



SOUNDVIEW FAMILY YMCA WINTER 1 PROGRAM GUIDE

HERE FOR YOU

SOUNDVIEW FAMILY YMCA

P 203 481 9622 F 203 481 9363

E soundviewinfo@cccymca.org

FACILITY HOURS

Monday-Thursday 5:30am-9:00pm

Friday 5:30am-7:00pm

Saturday 7:00am-6:00pm

Sunday 8:00am-4:00pm

HOLIDAY HOURS/CLOSURES

New Years Eve Day Dec 31 8am-2pm

New Years Day Jan 1 8am-2pm

CHILD WATCH & PLAYSCAPE

Child Watch Hours: Ages: 8 weeks—9 years

MWF 9-10:15am / 10:15-11:30am

TTh 9-10:30am / 10:30-12pm

Sat 9-10:30am / 10:30-12pm

MW 4:45-6:15pm / 6:15-7:30pm

Registration required 24 hours in advanced.

Playscape Hours: Monday-Sunday

Hours vary and subject to change.

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. For a better us.

PROGRAM REGISTRATION WINTER 1

January 1 – February 25

Registration Dates:

Facility Member: December 11

Program Participant: December 18

YOUR YMCA STAFF

Matt LaPrino, Executive Director

Derek Branco, Facility Director

Colleen Villano, Director of Healthy Living

Lynn Wheeler, Youth and Family Director

Alex Hunter, Aquatics Director

Stacey Rubino, Facility Membership Coordinator

Michelle March, Child Watch Coordinator

Jenn Amasino, Head Swim Coach

Sue Lecza, Head Swim Coach

Wesley Crozier, Director of Competitive Aquatics

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	Bob Jacob
Paul Allen	Barbara Naclerio
Erik Barone	Melissa Nicholson
Jason Bedford	AJ Pace
Benjamin Connor, Esq.	Theodore Raczka
Michael Coyne	Keith Torello
Lee Foo	Dr. Lauren White
Mary Ann Harmon	

MEMBERSHIP FOR ALL

Facility Membership rates are based on a sliding scale according to household income. Please see a Member Service Representative for more information.



With our doors open to all, we bring people together from all backgrounds. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

When you donate to the Soundview Family Annual Campaign, you help us best serve and respond to the greatest needs in our community.

DONATE FOR A BETTER US.

Child Care Pages 3-5	Camp/Youth Programs Page 6-8	Aquatics Programs Pages 8 - 14	Stingrays Swim Team Page 15	Health and Wellness Pages 16-18	Chronic Disease Page 20-21	Group Exercise Pages 22-23
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YOUTH DEVELOPMENT

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 2023-2024. We are now taking registration for the 2023-2024 School Year. Register now to ensure your have child care.

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!
Half Day Pre-Registrations \$40.00 per day

2023-2024

**Afterschool registration has
begun – register today!**

Branford Monthly Fees: \$25 registration fee – one time

2 days/week:	Facility Member: \$232	Program Participant: \$339
3 days/week:	Facility Member: \$255	Program Participant: \$361
4 days/week:	Facility Member: \$280	Program Participant: \$387
5 days/week:	Facility Member: \$301	Program Participant: \$407

CONVENIENTLY PROVIDING TRANSPORTATION

The following Branford schools transport students to our branch:
Murphy, Sliney, Tisko, & 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: \$187 Program Participant: \$293

Before Care 5 days/week: Facility Member: \$240 Program Participant: \$346

After Care 3 days/week: Facility Member: \$251 Program Participant: \$357

After Care 5 days/week: Facility Member: \$319 Program Participant: \$425

Before and After Care 3 days/week: Facility Member: \$368 Program Participant: \$474

Before and After Care 5 days/week: Facility Member: \$464 Program Participant: \$570

YOUTH DEVELOPMENT

Y VACATION CLUB

AT THE SOUNDVIEW FAMILY YMCA & HAYS SCHOOL

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 (Soundview Only) 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

Time: 8:00 am– 6:00 pm

January 15, 2024 SDV & Hays

February 19-20, 2024 SDV & Hays

March 29, 2024 SDV

April 8-12, 2024 SDV & Hays

May 17, 2024 (Hays ONLY)

June 10-17, 2024 Possible Vacation Club Before Camp Begins

KIDS NIGHT OUT

Calling all 7-14 year old's, grab your friends and join us for Kid's Night Out every Friday of the month starting October 6, 2023! Swimming, pizza, Gaga are just some of the fun things to do after hours at the Y! No KNO on November 24, 2023 & December 29, 2023.

