FIND CONNECTION. FIND YOUR Y.

FALL 11 PROGRAM GUIDE

The YMCA connects people to a great sense of purpose and to each other to make our community stronger.

WOODRUFF FAMILY YMCA

For a better us.
HERE FOR YOU

WOODRUFF FAMILY YMCA
P 203 878 6501 F 203 878 0619
Email: woodruffinfo@cccymca.org

FACILITY HOURS
Mon-Thurs 5:30am-8:00pm
Friday 5:30am-7:00pm
Saturday 7:00am-5:30pm
Sunday 8:00am-3:00pm

For information on closures due to inclement weather, information is posted on NBC 30. Information is also posted through Facebook.

FALL 11 SESSION:
October 24–December 18

PROGRAM REGISTRATION
Facility Members: October 3
Community Members: October 10

HOLIDAY HOURS/CLOSURES
Thanksgiving Day, 11/24 Closed
Christmas Eve, 12/4 7AM-2:00PM
Christmas, 12/25 Closed

OUR MISSION
To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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

Cathy Berni
Richard D’Onofrio
Rachel Gaudet
Craig Dellert

George Hunihan, Annual Campaign Chair
Dr. Amit Lahav, Immediate Past Chair

Glenn Laudenslager
Dustin Riedel, Chair
Kristine Torreso
Tom Woodard

OUR YMCA TEAM

District Executive Director: Nicole Servas
Health & Wellness Director: Jennifer Fleischer
Pre-School Coordinator: Sue Buglione
Youth and Family Coordinator: Susie Marklinsky
Membership Coordinator: Claire Morton
District Operations Director: Ryan LeWorthy
Aquatics Director: Nicole Turechek

Nservas@cccymca.org
Jfleischer@cccymca.org
Sbuglione@cccymca.org
Smarklinsky@cccymca.org
Cmorton@cccymca.org
Rleworthy@cccymca.org
Nturechek@cccymca.org

REGISTER ONLINE at www.woodruffymca.org

View current schedules, programs, and events on our website!
Whenever a neighbor needs support, the Y stands ready to help with open arms and caring hearts.

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

All contributions to the YMCA provide direct financial assistance for ALL who need it.

**FIND YOUR REASON TO GIVE. DONATE FOR A BETTER US.**
Connect with Nicole Servas at nservas@cccymca.org to learn more.

**STATEMENT OF DIVERSITY AND INCLUSION**
The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive. At the Y, we set the example when we welcome all people across all of 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.

**MEMBERSHIP FOR ALL**
Membership rates are based on a sliding scale according to household income. Please contact the Y for more information.
YOUTH DEVELOPMENT

EARLY LEARNING CENTER

REGISTRATION CURRENTLY OPEN - CALL FOR A TOUR!
Our Early Learning Program is year round!

Our Nationally Accredited, state licensed programs will prepare your 3 or 4 year old for kindergarten! With an increased focus on literacy and learning through exploration, your child will develop social, emotional, physical and academic skills necessary for the beginning of his/her academic career, including:

• Music and Movement/socialization
• Sight word recognition & guided reading practices
• Development of fine and gross motor skills
• Language development--focusing on reading, writing, listening, and speaking connections.
• Swim instruction 2x per month

Family Registration Fee: $45 non-refundable
(Annual registration fee due at time of sign up per family)

Full Day Program – 3 year old & 4 year old rooms
Child must be toilet trained
Monday – Friday 7:00am-6:00pm
Members: $858/Month
Program Participant: $1286/Month

Half Day Program – 3 year old
(Child must be toilet trained)
Tuesday and Thursday 9:00am-1:00pm
Members: $212/Month
Program Participant: $368/Month

Half Day Program – 4 year old program
(Child must be toilet trained)
Monday, Wednesday, and Friday 9:00am-1:00pm
Members: $332/Month
Program Participant: $500/Month

YMCA SCHOOL AGE CHILD CARE

REGISTRATION NOW OPEN FOR 22–23 SCHOOL YEAR
During these challenging times when your regular routine seems to change on a daily basis, one thing remains the same: your child needs a safe, enriching place to go when school is not in session plus before and after school day. As an organization dedicated to youth development, we are working closely with the Board of Education!

