WOODRUFF FAMILY YMCA
WINTER 1
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.

HOLIDAY HOURS/CLOSURES
Christmas Eve, 12/24 7AM-2:00PM
Christmas, 12/25 Closed
New Years Eve, 7am-2:00PM
New Years Day, 8:00am-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
Richard D’Onofrio
Rachel Gaudet
Craig Dellert

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

Glenn Laudenslager
Dustin Riedel, Chair
Kristine Torresco
Tom Woodard

OUR BOARD OF MANAGERS

YOUR 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!
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.

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>Description</th>
<th>1 child</th>
<th>2 children</th>
<th>3 children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before School</td>
<td>$121</td>
<td>$213</td>
<td>$309</td>
</tr>
<tr>
<td>After School</td>
<td>$213</td>
<td>$377</td>
<td>$526</td>
</tr>
<tr>
<td>Before and After School</td>
<td>$278</td>
<td>$496</td>
<td>$717</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Description</th>
<th>1 child</th>
<th>2 children</th>
<th>3 children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before School</td>
<td>$130</td>
<td>$266</td>
<td>$317</td>
</tr>
<tr>
<td>After School</td>
<td>$225</td>
<td>$398</td>
<td>$554</td>
</tr>
<tr>
<td>Before and After School</td>
<td>$295</td>
<td>$523</td>
<td>$756</td>
</tr>
</tbody>
</table>

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, 2/3/22
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 Valentine’s Day Theme Party! Wear your red, white and pink and enjoy some “hearts and crafts”!
Date– Saturday, 2/11/22
Time– 5-8pm

For more information, please contact Claire Morton, Membership Coordinator, cmorton@ccymca.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, 1/2-2/26, 5pm. Free Program

MUSIC AND MOVEMENT
Children will laugh and play while having FUN moving their bodies and creating their own music. They will explore movement and dance, while singing songs, using rhythm sticks, parachute play and participating in games based on music. Dress to move!
Ages– 6-13
Date– Wednesdays 10:15am-11:00am, Thursdays 4:00pm-4:45pm
Facility Members– $40
Program Participant– $60
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 February 7
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/649-197-4012?pwd=QnlraEVGaHJHS0ZyTW0yUIEzTHZUQT09 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 7:30am Body Sculpting w/Colleen
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 7:30am Body Sculpting w/Colleen
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
Sunday 8:00am Body Sculpting w/Colleen

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

Monday 8:15am Zumba
9:00am Boot Camp
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
12:30pm AOA Adult Fit
1:30pm AOA Adult Fit
2:30pm Tai Chi
5:30pm Zumba
5:30pm Step
6:20pm Muscle Core and More
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

Thursday 9:15am Step
10:30am Yoga
11:30am AOA Stretch and Stability
12:30pm AOA Cardio Circuit
6:00pm Zumba
6:30pm Boot Camp

Friday 8:00am Yoga
9:00am Cardio Barre
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 8:30am Cycle Core and More
9:10am Step
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: $84 / Program Participant: $168
Thursday 4:00pm, Friday 4:00pm, Sunday 10:00am

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: $84 / Program Participant: $168
Thursday 4:00pm, Friday 4:00pm, Sunday 10:00am,

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

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: $84 / Program Participant: $168
Preschool Thursday 3:30pm, 5:15pm
Preschool Friday 3:30pm
Preschool Sunday 8:30am, 9:30am
School Age Sunday 8:30am
Teen & Adult Sunday 10:30am

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: $84 / Program Participant: $168
Preschool Thursday 3:30pm
Preschool Friday 5:15pm
Preschool Sunday 8:30am, 10:00am
School Age Friday 3:30pm
School Age Sunday, 9:00am, 10:00am

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: $84 / Program Participant: $168
Preschool Thursday 4:00pm
Preschool Friday 4:00pm
Preschool Sunday 9:00am
School Age Thursday 5:15pm
School Age Friday 5:15pm
School Age Sunday 9:00am, 10:30am

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: $88 / Program Participant: $177 (45min)
- Preschool Sunday 8:30am, 9:30am
- School Age Thursday 4:30pm
- School Age Sunday 9:00am

**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: $88 / Program Participant: $177
- School Age Thursday 4:30pm
- School Age Friday 4:30pm
- School Age Sunday 9:45am

**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: $88 / Program Participant: $177
- School Age Sunday 9:45am, 10:30am

**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

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 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!