



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR BUILDING
**FUTURE
LEADERS**

**WOODRUFF FAMILY YMCA
FALL I PROGRAM GUIDE
September 2 – October 27, 2019**

HERE FOR YOU

FALL 1 SESSION:

September 2 - October 27

PROGRAM REGISTRATION

Facility Members: August 12
Community Members: August 19

HOLIDAY HOURS/CLOSURES

Labor Day, Sept 2 - 5:30am-1:00pm

OUR MISSION

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

The Woodruff YMCA is governed by our Board of Managers that consists of volunteers from throughout the community.

Andrew Carlson, MD
Jori Cogguillo, Secretary
Rachel Gaudet
Ray Goskowski
Elizabeth Hiza
George Hunihan, Vice Chair

Karen Kipfer
Dr. Amit Lahav, Immediate Past
Chair
Glenn Laudenslager, Annual Cam-
paign Chair
Tom Lawlor

George Marshall
Kevin McGrath
Paul Mulligan
Dustin Riedel, Chair
Fabian C. Villacis

YOUR YMCA STAFF

District Executive Director: Josh Royce
Aquatics Director: Natalie Bennettson
Child Care Director: Donna Denesha
District Facility Manager: Derek Branco
Health & Wellness Director: Jennifer Fleischer
Membership Coordinator: Jo-Ann Onze
Membership Service Specialist: Katya Furda
Pre-School Coordinator: Sue Buglione
Operations Director: Nicole Servas

WOODRUFF FAMILY YMCA

P 203 878 6501 F 203 878 0619
Email: woodruffinfo@cccymca.org

FACILITY HOURS

Mon-Thurs 5:30am-9:30pm
Friday 5:30am-8:00pm
Saturday 7:00am-6:00pm
Sunday 9:00am-5:00pm
(Pool closes 30 minutes before facility)

For information on closures due to inclement weather, information is posted on NBC 30, News 12, WTNH 8 and CTWeather.com. Information is also posted through Facebook.

Jroyce@cccymca.org
Nbennettson@cccymca.org
Ddenesha@cccymca.org
Dbranco@cccymca.org
Jfleischer@cccymca.org
Jonze@cccymca.org
Kfurda@cccymca.org
Sbuglione@cccymca.org
Nservas@cccymca.org

REGISTER ONLINE at www.woodruffymca.org



Every day, the Y strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It’s how we help communities and the ‘us’ who live in them achieve our individual and collective promise.

When you donate to the Woodruff Family YMCA Annual Campaign, you make the communities of Milford, Orange, West Haven, Woodbridge and Bethany better and the “us” who live in them stronger.

With our doors open to all, we bring together people from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

DONATE 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.

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YOUTH DEVELOPMENT

EARLY LEARNING CENTER

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:

- Swimming lessons
- Field trips and special events
- 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.



Family Registration Fee: \$45 non-refundable
(Annual registration fee due at time of sign up per family)

Half Day Program

3 year old program (child must be toilet trained)
Tuesday and Thursday 9:00am-1:00pm

Members: \$202/Month
Community Members: \$350/Month

Half Day Program

4 year old program (Child must be toilet trained)
Monday, Wednesday, and Friday 9:00am-1:00pm

Members: \$316/Month
Community Members: \$476/Month

Full Day Program (child must be toilet trained)

3 & 4 year old program
Monday - Friday 7:30am-6:00pm

Members: \$817/Month
Community Members: \$1225/Month



YOUTH DEVELOPMENT

SCHOOL AGE

BEFORE AND AFTER SCHOOL PROGRAM (Grades K-5)

Before and After school located in: Calf Pen, John F. Kennedy, Live Oaks, Mathewson, Meadowside, Orange Ave, Orchard Hills and Pumpkin Delight. Our before and after school program provides enriching activities in a community atmosphere. Homework help is offered as well as healthy snacks, group games, activity choice time, reading time, swim at the YMCA, arts and crafts and much more.

