HERE FOR YOU

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.

REGISTER ONLINE at  www.woodruffymca.org

View current schedules, programs, and events on our website!
Every day, the Y strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It’s how we help communities and the `us` who live in them achieve our individual and collective promise.

All kids deserve the opportunity to be empowered to reach their full 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.

When you donate to the Woodruff Family YMCA Annual Campaign, you help us provide kids and families in our community with the programs and services they need to thrive.

**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.

PRESCCHOOL & SCHOOL AGE PROGRAMS
Pages 3–5

SWIM LESSONS
Pages 6–9

YOUTH, FAMILY & TEENS YOUTH FITNESS
Pages 10–11

ADULT FITNESS
Pages 12–16

SPECIAL EVENTS
Page 17
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: $207/Month  
Community Members: $359/Month

*Half Day Program*

*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

---

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

Before and After school located in: Calf Pen, John F. Kennedy, Live Oaks, Mathewson, Meadowside, Orange Avenue, 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.

**Before School**  
7:15am-8:20am

**After School**  
3:00pm-6:00pm

**FAMILY REGISTRATION FEE $25 non-refundable**

**School Year 2020-2021**

**Before School Program**

<table>
<thead>
<tr>
<th>Member Type</th>
<th>1 Child</th>
<th>2 Children</th>
<th>3 Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>$138</td>
<td>$243</td>
<td>$353</td>
</tr>
<tr>
<td>Community</td>
<td>$144</td>
<td>$258</td>
<td>$361</td>
</tr>
</tbody>
</table>

**After School Program**

<table>
<thead>
<tr>
<th>Member Type</th>
<th>1 Child</th>
<th>2 Children</th>
<th>3 Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>$241</td>
<td>$430</td>
<td>$599</td>
</tr>
<tr>
<td>Community</td>
<td>$254</td>
<td>$454</td>
<td>$631</td>
</tr>
</tbody>
</table>

**Before & After School Program**

<table>
<thead>
<tr>
<th>Member Type</th>
<th>1 Child</th>
<th>2 Children</th>
<th>3 Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>$314</td>
<td>$565</td>
<td>$817</td>
</tr>
<tr>
<td>Community</td>
<td>$332</td>
<td>$596</td>
<td>$860</td>
</tr>
</tbody>
</table>

**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

---

**2020-2021 SCHOOL YEAR REGISTRATION**

**EARLY LEARNING CENTER**

March 2: Current participants  
March 16: New participants

**SCHOOL AGE**

February 1: Current participants  
March 1: New participants
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 2020-2021

Family Registration Fee: $25.00 Non-Refundable (Annual fee due at time of sign-up per family)

Members:
5 Days $350  4 Days $310  3 Days $265

Community Members:
5 Days $524  4 Days $464  3 Days $397

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 2020-2021

Family Registration Fee: $25.00 Non-Refundable (Annual fee due at time of sign-up per family)

Members:
5 Days $350  4 Days $310  3 Days $265

Community Members:
5 Days $524  4 Days $464  3 Days $397

FAMILY

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.

March 27  6:00pm-8:00pm
April 17  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.

March 21   6:00pm–8:45pm
April 25    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

REGISTRATION:
February 1: current students
March 1: opens to public

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
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.

Registration begins February 1 for the 2020 camp season.

Contact Nicole Servas, Operations Director at ext. 3116 or at nservas@cccymca.org for more information.

SEASONAL PROGRAMS

EASTER EGG HUNT
Join us for an egg hunt, egg-stravagant crafts, and some more bunny-fun at the Y! Bring an Easter Basket to collect your eggs. If you have any questions, please contact Nicole Servas at nservas@cccymca.org

Saturday April 4 9:30-11:00am

Members: $5 per child
Community Members: $8 per child
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**

<table>
<thead>
<tr>
<th></th>
<th>Member: $96</th>
<th>Community Member: $192</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays, 10:10am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sundays, 11:00am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### FAMILY OPEN SWIM

<table>
<thead>
<tr>
<th></th>
<th>5:30am–9:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td></td>
</tr>
<tr>
<td>Tuesdays</td>
<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td></td>
</tr>
<tr>
<td>Fridays</td>
<td></td>
</tr>
<tr>
<td>Saturdays</td>
<td>11:15am–5:30pm</td>
</tr>
<tr>
<td>Sundays</td>
<td>11:15am–4:30pm</td>
</tr>
</tbody>
</table>

For details, check the schedule tab on our website and the Daxko App.
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: $96 / Community Member: $192
Preschool Mondays, 4:00pm
Preschool Thursdays, 4:00pm
Preschool Fridays, 5:45pm
Preschool Saturdays, 10:10am, 10:45am
Preschool Sundays, 9:15am, 9:50am
School Age Mondays, 4:55pm
School Age Saturdays, 9:35am
School Age Sundays, 12:05pm
Teen & Adult Mondays, 6:30pm

