DIVERSITY AND INCLUSION
CCC YMCA Diversity & Inclusion Statement adopted 11/18/21
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 an equitable opportunity to learn, grow, and thrive. At the Y, we set the example when we welcome people across all dimensions of diversity. Dimensions include income, faith, ability, age, sexual orientation, gender identity or expression, race, ethnicity, national origin, cultural background or other unique personal characteristics. Together we stand.

CHILD WATCH & PLAYSCAPE
Child Watch Hours: ages 8 weeks—9 years
M–Sa 9am–10:30am and 10:45am–12:15pm
MW 4:30pm–5:45pm and 6pm–7:15pm
Playscape Hours: Monday–Sunday
Hours vary

BOARD OF MANAGERS
The Soundview Family YMCA is governed by our Board of Managers that consists of volunteers from throughout our community.

Christal Esposito – Chair
Paul Allen
Erik Barone
Jason Bedford
Bob Jacob
Melissa Nicholson
Dr. Lauren White
AJ Pace
Lee Foo
Mary Ann Harmon
Barbara Nacierio
Theodore Raczka
Keith Torello

MEMBERSHIP FOR ALL
Facility Membership rates are based on a sliding scale according to household income. Please see a Facility Member Service Representative for more information.
Whenever a neighbor needs support, the Y stands ready to help with open arms and caring hearts. When you donate to the Soundview 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.

FIND YOUR REASON TO GIVE. DONATE FOR A BETTER US.
Connect with Matthew LaPrino, Executive Director to learn more.
ENGAGING BEYOND THE SCHOOL DAY
We strongly believe that every child needs a safe and fun experience each and every day. Our program is designed to provide an environment where each child can learn and grow through a wide variety of exciting activities that promote youth development, healthy living and social responsibility. For additional information please contact Lynn Wheeler, Youth and Family Director at lwheeler@cccymca.org or call 203 481 9622.

Accepting applications for 2022-2023.

EXPERIENCE THE YMCA AFTER SCHOOL PROGRAM AT THE Y!
Monday–Friday until 6:00pm.
2, 3, 4, & 5 day options available.
Swimming, Homework Help, Snack, Sports, Organized Play, Arts & Crafts, STEAM and more!

Branford Monthly Fees: $25 registration fee – one time
2 days/week: Facility Member: $223 Program Participant: $326
3 days/week: Facility Member: $245 Program Participant: $347
4 days/week: Facility Member: $270 Program Participant: $372
5 days/week: Facility Member: $289 Program Participant: $392

CONVENIENTLY PROVIDING TRANSPORTATION
The following Branford schools transport students to our branch: Murphy, Sliney, Tisko, and Walsh Intermediate School.

All East Haven Schools bus students to and from The Hays School, 1 Maple Street, when school is in session. All half days are included.

East Haven Monthly Fees: $25 registration fee – one time
Before Care begins at 7:00 am and After Care ends at 6:00 pm Monday–Friday

Before Care 3 days/week: Facility Member: $179 Program Participant: $282
Before Care 5 days/week: Facility Member: $231 Program Participant: $333
After Care 3 days/week: Facility Member: $241 Program Participant: $343
After Care 5 days/week: Facility Member: $306 Program Participant: $409
Before and After Care 3 days/week: Facility Member: $354 Program Participant: $456
WHAT IS GYMNASTICS?

Exercises developing or displaying physical agility and coordination. The modern sport of gymnastics typically involves exercises on uneven bars, balance beam, floor, and vaulting horse, and horizontal and parallel bars, rings, floor, and pommel horse.

