WOODRUFF FAMILY YMCA
SUMMER PROGRAM GUIDE
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.

SUMMER SESSION:
June 19-August 13

PROGRAM REGISTRATION
Facility Members: May 29
Program Participants: June 5

HOLIDAY HOURS/CLOSURES
Memorial Day, May 29–7am-1pm
July 4, 7am-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
Richard D’Onofrio
Craig Dellert
Elizabeth Maurer

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
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!
Families are struggling to afford the cost of living, the cost of child care and the cost of enrichment opportunities. The Woodruff Family YMCA is committed to help our community meet these challenges head on.

The Y is a charitable non-profit organization ready to serve ALL! When you donate to the Woodruff Family YMCA Annual Campaign, you help us respond to the greatest needs in our community. 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

YMCA SCHOOL AGE CHILD CARE

REGISTRATION NOW 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>
<thead>
<tr>
<th>Member</th>
<th>1 child</th>
<th>2 children</th>
<th>3 children</th>
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<table>
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<tr>
<td>Before and After School</td>
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MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
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, 6/2/23 and 7/21/23
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, 6/17/23 and 7/22/23
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, 6/9, 6/23 and 7/7
Time—6pm–7pm
Facility Member—$10
Program Participant—$20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
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.

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. Please call to reserve your spot. Reservations must be made 24 hours in advance.

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

Y TALES

LET’S READ A STORY
Join us for story time at the Y (a new fun story each week) and stay for a healthy snack! All ages are welcome!

Ages: 2–5
Date: Thursdays, 6/22–8/10, 10am–10:45am
FREE PROGRAM
HEALTHY LIVING

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.
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. Participant 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=QnlraEVGaHHS0ZyTW0yUJEzTHZUQT09 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 Yoga w/Joanne

Friday  7:30am Tai Chi w/David
Friday  9:00am Cardio Barre w/Jenn
Friday  10:00am Zumba Gold w/ Pauline
Friday  5:00pm Workout Express w/Joanne

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
12:30pm AOA Adult Fit
1:30pm AOA Adult Fit
2:30pm Tai Chi
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 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
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.

**Age Group**

**6 months - 3 years**

**Parent* & Child**

### 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, 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 8:30am, Sunday 8:30am

**AGE GROUP**

**STAGE**

<table>
<thead>
<tr>
<th>AGE GROUP</th>
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<tbody>
<tr>
<td>6 months - 3</td>
<td>SWIM STARTERS</td>
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<tr>
<td>years Parent* &amp;</td>
<td>Stages A-B</td>
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<tr>
<td>Child</td>
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<tr>
<td>3 years - 5</td>
<td>SWIM BASICS</td>
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<tr>
<td>years Preschool</td>
<td>Stages 1-4</td>
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<td>6 years - 12</td>
<td>SWIM BASICS</td>
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<tr>
<td>years School Age</td>
<td>Stages 1-6</td>
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<tr>
<td>12+ years</td>
<td>SWIM BASICS</td>
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<tr>
<td>Teen &amp; Adult</td>
<td>Stages 1-6</td>
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**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: $90 / Program Participant: $178
Preschool Tuesday and Thursday 4:00pm
Preschool Wednesday and Friday 4:00pm
Preschool Saturday 8:30am, 9:05am
Preschool Sunday 8:30am
School Age Tuesday and Thursday 4:00pm
School Age Wednesday and Friday 4:00pm
School Age Saturday 9:40am
School Age Sunday 9:05am
Teen & Adult Wednesday and Friday 5:45pm

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 and Thursday 4:30pm
Preschool Wednesday and Friday 4:30pm
Preschool Saturday 8:30am
Preschool Sunday 10:15am
School Age Tuesday and Thursday 4:30pm
School Age Wednesday and Friday 5:00pm
School Age Saturday 10:15am
School Age Sunday 10:15am

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 Wednesday and Friday 4:30pm
Preschool Saturday 10:15am
School Age Tuesday and Thursday 4:30pm
School Age Wednesday and Friday 5:00pm
School Age Saturday 10:15am
School Age Sunday 10:15am

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:** $94 / Program Participant: $188 (45min)
- Preschool Tuesday and Thursday 5:30pm
- Preschool Saturday 10:15am
- Preschool Sunday 9:40am
- School Age Wednesday and Friday 5:00pm

**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 Wednesday and Friday 5:45pm
- School Age Tuesday and Thursday 5:00pm

**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 Wednesday and Friday 5:45pm
- School Age Tuesday and Thursday 5:45pm
- School Age Saturday 10:50am

**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 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

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 Markinsky at the Woodruff Family YMCA so we can send you the log on details for the Virtual Meetings.

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.

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!
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