Our State Licensed program will continue to operate in all 8 of Milford’s Elementary schools. Our before school program will open at 7:15am and run until the start of the school day and our afterschool program will begin at the end of the school day and end at 6pm.

<table>
<thead>
<tr>
<th>Member Type</th>
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<tr>
<td>After School</td>
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<td>Before and After School</td>
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<table>
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</thead>
<tbody>
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<td>$266</td>
<td>$317</td>
</tr>
<tr>
<td>After School</td>
<td>$225</td>
<td>$398</td>
<td>$554</td>
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<tr>
<td>Before and After School</td>
<td>$295</td>
<td>$523</td>
<td>$756</td>
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</table>

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
YOUTH DEVELOPMENT

ARCHERY
Have fun and learn to shoot with a certified Archery Instructor.
Students will learn proper form, technique, and terminology as well as scoring and range safety.
Age 5–12
Dates– 10/29–12/17 9:30am-10:30, 10:45am-11:45am
Facility Members– $84
Program Participant– $168

For more information, please contact Claire Morton, Membership Coordinator, cmorton@cccymca.org.

SCIENCE AND MORE
Have you ever wondered what happens when you put Mentos in a bottle of Diet Coke? Come create cool science experiments with everyday materials that will explode, ooze, and goo. Not only will the child perform wacky science experiments, they will learn the basics of the scientific method.
Ages 5–12
Date– Monday, 10/24–12/12, 5pm. Free Program

REACHING NEW HEIGHTS—CLIMBING 101
Are you ready to reach for the sky! Students will learn the fundamentals of rock climbing, safety and fun. Each class is taught by a certified climbing instructor from our summer camps.
Ages– 6–13
Date– 10/8–10/29, 10:30am-11:30am
Facility Members– $84
Program Participant– $168

PARENTS NIGHT OUT
Every parent deserves a night out! Drop off your kid(s) for a movie and pizza night here at the Westport Weston Family YMCA. Our caring Y staff will engage your kids in age specific activities!
Please bring a non-perishable food item to donate for our Purple Pantry and local families
Age 5–12
Date– Friday, 11/11/22
Time– 5:30-9pm

FAMILY NIGHT at the Y
Members can enjoy extended at the Y where they can hang in the pool, partake in arts and crafts and play some great games! Spending quality time together is what it’s all about!
It is a holiday theme night so wear your favorite festive clothes!
Date– Saturday, 12/10/22
Time– 5-8pm

For more information, please contact Claire Morton, Membership Coordinator, cmorton@cccymca.org.
INSPIRE MOTIVATE MAINTAIN
PERSONAL TRAINING
If you are 14, 80 or in between, and if your goal is to lose weight, gain strength, improve balance, flexibility and agility, rehabilitate a new or old injury or just push yourself - a Y personal trainer can help you get there. In-person or virtual options are available.
Our certified personal trainers will help develop a personalized program that is perfect for you. They will support you with expert knowledge, coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be.
Schedule a FREE evaluation today! We’ll discuss your goals and define a training program tailored just for you!
For more information, please contact Jennifer Fleischer, Health & Wellness, jfleischer@cccymca.org

VIRTUAL Y
For all CCCYMCA facility members!
YMCA360.org
An innovative new benefit for members that matches their on-the-go lifestyles and puts healthy living at the center of 2021. YMCA360 is a 360-degree seamless Y experience on web and TV. It will be included free with every membership.
With YMCA360, healthy living for people of all ages and activity levels is possible anytime, anywhere. The robust digital experience combines immersive, healthy living with the values of the YMCA in a transformational presentation utilizing best-in-class people, programs and systems delivering the ultimate connected community. More than 300 on-demand and Livestream exercise classes and programs are accessible 24/7 to provide another way to engage with the Y from home or when traveling. New content is added weekly.
For more information, ask at our Member Service Desk or reach out to our Health and Wellness Director Jennifer Fleischer.

SUPPORTING WELLNESS TOGETHER
12 Week Healthy Lifestyle course. Each week we will meet for a classroom based learning objective where we will teach you healthy eating habits and exercise goals to help you maintain your progress. *virtual option available.
Session begins Tuesday October 4.
YMCA Members $250 per participant
For more information, please contact Jennifer Fleischer, Health & Wellness Director, jfleischer@cccymca.org
VIRTUAL WELLNESS OPTIONS

CLASSES FROM OUR Y WELLNESS INSTRUCTORS
New classes are added regularly. Class days and times may change. Please check our website and mobile app for most current offerings.