Every Friday Night

Time: 6:30 pm-9:00 pm

Place: Soundview Family YMCA

Room: Studio A

Pizza will be served

Facility Member: \$10 Program Participant \$15

Please register in advance.

HALF DAY CLUB

School has a half day, don't panic! We've got you covered. Become a part of our Half Day Club! You don't have to be a member or go to our After School program to take advantage of this program when students have a half day of school.

Both After School locations bus from your child's school, (Branford or East Haven) to the Soundview Family YMCA (Branford) or Hays School (East Haven) on half days.

Registration must be done in advance to allow time to let both the schools and bus companies know that your student will be taking a Y bus on half days. (Soundview participants can pack their bathing suit and towel to go swimming.) Both locations serve snacks twice throughout the time students are with us for half days.

Facility Member: \$40 Program Participant \$40

YOUTH DEVELOPMENT

PAINT N SIP

Join us for a healthy, safe and fun event for children! Everyone leaves with a piece of art that they have created! Grab a friend or two and spend some time creating a piece of art!

Children will paint a picture, while sipping on a healthy smoothie, and share their talents for the group. For more information, please contact Lynn at lwheeler@cccymca.org

Please register in advance as space is limited.

Date: January 14, 2024	Who: Grades 2-8	When: 10:00-12:30 pm	Theme: Winter Fun
Date: February 4, 2024	Who: Grades 2-8	When: 10:00-12:30 pm	Theme: Valentines Day Gift
Date: March 10, 2024	Who: Grades 2-8	When: 10:00-12:30 pm	Theme: St. Patrick's Day
Date: April 7, 2024	Who: Grades 2-8	When: 10:00-12:30 pm	Theme: April Showers
Date: May 5, 2024	Who: Grades 2-8	When: 10:00-12:30 pm	Theme: Mother's Day Gift

Each Session: Facility Member: \$20 Program Participant \$40

PRESCHOOL PLAY & LEARN

Learn English as a second language while using art, music, stories and more. Your child will have fun hearing a story being read to them, make an art project, and playing games while learning basic words in the English language.

Join us every Tuesday and Thursday mornings from 9:00-10:00 am. Have some fun and make new friends along the way!



Tuesday's Only Facility Member: \$40 Program Participant \$85 (8 sessions)

KARATE CLASSES

Ages K-4th Grade. This beginner class offering students physical benefits of strength, flexibility, improving cardiovascular capacity while teaching life skills and refining character development. A self defense technique is taught at the end of each class.

Start Date: TBA

Time: 4:30 pm-5:15 pm

Room: Multipurpose Room

Facility Member: \$115 Program Participant \$195

YOUTH DEVELOPMENT



SOUNDVIEW FAMILY YMCA CAMP NONOMA & CAMP HAYS

**SUMMER 2024 Early Bird Registration begins
January 15-20, 2024**

Registration begins February 1, 2024

YOUTH DEVELOPMENT

SELF DEFENSE FOR TEEN GIRLS

Think someone is following you in a dark parking lot? Not sure what to do if someone is wanting to hurt you? Join us in this 4 week session to learn some basic self defense technique's that will give you the confidence to know what to do when the unexpected happens.

This class is designed for girls ages 11—16 years old

Dates: Tuesdays 4:30pm-5:15pm Where: Playscape

Facility Member: Free Program Participant \$40 (4 Week Session)

Please register in advance on line or in person.

ADULT WOMENS SELF DEFENSE

Doesn't matter your age, being able to defend yourself till you can get to a safe place is important. Not sure what to do in a scary situation, then this class is for you! Join us in this 4 week session to learn some basic self defense techniques that will give you the confidence to know what to do when the unexpected happens.

Dates: Tuesdays 1:30pm-2:15pm Where: Studio B

Facility Member: \$40 Program Participant \$80 (4 Week Session TBA)

Please register in advance on line or in person.

KNITTING & CROCHETING

Calling all knitter's and Crochet people! Help make the winter months warm for people. Ever wanted to learn how to knit or crochet? Come and learn or lend a hand in teaching others. Join me as we make scarves, hats and mittens this winter for those in need.

Drop in on Wednesdays from 1:00pm-2:00pm.

Make new friends and bring old friends while being creative. The possibilities are endless!



YOUTH DEVELOPMENT

HOMESCHOOL FITNESS

Swim into Fitness

The Soundview Family YMCA's Homeschool Fitness program is designed to provide homeschool students with an opportunity to participate in physical fitness activities outside of the homeschool environment. The swim portion of the class offers a dynamic and enjoyable learning experience for homeschool students, combining water safety, physical fitness, and social interaction. By the end of the class, participants will have increased confidence in their swimming abilities, a better understanding of water safety, and a greater appreciation for the joy of swimming and aquatic activities.

SESSION GOALS

- Learn water safety skills

- Increase physical fitness and improve stamina, strength, and flexibility.

- Build confidence & comfort in the water

- Promote teamwork, coordination, and enjoyment in the pool setting.

- Foster social connections in a relaxed and friendly environment.

Facility Member: \$200

Program Participant: \$310

Prerequisites

No prior swimming experience is required for this course. Participants of all skill levels are welcome, from beginners to intermediate swimmers ages 6 to 12. However, students should feel comfortable being in the water and be willing to participate in swimming activities.



This program is offered **TWO TIMES** per week - Monday & Wednesday from 2-3pm - from Wednesday, January 3 through Wednesday, February 14.

Register today online or with our Member Services team!

YOUTH DEVELOPMENT

STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages – from infants to seniors – can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule.

*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.

WINTER 1 SCHEDULE

Lessons will run Tuesday, January 2 through Sunday, February 25.

Weekday lessons will run without break through Monday, February 19.

There will be no lessons on Saturday January 13 or Sunday, January 14.

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



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 individual swimmer. All swimmers must be a Facility Member to participate. Register for the private instruction waitlist today!

1:1	\$186	(4 lessons)
2:1	\$112	(4 lessons)
3:1	\$95	(4 lessons)

YOUTH DEVELOPMENT

GROUP SWIM 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 Fall I session will be run as combined classes.

Facility Member: \$95

Program Participant: \$190

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 with one* parent.

Monday 10:15am

Wednesday 10:40am

Saturday 9am & 11:20am

Sunday 10:50am

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 10:15am

Wednesday 10:40am

Saturday 9am & 11:20am

Sunday 10:50am



OBSERVATION & CLASS LEVEL

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.

YOUTH DEVELOPMENT

GROUP SWIM 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. Classes are 30 minutes.

SWIM BASICS

Facility Member: \$95

Program Participant: \$190

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.

Preschool

Monday 9:05am, 5pm

Wednesday 5:35pm

Saturday 9:35am, 10:45am

School Age

Tuesday 5pm

Sunday 10:15am

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.

Preschool

Monday 9:40am, 5:35pm

Wednesday 5pm

Saturday 9:35am, 10:10am, 10:45am

School Age

Tuesday 5:35pm

Thursday 5pm

Sunday 9:40am

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.

Preschool

Thursday 5pm

Saturday 10:10am, 11:05am

School Age

Monday 6:10pm

Tuesday 6:10pm

Wednesday 6:10pm

Saturday 9am, 10:30am

Sunday 9:30am



YOUTH DEVELOPMENT

GROUP SWIM 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. Classes are 40 minutes.

SWIM STROKES

Facility Member: \$99

Program Participant: \$198

Stage 4 - Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick & dolphin kick. Water safety is reinforced through threading water and elementary backstroke.

Preschool

Tuesday 5pm

School Age

Monday 6:10pm

Tuesday 6:10pm

Wednesday 6:10pm

Thursday 5:35pm

Saturday 9:45am

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 9am

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 9am



YOUTH DEVELOPMENT

BEYOND THE STAGES

For swimmers who **LOVE** the water.

Endurance, Sports, & Games is designed to expose swimmers to many types of water activities. Aquatics Conditioning offers youth the chance to experience the enormous health benefits of swimming while enjoying the fun, excitement and character lessons without being a member of a competitive team.

Please note that these classes will require students to be able to pass the swim test to participate (think Stage 4 and up).

Facility Member: \$95

Program Participant: \$190

Endurance, Sports & Games

Relay races, obstacle courses, & more!

Tuesday 6:45-7:15pm



INTRO TO COMPETITIVE SWIMMING

Instructional in nature and a beginning level for future Stingrays swimmers, youth in the **Introduction to Competitive Swim** class work on proper body balance and the coordination of each of the competitive strokes. Prerequisites include of 25 yard swim on their front and 25 yard swim on their back, both without stopping.

This class is for swimmers ages 5 - 12 and runs on the group swim instruction schedule. The goal for swimmers in this group is to transition to the Mini Stingray or full Stingrays Competitive program.

Facility Member: \$200

Program Participant: \$310

This program is offered TWO TIMES per week - choose either;

Monday 4:45-5:30pm & Sunday 8:15-9am

Wednesday 4:45-5:30pm & Sunday 8:15-9am

Register today online or with our Member Services team!

YOUTH DEVELOPMENT

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.

Please contact Director of Competitive Aquatics, Wesley Crozier, about joining the team at wcrozier@cccymca.org.



MINI STINGRAYS

Bridging the gap between learn to swim and the competitive swim team, Mini Stingrays is an instructional program that develops the fundamental competitive swimming skills necessary to participate on our Soundview YMCA Stingrays.

The program will run for seven weeks from [Tuesday, January 2—Thursday, February 15](#).

Swimmers must be able to complete 25 yards of backstroke and freestyle and be between the ages of 6-9. Contact Director of Competitive Aquatics, Wesley Crozier, to schedule an evaluation wcrozier@cccymca.org.

HEALTHY LIVING

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 7pm

[Adult Intermediate](#)

Tuesday 7:35pm

[Adult Advanced](#)

Tuesday 8:10pm



STINGRAYS MASTERS SWIM

Take the [PLUNGE](#) – join Masters today!

An extension of our youth swim team, the Stingrays Masters Team offers training designed to improve swimming skills for a wide range of abilities. Masters focus on stroke refinement and endurance. Practices utilize equipment such as boards, buoys, paddles, and fins. Practices are challenging but fun!

Facility Member: \$50 per month

Tuesday & Thursday 5:30– 6:30am

Sunday 9–10am

Drop-in options are available.

Register online or with our Member Services team today.



HEALTHY LIVING

ACTIVE OLDER ADULT EVENTS

January Meet Up: New Year New You

Meet with our Personal Trainer and AOA Specialist Denise and Christina our Integrative Nutritional Health Coach During this session you will:

- ♦ Learn how to set your Fitness/New Year resolution goals
- ♦ Meet Christina will show you how to make a simple healthy snack
- ♦ Do you know your numbers – Denise will check your blood pressure
- ♦ See how your balance is with an assessment
- ♦ Try a mini bodyweight workout that you can do at home (with or without a chair) when you are not able to make it to the gym

DATES: Thursday, January 4

TIME: 1:15 PM – 2:30 PM

LOCATION: Media Room

February Meet Up: Let's Take The Chill Out Of The Air

Chili/Soup Potluck lunch (you can also bring an appetizer/snack or dessert to share)

DATES: Thursday, February 8

TIME: 1:15 PM – 2:30 PM

LOCATION: Media Room

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

Free Monthly Hearing Screenings



The Soundview Family YMCA is pleased to have John Caswell from Discount Hearing join us to conduct monthly hearing screenings.

DATES: Thursday, January 18, February 15, March 21

TIME: 12:00 PM – 3:00 PM

LOCATION: Media Room

Appointments are limited, registration is strongly suggested. See sign up sheet at the events table in lobby.

FAMILY FITNESS FUN

Family Cardio & Stretch

Move to the beat with simple fitness moves choreographed to your favorite music. Parents and kids will enjoy this full body cardio workout and stretch. Grab your sneakers and get ready to be energized and keep that heart rate up! Yoga mat optional.

WHEN: Mondays

TIME: 4:30 PM – 5:10 PM

LOCATION: Multipurpose Room



Zumba Kids

Classes are rockin, high energy fitness parties packed with specialty choreographed, kid friendly routines and all the music kids love like hip-hop, reggaeton, cumbia, and more.

WHEN: Thursdays

TIME: 4:30 PM – 5:10 PM

LOCATION: Multipurpose Room

HEALTHY LIVING

28 DAY BODY JUMPSTART CHALLENGE

Only 10 minutes a day!

The 28 Day Jumpstart Challenge is an opportunity to create long lasting habits through micro daily movement sessions using the **Never Stop Training philosophy**. This challenge is designed for people to push themselves both in the gym and outside the gym. **No equipment is needed!**

Never stop training means you will be training your body from the moment you wake up to the moment you put your head down to sleep through muscle triggering exercises that you perform throughout the day, anywhere, anytime, no matter your current physical condition.

Challenges Includes:

Daily exercise routine to perform throughout the day

Group text check - ins

Weekly in person training session

Facility Member:
\$0

Register at the
Front Desk.



BEGINNER PICKLEBALL FOR ADULTS

Week 1: Essentials, Game rules & Understanding the Court, Scoring, Paddle use, and Dinking.

Week 2: Serving and Return of Serve

Week 3: Transition and 3rd Shot Drop

Week 4: Blocking the Bangers and Punch Volley

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.

Bill Sadick, Certified Instructor

TIME: 11:00am – 12:30pm

DATES: Four (4) Sundays

SESSION 1 or **SESSION 2**

January 7 February 4

January 14 February 11

January 21 February 18

January 28 February 25

COST:

Facility Member \$100

Program Participant
\$200

LOCATION:

Multipurpose Room

Space is limited.

Registration is

required.

Pickleballs and Paddles

will be provided.



HEALTHY LIVING

FAMILY COOKING WITH THE COACH!



This hands-on cooking lesson encourages you and your child to explore food using all your senses to begin creating a healthy relationship with food.

Email cmurphy@cccymca.org today to reserve your spot! Seating is limited!

DATE: Saturday, February 24

TIME: 12:00 PM – 2:00 PM

LOCATION: Studio A

COST: Facility Member: \$15.00

Community Participant \$30.00

SUPPORTING WELLNESS TOGETHER

12-Week Weight Loss & Accountability Group

Join certified Health Coach, Christina Murphy for support, accountability, motivation, & information you need to reach your goal!

I've learned through my own weight loss journey that the more I restricted, the more I binged.

The more rules I followed, the more "rules" I "broke" with cheat days. Sound familiar?

When I focused on creating a healthy relationship with food, it was a game changer! I not only have lost 30 pounds, but I have also kept it off.

During this program, we will break your patterns, remove your self-sabotaging beliefs, and I will teach you how to love yourself unconditionally every day!

12-WEEK PROGRAM INCLUDES

- * Weekly 1 hour confidential sessions with our health coach
- * Implementation of SMART goal setting, motivational interviewing techniques, and health education to engage behavior change and support the client's wellness vision.
- * Customized health and nutritional education based on current health and lifestyle goals

What participants are saying:

"Christina's approach to healthy living really opened my eyes. Having tried many different weight loss programs it was nice to find one that wasn't so restrictive. This program allowed me to learn HOW to eat not just telling me one thing is bad or good."

"Bite sized fitness. Steps that matter and are easy to take. Thanks for helping me on my path!"

"Planet Fitness has nothing on Judgement Free Zone from Christina! She's great!"