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: $96 / Community Member: $192
Preschool Mondays, 4:35pm
Preschool Wednesdays, 10:30am, 5:10pm
Preschool Thursdays, 10:30am, 5:10pm
Preschool Fridays, 4:35pm
Preschool Saturdays, 8:25am, 9:35am
Preschool Sundays, 9:15am, 9:50am, 11:35am
School Age Wednesdays, 5:45pm
School Age Thursdays, 5:25pm
School Age Fridays, 4:35pm
School Age Saturdays, 9:00am, 11:20am
School Age Sundays, 9:15am

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: $96 / Community Member: $192
Preschool Mondays, 5:10pm
Preschool Thursdays, 5:45pm
Preschool Fridays, 5:10pm
Preschool Saturdays, 8:25am, 9:00am, 11:20am
Preschool Sundays, 10:25am
Member: $104 / Community Member: $208
School Age Tuesdays, 4:35pm
School Age Wednesdays, 4:15pm
School Age Thursdays, 6:00pm
School Age Fridays, 5:10pm
School Age Saturdays, 8:10am, 9:00am, 11:30am
School Age Sundays, 9:50am
Teen & Adult Mondays, 7:15pm

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.

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
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: $96/Community Member: $192
Preschool Mondays, 5:40pm
Preschool Tuesdays, 5:45pm
Preschool Wednesdays, 4:35pm
Preschool Thursdays, 4:35pm
Preschool Saturdays, 8:25am, 10:10am
Preschool Sundays, 11:35am
Member: $104/Community Member: $208
School Age Mondays, 5:30pm
School Age Tuesdays, 5:25pm
School Age Wednesdays, 5:05pm
School Age Saturdays, 9:00am, 9:35am
School Age Sundays, 11:30am

Stage 5 / Stroke Development

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: $104/Community Member: $208
School Age Wednesdays, 6:45pm
School Age Fridays, 6:00pm
School Age Saturdays, 10:40am, 11:35am
School Age Sundays, 12:15pm

OBSERVATION POLICY

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

YOUTH SWIM LESSONS

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

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. Program is limited to one, 1/2 hour class per person per session.

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

Members: $96
Community Members: $192

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: $112
Community Members: $224

Pricing for twice a week:
Members: $190
Community Members: $380

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 6:20pm
Wednesday 6:20pm

Pricing for once a week:
Members: $128
Community Members: $256

Pricing for twice a week:
Members: $218
Community Members: $436
YOUTH DEVELOPMENT

YOUTH

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.

Mondays 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.

Wednesdays 4:15pm-5:00pm
5:00pm-5:45pm
FREE for Family Facility members

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. Meet with a certified personal trainer once a week for 8 weeks.

Mondays 4:30pm-5:30pm
Members: $90
Community Members: $180

DOODLE BUGS (AGES 3-6)
An arts & craft 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 new a age appropriate craft.

Saturdays 9:00am-9:45am
FREE for Facility Members

CRAFTY CORNER
An arts and crafts class involving different projects every week.
Saturdays 10:00am-10:45am (AGES 5-7)
Saturdays 11:00am-11:45am (AGES 8-12)
FREE for 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 (AGES 5-7)
Wednesday 5:00pm-5:45pm (AGES 8-12)
FREE for Facility Members

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
### YOUTH DEVELOPMENT

#### 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 slippers. Boys wear a t-shirt and sweatpants or shorts.

- **Mondays** 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.

- **Saturdays** 11:30am–12:15pm (AGES 3&4)
- **Tuesdays** 4:00pm–5:00pm (AGES 5–7)
- **Members**: $72
- **Community Members**: $144

#### HIP HOP DANCE (AGES 7–13)
Fun hip hop dance class for children ages 7–13. Great for beginners!

- **Mondays** 4:30pm–5:00pm
- **Members**: $45
- **Community Members**: $90

#### KIDS MIXED MEDIA PAINTING (AGES 5–12)
Children will learn painting techniques working on glass, ceramic, wood, and metal. Children will bring home a completed project at the end of each class. All materials provided.

- **Mondays** March 9, 16, 23, and 30
  - **4:00pm–4:45pm**
- **Members**: $40
- **Community Members**: $80

#### BOOKING AND COOKING (AGES 5–10)
Special holiday edition: Easter
Children will listen to a spring book. Each child will create a special snack to eat that will follow the theme of the book. Please advise the teacher of any allergies.

- **Monday April 6** 4:00pm–4:45pm
- **Members**: $10
- **Community Members**: $20

---

More information online at [www.woodruffymca.org](http://www.woodruffymca.org)
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, jfleisher@cccymca.org

ACTIVE OLDER ADULT

ACTIVE OLDER A 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!

ACTIVE OLDER ADULT FIT

Enjoy time with 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.

ACTIVE OLDER ADULT CREATIVITY CLUB

Do you knit, crochet, stitch or color? Come join us for some creative fun while enjoying the company of others. Bring your current projects or start anew.

Begins March 5
Thursdays 12:30–1:30pm

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
HEALTHY LIVING

GROUP CLASSES
FREE TO MEMBER CLASSES!
CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

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.

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.

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

Youth Group Fitness:
Youth members aged 13 and over are allowed to participate in group exercise classes.