Before School 7:15am-9:00am
After School 3:00pm-6:00pm

FAMILY REGISTRATION FEE \$25 (NON-REFUNDABLE)

School Year 2019-2020

Before School Program	Members	Community Members
1 Child	\$135	\$141
2 Children	\$238	\$253
3 Children	\$346	\$354
After School Program	Members	Community Members
1 Child	\$236	\$249
2 Children	\$422	\$445
3 Children	\$587	\$619
Before & After School Program	Members	Community Members
1 Child	\$308	\$325
2 Children	\$554	\$584
3 Children	\$801	\$843

(5 DAYS PER WEEK OPTION ONLY)



Y FUN CLUB (K-Grade 5)

If the Milford Public Schools are closed, children enrolled in our Before and After School program may attend out full day Y Fun Club. **Fees are paid in advance only.** Parents provide transportation to the Y. Children will need to bring lunch, snack, bathing suit and towel.

Care provided from 7:30am—6:00pm

Note: In the event the storm causes a power outage, or the weather presents a severe safety issue, we may call you to pick up earlier.

Member: \$65.00/child for 2 day package
 Community Member: \$90.00/child for 2 day package

YOUTH DEVELOPMENT

SCHOOL AGE

MIDDLE SCHOOL AFTER SCHOOL PROGRAM

(Grades 6-8)

The focus of the program is to give youth a safe place to be between 2:30pm and 6:00pm where they can do their homework, participate in sports, crafts, teamwork activities and community service. The activity schedule will vary because the youth are involved in planning their program activities. The program is located at the Woodruff Family YMCA. Transportation is provided to the YMCA from East Shore, West Shore and Harborside Schools in Milford.

School Year 2019-2020

Family Registration Fee: \$25.00 Non-Refundable

(Annual fee due at time of sign-up per family)

Members:

5 Days \$343 4 Days \$304 3 Days \$260

Community Members:

5 Days \$514 4 Days \$455 3 Days \$389

There is a \$5 discount per month for each additional child.

INCLUSIVE AFTER SCHOOL FOR HIGH SCHOOL

The focus of the program is to give youth an opportunity to grow socially, reinforce healthy living skills with sports, swimming, fitness, recreation opportunities, job skills training and shadowing. The program runs between 2:00pm and 6:00pm. Participants will also have time for homework.

Activities are subject to change based on the abilities and interests of the students in the program.

Transportation is provided to the YMCA from Foran, Jonathan Law, and the Academy in Milford.

School Year 2019-2020

Family Registration Fee: \$25.00 Non-Refundable

(Annual fee due at time of sign-up per family)

Members:

5 Days \$343 4 Days \$304 3 Days \$260

Community Members:

5 Days \$514 4 Days \$455 3 Days \$389

There is a \$5 discount per month for each additional child.

FAMILY TIME THEMED EVENTS

Enjoy family time at the Y! Every month look for the Y themed evening events that offers families time to play together, get together and live healthy. A light meal will be served.

Pre-registration required.

September 27

6:00pm-8:00pm

October 25

6:00pm-8:00pm

FREE for Family Facility Members

PARENTS NIGHT OUT (GRADES K-5)

Parents Night Out will be held on Saturday nights from 6:00-8:45 pm. The kids will be involved in group games, arts and crafts, and structured free play. The Y will provide them with a pizza dinner.

Pre-registration required.

September 28

6:00pm-8:45pm

October 26

6:00pm-8:45pm

FREE for Family Facility members



CHILD WATCH HOURS

Monday	9am - 12pm	5pm - 8:15pm
Tuesday	9am - 12pm	5pm - 8:15pm
Wednesday	9am - 12pm	4pm - 8:15pm
Thursday	9am - 12pm	4pm - 8:15pm
Friday	9am - 12pm	5pm - 7:00pm
Saturday	8am - 12pm	
Sunday	9am - 12pm	

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. 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. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

*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 a 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

Parents* accompany children 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: \$96 / Community Member: \$192

Saturdays, 10:10am

Sundays, 11:00am

SWIM STARTERS

Stage B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Member: \$96 / Community Member: \$192