Parent and me: 1–3 years old
Warm up: 10 mins
Three (10 Minute Rotations)
One (5 minute Water Break)
Tuesdays  Studio B   10:00am–10:45am
Facility Member: $84  Program Participant $168

Toddlers: 3–4 years old
Warm up: 10 mins
Three (10 Minute Rotations)
One (5 minute Water Break)
Tuesdays  Studio B  4:15pm–5:00 pm
Facility Member: $84  Program Participant $168

Preschool Ages: 4–6 years old
Warm up: 10 mins
Three (10 Minute Rotations)
One (5 minute Water Break)
Tuesdays  Studio B  5:15pm–6:00pm
Facility Member: $84  Program Participant $168

Y VACATION CLUB AT THE SOUNDVIEW FAMILY YMCA

Even though schools are closed, the Soundview Family YMCA has your child care needs. Drop off your child with our experienced staff for a fun-filled day of games, activities, arts & crafts, swimming and more! Please bring a nut-free lunch, water bottle, snack, a bathing suit, and a towel. Pre-registration is required.

Facility Member: $75 per day
Program Participant: $150 per day

8:00am – 6:00pm
January 16, 2023 February 20 & 21, 2023 Winter Recess

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
KIDS TAE KWON DO CLASSES

Ages K-4th Grade. Master Donte Branch teaches this beginner class offering students physical benefits of strength, flexibility, improving cardiovascular capacity while teaching life skills and refining character development.

**Saturdays**
- Time: 11:00 am-12:00 pm
- Place: Soundview Family YMCA
- Room: Multipurpose Room

**Tuesdays**
- Time: 4:30 pm-5:30 pm
- Place: Soundview Family YMCA
- Room: Multipurpose Room

Facility Member: $104  Program Participant $195

KIDS NIGHT OUT

Calling all 8–14 year olds, grab your friends and join us for Kid’s Night Out every Friday of the month starting January 6, 2023! Swimming, pizza, Gaga are just some of the fun things to do after hours at the Y!

**Every Friday Night**
- Time: 6:00 pm-8:30 pm
- Place: Soundview Family YMCA
- Room: Studio A
- Pizza will be served

Facility Member: $10  Program Participant $15

Please sign up in advance.

TEEN LEADERS CLUB

Leaders Club is a year-long, YMCA-based leadership-development program for middle and high school teens. This program provides teens with extensive leadership training and volunteer opportunities that support YMCA programs and services to the community. In addition to teaching teens leadership through service, Leaders Club advisers introduce teens to all the work the Y does to strengthen community, and Inspire and prepare teens to become future Y leaders.

For more information, please email Lynn Wheeler at lwheeler@cccymca.org.
STINGRAYS SWIM TEAM

The Stingrays swim team is a year-round competitive program serving those in the surrounding communities by helping swimmers of all abilities reach his or her highest potential.

Team Facility Members apply the four core values of Caring, Honesty, Respect, and Responsibility to all aspects of the sport while also focusing on youth development, healthy living and social responsibility.

This program also instills commitment, dedication, teamwork, and a love of swimming within each participant and builds a strong foundation for a lifetime of healthy fitness habits. The Stingrays participate in YMCA and USA Swimming Association competitions at the local, state, regional, and national level.

The Fall / Winter 2022-2023 season is underway, and we wish all of our swimmers good luck as they embark on the championship season!

MINI STINGRAYS

Mini Stingrays is a pre-competitive swim group learning the basics of stroke development, good practice habits, and YMCA core values. Swimmers should be able to swim 25 yards of freestyle and 25 yards of backstroke.

DAYS: Mon & Wed
      Tues & Thurs

TIME: 6:15-7pm

FEE: $120 Facility Members
     $240 Program Participant

This program will run from January 3 – February 16.

STINGRAYS MASTERS SWIM

The Stingrays Masters Swim program is held on Tuesdays & Thursdays from 5:30-6:30am and Sundays from 9-10am. Participants must be YMCA Facility Members. Monthly or drop-in options are available. Register online or with our Facility Member Services team today.

For more information, please contact our coaching staff at soundviewstingrays@cccymca.org.
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.

*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.

