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 1 SESSION:
August 28–October 22

PROGRAM REGISTRATION
Facility Members: August 7
Program Participants: August 14

HOLIDAY HOURS/CLOSURES
Labor Day, 7:00am-1pm

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  George Hunihan, Annual Campaign Chair  Glenn Laudenslager
Richard D’Onofrio  Dr. Amit Lahav, Immediate Past Chair  Dustin Riedel, Chair
Craig Dellert  Kristine Torreso  Tom Woodard
Elizabeth Maurer

OUR BOARD OF MANAGERS

YOUR YMCA TEAM

District Executive Director: Nicole Servas
Health & Wellness Director: Jennifer Fleischer
Pre-School Coordinator: Sue Buglione
Child Care and Camp Director: 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!
We help everyone build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

More people than ever need financial assistance to take part in Y programs. Please give to our Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

DONATE FOR A BETTER US.

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.
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

YOUTH DEVELOPMENT

YMCA SCHOOL AGE CHILD CARE

REGISTRATION CURRENTLY OPEN FOR 23-24 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>
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<th>Member</th>
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<th>3 children</th>
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<tr>
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<tr>
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<tr>
<td>After School</td>
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<tr>
<td>Before and After School</td>
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MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
PARENTS NIGHT OUT

Every parent deserves a night out! Drop off your kid(s) for a movie and pizza night here at the Woodruff Family YMCA. Our caring Y staff will engage your kids in age specific activities! Free for Youth Facility Members!

Age 5–12
Date– Friday, 8/18/23 and 9/22/23
Time– 5:30-9pm
Facility Member – $10
Program Participant – $20

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 Spring Theme Party! Wear your pastels and florals and enjoy some great crafts!

Date– Saturday, 8/26/23 and 9/30/23
Time– 5-8pm
Facility Member – Free
Program Participant – Free

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

CRAFT AND SMOOTHIES

Age-appropriate, carefully supervised, and messier than a mob of monkeys in an art supply store, these classes offer a structured environment for kids to get their hands dirty while making new friends and wild creations. We’ll make projects using everything from bubbles, paint, mud, shaving cream and more and sip on yummy kid friendly smoothies

Ages– 6-10
Date– Friday, 8/25, 9/8, 10/6
Time– 6pm-7pm
Facility Member– $10
Program Participant—$20

GAGA CLUB

Come hang out on Saturday mornings for some competitive gaga ball. Gaga is a fast-paced, high energy sport in an octagonal pit. The more plater there are, the better! Please wear active clothes and sneakers.

Ages– 5-8
Date– Saturday, 9/2-10/21
Time– 10am-11am
Facility Member– Free
Program Participant– $20
YOUTH DEVELOPMENT

CHILD WATCH

The YMCA Child Watch Program is a member benefit open to children 6 weeks to 11 years old. Members may utilize Child Watch while they work out or take a Group Fitness class in our facility. Your child will be provided with positive experiences in a secure, happy environment. Child Watch staff are CPR/First Aid certified, as well as, fingerprinted and background screened. Parents must remain on the premises at all times.

Hours Tues, Wed, Fri and Sat – 8:30AM-11:30AM
Mon–Thurs – 5:00PM–7:30PM, Fri – 5:00PM–6:30PM

HALLOWEEN TRUNK OR TREAT

SAVE THE DATE!
Calling all ghouls and goblins! Join us at the Woodruff Family Y for some great Halloween activities. Please reach out to Claire Morton, Membership Coordinator, if you would like to volunteer your car!
WHEN: Saturday, 10/28 10am–12pm

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– 9/2–10/21, 10am–11am
Facility Members– $84
Program Participant– $168

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– 9/2–10/21, 9am–10am
Facility Members– $84
Program Participant– $168

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
RE 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 2023.

YMCA360 is a 360-degree seamless Y experience on web and TV. It is 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 1,000+ 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.

CHANGE IS GOOD!
Please let Member Services update your contact info if you have a new address; new email or new phone number.
HEALTHY LIVING

YMCA ZOOMERS

Be a YMCA Zoomer, join CCCY Zoom group exercise classes. Participate on the Zoom platform from the comfort of your own home or on the go. Classes are led by CCCY instructors. Participate in one class or all that are offered. Participate once a week or in every class. You choose! Your account will be drafted monthly for this program.

Member: Free with Membership Program Participant: $20/month/unlimited Zoom classes

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=OnlraEVGaHJS0ZyTw0yUJEzTHZUQT09 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 Renew Active and Silver and Fit.

