HERE FOR YOU

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 NBC 30. Information is also posted through Facebook.

PROGRAM REGISTRATION
Facility Members: October 2
Program Participants: October 9

HOLIDAY HOURS/CLOSURES
New Years Eve Day– 8:00am–2:00pm
New Years Day– 8:00am–2:00pm

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
Craig Dellert
Elizabeth Maurer
George Hunihan, Annual Campaign Chair
Tom Woodard
Kristine Torreso
Glenn Laudenslager
Dustin Riedel, Chair
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
Smarklinsky@cccymca.org
Cmorton@cccymca.org
Rleworthy@cccymca.org
Nturechek@cccymca.org

REGISTER ONLINE at
www.woodruffymca.org
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: $892/Month
Program Participant: $1338/Month

**Half Day Program – 3 year old**
(Child must be toilet trained)

**Tuesday and Thursday 9:00am-1:00pm**
Members: $221/Month
Program Participant: $383/Month

**Half Day Program – 4 year old program**
(Child must be toilet trained)

**Monday, Wednesday, and Friday 9:00am-1:00pm**
Members: $345/Month
Program Participant: $520/Month

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**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>
<thead>
<tr>
<th>Member</th>
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<th>2 children</th>
<th>3 children</th>
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<tr>
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<td>$213</td>
<td>$309</td>
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<tr>
<td>After School</td>
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<tr>
<td>Before and After School</td>
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<td>$496</td>
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<table>
<thead>
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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, 1/12/24 and 2/9/24
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 Spring Theme Party! Wear your pastels and florals and enjoy some great crafts!
Date – Saturday, 1/20/24
Time – 5-8pm
Facility Member – $10
Program Participant – $20
For more information, please contact Claire Morton, Membership Coordinator, cmorton@cccymca.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.
Hours Tues, Wed, Fri and Sat– 8:30AM-11:30AM
Mon-Thurs– 5:00PM-7:30PM, Fri– 5:00PM-6:30PM
SUIT UP FOR HOLIDAY SWIM—LET’S KEEP SWIMMING

Need something to do over the holiday break? Why not keep the kids swimming and strengthening their skills. During the holiday break, we will be running a 4 day swim clinic. There will be a morning session and an afternoon session; 30 minute lessons each day. For more information please contact member services @203 878 6501 or stop in to our facility.

Ages – 6-13
Date – 12/26-12/29

Session 1: 10:00-10:30, 10:30-11:00, 11:00-11:30, and 11:30-12:00
Session 2: 4:00-4:30, 4:30-5:00, 5:00-5:30, 5:30-6:00

Facility Members – $50
Program Participant – $60

FLICK AND FLOAT

Enjoy a swim and movie on the “big screen” in our pool at the Woodruff Family YMCA. Float, splash and have fun with the family and friends all while watching a movie at the same time! Movie showing will be approximately 30 minutes after event start. All swimmer under the age of 13 will be swim tested and given a band to determine their swim level.

Movie – TBD
Date – 2/24 6pm-9pm
Facility Members – $10
Program Participants – $20
Registration is required for this event.

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.

Holiday Recess – 12/26-29
Martin Luther King Day – 1/15
Winter Recess – 2/16 and 2/19
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.
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 Boot Camp  
  9:00am Water Fit  
  10:00am Deep Water Fit  
  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  
  6:30 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 with Toni  
  6:30pm Yoga

Wednesday  9:00am Balance & Flex Together  
  9:15am Indoor Cycling  
  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  
  6:00pm Zumba  
  6:00pm Boot Camp

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
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: $95 / Program Participant: $190
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: $95 / Program Participant: $190
Tuesday 4:30
Saturday 9:00am, Sunday 9:00am

POOL GUIDELINES
Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol.
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, 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 4:30pm
School Age Saturday 9:00am, 10:15am
School Age Sunday 9:30am

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 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, 10:15am
School Age Sunday 9:30am

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: $95 / Program Participant: $190
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 Sunday 10:00am
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: $99 / Program Participant: $198 (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: $99 / Program Participant: $198
School Age Tuesday 5:30pm
School Age Thursday 5:00pm
School Age Saturday 10:50am
School Age Sunday 10:30am

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: $99 / Program Participant: $198
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
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@cccyymca.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 login 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