Saturdays, 10:45am

Sundays, 10:25am

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

5 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: \$96 / Community Member: \$192

Preschool Mondays, 4:00pm

Preschool Tuesdays, 5:45pm

Preschool Wednesdays, 5:10pm

Preschool Thursdays, 4:35pm

Preschool Fridays, 4:00pm

Preschool Saturdays, 8:25am, 10:10am, 10:45am

Preschool Sundays, 9:15am, 9:50am

School Age Mondays, 5:10pm

School Age Thursdays, 4:50pm

School Age Fridays, 4:00pm

School Age Saturdays, 9:35am

School Age Sundays, 11:35am

Teen & Adult Mondays, 6:30pm

CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

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: \$96/Community Member: \$192

Preschool Mondays, 4:35pm

Preschool Tuesdays, 4:00pm

Preschool Wednesdays, 5:45pm

Preschool Thursdays, 5:10pm

Preschool Fridays, 4:35pm

Preschool Saturdays, 8:25am, 9:35am

Preschool Sundays, 9:15am, 9:50am

School Age Wednesdays, 5:40pm

School Age Thursdays, 5:40pm

School Age Fridays, 4:35pm

School Age Saturdays, 9:00am, 11:20am

School Age Sundays, 9:15am

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: \$96/Community Member: \$192

Preschool Mondays, 5:10pm

Preschool Tuesdays, 4:35pm

Preschool Wednesdays, 4:00pm

Preschool Thursdays, 5:45pm

Preschool Fridays, 5:10pm

Preschool Saturdays, 9:00am, 11:20am

Preschool Sundays, 10:25am, 11:00

Member: \$104/Community Member: \$208

School Age Tuesdays, 4:35pm

School Age Wednesdays, 4:00pm

School Age Thursdays, 6:30pm

School Age Saturdays, 8:10am, 11:30am

School Age Sundays, 9:50am

Teen & Adult Mondays, 7:00pm

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: \$96/ Community Member: \$192

Preschool Mondays, 5:40pm
 Preschool Tuesdays, 5:10pm
 Preschool Wednesdays, 4:35pm
 Preschool Thursdays, 4:00pm
 Preschool Fridays, 5:45pm
 Preschool Saturdays, 8:25am
 Preschool Sundays, 11:35am

Member: \$104/ Community Member: \$208

School Age Mondays, 5:40pm
 School Age Tuesdays, 5:25pm
 School Age Wednesdays, 4:50pm
 School Age Fridays, 5:10pm
 School Age Saturdays, 9:00am, 11:55am
 School Age Sundays, 10:40am

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: \$104/ Community Member: \$208

School Age Mondays, 6:25pm
 School Age Tuesdays, 6:15pm
 School Age Wednesdays, 6:15pm
 School Age Saturdays, 8:10am, 9:50am
 School Age Sundays, 11:30am

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
5 years - 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

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: \$104/ Community Member: \$208

School Age Tuesdays, 7:05pm
 School Age Fridays, 6:00pm
 School Age Saturdays, 10:40am
 School Age Sundays, 12:05pm



OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.

YOUTH DEVELOPMENT

YOUTH SWIM LESSONS

PRIVATE SWIMMING LESSONS (30 MINUTES)*

These swim lessons provide a one-on-one setting and are open to all ages and ability levels. Registration for these lessons is on a first come first serve basis.

Package of 1:	Members	\$48
Package of 2:	Members	\$96
Package of 4:	Members	\$180

SEMI-PRIVATE SWIMMING LESSONS (30 MINUTES)*

These classes are perfect for siblings and friends with similar swimming abilities! A 1 to 2 instructor to student ratio provides an excellent learning environment.

Registration for these lessons is on a first come first serve basis.

Package of 1:	Members	\$58
Package of 2:	Members	\$105
Package of 4:	Members	\$185

TRI-PRIVATE SWIMMING LESSONS (30 MINUTES)*

These classes are perfect for siblings and friends with similar swimming abilities! A 1 to 3 instructor to student ratio provides an excellent learning environment.