Monday 9:00am Boot Camp w/Rosa
Monday 10:30am Chair Yoga w/Joanne
Monday 5:00pm Pilates w/Joanne

Tuesday 7:45am Yoga w/Jo
Tuesday 9:00am Abs Express w/Joanne
Tuesday 10:30am Active Older Adult Fit w/Jenn
Tuesday 5:00pm Yoga w/Joanne

Wednesday 9:00am Cardio Barre w/Joanne
Wednesday 10:30am Chair Yoga w/Joanne
Wednesday 5:00pm Cardio Barre w/Joanne

Thursday 7:45am Yoga w/Jo
Thursday 9:00am Non-Stop Tabata w/Jenn
Thursday 10:30am Active Older Adult Fit w/Jenn
Thursday 5:00pm Pilates w/Joanne

Friday 7:30am Tai Chi w/David
Friday 9:00am Cardio Barre w/Jenn
Friday 10:00am Zumba Gold w/ Pauline

Saturday 9:00am Non-Stop Tabata w/Jenn
Saturday 10:30am Active Older Adult Fit w/Jenn

INDOOR GROUP EXERCISE

Check out our indoor Group Fitness offerings! Registration is mandatory. Registration required through the Woodruff Family YMCA website, woodruffymca.org

Monday 8:15am Zumba
9:00am Boot Camp
9:00am Water Fit with Joanne
10:00am Deep Water Fit with Joanne
10:30am Strength Train Together
12:30pm AOA Cardio Circuit
1:30pm AOA Cardio Circuit
4:00pm Kids Fit
5:30pm Cycle, Core and More
5:30pm Balance and Flex Together
6:30pm Active Together

Tuesday 8:00 Yoga
9:00am Active Together
9:15am Group Cycling
10:30am AOA Stretch and Stability
11:30am Water Fit with Nicole
12:30 AOA Adult Fit
1:30pm AOA Adult Fit
2:30 Tai Chi
5:30pm Zumba
5:30pm Step
5:30pm Aqua Zumba with Toni
6:30pm Yoga

Wednesday 9:00am Balance & Flex Together
12:30pm AOA Cardio Circuit
1:30pm AOA Cardio Circuit
3:00pm Tai Chi
4:00pm Yoga-Child
5:30pm Cycle Core and More
6:00pm Strength Train Together
6:30pm Muscle Core and More

Thursday 9:15am Step
10:30am Yoga
11:30am Water Fit with Pat
11:30am AOA Stretch and Stability
12:30pm AOA Cardio Circuit
6:00pm Zumba
6:00pm Deep Water Fit with Eileen
6:30pm Boot Camp

Friday 8:00am Yoga
9:00am Cardio Barre
9:00am Aqua Zumba with Pauline
9:15am Cycle Core and More
10:00am Zumba Gold
11:30am AOA Adult Fit
12:30pm AOA Adult Fit

Saturday 8:00am Strength Train Together
9:00am Boot Camp
10:15am Zumba Toning

Sunday 9:15am Step
10:15am Muscle, Core and More

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
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

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: $95 / Program Participant: $190
Saturday 8:30am, 11am, Sunday 8:30am

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: $95 / Program Participant: $190
Tuesday 4:30
Saturday 9:05am, Sunday 9:05am

*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.

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.

Classes offered 2 days a week are being offered in 4 week sessions, Summer 1 and 2. Registration required for both sessions.

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.

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
- 6 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: $95 / Program Participant: $190
Preschool Tuesday 4:00pm
Preschool Wednesday 4:30pm
Preschool Thursday 4:30pm
Preschool Saturday 8:30am, 9:05am
Preschool Sunday 9:00am
School Age Tuesday 5:00pm
School Age Wednesday 5:00pm
School Age Thursday 4:30pm
School Age Friday 4:00pm
School Age Saturday 10:15am
Teen (Age 13–16) Friday 5:00pm, Saturday 10:00am
Adult (Age 17 and up) Friday 5:45pm, 10:45am

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: $95 / Program Participant: $190
Preschool Tuesday 4:00pm
Preschool Wednesday 4:00pm
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
School Age Sunday 9:40am

More information online at www.woodruffymca.org
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:** $99 / Program Participant: $198 (45min)
- Preschool Wednesday 5:00pm
- Preschool Friday 4:30pm
- Preschool Saturday 11:00am
- 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:** $99 / Program Participant: $198
- School Age Tuesday 5:45pm
- School Age Thursday 5:00pm
- School Age Saturday 11:20am

**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.
TOGETHERHOOD

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

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 Ryan, District Operations Director at rleworthy@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 Susie Marklinsky at the Woodruff Family YMCA 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
SUPPORTING WELLNESS TOGETHER!

12 Week Healthy Lifestyle Course

Would you like to learn how to eat healthier, lose weight, and exercise more? Then this program is for you! Join our 12 Week Healthy Lifestyle course. We will meet every week for a classroom-based learning objective where we will teach you healthy eating habits and exercise goals to help you maintain your progress throughout the year. You will also receive sessions with a Registered Dietitian, personal training sessions and a weekly small group training class. Learn how to work toward your goals with a fun, supportive group of like-minded people in a comfortable, non-judgmental setting!

Program Includes:

- 12 Weekly Meetings
- Three one-on-one sessions with our Registered Dietitian
- Eight one-on-one Personal Training sessions with a Certified Personal Trainer
- Weekly small group training class

**Fee: $250 per member**

**Start Date: TBD**

* Virtual option available