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tbody>
<tr>
<td>Parent* &amp; Child</td>
<td>SWIM STARTERS</td>
</tr>
<tr>
<td>6 months - 3 years</td>
<td>Stages A-B</td>
</tr>
<tr>
<td>Preschool</td>
<td>SWIM BASICS</td>
</tr>
<tr>
<td>3 years - 5 years</td>
<td>Stages 1-4</td>
</tr>
<tr>
<td>School Age</td>
<td>SWIM STROKES</td>
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<tr>
<td>5 years - 12 years</td>
<td>Stages 1-6</td>
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<tr>
<td>12+ years</td>
<td>SWIM BASICS</td>
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<tr>
<td>Teen &amp; Adult</td>
<td>SWIM STROKES</td>
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OBSERVATION AND CLASS LEVEL

While practicing social distancing, parents are asked not to disrupt the children or instructor while the class is in session. For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

WINTER 1 SCHEDULE

Monday - Thursday classes will run from Monday, January 2 through Thursday, February 16.
Saturday & Sunday classes will run from Saturday, January 1 through Sunday, February 26. There will be no classes on January 14 or 15.
GROUP INSTRUCTION

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.

Swim Starters require one parent* to participate in the pool.

All Stage A & B classes for the Winter session will be run as combined classes.

SWIM STARTERS
Facility Member: $90  Program Participant: $178

Stage A – Water Discovery
Stage A, introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.
  Monday 9:10am
  Wednesday 10:20am
  Saturday 10:50am
  Sunday 12pm & 1:45pm

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.
  Monday 9:10am
  Wednesday 10:20am
  Saturday 10:50am
  Sunday 12pm & 1:45pm
GROUP INSTRUCTION

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit, and (2) jump, push, turn, grab.

SWIM BASICS
Facility Member: $90  
Program Participant: $178

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.

<table>
<thead>
<tr>
<th>Preschool</th>
<th>School Age</th>
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<tbody>
<tr>
<td>Monday 9:45am, 5pm</td>
<td>Tuesday 5pm</td>
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<tr>
<td>Wednesday 9:10am, 5:35pm</td>
<td>Sunday 12:35pm</td>
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<tr>
<td>Saturday 9:40am</td>
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</tbody>
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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.

<table>
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<tr>
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<tbody>
<tr>
<td>Monday 10:20am, 5pm, 5:35pm</td>
<td>Tuesday 5:35pm</td>
</tr>
<tr>
<td>Wednesday 9:45am, 5pm, 5:35pm</td>
<td>Thursday 5pm</td>
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<tr>
<td>Saturday 10:15am</td>
<td>Saturday 9:05am</td>
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<tr>
<td></td>
<td>Sunday 1:10pm</td>
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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.

<table>
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<tr>
<th>Preschool</th>
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<tbody>
<tr>
<td>Monday 5:35pm</td>
<td>Monday 6:10pm</td>
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<tr>
<td>Wednesday 5pm</td>
<td>Tuesday 6:10pm</td>
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<td></td>
<td>Wednesday 6:10pm</td>
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<td></td>
<td>Saturday 11:05am</td>
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</table>
GROUP INSTRUCTION

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. These classes are 40 minutes.

SWIM STARTERS
Facility Member: $94  Program Participant: $188

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.

  Monday 6:10pm
  Thursday 5:35pm
  Saturday 10:20am

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.

  Thursday 6:20pm
  Saturday 9:35am

Stage 6 – Stoke 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.

  Saturday 9:35am

PRIVATE SWIM INSTRUCTION
Private instruction with a trained swim instructor scheduled at the convenience of the individual and pool availability. We offer 1:1, 2:1, or 3:1 ratios for those ages 3 and up. Fees are per package but will be billed per individual. All swimmers must be a Facility Member to participate. Register for the private instruction waitlist today!

  1:1  $176  (4 lessons)
  2:1  $220  (4 lessons)
  3:1  $265  (4 lessons)
TRY SOMETHING NEW

For swimmers who **LOVE** the water.

