



WOODRUFF FAMILY YMCA SPRING PROGRAM GUIDE

HERE FOR YOU

WINTER 2 SESSION:

April 22-June 16

PROGRAM REGISTRATION

Facility Members: April 1

Program Participants: April 8

WOODRUFF FAMILY YMCA

P 203 878 6501 F 203 878 0619

Email: woodruffinfo@cccymca.org

FACILITY HOURS

Mon-Thurs	5:30am-9:00pm
Friday	5:30am-7:00pm
Saturday	7:00am-6:00pm
Sunday	8:00am-4:00pm

For information on closures due to inclement weather, information is posted on WTNH 8, NBC 30, our web-site and through Facebook.

HOLIDAY HOURS/CLOSURES

Easter- Closed

Memorial Day- 7:00am-1:00pm

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, Chair
Richard D'Onofrio
Craig Dellert
Elizabeth Maurer

George Hunihan, Annual Campaign Chair
Tom Woodard
Kristine Torres

Glenn Laudenslager
Diana McCarthy-Bercury
Vicenta Gibbons

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
Smaklinsky@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!

FIND YOUR REASON TO GIVE. FIND YOUR Y.

For a better us.®

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect and responsibility.

Donate to the Woodruff Family YMCA 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.

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YOUTH DEVELOPMENT

EARLY LEARNING CENTER

REGISTER NOW FOR 2024-2025 PRESCHOOL SCHOOL YEAR!

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: \$50 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 7:15am-5:30pm

Members: \$937/Month

Program Participant: \$1410/Month

Half Day Program - 3 year old

(Child must be toilet trained)

Tuesday and Thursday 9:00am-1:00pm

Members: \$232/Month

Program Participant: \$348/Month

Half Day Program - 4 year old program

(Child must be toilet trained)

Monday, Wednesday, and Friday 9:00am-1:00pm

Members: \$362/Month

Program Participant: \$543/Month

YMCA SCHOOL AGE CHILD CARE



REGISTER FOR 2024-2025 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.

Member			
	1 child	2 children	3 children
Before School	\$ 121	\$ 213	\$ 309
After School	\$ 213	\$ 377	\$ 526
Before and After School	\$ 278	\$ 496	\$ 717
Program Participant			
	1 child	2 children	3 children
Before School	\$ 130	\$ 226	\$ 317
After School	\$ 225	\$ 398	\$ 554
Before and After School	\$ 295	\$ 523	\$ 756

YOUTH DEVELOPMENT

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, 4/5, 5/24 and 6/21

Time- 6:00-9pm

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 Trivia Theme Party! Put on your thinking cap!

Date- Saturday, 4/27, 5/11 and 6/15.

Time- 5-8pm

Facility Member - \$10

Program Participant- \$20

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

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 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/>



MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

YOUTH DEVELOPMENT

Y VACATION CLUB

No school? No problem! The Woodruff Family YMCA is here for your child care needs. Drop your child off with our experienced child care staff for a fun-filled day of games, activities, arts & crafts, swimming, and more! Pre-registration is required.

Good Friday– 3/29

Spring Recess– 4/1–4/5

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– 4/27-6/15, 9am-10am

Facility Members– \$84

Program Participant– \$168

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.

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

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 climb-ing instructor from our summer camps.

Ages– 6-13

Date– 4/27-6/15, 10am-11am

Facility Members– \$84

Program Participant– \$168

Program Participants– \$20

Registration is required for this event.

CAMP WEPAWAUG

Camp Wepawaug is a state licensed day camp for campers ages 5-15 located on our Y grounds with over 20 acres of open fields and woodlands. Each day, our caring and creative camp staff provide a safe, enriching, and fun experience while keeping the health and safety guidelines provided by the OEC and Milford Health Department, for every camper. With activities like arts & crafts, swimming, sports, archery, group games, nature and our climbing wall and high ropes course as well as specialty camps and special activities centered around a session theme, the summer will fly by!

We are proud that the Y camps are accredited by the American Camping Association, or ACA. ACA-accredited camps meet up to 300 standards for health, safety, and program quality. To learn more visit www.ACAcamps.org.

If you have questions about registering please reach out to Susie Marklinsky at 203 878 6501.

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.

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.