Live Stream Classes with Your Friends Join us for daily classes through Zoom! To use Zoom, a free video conferencing platform, follow the link below or use the Meeting ID and Password to join the class. Have fun and keep fit! [https://us02web.zoom.us/j/6491974012?pwd=QnlraEVGaHJHS0ZyTW0vUlEzTHZUQT09 Meeting ID: 649-197-4012 / Password: 936974] Classes will begin at the time shared. Please login in advance of the start time, using your first and last name. There is a virtual ‘waiting room’ for participants. Once we can verify that you’re not a robot, we’ll invite you to continue. Once the class begins, you will be unable to log in.

Active Older Adult Classes are available for all ages and all member types including Silver Sneakers, Renew Active and Silver and Fit.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7:30am</td>
<td>Body Sculpting w/ Colleen</td>
<td>Colleen</td>
</tr>
<tr>
<td>Monday</td>
<td>9:00am</td>
<td>Boot Camp w/Jenn</td>
<td>Jenn</td>
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<tr>
<td>Monday</td>
<td>10:30am</td>
<td>Chair Yoga w/Joanne</td>
<td>Joanne</td>
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<tr>
<td>Monday</td>
<td>5:00pm</td>
<td>Pilates w/Joanne</td>
<td>Joanne</td>
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<tr>
<td>Tuesday</td>
<td>7:45am</td>
<td>Yoga w/Jo</td>
<td>Joanne</td>
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<tr>
<td>Tuesday</td>
<td>9:00am</td>
<td>Abs Express w/Joanne</td>
<td>Joanne</td>
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<tr>
<td>Tuesday</td>
<td>10:30am</td>
<td>Active Older Adult Fit w/Jenn</td>
<td>Jenn</td>
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<tr>
<td>Tuesday</td>
<td>5:00pm</td>
<td>Yoga w/Jo</td>
<td>Joanne</td>
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<tr>
<td>Wednesday</td>
<td>7:30am</td>
<td>Body Sculpting w/ Colleen</td>
<td>Colleen</td>
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<tr>
<td>Wednesday</td>
<td>9:00am</td>
<td>Cardio Barre w/ Joanne</td>
<td>Joanne</td>
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<tr>
<td>Wednesday</td>
<td>10:30am</td>
<td>Chair Yoga w/Joanne</td>
<td>Joanne</td>
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<tr>
<td>Wednesday</td>
<td>5:00pm</td>
<td>Cardio Barre w/ Joanne</td>
<td>Joanne</td>
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<tr>
<td>Thursday</td>
<td>7:45am</td>
<td>Yoga w/Jo</td>
<td>Joanne</td>
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<tr>
<td>Thursday</td>
<td>9:00am</td>
<td>Non-Stop Tabata w/Jenn</td>
<td>Jenn</td>
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<tr>
<td>Thursday</td>
<td>10:30am</td>
<td>Active Older Adult Fit w/Jenn</td>
<td>Jenn</td>
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<tr>
<td>Thursday</td>
<td>5:00pm</td>
<td>Yoga w/Jo</td>
<td>Joanne</td>
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<tr>
<td>Friday</td>
<td>7:30am</td>
<td>Tai Chi w/David</td>
<td>David</td>
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<tr>
<td>Friday</td>
<td>9:00am</td>
<td>Cardio Barre w/Jenn</td>
<td>Jennifer</td>
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<tr>
<td>Friday</td>
<td>10:00am</td>
<td>Zumba Gold w/ Pauline</td>
<td>Pauline</td>
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<tr>
<td>Friday</td>
<td>5:00pm</td>
<td>Workout Express w/Joanne</td>
<td>Joanne</td>
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<tr>
<td>Saturday</td>
<td>9:00am</td>
<td>Non-Stop Tabata w/Jenn</td>
<td>Jenn</td>
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<tr>
<td>Saturday</td>
<td>10:30am</td>
<td>Active Older Adult Fit w/Jenn</td>
<td>Jenn</td>
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<tr>
<td>Sunday</td>
<td>8:00am</td>
<td>Body Sculpting w/ Colleen</td>
<td>Colleen</td>
</tr>
</tbody>
</table>