Endurance, Sports, & Games is a new class designed to expose swimmers to many types of water activities. Each mini session is three classes long, and swimmers will try out a different activity each session. Please note that this class will require students to be able to pass the swim test to participate (think Stage 4 and up).

**Facility Member:** $45  **Program Participant:** $90

**Water Polo**
- Monday 7-7:30pm  January 2, 9, and 23
- Saturday 9-9:30am  January 7, 21, and 28

**Snorkeling***
- Monday 7-7:30pm  January 30, February 6 and 13
- Saturday 9-9:30am  February 4, 11, and 18

*this will require the purchase of a snorkel for individual use.

ADULT SWIM INSTRUCTION

Swimming is a **LIFE SKILL** – hone yours.

It’s never too late to learn how to swim! As the largest resource for swim lessons, our Y adult swim lessons include beginner, intermediate and advanced levels. So whether you started learning to swim as a child, but never quite mastered it, or are simply afraid of the water, we’re here to help you learn to swim confidently, in a supportive environment. You’ll soon feel safe and secure in any body of water—whether it’s a pool, lake, or our Atlantic Ocean.

**Facility Member:** $90  **Program Participant:** $178

**Adult Beginner**
- Tuesday 7-7:30pm
- Saturday 8-8:30am

**Adult Intermediate**
- Thursday 7-7:30pm
- Saturday 8:30-9am
CELEBRATE WITH US
You’re invited to a **POOL PARTY**!

When you perfect a skill, all you want is to show it off to family & friends. So at the conclusion of the group swim lesson session, **we are throwing a party**!

Facility Members, program participants and their families are welcome to attend our end of session celebration to participate in free swim, a future lifeguard photo booth, raffle prizes, and so much more!

Registration is not required and there is no fee – we just want you to show up and splash around!

There will be two opportunities to party – attend one OR both, regardless of which day you typically take swim lessons.

Let’s have some fun together!

**Winter Wonderland**

**Tuesday, February 21 from 5–7pm**

**Saturday, February 25 from 12–2pm**

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FAMILY FUN FRIDAYS
It’s all about **FUN** on Friday nights!

**H₂O Glow**

At this glow-in-the-dark pool party you will can have fun, family swim while participating in a glow stick drop, seeing a fun lighted display, and more!

**Facility Member $0**  **Program Participant $5**

January 13 from 5–7pm
February 10 from 5–7pm

**Game Night**

There is no better exercise (for the brain & body) than play! Bring the family to a night of fun water games.

**Facility Member $0**  **Program Participant $5**

January 27 from 5–7pm
February 24 from 5–7pm

**Flick & Float**

Enjoy a different family-friendly movie each month while you float around in our heated pool. Movie showings will begin within 30 minutes of event start.

**Facility Member $0**  **Program Participant $5**

January 20 from 5–7pm
February 17 from 5–7pm

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MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
AMERICAN RED CROSS CERTIFICATION COURSES

Blended Learning First Aid / CPR / AED
First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Registration is required by the Monday before class begins to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class.
Facility Member: $25 Program Participant: $50
Sunday, January 23 9–11am
Sunday, February 19 9–11am

Blended Learning Pediatric First Aid / CPR
Pediatric First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies in children. Registration is required by the Monday before class begins to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class. This class is FREE.
Facility Member: $0 Program Participant: $0
Sunday, March 19 9–11am

Please keep checking back for more American Red Cross class offerings.
AQUATIC FITNESS CLASSES

**Cardio Power**  Uses various movements to create resistance for an up-tempo workout.
- Tuesday  9am
- Thursday  9am

**Deep Water Fit**  While using a flotation device, swimmers will use stationary and locomotion movements. Class will be held in the competition pool.
- Monday  9am, 10am
- Tuesday  9am
- Wednesday  9am

**Flipper**  Training fins and kickboards will be used to create an advanced water aerobics experience. Class will be held in the competition pool.
- Wednesday  10am

**Joints in Motion**  This low intensity class will incorporate aerobic movement with noodles and choreography.
- Monday  12pm
- Wednesday  12pm

**Water Fit**  Aerobic activity followed by toning with barbells and noodles.
- Monday  8am, 11am
- Tuesday  9am, 10am, 11am
- Wednesday  8am, 11am
- Thursday  9am, 10am

AQUA FEATURE FRIDAYS
Starting on Fridays in 2023, we will have an **INSTRUCTOR SPOTLIGHT** aquatic fitness class.