*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: \$98 / Program Participant: \$196
Saturday 8:30am, 10:30am, 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: \$98 / Program Participant: \$196
Tuesday 4:30
Saturday 9:00am, Sunday 9:00am**

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

6 years - 12 years
School Age

SWIM BASICS
SWIM STROKES

Stages 1-6

12+ years
Teen & Adult

SWIM BASICS
SWIM STROKES

Stages 1-6



POOL GUIDELINES

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

YOUTH DEVELOPMENT

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: \$98/ Program Participant: \$196

Preschool Tuesday 4:00pm, 5:30pm

Preschool Wednesday 4:30pm

Preschool Thursday 4:30pm

Preschool Friday 4:00pm

Preschool Saturday 8:30am, 9:00am

Preschool Sunday 8:30am, 9:00am

School Age Tuesday 5:00pm

School Age Wednesday 5:00pm

School Age Thursday 5:00pm

School Age Friday 4:00pm

School Age Saturday 9:30am

School Age Sunday 9:30am

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: \$98/ Program Participant: \$196

Preschool Tuesday 4:00pm

Preschool Wednesday 4:00pm

Preschool Thursday 4:00pm

Preschool Friday 4:30pm

Preschool Saturday 9:30am

Preschool Sunday 10:00am

School Age Wednesday 4:00pm

School Age Thursday 4:00pm

School Age Saturday, 9:00am

School Age Sunday 9:30am

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

6 years – 12 years
School Age

**SWIM BASICS
SWIM STROKES**

Stages 1-6

12+ years
Teen & Adult

**SWIM BASICS
SWIM STROKES**

Stages 1-3

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: \$98 / Program Participant: \$196

Preschool Tuesday 4:30pm

Preschool Wednesday 4:30pm

Preschool Friday 5:00pm

Preschool Saturday 10:00am

School Age Tuesday 5:00pm

School Age Wednesday 5:30pm

School Age Thursday 4:30pm

School Age Saturday 10:00am

School Age Saturday 10:15am

School Age Sunday 10:00am



YOUTH DEVELOPMENT

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: \$103/ Program Participant: \$206 (45min)

Preschool Wednesday 5:00pm

Preschool Friday 4:30pm

School Age Wednesday 5:30pm

School Age Friday 5:00pm

School Age Saturday 10:35am

School Age Sunday 10:30am

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: \$103/ Program Participant: \$206

School Age Tuesday 5:30pm

School Age Thursday 5:00pm

School Age Saturday 10:50am

School Age Sunday 10:30am



SWIM STROKES

Stage 6 / Stroke 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: \$103/ Program Participant: \$206

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.

HEALTHY LIVING

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

INDOOR GROUP EXERCISE

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

Monday 8:00am Zumba

9:00am Strength Train Together
9:00am Water Fit
10:15am Balance and Flex 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
6:30 Active Together

Tuesday 8:00 Yoga
9:00am Active Together
10:30am AOA Stretch and Stability
11:30am Water Fit
12:30 AOA Adult Fit
1:30pm AOA Adult Fit
2:30 Tai Chi
5:30pm Zumba
5:30pm Step
6:30pm Aqua Zumba
6:30pm Boot Camp
6:30pm Yoga

Wednesday 9:00am Balance & Flex Together
9:00am Water Fit
9:15am Indoor Cycling
10:00am Deep Water Fit
10:30am Group Cycling 101
12:30pm AOA Cardio Circuit
1:30pm AOA Cardio Circuit
3:00pm Tai Chi
4:00pm Yoga-Child
5:30pm Cycle Core and More
5:30pm Deep Water Fit
6:00pm Strength Train Together
6:30pm Muscle Core and More

Thursday 9:15am Step
10:30am Yoga
11:30am Water Fit
11:30am AOA Stretch and Stability
12:30pm AOA Cardio Circuit
2:00pm Qi Gong
6:00pm Zumba
6:00pm Boot Camp
7:00pm Yoga

INDOOR GROUP EXERCISE

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

Friday 8:00am Yoga

9:00am Cardio Barre
9:00am Aqua Zumba
10:00am Zumba Gold
10:45am CIRCL Mobility
11:30am AOA Adult Fit
12:30pm AOA Adult Fit

Saturday 8:00am Strength Train Together
9:00am Boot Camp

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



MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

SOCIAL RESPONSIBILITY

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!

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.





JUMP START YOUR FITNESS!

INTRODUCTION TO PERSONAL TRAINING

If you've been thinking about trying Personal Training, this is your great opportunity! For new clients only, we are offering an introductory rate of \$149 for a three hour package (hours can be broken up into smaller segments of time, agreed upon by the Trainer). Personal training can bring you to places in your exercise life you have not imagined for yourself, under the watchful and knowledgeable eyes of one of our Certified Personal Trainers. This offer is only good once, why not give it a try?

For more information, please contact Jennifer Fleischer, Health & Wellness Director,
jfleischer@cccymca.org or 203 878 6501 x 3118





NO SCHOOL NO PROBLEM

Y Vacation Club WOODRUFF FAMILY YMCA

Even though school is closed on March 29 and April 1-5 the Woodruff Family YMCA is here for your child care needs. So drop your child off with our experienced staff for a fun-filled day of group games, outdoor play, activities, arts & crafts, snack, swimming and more! Please bring a nut-free lunch, a bag snack, a bathing suit and a towel. Space is limited, preregistration is required. (Credits and refunds will not be issued for absences from the program)

- Friday March 29, 2024
- Monday-Friday April 1-5, 2024
- 7:15am - 6:00pm
- Remember your lunch, snack, bathing suit and towel