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

Early Morning Offerings:

**Monday**
- Boot Camp 5:45am

**Tuesday**
- Cycle Together 5:45am
- TRX 5:45am
- Core Focus Together 6:15am

**Wednesday**
- Strength Train Together 5:45am

**Thursday**
- TRX 5:45am

**Friday**
- Strength Train Together 5:45am

---

**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 & 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)

**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 Reichgut, 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 you can use Tai Chi’s self-defense strategies to reduce our stress and protect ourselves from the repeated assaults of everyday life.

---

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
HEALTHY LIVING

WATER EXERCISE
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

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.

GROUP CLASSES

STRENGTHEN YOUR SWING
Tee up your Golf Fitness. Are you ready to hit the golf course this spring? Would you like to improve your swing? The Woodruff Family YMCA will be offering a 4 week adult golf conditioning clinic. This clinic will work to improve your game by increasing and using muscular strength, cardiovascular endurance, stretches and balance drills to sharpen your skills.

Begins March 18

Wednesdays 1:00-2:00pm
Members: $50

ADULT SWIM CONDITIONING
Perfect for the adult swimmer who wants to improve their strokes, techniques and speed.

Monday nights 8pm
8 week session
Facility Members: $160
Community Members : $328

Drop in
Facility Member: $30
Community Member: $60

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
HEALTHY LIVING

TOGETHER 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!

TOGETHER 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.

CORE FOCUS TOGETHER

Group Core trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform—all to challenge you like never before. HARD CORE!
SOCIAL RESPONSIBILITY

MAREN SANCHEZ HOME FOUNDATION
The Maren Sanchez Home Foundation’s purpose begins with Maren Sanchez. She was a bright, creative, beloved teenager who was taken from us far too early at the age of 16. She was the victim of an attack while at her school.

The Woodruff Family YMCA is partnering with the Maren Sanchez Home Foundation to provide programs to the Community. Please register for programs at the Woodruff Family YMCA. These programs are free to the community thanks to Trinity Point Wealth of Milford. For additional information, contact Nicole Servas at nservas@cccymca.org.

HER-SELF AWARENESS LECTURE
This lecture series offers critical guidance on personal safety for young women, parents, and community partners. Attendees learn the risks and signs of emotional manipulation, red flags of unhealthy relationships, action steps to protect oneself and others and much more. The program is FREE and open to all parents, caregivers, teachers and high school aged teens. Register at the Woodruff Family YMCA.

Saturday February 8 2:00pm–4:00pm

HER-SELF DEFENSE CLASS
This unique, signature program has Maren’s strong fiery spirit at its core! Her-Self Defense is a two hour self-defense course led by Mixed Martial Arts champion “Notorious” Nick Newell, Sally Cadoux from Athena Empowered and other experienced, professional fighters and trainers. The program focuses on life-saving techniques and offers practice sessions to defend against dangerous situations. Girls and young women gain confidence, learn self-defense techniques, and tap into their ultimate potential. The program is FREE and open to all women ages 12 and up. Moms and daughters are encouraged to register.

Saturday February 22 2:00pm–4:00pm

TOGETHERHOOD PROGRAM
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.

Dates: Events to be determined and posted.
Stay Tuned

For additional information please reach out to Nicole Servas, Operations Director at 203 878 6501 or by email at nservas@cccymca.org.

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
OUR APP KEEPS YOU ON TRACK

DAXKO LLC Central Connecticut Coast YMCA Mobile App!

Forget your membership card? Wonder if there is a Strength Train Together class this evening? Need to squeeze in a workout while you’re out and about? Looking for open swim or child watch times? The Daxko LLC Central Connecticut Coast YMCA app will give you everything you need in the palm of your hand – for all CCCY Membership Branches!

FREE!
- Schedules – on one user-friendly landing page for all CCCY Branches
- Calendar – for easy transition through days/dates
- Filters – by area/room, time of day, class type
- Notifications – from multiple branches
- Locations – with facility status and hours
- Member Cards – check-in with your phone, visible on IOS Wallet when close
- Programs – view and register
- Push Notifications! Opt-in for updates on classes and the facility
- Email the Y

IT’S EASY TO DOWNLOAD!
- Click on the link in the Announcement area of your CCCY App or
- Click on the link on our web site or download from the App Store (Daxko LLC then search for the Central Connecticut Coast YMCA). Please add your membership cards again. Our present app will stop functioning on April 12, 2019

QUESTIONS? ASK MEMBER SERVICES!

CENTRAL CONNECTICUT COAST YMCA
1240 Chapel Street, New Haven CT 06511
P 203 777 9622  W cccymca.org
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.

YMCA PROGRAM CREDIT/REFUND POLICY

Refunds For Program Fees Will Only Be Approved In The Following Instances:
• The YMCA cancels a program (Not weather related)
• Request Form is received prior to the start of the session.
• After the start of the session, only for medically documented reasons.
• There will be a $10.00 administrative fee for each refund/credit, unless the YMCA cancels the class.