Package of 4:	Members	\$246
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ADAPTIVE AQUATICS 1:1 class ratio

This program is open to all individuals with cognitive and/ or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany if needed. Program is limited to one, 1/2 hour class per person per session.

Contact Aquatics Department at ext. 3127 if you have any questions.

Members:	\$96
Community Members:	\$192

YOUTH SWIM LESSONS

SWIM CLUB (5-10 years)

Swim club is an addition to our aquatics program and is designed for swimmers age 5-10 who have completed all the levels of the YMCA lesson program. During each 45 minute lesson swimmers will focus on stroke technique, timing, and endurance.

Choose between once or twice a week

Tuesday 6:20pm

Thursday 6:20pm

Pricing for once a week:

Members:	\$112
Community Members:	\$224

Pricing for twice a week:

Members:	\$190
Community Members:	\$380

SWIM CLUB (10-15 years)

Swim club is an addition to our aquatics program and is designed for swimmers ages 10-15 who have completed all the levels of the YMCA lesson program. During each 45 minute lesson swimmers will focus on stroke technique, timing, and endurance.

Choose between once or twice a week.

Monday 6:20pm

Wednesday 6:20pm

Pricing for once a week:

Members:	\$128
Community Members:	\$256

Pricing for twice a week:

Members:	\$218
Community Members:	\$436

YOUTH DEVELOPMENT

YOUTH

ZUMBA® KIDS

Designed exclusively for kids, Zumba Kids classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines. Parents love Zumba Kids because of the effects it has on kids. It increases their focus and self-confidence, boosting metabolism and enhancing coordination.

Monday 5:00pm-5:45pm

FREE for Family Facility members

KIDS FIT

High Intensity Interval Training designed for kids of all ages. Parents must stay if children are under 5. Children over 5, parents are still welcome to stay and participate. Incorporating sports drills, core, agility and balance work.

**Wednesday 4:15pm-5:00pm
5:00pm-5:45pm**

FREE for Family Facility members

INTRO TO IMPROV & STORYTELLING (GRADES 3-6)

This class creates a fun and supportive environment for kids to learn the basics of creating improve. The class is taught primarily through games, play and improvised stories. Learn how to be positive, take risks, be more creative, overcome shyness and focus on the people you're working with.

Thursday 6:00pm-7:30pm

FREE for Family Facility members

DOODLE BUGS (AGES 3-5)

An arts & crafts class for children who want to take part in arts and crafts but aren't old enough for our other class. Each week will be a new age appropriate craft.

Saturday 9:00am-9:45am

FREE for Facility Members

YOUTH

CRAFTY CORNER

An arts and crafts class involving different projects every week.

Saturday 10:00am- 10:45am (AGES 5-7)
Saturday 11:00am-11:45pm (AGES 8-12)

FREE for Facility Members

SCIENCE & MORE (GRADES K-5)

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.

Wednesday 4:00pm-4:45pm (ages 5-7)

Wednesday 5:00pm -5:45 (ages 8-12)

FREE for Facility Members

KIDS DRAWING (AGES 5-9)

Children will follow easy steps to create various pictures using simple shapes. Participants will create their own portfolio to store their artwork. One project will be completed each week. Materials are provided.

**Monday 10/7, 10/14, 10/21, 10/28
4:00pm-4:45pm**

Members: \$40

Community Members: \$80

KIDS PAINT AND SIP (AGES 5-11)

Fun painting though step by step instruction. Children will add their own creative touches to each work of art. One canvas will be completed each class. Drinks and painting materials are provided.

**Monday 11/4, 11/11, 11/18, 11/25
4:00pm-4:45pm**

Members: \$60

Community Members: \$120

YOUTH DEVELOPMENT

YOUTH

YOUNG ARCHERS (AGES 6-8)

A beginner class for our young archers. Learn all the basics on equipment geared towards this age group.

Saturday 11:00am-11:30am

Members: \$60

Community Members: \$120

ARCHERY (AGES 8-ADULT)

Ready, Aim, Fire!