These classes will be themed, and we expect you to be ready to rock, roll, and sing along! A different instructor will be teach each class so you can mix up your workout. Think Water Fit - but even more fun!

After class the instructors would love to engage in coffee and conversation in our lobby.

**SPLASH SPLASH DANCE**
Friday, January 13
10–10:45am
Instructor: Carol

**H2O GLOW**
Friday, January 27
10–10:45am
Instructor: Alex (Aquatics Director)

Class reservations required through www.soundviewymca.org
Class format and time subject to change without notice.
HEALTHY LIVING

YOU’LL FALL IN LOVE WITH THE Y FOR YOUR HEART HEALTH!

HEALTH TALKS brought to you by Barbara Naclerio M.P.H, CHES. of the East Shore District Health Department

JANUARY 19: Heart Health 101
Your heart is pretty essential. When it’s working at its best, it pumps oxygenated blood to the organs of your body. When it’s not functioning optimally, all sorts of problems can occur. That’s why it’s important to take actions to protect your heart health today.

FEBRUARY 16: Salt, Sugar, and Fat, Oh My!
Salty snacks, rich desserts and comfort food may all look and smell appealing, but consuming these in excess can be detrimental to health. This presentation will discuss how sugar, salt and fat content in certain foods can be linked to inflammation and chronic illness.

MARCH 16: Eating Healthy As You Age
As you get older, eating well can help improve your mental sharpness, boost your energy levels, and increase your resistance to illness. You will walk out of this presentation with helpful tips and guidelines about diet and nutrition.

TIME: 1:30 - 2:30 pm
LOCATION: Media Room

Barbara has been with the East Shore District Health Department since 2006. She started as the volunteer coordinator for the Senior Medical Rides Program and was hired as the Health Educator in the spring of 2008. Previously, she spent 17 years in the field of biomedical research. Barbara’s undergraduate degree is from Quinnipiac College. She also has her Masters of Public Health from Southern Connecticut State University.

Registration required. For more information, contact Denise Bowen at dbowen@cccymca.org or 203 481 9622 x3213.

February is National Heart Month, and here at the Soundview Family Y we are celebrating by teaching you how to show your heart some love.

Wear Red Day
DATE: February 4
Join us on National Wear Red Day to raise awareness about Heart Disease, a leading cause of death in the US. Devoting a little time every day to care for yourself can go a long way toward protecting your heart health.

Blood Pressure Screenings
DATE: February 9, 16 and 23
TIME: 9:00-10:00 am
LOCATION: Lobby
The YMCA is hosting free blood pressure screenings. Every year, 1 in 4 deaths are caused by heart disease. But heart disease can often be prevented through healthy choices — and the first step is awareness!

Heart Healthy Snacks
Member Appreciation Day is February 25
Enjoy heart-healthy snacks as a token of our appreciation. We will feature snacks such as dark chocolate, seeds, raisins, and more!
Cancer is a life changing disease that takes a tremendous physical and mental toll on those affected. The Y and Livestrong have joined together to create LIVESTRONG at the YMCA, a researched based exercise and well-being program designed to help cancer survivors regain their total health.

Participants work with Y staff in supportive cancer care to safely achieve their goals such as building muscle; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in mind, body and spirit.

