



SOUNDVIEW FAMILY YMCA WINTER 2 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

Easter

Mar 31

Closed

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

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

Online registration required 24 hours in advanced.

Playscape Hours: Sunday-Saturday

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 2

February 26-April 21

Registration Dates:

Facility Member: February 5

Program Participant: February 12

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	Barbara Naclerio
Jason Bedford	Melissa Nicholson
Benjamin Connor, Esq.	AJ Pace
Michael Coyne	Theodore Raczka
Lee Foo	Vic Tarry
Mary Ann Harmon	Keith Torello
Bob Jacob	Dr. Lauren White
Chris Manna	

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.



**FIND YOUR
REASON TO GIVE.
FIND YOUR Y.**
For a better us.®

The Soundview Family YMCA stands by our commitment to serve ALL, and the success of our outreach and impact depends upon the success of our Annual Campaign. The Y is a charitable non-profit organization committed to overcoming barriers of success for ALL.

When you donate to the 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.

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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 2024-2025 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

2024-2025

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

Branford Monthly Fees: \$50 registration fee – one time 2024-2025 School Year Rates

2 days/week:	Facility Member: \$244	Program Participant: \$353
3 days/week:	Facility Member: \$268	Program Participant: \$389
4 days/week:	Facility Member: \$294	Program Participant: \$425
5 days/week:	Facility Member: \$316	Program Participant: \$458

CONVENIENTLY PROVIDING TRANSPORTATION

The following Branford schools transport students to our branch:

Murphy, Sliney, Tisko, & Walsh Intermediate School. **All half days are included.**

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: \$50 registration fee – one time 2024-2025 School Year Rates

Before Care begins at 7:00 am and After Care ends at 6:00 pm Monday-Friday

Before Care 3 days/week: Facility Member: \$195 Program Participant: \$283

Before Care 5 days/week: Facility Member: \$250 Program Participant: \$362

After Care 3 days/week: Facility Member: \$261 Program Participant: \$378

After Care 5 days/week: Facility Member: \$332 Program Participant: \$480

Before and After Care 3 days/week: Facility Member: \$383 Program Participant: \$517

Before and After Care 5 days/week: Facility Member: \$483 Program Participant: \$650

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

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 March 29 2024 & April 12, 2024.

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: 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 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



SLEEPAWAY CAMP!

YMCA Camp Hi-Rock is a sleepaway located in Western Massachusetts. We are nestled among 1,000 acres in the Berkshire Mountains, surrounded by conservation forest, and centered around our pristine, private, ninety-acre lake. This gives us the ideal backdrop for the wide variety of activities we offer, which include swimming, climbing, water skiing, archery, sailing and arts & crafts among many others. Camp Hi-Rock is dedicated to the growth and development of all of the participants we serve. We seek to help each camper develop his or her sense of personal worth and responsibility as a cooperative member of a group. In addition, we want campers to discover, learn, cultivate new skills, develop healthy lifestyles, create meaningful relationships, and become more caring, honest, respectful and responsible people.

Please visit us at the **Soundview Family YMCA** for a drop-in information session to speak face to face with a camp representative, view camp videos and slides, and learn more!

Monday, February 12, 4:30 – 6:30 PM

Saturday, March 9, 9:00 – 11:00 AM

Can't make it to one of these? Please check out our website for alternative dates and locations including virtual information sessions and open houses on camp in the spring: <https://camphirock.org/2024-information-session-open-house-dates/>



YOUTH DEVELOPMENT



SOUNDVIEW FAMILY YMCA CAMP NONOMA

At the Soundview Family YMCA Camp Nonoma, we are committed to helping your child have a great camp experience through fun activities and games that encourage children (ages 3-15) develop new skills and try new things. We pride ourselves on the variety of activities we offer that keep campers engaged, busy and active. Each activity period is 35 minutes long, allowing each camper to participate in a variety of activities throughout the day.

This summer, campers will enjoy participating in favorites like Gaga, Arts & Crafts, Ropes, Swimming, Sports and more. Each new week at Camp Nonoma is celebrated with a new theme. Wacky Wednesdays, Campers and staff will dress up for the week's theme while playing games especially for that week's theme. All Adventurers will go on two field trips a week on Tuesdays and Thursdays.