TRY BEFORE YOU BUY

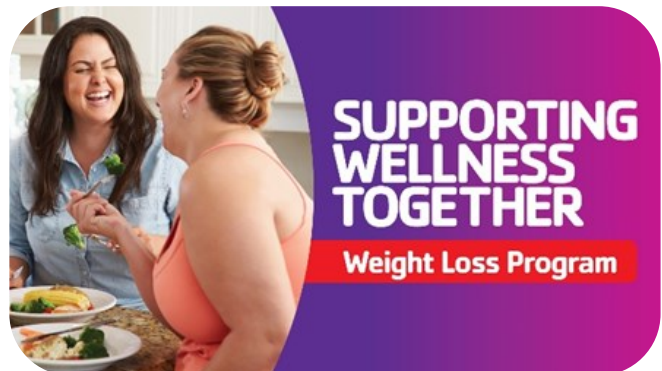
H.E.L.P. (Health, Education and Logical Planning)

Perhaps you want more energy. Maybe you have those nagging sweet cravings that you can't seem to get under control. Or, perhaps it's time to finally figure out how to look and feel great in your own body.

A 60-minute H.E.L.P session will get you started towards your goal. You will receive:

- ◆ Understand your body's unique needs and create a personal blueprint.
- ◆ 2 or 3 easily implemented suggestions towards tailored to your specific goals
- ◆ 10 easy recipes to try.

To schedule an appointment email Christina Murphy, Nutrition Health Coach at cmurphy@cccymca.org



HEALTHY LIVING

CHRONIC DISEASE MANAGEMENT

Do you know anyone who was diagnosed with Parkinson's Disease? Maybe you have Parkinson's?

Parkinson's is a disorder of the Central Nervous System that affects movement, often including tremors. Other symptoms are slow movement, stiffness, and loss of balance. The symptoms of Parkinson's are unique to each individual. A Parkinson's diagnosis can cause fear and uncertainty, but the good news is that there are ways to manage Parkinson's Disease symptoms and live a fulfilling life.

Studies show that regular exercise can help maintain balance, mobility, and the ability to perform daily tasks thus slowing the disease process and decrease pain associated with Parkinson's Disease.

Participants will be evaluated by a Physical Therapist for their readiness to begin an exercise program and will be assessed using the 30 Second Sit to Stand Test and Timed Up and Go.

Each session will be 45 minutes in length that will include strength training, balance exercises, flexibility exercises, and aerobic activity.

Sessions will be in a group setting and participants will be supervised by a certified personal trainer or physical therapist to ensure safety.

Remember, you aren't alone. The Soundview Family YMCA and our Movement For Parkinson's Community is here to support you!



The Parkinson's Disease Foundation recommends aerobic activity 3x a week; balance, agility, and multitasking exercises 2-3x a week; and strength training and stretching 2-3x a week.

Movement for Parkinson Classes

Physical activity seems 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.

WHEN: Tuesday/Thursday
LOCATION: Studio AB

COST: Facility Member \$0/ Program Participant \$160

10:15 - 11am: Stage 3 - 5

Loss of balance (such as unsteadiness as the person turns or when he/she is pushed from standing). Falls are more common. Motor symptoms continue to worsen. Restricted in his/her daily activities now, but is still physically capable of leading an independent life. Need to ambulate with a cane/walker for safety. Stiffness in the legs may make it impossible to stand or walk.

11:15 - 12pm: Stages 1 - 2

Mild symptoms that generally do not interfere with daily activities. Tremor and other movement symptoms occur on one side of the body only. Changes in posture, walking, and facial expressions occur. Symptoms start getting worse. Tremor, rigidity and other movement symptoms affect both sides of the body or the midline (such as the neck and the trunk). Walking problems and poor posture may be apparent. The person is able to live alone, but daily tasks are more difficult and lengthier.



HEALTHY LIVING

PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG®

LIVESTRONG at the YMCA

AT THE YMCA

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.

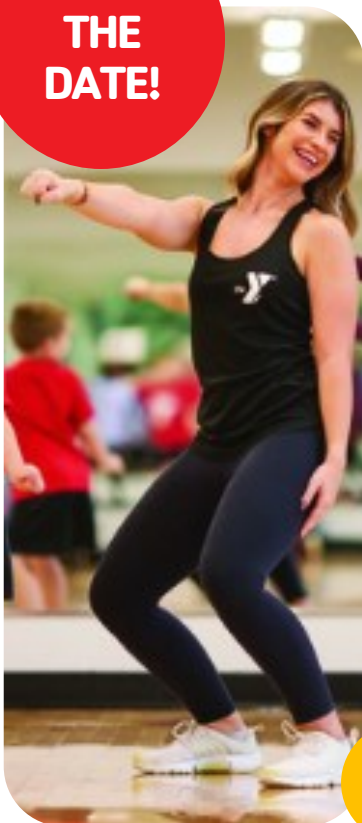
Thanks to our generous supporters, this program is offered **FREE** and includes a 3-month family membership.