2023 SPRING SESSION
Registration open through March 27

April 3–June 22
Day class: Tuesday and Thursday 9:30–10:45 AM
Evening class: Monday and Wednesday 5:45–7:00 PM

Participation Criteria:
• Cancer survivors must be over 18
• Strong personal desire to improve their strength and fitness
• Agree to obtain medical clearance prior to participation
• Attend 12 week program twice per week

"The Livestrong program reminded me of the person I used to be and that I am still that person." – Caitlyn

"The program gave me so much more than I expected. I left class in high spirits, energized and buoyed up on endorphins!" – Ann-Marie

CONTACT:
Colleen Villano
Director of Healthy Living
p 203 481 9622 X3217
e cvillano@cccymca.org

LIVESTRONG at the YMCA is a free program and includes a Y Facility Membership for participant and family.

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG
Pickleball is considered to be the fastest growing sport in America. It’s a combination of ping pong, tennis and badminton rolled into one fabulous game, played on a court 1/4 the size of a tennis court. Four (4) session program will cover basic Pickleball skills – building a strong foundation. You’ll quickly be able to play the game with confidence.

**TIME:** 11:00 am – 12:30 pm  
**DATES:** Four (4) Sundays  
Session 1: January 8–29  
Session 2: February 5–26  
Week 1: January 8 / February 5  
Week 2: January 15 / February 12  
Week 3: January 22 / February 19  
Week 4: January 29 / February 26  
**COST:** Facility Facility Member $100 / Program Participant $200

### Small Group Training

Get a fast, effective total-body workout with TRX. With TRX you’re in control of how much you want to challenge yourself on each exercise.

**Why Try TRX Training?**
- It’s for Everyone  
- improves mobility and flexibility  
- Builds lean muscle  
- Integrates strength and cardio  

**Monday:** 9:30–10:15am  
**Tuesday:** 6:15–7:00pm  
**Wednesday:** 10:30–11:15am  
**Thursday:** 6:15–7:00am  
**COST:** Facility Member $65.00 (one day) and $130 (two days)  
**LOCATION:** Fitness Center  

Four Weeks: January 16–February 24

Experience all benefits of personal training with the added motivation and accountability of peers. With small group training, our personal trainers not only train, but educate you, cueing proper body alignment, detailing range of motion, and working on progressions and regressions. Thrive in a fun and positive workout experience!

We can create a group for you with other Facility Members with similar goals, interests and fitness levels or grab go for it - your friends or co-workers and let’s go!

1 Hour: $126.00  
3 Hours $350.00  
5 Hours $673.00  
10 Hours $1105.00  

Small Group Training is limited to 6-8 participants. Price is per group.
**HEALTHY LIVING**

**H.E.L.P.**

Health * Education * Logical * Planning

Do you want more energy? Do you want to lose weight? Do you have those nagging sweet cravings?

Schedule a FREE 1 Hour private session with our Nutritional Health Coach to get started on your goals today. For appointment availability, email cmurphy@cccymca.org.

**WELLNESS WEDNESDAY WORKSHOP**

**January 25: Goals vs. New Year’s Resolution**
Learn the difference and how to set goals that stick.

**February 22: Setting Boundaries**
Learn how boundaries play a part of your self care.

**LOCATION:** Media Room  
**TIME:** 12:00pm – 1:00pm  
Light refreshments will be served.

**WOMEN’S WELLNESS WEEKEND**

**RELAX & REJUVINATE BY THE SEA**  
Friday, March 31 – Sunday, April 2  
A weekend to relax, rejuvenate, and have fun! Spend a weekend away at the beautiful Mercy by the Sea in Madison and treat your spirit, mind, and body to better overall wellness!  
Included:
- 6 tasty & healthy meals
- Morning Meditation
- Labyrinth Walk & Journaling
- Mini Spa Treatments provided by: Radiant Skin Care & Energy Healing Studio.

Lodging (per person): Double rooms @ $260

For more information contact Christina Murphy, Health Nutrition Coach at cmurphy@cccymca.org.

**SUPPORTING WELLNESS TOGETHER**

Learn how finally to STOP dieting and start LIVING! Christina walks you through the framework for healthy eating and gaining the confidence you deserve!