Learn proper technique for shooting a bow and arrow as well as basic maintenance. Equipment is provided.

Saturday 9:00am-9:45am

Saturday 10:00am-10:45am

Members: \$60

Community Members: \$120

ROOKIES SOCCER (AGES 3-5)

Dribble, shoot, goal!

Participants and their parents will learn soccer skills through age appropriate games and drills. You will receive a size 3 soccer ball. Parents participation is required.

Saturday 9:00am-9:45am

Members: \$72

Community Members: \$144

ALLSTAR SOCCER CLINIC (AGES 6-9)

In this clinic, athletes will learn the basics of game play, improve their skills and have fun. Participants should bring their own cleats and shin guards. We will supply the ball.

Saturday 10:00am-10:45am

Members: \$72

Community Members: \$144

YOUTH

MUSIC AND MOVEMENT (AGES 2-4)

Perfect class for little ones who are not ready to separate from Mom and Dad. Girls wear leotards, tights and ballet slippers. Boys wear a t-shirt and sweatpants or shorts.

Monday 4:00pm-4:30pm

Members: \$45

Community Members: \$90



COMBO DANCE (AGES 3-7)

A fun introduction to ballet and tap. Girls wear leotard and tights with ballet slippers and tap shoes. Boys wear t-shirt and sweatpants/shorts and sneakers.

Saturday 11:30am-12:15pm (AGES 3&4)

Saturday 12:15pm-1:15pm (AGES 5-7)

Member: \$72

Community Member \$144

HIP HOP DANCE (AGES 7-12)

Fun hip hop dance class for children ages 7-13. Great for beginners!

Monday 4:30pm-5:00pm

Members: \$45

Community Members: \$90

HEALTHY LIVING

WELLNESS CENTER

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.

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

SENIOR COLOR CLUB

Come and join us for some colorful fun. Supplies will be provided, but you are welcome to bring your own.

Wednesday 11:30am-12:30pm

FREE for Facility members



WELLNESS CENTER

SILVER & FIT

Silver & Fit® Exercise and Healthy Aging Program. Health plans offer the Silver & Fit program to eligible Medicare Advantage/Supplement beneficiaries and group retirees. As a Silver & Fit member, you'll get to work out more, meet new friends, and be more social.

AOA LOYALTY CARD

Pick up a Loyalty Card each month. Have it punched each day you come to the Y to get moving. At the end of the month, if you have 10 punches, turn in your card. You will have a chance to win a fun prize!



HEALTHY LIVING

GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

ACTIVE OLDER ADULT FIT

Enjoy time with your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily living activities. Hand-held weights, elastic tubing with handles and balls are used. Chairs available.

ACTIVE OLDER ADULT CARDIO CIRCUIT

Increase cardiovascular and muscular endurance in a standing circuit workout. Hand-held weights, elastic tubing and a ball will be used an alternated with non-impact aerobics. Chairs available.

ZUMBA GOLD ®

Targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

ZUMBA ®

When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring!

ZUMBA TONING®

When it comes to body sculpting, Zumba®Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.

GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

**Group Fitness Youth Policy:
Youth members aged 13 and over
are allowed to participate in
group exercise classes.**

BOOT CAMP

A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves using barbells and free weights. This motivating class will leave you toned, defined and achieving the results you've always wanted.

KARDIO KICKBOXING

This class blends athletic drills with martial arts to create a great workout. Learn to use body movements to build self-confidence, release stress and empower.



HEALTHY LIVING

GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME
CENTER, MOBILE APP AND WEBSITE

STRENGTH 101

This is a fun entry level class where participants complete a "circuit" of exercises to build foundational strength and to elevate your heart rate. Wrap it up with some stretches and you're on your way!

MUSCLE AND CORE

Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.

INDOOR CYCLING

A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels. Pre-sign up required for each individual class begins at 6:30pm the evening before, 4:30pm on weekends.



MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME
CENTER, MOBILE APP AND WEBSITE

Early Morning Offerings:

**Strength Train Together
Wednesday/Friday 5:45am**

**TRX
Tuesday/Thursday 5:45am**

**Boot Camp
Tuesday/Thursday 7:15am**

**Boot Camp
Monday 5:45am**

STRENGTH EXPRESS

A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves that may use barbells, free weights or bands.

STEP & SCULPT

This energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness.

TRX® BOOT CAMP

Boot camp will promise an intense workout that incorporates body weight strength training with our using the TRX® Suspension Training®, kettle bells and weights. Paired with short burst of high intensity cardio that will strengthen and tone all major muscle groups. To reserve your spot, call the Y beginning at 6:30pm the night before class (4pm on Weekends)

HEALTHY LIVING

GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

KUNDALINI YOGA

Work on the subtle energies inside and around the body with a powerful combination of movement, breath, mantra, and meditation. We clear and reset the entire body system for a deep sense of well-being, strength, and grace even in stressful times.



YOGA

Grow longer and stronger as you work through movement designed to increase your flexibility, release tension and improve posture. This class is designed for all levels.

STEP SKILLS PLUS DRILLS

Step combos, just like in a regular step class, alternating with intervals of high intensity cardio drills.

TAI CHI

Instructed by Martin Reichgut, MD, the class will use the flowing, meditative movements of this ancient Chinese martial art to improve balance, strength, endurance, flexibility, coordination, concentration, and memory. He will demonstrate how you can use Tai Chi's self-defense strategies to reduce our stress and protect ourselves from the repeated assaults of everyday life.

Mondays
Thursdays

11:45am
2:40pm

WATER ACTIVITIES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

AQUA ZUMBA®

Known as the Zumba® "pool party". Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua class blends it all together into a safe, challenging, water based workout that's cardio-conditioning, body toning, and most of all, exhilarating beyond belief.



DEEP WATER FIT

A dynamic workout using cardio and strength training intervals in the pool.

WATER FIT

Moderate intensity water aerobics. This class includes a cardiovascular workout followed by toning exercises using a variety of equipment in the water.

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

HEALTHY LIVING

TOGETHER TRAINING

The Class You Pick, The Experience You Remember!

BALANCE & FLEX TOGETHER

This class will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

STRENGTH TRAIN TOGETHER

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

ACTIVE TOGETHER

Gives you all the training you need— cardio, strength, balance and flexibility— in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

DEFEND TOGETHER

A gripping hour that burns a ton of calories and builds total body strength. A class for anyone wanting a challenging, athletic, and motivating workout. It's explosive, electric, and thrilling. MMA moves drive a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus.

Plus it's a great way to kick stress out of your life!

TOGETHER TRAINING

The Class You Pick, The Experience You Remember!

CYCLE TOGETHER

A fantastic way to improve your cardio fitness, burn calories, shape and strengthen your lower body, and have fun while doing it! Since you control the intensity of the workout by adjusting your own bike, it's a great workout for all ages whether you are just starting out or are an avid cyclist looking to train indoors. It's also a great option to add to your other workouts.

CYCLE 30 TOGETHER

Cycle 30 Together is the ideal place to start your new members on their fitness journey – they will enjoy the experience, feel immediately successful, and want to come back for more. It breaks down the barriers to exercise, with a workable class length, achievable pace, and encouraging coaching style.

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! You will also receive personal training sessions, one on one sessions with our dietitian and a weekly small group training class. Learn how to keep working toward your healthy lifestyle goals with a fun, supportive group of like-minded people in a comfortable setting!

Program Includes:

8 30min personal training sessions
Sessions with a Registered Dietitian
One small group training session per week
Weekly tips and goals
Weekly weigh-ins and measurements
Personalized exercise recommendations and guidelines
Fee: \$260 per member

Start Date: Monday, September 9

Start Time: 6:00pm

SOCIAL RESPONSIBILITY

SEASONAL PROGRAMS

YOUTH & GOVERNMENT (HIGH SCHOOL AGE)

Delegations are held at Foran High School and Laurelton Hall. Participants take on government roles and participate in writing, debating, lobbying and passing laws. Program concludes with the annual state conference in Hartford.

(Delegations and participants will be required to pay for their own trip.)

Contact Nicole Servas at ext. 3116 if you are interested but your school does not have a Delegation.

YOUTH COMMISSION/LEADERS CLUB

A joint venture between the YMCA and the Milford Mayor's Office. Teens participate in leadership and community activities.

Meets alternating Tuesdays through the school year.

First meeting September 24 6:00pm

Contact Nicole Servas at nservas@cccymca.org

FREE to the youth in the community.

Y-NIGHTS (GRADES 5-8)

To provide a safe, fun, healthy environment for teens to hang out and have fun. Opportunities for swimming, working out, dancing, crafting and other fun activities. Fun night just for tweens and teens.

7:00pm-9:00pm

Member: \$8

Community Member: \$12

HALLOWEEN AT THE Y

A ghoulishly fun afternoon for the family! Come in costume for fun games and a little spooking. Trick or treating too so bring your bag. Parents must attend with children.

October 26 4:00pm-5:30pm

Member: \$5 per child

Community Member: \$8 per child

YMCA PROGRAM CREDIT/REFUND POLICY

Refunds For Program Fees Will Only Be Approved In The Following Instances:

- The YMCA cancels a program (Not weather related)
- Request Form is received prior to the start of the Session.
- After the start of the session, only for medically documented reasons.
- There will be a \$10.00 administrative fee for each refund/credit, unless the YMCA cancels the class.

TOGETHERHOOD PROGRAM

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.

Dates: Orientation will be determined in September. Stay Tuned

For additional information please reach out to Nicole Servas, Operations Director at 203 878 6501 or by email at nservas@cccymca.org.

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR APP KEEPS YOU ON TRACK

DAXKO LLC Central Connecticut Coast YMCA Mobile App!

Forget your membership card? Wonder if there is a Strength Train Together class this evening? Need to squeeze in a workout while you're out and about? Looking for open swim or child watch times? **The Daxko LLC Central Connecticut Coast YMCA app will give you everything you need in the palm of your hand – for all CCCY Membership Branches!**

FREE!

Schedules - on one user-friendly landing page for all CCCY Branches

Calendar - for easy transition through days/dates

Filters - by area/room, time of day, class type

Notifications - from multiple branches

Locations - with facility status and hours

Member Cards - check-in with your phone, visible on IOS Wallet when close

Programs - view and register

Push Notifications! Opt-in for updates on classes and the facility

Email the Y

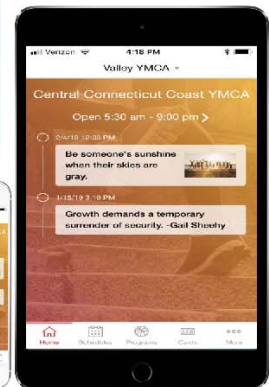
IT'S EASY TO DOWNLOAD!

Click on the link in the **Announcement** area of your CCCY App or

Click on the link on our web site or download from the App Store (Daxko LLC then search for the Central Connecticut Coast YMCA) Please add your membership cards again. Our present app will stop functioning on April 12, 2019

QUESTIONS? ASK MEMBER SERVICES!

CENTRAL CONNECTICUT COAST YMCA
1240 Chapel Street, New Haven CT 06511
P 203 777 9622 W cccymca.org





**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

NATIONWIDE MEMBERSHIP

ALWAYS WELCOME Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your “home” YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

IN EVERY COMMUNITY We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.



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 welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socioeconomic status.

CHILDREN AT THE Y

Supervision Requirements

Parents or guardians of children under the age of 12 must remain on Y property while their children are at the Y. The only exceptions to this policy are if children are participating in a supervised Y program or activity. Please escort your child to and from their program to ensure their safety. Please be prompt at pick-up.

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WOODRUFF FAMILY YMCA

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www.woodruffymca.org



United Way of Milford