REGISTRATION STEPS

Please refer to our website for Registration starting Feb 1, register online at soundviewymca.org. For assistance or paper registration forms, please visit or call the Soundview Family YMCA at 628 E Main Street Branford, CT 06405 or 203 481 9622. For Financial Assistance/Care4kids support, please contact Lynn Wheeler at soundviewymcacamp@cccymca.org.

WEEKLY THEMES

June 17-21	Aloha/Summer Luau
June 24-28	Super Hero/Disney
July 1-5 Closed July 4	Out of This World
July 8-12	Sports Galore
July 15-19	Full STEAM Ahead
July 22-26	Around the World
July 29-August 2	Splashtopia
August 5-9	Carnival
August 12-16	Color Wars
August 19-23	Bon Voyage

NEED ADDITIONAL CARE?

The Soundview Family YMCA Camp Nonoma day begins at 9:00 am and ends at 4:00 pm.

Before Care 7:30 am-9:00 AM

After / Extended Care 4:00 pm-6:00 pm

YOUTH DEVELOPMENT



SOUNDVIEW FAMILY YMCA CAMP HAYS

The Soundview Family YMCA is partnering with the Town Of East Haven to bring a safe, fun, affordable camp to all East Haven Residence.

At Camp Hays, we are committed to helping your child have a great camp experience through fun activities and games that encourage children (ages 3-15) develop new skills and try new things. We pride ourselves on the variety of activities we offer that keep campers engaged, busy and active. Each activity period is 35 minutes long, allowing each camper to participate in a variety of activities throughout the day. This summer, campers will enjoy participating in favorites like Gaga, Arts & Crafts, Archery, Sports and Nature while hanging out with new and old friends.

Camp Hays celebrates with a new theme each week on "Wacky Wednesday! Campers and Staff dress up and play games for the themed week. Adventurers will go on field trips every Tuesday & Thursday to places like the beach, museums, Soundview Family YMCA, and more. Schedule to be announced.

REGISTRATION STEPS

Please refer to our website for Registration starting Feb 1, register online at soundviewymca.org. For assistance or paper registration forms, please visit or call the Soundview Family YMCA at 628 E Main Street Branford, CT 06405 or 203 481 9622. For Financial Assistance/Care4kids support, Please contact Lynn Wheeler at: soundviewymcacamp@cccymca.org.

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August 5-9	Carnival
August 12-16	Color Wars
August 19-23	Bon Voyage

NEED ADDITIONAL CARE?

The SOUNDVIEW FAMILY YMCA Camp Hays Camp day begins at 9:00 am and ends at 4:00pm.

Before Care 7:00am to 9:00 am

After / Extended Care 4:00 pm to 6:00pm

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 February 27-March 19, 2024)

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 4:30-5:15pm Where: Playscape area

Facility Member: \$40 **Program Participant \$80** (4 Week Session March 26-16, 2024)

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.

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.

Facility Member: \$200

Program Participant: \$310

This program is offered **TWO TIMES** per week - Tuesday & Thursday from 2-3pm.

If you have any questions, please reach out to Aquatics Director, Alex Hunter.



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 2 SCHEDULE

Lessons will run Monday, February 26 through Sunday, April 21.

Monday - Saturday lessons will run through April 13.

There will be no lessons on Easter Sunday (March 31), so Sunday classes will go through April 21.

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 are offered at the same times, but will be split by age and level when applicable.