Supporting Wellness Together is different than other weight loss programs. It’s not a diet or a quick fix. It is a process that includes small incremental step to ensure long lasting results.

I’ve realized through my own journey with food and weight that the more I restricted, the more I binged. The more I rules I followed, the more “rules” I “broke.” Sound familiar?

**IN THIS PROGRAM, YOU’LL LEARN HOW TO:**
- Choose foods and habits that support you.
- Cook simple recipes that don’t require hours of prep or a private chef.
- Incorporate special events, dining out, and other real-life situations to work with your healthy eating.
- Listen to your body so you know exactly what it is you need before launching into autopilot (a.k.a. cutting another piece of chocolate cake).
- Plan for tricky situations that might throw you off track.
- Create an environment that supports your new habits so that the easiest choice is also the healthiest choice. (I’ve got good news for you – you don’t need more willpower!)

So, if you’re ready to finally find balance, make peace with food, and learn how to support your body for long-term health and happiness, join me for the Supporting Wellness Together coaching program. Are you in?
HEALTHY LIVING

Class reservations required through www.soundviewymca.org
Class format and time subject to change without notice.

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 activities. Hand-held weights and balls are used.
Monday/Wednesday 10:45am
Location: Multipurpose Room

ACTIVE OLDER ADULT STRETCH AND STABILITY
Discover how you can prevent falls by improving your balance and mobility. You’ll improve posture, increase muscle strength, and expand flexibility.
Tuesday/Thursday 12:15pm
Location: Multipurpose Room

ACTIVE TOGETHER
Innovative! To improve cardiovascular fitness, build total body strength, enhance movement health for daily life. Inspiring music and coaching insures you succeed with simple, athletic exercises that use dumbbells, bodyweight and The STEP®.
Sunday 9:30am
Wednesday 8:15 am
Friday 9:15 am
Location: Multipurpose Room

BALANCE AND FLEX TOGETHER
Our 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. Motivating music drives the experience as you breathe and sweat through this full-body fitness journey.
Sunday/Monday 8:15 am
Friday 8:00 am
Location: Multipurpose Room
Thursday 5:15pm

CARDIO DANCE
Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium - and low-impact aerobic dance moves to a variety of high-energy beats. It’s a dance party!
Monday/Wednesday 8:15am
Location: Multipurpose Room

CIRCUIT TRAINING 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!
Monday/Friday 12:30—1:00pm
Location: Multipurpose Room

COACH BY COLOR CYCLE
This cycle class uses 5 colored training zones that use your own fitness ability and heart rate to push you to your maximum intensity. These colors accurately coach your effort to give you the best workout possible. This class is for all abilities.
Monday/Tuesday 6:15pm
Tuesday/Thursday 6:30am
Thursday/Friday 6:00pm
Wednesday 9:30am / 6:15pm
Saturday 7:15am/Sunday 8:15am
Location: Cycle Room

EASY DOES IT
Low impact cardiovascular exercises, muscle conditioning with resistance equipment, agility training and stretching. For seniors, beginners, and ready to be fit participants.
Monday/Friday 1:15—1:45pm
Location: Multipurpose Room

KICKBOX BOOTCAMP
Work your whole body in a moderate intensity workout combining strength training, kickboxing and floor work.
Monday 6:15pm
Location: Multipurpose Room

KICKBOX BAG
This total body workout combines cardio kickboxing and bag training that will push you to reach a new level of fitness.
Sunday 10:30am
Thursday 10:30am
Tuesday 6:00pm
Location: Studio AB
HEALTHY LIVING

Class reservations required through www.soundviewymca.org
Class format and time subject to change without notice.