2024 Spring Session
Intake Interviews
Now — March 1

12 week session begins
March 25
Mondays & Thursdays
1:15 PM – 2:30 PM

To learn more about LIVESTRONG at the YMCA, contact Christina Murphy, Lead Instructor E cmurphy@cccymca.org

SAVE
THE
DATE!



DANCE FOR A CAUSE TOGETHER

SUPPORTING CANCER SURVIVORSHIP

DATE: Saturday, January 27
TIME: 9:30am-11:30am
*doors open at 9:00am
LOCATION: Nuzzo's Farm
736 E Main Street
Branford CT 06405
DONATION: \$30.00
(cash or check to: Soundview Family YMCA)
Register at www.soundviewymca.org
or call 203 481 9622

Raffles

Everyone
Welcome!

COMMUNITY PARTNER



Food

Music

HEALTHY LIVING

ACTIVE OLDER ADULT FIT

Enjoy moving 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 10:30am

Multipurpose Room

ACTIVE OLDER ADULT STRETCH & 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

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 8:00am/Friday 9:15am

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.

Monday 8:15am

Sunday 8:15am/Friday 8:00am/Thursday 6:00pm

Studio AB

Multipurpose Room

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 9:15am

Multipurpose Room

CIRCUIT TRAINING 101

This is a fun 45 minute 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!

Wednesday 11:30am /Friday 12:00pm

Multipurpose Room

CARDIO INTERVALS AND STRENGTH

This class combines aerobics and sports conditioning with weights, strength training and core.

Tuesday 6:15pm

Multipurpose Room

COACH BY COLOR CYCLE

This 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

Cycle Room

HIGH-LOW

Aerobics is back! Full body cardio workout for All levels- no equipment. Your energetic, music-based cardio workout that combines cardio tracks with toning tracks. Tailor the workout to yourself by choosing low-impact or higher-impact moves (instructor shows all levels!). We will keep your heart rate up at a steady pace while also challenging, strengthening, and toning all your muscles, improving balance, agility, posture, and core strength.

Monday 5:15pm

Tuesday/Thursday 9:15am

Multipurpose Room

Studio AB

Wellness Center Age Requirements A YMCA Fitness Trainer will instruct youth on how to safely and effectively use our cardiovascular equipment (10 – 11 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 call 203 481 9622.

HEALTHY LIVING

KICKBOX BOOTCAMP

Work your whole body in a moderate intensity workout combining strength training, kickboxing and floor work.

Monday 6:15pm

Multipurpose Room

PILATES MAT

This class involves free flowing moves concentrating on core strength, muscle balance, and flexibility using traditional Pilates exercises.

Sunday 9:15am

Studio AB

Monday/Wednesday 10:15am

Thursday 7:15am

PURE STRETCH

A light-hearted class designed to stretch your entire body and improve your core strength.

Monday 9:15am

Studio AB

TAI CHI

The ancient form of Chinese exercise, emphasizes proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress.

Friday 10:45am

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

Multipurpose Room

Wednesday 6:15pm

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

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

Studio AB

Wednesday 5:00pm/Friday 5:30pm

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.

YOGA SLOW FLOW

Movements flow from one position to another, in a graceful, mindful sequence integrating breath awareness and alignment.

Tuesday/Thursday 8:15am

Multipurpose Room

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

Multipurpose Room

Saturday 9:30am

Studio AB

ZUMBA GOLD

Invigorating, community oriented dance-fitness class that's fresh and exhilarating! Modified, low-impact moves available for active older adults.

Monday 11:30am

Multipurpose Room



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.



YMCA360_AppleStore.png



YMCA360_GooglePlay.png