



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOREVER NURTURING.

Woodruff Family YMCA Program Guide
Summer June 21–August 15, 2021

HERE FOR YOU

SUMMER SESSION:

June 21-August 15

PROGRAM REGISTRATION

Facility Members: May 31
Community Members: June 7

WOODRUFF FAMILY YMCA

P 203 878 6501 F 203 878 0619

Email: 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

Independence Day, Sunday July 4, 8am-1pm

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
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

Christy Lindsay
Dustin Riedel, Chair
Kristine Torreso
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

Jroyce@cccymca.org
Nservas@cccymca.org
Rleworthy@cccymca.org
Cfracker@cccymca.org
Jfleischer@cccymca.org
Sbuglione@cccymca.org
Smarklinsky@cccymca.org

REGISTER ONLINE at 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

YOUTH DEVELOPMENT

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.



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 while keeping the health and safety guidelines provided by the OEC and Milford Health Department, 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.

Contact Susie Marklinsky, Camp Director, at ext. 3113 or at smarklinsky@cccymca.org, or Ryan Leworthy, District Director of Childcare Services, at ext. 3115 or at rleworthy@cccymca.org for more information.



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

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



VIRTUAL Y

Coming Soon to CCCYMCA facility members! **YMCA360.org**

Launching soon! 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.



SUPPORTING WELLNESS TOGETHER

12 Week Healthy Lifestyle Hybrid 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.

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

Wednesday 6:00pm Boot Camp w/Jenn

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 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 to 8 members physically distanced.

Registration required through the Woodruff YMCA website, woodruffymca.org

Monday 8:15am Zumba
12:30pm AOA Cardio Circuit
1:15pm AOA Cardio Circuit
2:30pm Tai Chi
5:30pm Group Cycling

Tuesday 7:30am Boot Camp
9:15am Group Cycling
12:30 AOA Cardio Circuit
1:15pm AOA Cardio Circuit
5:30pm Cardio Sculpting

Wednesday 9:00am Balance & Flex Together
6:00pm Boot Camp

Thursday 7:30am Boot Camp
9:30am Group Cycling
12:30pm AOA Cardio Circuit
1:15pm AOA Cardio Circuit
2:30pm Tai Chi
6:00pm Zumba

Friday 8:00am Yoga
9:00am Cardio Barre
12:30pm AOA Cardio Circuit
1:15pm AOA Cardio Circuit
6:00pm Yoga

Saturday 9:00am Boot Camp
10:15am Zumba Toning

Sunday 10:30am Muscle, Core and More

Check the Daxko mobile app or woodruffymca.org for class updates.



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 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



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 Tuesday, 8:30am

Preschool Saturday, 8:30am

School Age Saturday, 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 Tuesday, 9:10am, Saturday 9:40am, Friday 4:30

School Age Tuesday, 4:00pm

School Age Wednesday, 4pm

School Age Saturday, 9:05am

Teen & Adult Friday, 5:00pm

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 1-3

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 Saturday, 10:15am

Preschool Tuesday, 9:40am

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

School Age Tuesday, 4:40pm

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, 4:50pm

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.

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 or Josh, District Executive Director at 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.

If you are interested in this great program please contact District Director of Childcare Services at the Valley YMCA, Ryan Leworthy at rleworthy@cccymca.org or Nicole Servas, Operations Director at the Woodruff Family YMCA at nservas@cccymca.org so we can send you the log on details for the Virtual Meetings.

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.





**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

- Health screenings are required at the Welcome Center. Temperatures will be taken with touchless thermometers to confirm a temperature below 100 degrees Fahrenheit. Everyone will be screened for any observable illness, including cough or respiratory distress.
- 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 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 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
631 Orange Avenue
Milford, CT 06461
P 203.878.6501 F 203.878.0619**