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 9:40am

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 9:40am

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

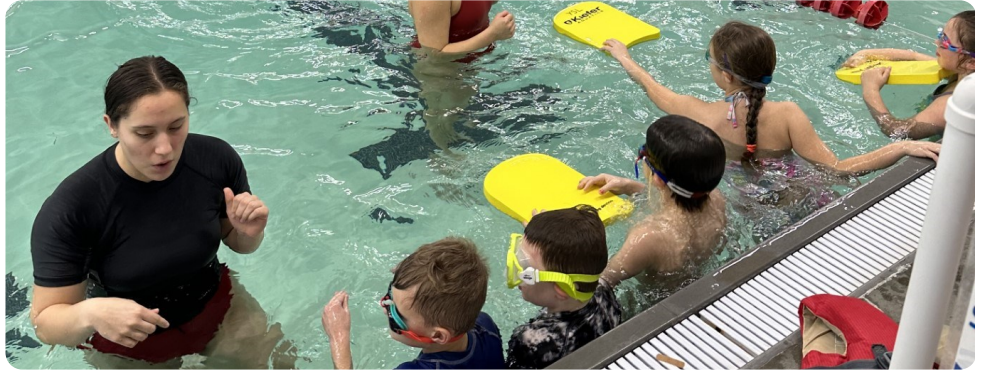
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- (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.

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 10:15am, 5:35pm
Saturday 9:35am, 10:45am
Sunday 11:25am

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 9:05am, 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.

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!

Wednesday 4:30-5pm



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 Stingrays, full Stingrays Competitive program, or the non-competitive Stingrays Swim Club.

Facility Member: \$200

Program Participant: \$310

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

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

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

Questions? Contact Aquatics Director Alex Hunter at ahunter@cccymca.org.

YOUTH DEVELOPMENT

SPLASH WEEK

April Break Swim Intensive

Consistency and frequency are both crucial when learning to swim and Splash Week is the perfect way to help refine swim skills and accelerate learning. Participants will start with a swim lesson, then change and participate in a dry activities including a Safety Around Water and STEM lesson, enjoy a snack, then get back in the water for more swim instruction and fun! This is a drop-off program.

Facility Members: \$225

Program Participant: \$375

DATE April 8 - 12

TIME 9am - 12pm

AGES 5-12

Questions? Contact Aquatics Director Alex Hunter at ahunter@cccymca.org.



EASTER EGG-STRAVAGANZA

Get EGG-CITED! Join us for the third annual Soundview Family YMCA Easter Egg-stravaganza on March 23.

AQUA HUNT

Eggs will float on the surface and be sunk to the bottom of our eggs as during their allotted time period, and enjoy free swim time too. Some eggs will contain special prizes!

There will be separate time slots as follows;

1pm-1:40pm

1:50pm-2:30pm

2:40pm-3:10pm

3:20pm-4pm

This even will follow all pool rules - parents & guardians should be prepared to swim with non-swimmers and children under the age of five.

EASTER EGG-TIVITIES

Hop on over to some dry land for Easter-themed crafts and activities.



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.

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.

SOCIAL RESPONSIBILITY

AMERICAN RED CROSS CERTIFICATION COURSES

Blended Learning Lifeguard Course

The Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Registration is required by the Monday prior to the start of class 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.

All classes must be attended. Registration does not guarantee certification.

Questions? Contact Aquatics Director Alex Hunter at ahunter@cccymca.org.

COURSE INFO

DATE	Monday, 4/8 - Thursday, 4/11
TIME	10am-3pm
FEE	Facility Member \$300 Program Participant \$350

Lifeguard Review Course

This abbreviated lifeguarding course briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate. Students who successfully complete this course will receive a certification for Lifeguarding/First Aid/CPR/AED which is valid for two years. Choose your date - once five participants are registered the class will be scheduled.

Facility Member: \$75

Program Participant: \$150

Questions? Contact Aquatics Director Alex Hunter at ahunter@cccymca.org.

HEALTHY KIDS DAY – SAVE THE DATE

Free & open to the public, **Healthy Kids Day** is a national initiative focused on improving the health and well-being of kids and families. Celebrated each year, Ys across the country host community-facing events that teach healthy habits, encourage active play and inspire a lifetime love of physical activity.

Celebrate with us on April 20.



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

March Meet Up: Spring Cleaning With A Professional Organizer

Meet Heather, professional organizer and CEO of Fix My Life.

Heather works side-by-side with clients, but will be here to show/talk to you on how to sort through items, documents, photographs, collections, memorabilia, and similar belongings. Heather will explain how to create a system and environment that is tidy, organized, clutter-free, and functional.

DATE: Friday, March 29, 2024

TIME: 12:00pm - 1:30pm

LOCATION: Media Room



April Meet Up: High Tea Luncheon

Open Door Tea is where elegance meets relaxation, and every sip is a journey to delight the senses. Nestled in a cozy and charming setting, our tea room offers an exquisite selection of fine teas, delectable sandwiches, freshly baked scones, and sumptuous desserts for a memorable afternoon of indulgence.

DATE: Friday, April 19

TIME: 1:00 PM

LOCATION: Open Door Tea, Stratford (25 minutes away from Branford)

COST: \$23.00/person. Includes tax and gratuity. Pay day of sign up to Denise.

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, March 21, April 18, May 23

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.



**American
Red Cross**

**Blood
Services**

Every two seconds, someone in the United States needs blood for surgeries, cancer treatments, childbirth, anemia, serious injuries, blood disorders, and more. Your generous donation can make a difference to millions of Americans—including people in your own community.

Date: Tuesday, March 19

Time: 8:00am-1:00pm

Location: Playscape

To make an appointment
please contact
[www.redcrossblood.org/
give](http://www.redcrossblood.org/give)

HEALTHY LIVING

BEGINNER PICKLEBALL FOR ADULTS

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.

Week 1: 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



COST PER SESSION:

Facility Member \$100

Program Participant \$200

LOCATION:

Multipurpose Room

Space is limited.

Registration is required.

Pickleballs and Paddles provided.

SESSION 1

TIME: 1:00pm – 2:30pm

DATES: Four (4) Mondays
February 26
March 4
March 11
March 18

SESSION 2

TIME: 1:00pm – 2:30pm

DATES: Four (4) Wednesdays
February 28
March 6
March 13
March 27

SESSION 3

TIME: 11:00am – 12:30pm

DATES: Four (4) Sundays
April 7
April 14
April 21
April 28

RELAX REJUVENATE RESTORE 2 Hour Yoga Workshop



Find contentment, both in our practice and in our lives off the mat. How can our yoga practice help to find the state of happiness.

Stretch, be still, meditate, and breathe.

Restorative yoga is a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. Through the use of props for support, many of the postures are held almost effortlessly.

When the body and mind are relaxed, tension is released. Become aware of sensations and thoughts that may arise.

Bolsters, blocks and straps are provided. Please bring a yoga mat, a blanket or two, a hard pillow and a bottle of water. Don't forget your warm socks!

Registration required. Space is limited.

DATE Tuesday, March 5

PLACE: Soundview Family YMCA

TIME: 12:00 PM —2:00 PM

COST: Facility Member \$40 /
Program Participant \$80

HEALTHY LIVING

TRY BEFORE YOU BUY

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

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 suggestion towards tailored to your specific goals
- ◆ 10 easy recipes to try.

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

Hiking with Friends

Find your way back to nature

Join us and the Appalachian Mountain Club (AMC) as we co-host a beautiful Level 1 hike in the beautiful Branford Quarry trails. The hike will be led by Janet Ainsworth, hike leader, hike leader trainer and conservation advocate for the AMC.



Founded in 1876 in Boston, the Appalachian Mountain Club is the nation's oldest education, conservation and outdoor recreation organization.

The hike will be approximately 4 miles at a moderate pace. Map and directions will be emailed to registered participants.

Space is limited, Registration is required. For more information or to register, contact Christina Murphy at cmurphy@cccymca.org or 203 481 9622 x3213.

Date: Monday, February 29
Time: 2:00pm-4:00pm
Location: Branford Quarry
Quarry Road, Branford
Fee: Member Participant \$0 / Program Participant \$5

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 believes, 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:

"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!"

HEALTHY LIVING

MOVEMENT FOR PARKINSONS DISEASE

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.



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.

"I find this reinvigorating after each session. Even my Neurologist has seen improvement. I'm walking with more confidence." **Joe**

"When diagnosed with Parkinson's (3) my Neurologist stated that exercise is the most helpful in slowing down the disease. Since joining the Parkinson's class, I have felt stronger and more mobile. Denise is a great instructor. She is caring, thoughtful, and helps us achieve the best we can do." **Carol**

WHEN: Tuesday/Thursday

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

LOCATION: Studio AB

LIVESTRONG®

AT THE YMCA

PARTNERS IN HEALING THE WHOLE PERSON

CANCER SURVIVORSHIP

LIVESTRONG at the YMCA is a FREE 12-week small group program designed for adult cancer survivors seeking to regain health as they become de-conditioned or chronically fatigued from treatment and/or disease. Family Community Facility Membership with full access to the Y and Central Connecticut Coast YMCA branches seven days per week

Our certified instructors provide a supportive, safe environment for each class and have undergone specialized training in the areas of cancer, post-rehab exercise, nutrition, and supportive cancer care. **LIVESTRONG** at the YMCA is provided at no cost to participants thanks to the generosity of those who donate to our Annual Support Campaign.

To learn more about **LIVESTRONG** at the YMCA, contact Christina Murphy, Lead Instructor [E cmurphy@cccymca.org](mailto:cmurphy@cccymca.org)

Research shows that for most people exercise is safe and helpful before, during, and after cancer treatment. It can help improve quality of life, increase energy and may help reduce the side effects from treatment.

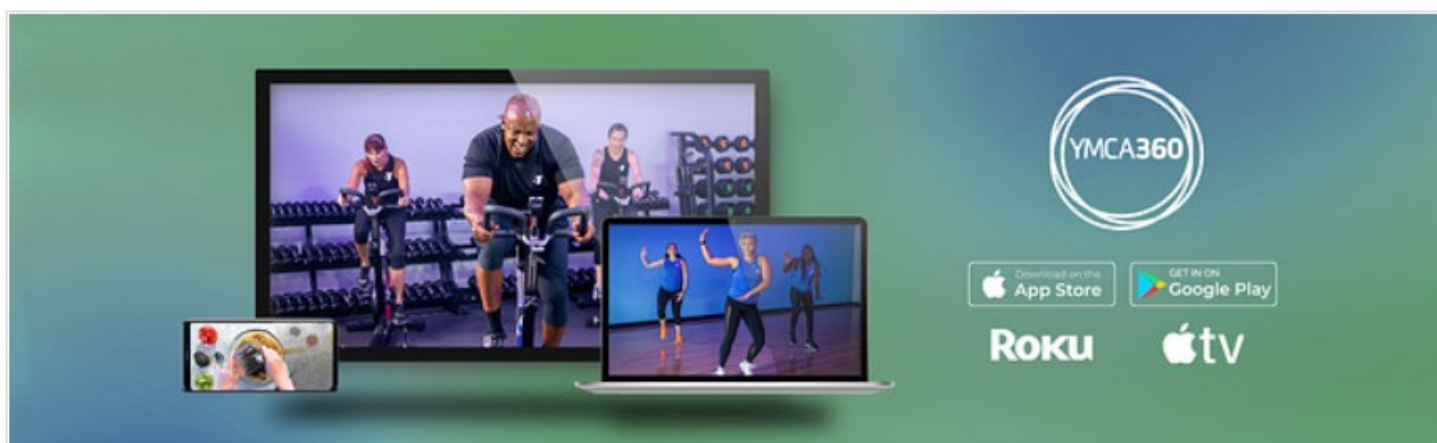
HEALTHY LIVING

At the YMCA we believe that when people experience all that our Y has to offer, they will be drawn into supportive, healthier relationships with one another and their community.

YMCA360 is an on-demand video platform for our Y community.

YMCA360 offers 2500+ group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more. These programs are free to all full-facility members of the Central Connecticut Coast YMCAs.

Visit [YMCA360.org](https://www.ymca360.org)



PERSONAL TRAINING

Inspire, Motivate, Maintain

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!



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

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

Studio AB

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

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 9:15am / 6:15pm

Saturday 7:15am

Sunday 8:15am

Cycle Room

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.

Mondays 4:30 PM -5:10 PM

Multipurpose 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

Multipurpose Room

Tuesday / Thursday 9:15am

Studio AB

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 / Sunday 12:00pm

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 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.

Thursdays 4:30 PM -5:10 PM

Multipurpose Room



**SOUNDVIEW FAMILY YMCA
CAMP NONOMA &
CAMP HAYS**

Registration begins February 1, 2024