VIRTUAL WELLNESS OPTIONS

CLASSES FROM OUR Y WELLNESS INSTRUCTORS

Indoor Group Exercise

Check out our indoor group fitness offerings! Registration is mandatory with classes limited with members physically distanced. Registration required through the Woodruff YMCA website, woodruffymca.org

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8:15am</td>
<td>Zumba</td>
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<td>Monday</td>
<td>9:05am</td>
<td>Aqua Fit</td>
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<td>Monday</td>
<td>10:30am</td>
<td>Strength Train Together</td>
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<tr>
<td>Monday</td>
<td>12:30pm</td>
<td>AOA Cardio Circuit</td>
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<tr>
<td>Monday</td>
<td>1:30pm</td>
<td>AOA Cardio Circuit</td>
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<tr>
<td>Monday</td>
<td>4:00pm</td>
<td>Kids Fit</td>
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<td>Monday</td>
<td>5:30pm</td>
<td>Cycle, Core and More</td>
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<td>Monday</td>
<td>6:30pm</td>
<td>Active Together</td>
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<td>Tuesday</td>
<td>8:00am</td>
<td>Yoga</td>
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<td>Tuesday</td>
<td>9:05am</td>
<td>Aqua Fit</td>
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<td>Tuesday</td>
<td>9:15am</td>
<td>Group Cycling</td>
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<td>Tuesday</td>
<td>10:30am</td>
<td>AOA Stretch and Stability</td>
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<tr>
<td>Tuesday</td>
<td>12:30pm</td>
<td>AOA Adult Fit</td>
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<tr>
<td>Tuesday</td>
<td>1:30pm</td>
<td>AOA Adult Fit</td>
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<td>Tuesday</td>
<td>2:30</td>
<td>Tai Chi</td>
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<td>Tuesday</td>
<td>5:30pm</td>
<td>Aqua Zumba</td>
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<tr>
<td>Tuesday</td>
<td>5:30pm</td>
<td>Cycle Core and More</td>
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<td>Tuesday</td>
<td>6:30pm</td>
<td>Yoga</td>
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<td>Wednesday</td>
<td>9:00am</td>
<td>Balance &amp; Flex Together</td>
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<td>Wednesday</td>
<td>12:30pm</td>
<td>AOA Cardio Circuit</td>
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<tr>
<td>Wednesday</td>
<td>1:30pm</td>
<td>AOA Cardio Circuit</td>
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<tr>
<td>Wednesday</td>
<td>4:00</td>
<td>Tai Chi</td>
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<td>Wednesday</td>
<td>6:00pm</td>
<td>Strength Train Together</td>
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<td>Thursday</td>
<td>9:15am</td>
<td>Step</td>
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<td>Thursday</td>
<td>10:30am</td>
<td>Yoga</td>
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<td>AOA Stretch and Stability</td>
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<td>Zumba</td>
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<td>Cardio Barre</td>
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<td>9:15am</td>
<td>Step</td>
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</tbody>
</table>
STRONG SWIMMERS = CONFIDENT KIDS

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

Swim Starters and Swim Basics classes require one parent* to participate in the pool and on the pool deck. Groups will be socially distanced from others.

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

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

SWIM STARTERS

Accompanied by one parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

Age Group 6 months – 3 years
Parent* & Child
Stages A-B

SWIM STARTERS
Stage A / Water Discovery

One parent* accompanies their child in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Member: $90 / Program Participant: $178
Saturday 8:30am, Saturday 11:00am, Sunday 8:30am

SWIM STARTERS
Stage B / Water Exploration

In Stage B, one parent* will work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Member: $90/ Program Participant: $178
Saturday 9:05am, Saturday 11:30am, Sunday 9:05am, Tuesday 4:30pm

POOL GUIDELINES

Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol.