MOVEMENT FOR PARKINSON’S DISEASE
Physical activity has shown to slow the disease process, decreasing pain associated with Parkinson’s Disease. Exercise through gentle, deliberate movements to help prolong independent mobility, improve sleep, mood, memory, and overall quality of life.
Tuesday/Thursday 11:00am
Location: Studio AB
Facility Members: $0  Program Participant: $80

PILATES MAT
This class involves free flowing moves concentrating on core strength, muscle balance, and flexibility using traditional Pilates exercises.
Sunday 9:15am
Monday/Wednesday 10:15am
Thursday 7:15am
Location: Studio AB

PURE STRETCH
A light-hearted class designed to stretch your entire body and improve your core strength.
Monday 9:30am
Location: Studio AB

QI FLOW BALANCE
Slow gentle movements warm tendons, ligaments and muscle. Flow from one movement to the next to help in everyday activities.
Friday 10:45am  Location: Multipurpose Room

STEP
Step is an energetic cardio workout that is done all on and off The STEP to train fitness, agility, coordination and strength, all to energetic music.
Saturday 8:30am
Tuesday 6:15pm
Location: Multipurpose Room

STRENGTH TRAIN TOGETHER
Maximize your workout results with 60 min of impactful strength training. You’ll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and body weight.
Saturday /Tuesday /Thursday 9:30am
Wednesday 6:15pm  Location: Multipurpose Room

YOGA
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture. All levels.
Wednesday 8:15am
Location: Studio AB
Wednesday 4:45pm
Location: Multipurpose Room

YOGA CHAIR
Move your whole body through a series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and ROM.
Thursday 11:00am
Location: Multipurpose Room

YOGA SLOW FLOW
Movements flow from one position to another, in a graceful, mindful sequence integrating breath awareness and alignment.
Tuesday/Thursday 8:15am
Location: Multipurpose Room

YOGA FOR MS ON ZOOM
Adapted to meet the needs of individuals with Multiple Sclerosis. Practicing yoga provides tools to help manage everyday tasks that include balancing to stand or walk, strengthening and alignment for standing up and sitting down, and core strength for everything you do.
Offered through the Lakewood-Trumbull YMCA. If interested, please contact Health & Wellness Coordinator, Joanne Orenstein at jorenstein@cccymca.org.

ZUMBA
Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party.
Tuesday /Thursday 5:15pm
Thursday 9:45am
Location: Multipurpose Room
Saturday 9:30
Location: Studio AB
GET F.I.T.
Free Introductory Training

As a Y Facility Member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. (Free Introductory Training) so that we can help you get started.

Your dedicated F.I.T. Coach is here to serve you!

- Understanding your goals and expectations together so that we can develop an action plan to ensure your success.
- Answer any questions you may have about wellness, equipment and our facility.
- Teach basic tips so you can hit the ground running.
- Review your progress toward your wellness goals and expectations. Offer some innovative tips to help you progress even faster and discuss potential barriers.
- Start working towards your wellness goals and having some fun!
- An introduction to our Personal Training Program.

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.

1 Hour $82
3 Hours $236
5 Hours $379
10 Hours $753

Wellness Center Age Requirements

A YMCA Fitness Trainer will instruct youth on how to safely and effectively use our cardiovascular equipment (10 – 13 years old) and our strength equipment (12 – 13 years old.) Upon completion, youth will be able to use the equipment in our Wellness Centers when accompanied by a Y Facility Member who is 18 years of age or older. To schedule an orientation, contract cvilla-
YMCA 360
On Demand, Livestream

A Place Where We Can All Connect
At the Y, we’re committed to helping you live a healthier, stronger life, wherever you are! That’s why we have partnered with YMCA360 to provide our Facility Members with a 360-degree seamless Y experience. No matter whether you are at home or on vacation, you can connect with our Y community to access the best in online fitness classes, youth sports skills and healthy living resources.

A New Kind of Facility Membership
YMCA360 brings your Facility Membership full circle. All YMCA of Upper Palmetto Facility Members enjoy an exclusive collection of on-demand and livestream classes online, PLUS the benefits of belonging to the Y.

Access to YMCA360 is included with every CCCY Facility Membership at no additional charge.