

Come and join us for some colorful fun. Supplies will be supplied, but you are welcome to bring your own.

**Wednesdays 11:30am-12:30pm**

FREE for Facility members

## WELLNESS CENTER

### SILVER & FIT

Silver&Fit® Exercise and Healthy Aging Program. Health plans offer the Silver&Fit program to eligible Medicare Advantage/Supplement beneficiaries and group retirees. As a Silver&Fit member, you'll get to work out more, meet new friends, and be more social.

### AOA LOYALTY CARD

Pick up a Loyalty Card each month. Have it punched each day you come to the Y to get moving. At the end of the month if you have 10 punches, turn in your card. You will have a chance to win a fun prize!



# HEALTHY LIVING

## GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME  
CENTER, MOBILE APP AND WEBSITE

### ACTIVE OLDER ADULT FIT

Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily living activities. Hand-held weights, elastic tubing with handles and balls are used. Chairs available.

### ACTIVE OLDER ADULT CARDIO CIRCUIT

Increase cardiovascular and muscular endurance in a standing circuit workout. Hand-held weights, elastic tubing and a ball will be used an alternated with non-impact aerobics. Chairs available.



### ZUMBA®

When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring!

### ZUMBA TONING®

When it comes to body sculpting, Zumba®Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.

## GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME  
CENTER, MOBILE APP AND WEBSITE

**Group Fitness Session dates:**  
**Spring 2019**  
**April 22-June 16**

### ZUMBA GOLD®

Targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

### BOOT CAMP

A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves using barbells and free weights. This motivating class will leave you toned, defined and achieving the results you've always wanted.

### KARDIO KICKBOXING

This class blends athletic drills with martial arts to create a great workout. Learn to use body movements to build self-confidence, release stress and empower.



# HEALTHY LIVING

## GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME  
CENTER, MOBILE APP AND WEBSITE

### **STRENGTH 101**

This is a fun entry level class where participants complete a "circuit" of exercises to build foundational strength and to elevate your heart rate. Wrap it up with some stretches and you're on your way!

### **MUSCLE AND CORE**

Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.

### **INDOOR CYCLING**

A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels. Pre-sign up required for each individual class begins at 6:30pm the evening before, 4:30pm on weekends.



## GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME  
CENTER, MOBILE APP AND WEBSITE

### **Early Morning Offerings:**

**Strength Train Together  
Wednesday/Friday 5:45am**

**TRX  
Tuesday/Thursday 5:45am**

**Boot Camp  
Tuesday/Thursday 7:15am**

**Boot Camp  
Monday 5:45am**

### **STRENGTH EXPRESS**

A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves that may use barbells, free weights or bands.

### **STEP & SCULPT**

This energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness.

### **TRX® BOOT CAMP**

Boot camp will promise an intense workout that incorporates body weight strength training with our using the TRX® Suspension Training®, kettle bells and weights. Paired with short burst of high intensity cardio that will strengthen and tone all major muscle groups. To reserve your spot, call the Y beginning at 6:30pm the night before class (4pm on Weekends)

MORE INFORMATION ONLINE AT [WWW.WOODRUFFYMCA.ORG](http://WWW.WOODRUFFYMCA.ORG)



# HEALTHY LIVING

## GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

### KUNDALINI YOGA

Work on the subtle energies inside and around the body with a powerful combination of movement, breath, mantra, and meditation. We clear and reset the entire body system for a deep sense of well-being, strength, and grace even in stressful times.



### YOGA

Grow longer and stronger as you work through movement designed to increase your flexibility, release tension and improve posture. This class is designed for all levels.

### STEP SKILLS PLUS DRILLS

Step combos, just like in a regular step class, alternating with intervals of high intensity cardio drills.

### TAI CHI

Instructed by Martin Reichbgut, MD, the class will use the flowing, meditative movements of this ancient Chinese martial art to improve balance, strength, endurance, flexibility, coordination, concentration, and memory. He will demonstrate how er can use Tai Chi's self-defense strategies to reduce our stress and protect ourselves from the repeated assaults of everyday life.

**Mondays 11:45am**  
**Thursdays 2:40pm**

## WATER ACTIVITES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

**OUR POOL WILL BE CLOSED FOR RESURFACING FROM**

**MARCH 11—APRIL 1.**

**TRY A LAND CLASS OR A WATER CLASS AT ANOTHER Y .**

### AQUA ZUMBA®

Known as the Zumba® "pool party". Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua class blends it all together into a safe, challenging, water based workout that's cardio-conditioning, body toning, and most of all, exhilarating beyond belief.



### DEEP WATER FIT

A dynamic workout using cardio and strength training intervals in the pool.

### WATER FIT

Moderate intensity water aerobics. This class includes a cardiovascular workout followed by toning exercises using a variety of equipment in the water.

# HEALTHY LIVING

## ADULT TRAINING

The Class You Pick, The Experience You Remember!

### **BALANCE & FLEX TOGETHER**

This class 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. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

### **STRENGTH TRAIN TOGETHER**

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

### **ACTIVE TOGETHER**

Gives you all the training you need— cardio, strength, balance and flexibility— in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

### **DEFEND TOGETHER**

A gripping hour that burns a ton of calories and builds total body strength. A class for anyone wanting a challenging, athletic, and motivating workout. It's explosive, electric, and thrilling. MMA moves drive a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus.

Plus it's a great way to kick stress out of your life!

## ADULT TRAINING

The Class You Pick, The Experience You Remember!

### **CYCLE TOGETHER**

A fantastic way to improve your cardio fitness, burn calories, shape and strengthen your lower body, and have fun while doing it! Since you control the intensity of the workout by adjusting your own bike, it's a great workout for all ages whether you are just starting out or are an avid cyclist looking to train indoors. It's also a great option to add to your other workouts.

### **CYCLE 30 TOGETHER**

Cycle 30 Together is the ideal place to start your new members on their fitness journey – they will enjoy the experience, feel immediately successful, and want to come back for more. It breaks down the barriers to exercise, with a workable class length, achievable pace, and encouraging coaching style.

### **Supporting Wellness Together**

**\*Our 12 Week Healthy Lifestyle Course has undergone a name change**

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! You will also receive personal training sessions, one on one sessions with our dietitian and a weekly small group training class. Learn how to keep working toward your healthy lifestyle goals with a fun, supportive group of like-minded people in a comfortable setting!

### **Program Includes:**

- 8 30min personal training sessions
- Sessions with a Registered Dietitian
- One small group training session per week
- Weekly tips and goals
- Weekly weigh-ins and measurements
- Personalized exercise recommendations and guidelines

**Fee: \$260 per member**

**Start Date: Monday, May 6**

**Start Time: 6:00pm**

MORE INFORMATION ONLINE AT [WWW.WOODRUFFYMCA.ORG](http://WWW.WOODRUFFYMCA.ORG)

# SOCIAL RESPONSIBILITY

## SEASONAL PROGRAMS

Flick 'n' Float will return in the fall!

### 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. A light meal will be served.

Pre-registration required.

**May 17**                      **6:00pm-8:00pm**  
**June 7**                      **6:00pm-8:00pm**

FREE for Family Facility Members

### PARENTS NIGHT OUT (GRADES K-5)

Parents Night Out will be held on Saturday nights from 6:00-8:45 pm. The kids will be involved in group games, arts and crafts, and structured free play. The Y will provide them with a pizza dinner.

Pre-registration required.

**May 18**                      **6:00pm-8:45pm**  
**June 8**                      **6:00pm-8:45pm**

FREE for Family Facility members

## **CHILD WATCH HOURS**

Monday	9am - 12pm	5pm - 8:15pm
Tuesday	9am - 12pm	5pm - 8:15pm
Wednesday	9am - 12pm	4pm - 8:15pm
Thursday	9am - 12pm	4pm - 8:15pm
Friday	9am - 12pm	5pm - 7:00pm
Saturday	8am - 12pm	
Sunday	9am - 12pm	

### Family Open Swim

On weekdays we offer open swim from 5:30am - close.

On weekends we offer family open swim from 11:15am - close.

For details, check the schedule tab on our website and the Central Connecticut Coast YMCA mobile app.



Our App helps you stay on track!  
"Central Connecticut Coast YMCA"





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

## **NATIONWIDE MEMBERSHIP**

**ALWAYS WELCOME** Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your “home” YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

**IN EVERY COMMUNITY** We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.



## **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.

## **CHILDREN AT THE Y**

### **Supervision Requirements**

Parents or guardians of children under the age of 12 must remain on Y property while their children are at the Y. The only exceptions to this policy are if children are participating in a supervised Y program or activity. Please escort your child to and from their program to ensure their safety. Please be prompt at pick-up.

**WOODRUFF FAMILY YMCA**  
631 Orange Avenue  
Milford, CT 06461  
P 203.878.6501 F 203.878.0619  
[www.woodruffymca.org](http://www.woodruffymca.org)