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

Age Group:
3 years - 5 years Preschool
5 years - 12 years School Age
12+ years - Teen & Adult

Stages 1-3

SWIM BASICS
Stage 1 / Water Acclimation
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

Member: $90 / Program Participant: $178
Preschool Tuesday 4:00pm
Preschool Saturday 8:30am
Preschool Saturday 9:00am
School Age Tuesday 5:00pm
School Age Thursday 5:15pm
School Age Friday 4:00pm
School Age Saturday 8:30am
School Age Saturday 9:40am
School Age Sunday 9:40am
Teen & Adult Friday 5:00pm

SWIM BASICS
Stage 2 / Water Movement
In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Member: $90 / Program Participant: $178
Preschool Tuesday 4:00pm
Preschool Thursday 4:30pm
Preschool Friday 4:30pm
Preschool Saturday 9:40am
Preschool Sunday 10:15am
School Age Wednesday 4:00pm
School Age Thursday 4:00pm
School Age Saturday, 9:05am

SWIM BASICS
Stage 3 / Water Stamina
In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Member: $90 / Program Participant: $178
Preschool Tuesday 4:30pm
Preschool Wednesday 4:30pm
Preschool Thursday 4:00pm
Preschool Friday 4:00pm
Preschool Saturday 10:15am
School Age Tuesday 5:00pm
School Age Thursday 4:30pm
School Age Saturday 10:15am
Teen & Adult Friday 5:00pm

MORE INFORMATION ONLINE AT
WWW.WOODRUFFYMCA.ORG
SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Age Group:

5 years - 12 years School Age
12+ years – Teen & Adult
Stages 4-6

SWIM STROKES
Stage 4 / Stroke Introduction

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

Member: $90 / Program Participant: $178 (30 min)
Preschool Wednesday 5:00pm
Preschool Friday 4:30pm
Preschool Saturday 11:00am
Members $88 / Program Participant $177 (45 min)
School Age Wednesday 5:30pm
School Age Friday 5:00pm
School Age Saturday 10:15am

SWIM STROKES
Stage 5 / Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Member: $94 / Program Participant: $188
School Age Thursday 5:45pm
School Age Saturday 9:30am

SWIM STROKES
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.

Member: $94 / Program Participant: $188
School Age Thursday 5:45pm
School Age Saturday 9:30am

PRIVATE and SEMI PRIVATE SWIM LESSONS

AGES: 3 and up
One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant. Participants in Semi Private Lessons must be in the same household.

MEMBERS ONLY CAN REGISTER: Please submit the Private Lesson Registration Form found on www.woodruffymca.org.

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
TOGETHERHOOD

Togetherness is the Y’s member-led volunteer service program and the Y’s Signature Program for Social Responsibility. Togetherhood is run by a Togetherhood committee, made up of Y members and community leaders working as volunteers, with the support and guidance of a Y Staff Advisor. With the help of the programs resources the team will plan and execute service projects that strengthen communities while enabling volunteers to form meaningful connections with people from diverse backgrounds.

Ready to help and give back? Please reach out to Nicole Servas, District Executive Director at 203 878 6501 or by email at nservas@cccymca.org.

FOREVER IN SERVICE

At the Y, we’re dedicated to strengthening the community by giving back and supporting our neighbors. There are many ways our members can help us give back to our community.

- Join Togetherhood to plan and execute community service projects such as maintaining our Purple Pantry.
- Give blood at one of our regular Red Cross blood drives.
- Participate in our quarterly Days of Service community projects.
- Join the Y Board of Managers or become a program volunteer.

To learn more, contact Nicole, District Executive Director at nservas@cccymca.org.

Y LEADERS CLUB

Leaders Club provides high school students with extensive leadership training, offering opportunities for service to the YMCA and the community. Leaders Club also serves as a recruiting program for future Y professionals! We are here to develop leaders, fostering with them a culture of service in addition to knowledge and training that will help them better serve others and shape a healthy and productive life for themselves. Leaders Club meets once a week virtually, and in person. Leaders Club provides a safe, genuine place for high school students and helps direct their energy to positive outcomes.

For more information, contact Mason Capozza at the Woodruff Family YMCA at mcapozza@cccymca.org so we can send you the log on details for the Virtual Meetings.

PURPLE PANTRY

Food insecurity has no season. There are people in our community still without food and items to sustain their health. Please consider dropping off a non-perishable food or household item. It is our hope that if you are in need, you’ll take something and replenish our Purple Pantry when you can.

LENDING LIBRARY

Reading is one of the gateways to learning. Please visit our lobby lending library. Borrow a book! Return it or pass it on. If you have books and materials from your personal library that you’d like to donate - please do!

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG