



SOUNDVIEW FAMILY YMCA PROGRAM SCHEDULE



Soundview Family YMCA - 2009 FALL 1 Programs

| Program Descriptions | | Ages | Dates | Days | Times | Members | Non Members | Location |
|--------------------------------|--|-------------------------------|--|---|--------------------------------|-----------------|-------------------|---|
| Swim Lessons | Parent & Child | 6months - 3 yrs | September 28th-October 21st | Mon. & Wed. | 5:00pm-5:30pm | \$75.00 | \$110.00 | Baymont Inn & Suites (formerly Best Western) |
| | | | September 29th-October 22nd | Tues. & Thurs. | 9:30am-10:00am | \$75.00 | \$110.00 | |
| | | | October 4th - November 1st | Sundays | 3:45pm-4:30pm | \$75.00 | \$110.00 | |
| | Pike | 3 - 5 yrs | September 28th-October 21st | Mon. & Wed. | 5:30pm-6:00pm | \$75.00 | \$110.00 | |
| | | | September 29th-October 22nd | Tues. & Thurs. | 10:00am-10:30am | \$75.00 | \$110.00 | |
| | | | October 4th - November 1st | Sundays | 3:00pm-3:45pm or 4:30pm-5:15pm | \$75.00 | \$110.00 | |
| | Eel | 3 - 5 yrs | September 28th-October 21st | Mon. & Wed. | 6:00pm-6:30pm | \$75.00 | \$110.00 | |
| | | | September 29th-October 22nd | Tues. & Thurs. | 10:30am-11:00am | \$75.00 | \$110.00 | |
| | | | October 4th - November 1st | Sundays | 5:15pm-6:00pm | \$75.00 | \$110.00 | |
| | Polliwog | 6 - 12yrs | September 28th-October 21st | Mon. & Wed. | 6:30pm-7:00pm | \$75.00 | \$110.00 | |
| | | | October 4th - November 1st | Sundays | 6:00pm-6:45pm | \$75.00 | \$110.00 | |
| | Youth Super Sports | Tiny Tigers Karate | 3 - 5 yrs | September 14th - October 19th | Mondays | 5:30pm-6:00pm | \$80.00 | |
| Youth Karate Lessons | | 6 - 13 yrs | September 10th - October 15th | Thursdays | 5:30pm-6:15pm | \$80.00 | \$115.00 | Dojo of Modern Karate |
| Sports Sampler | | 7 - 10 yrs | September 8th - October 13th | Tuesdays | 6:00pm-7:30pm | \$75.00 | \$110.00 | Walsh Intermediate School |
| T-Ball | | 4 - 6 yrs | September 9th - October 14th | Wednesdays | 5:00pm-6:00pm | \$75.00 | \$110.00 | Walsh Intermediate School |
| Munchkin Soccer (parent/child) | | 2 - 4 yrs | September 12th - October 17th | Saturdays | 9:30am-10:15am | \$75.00 | \$110.00 | Walsh Intermediate School |
| Pee Wee Soccer | | 5 - 7 yrs | September 12th - October 17th | Saturdays | 10:30am-11:30am | \$75.00 | \$110.00 | Walsh Intermediate School |
| Lil Racquet | | 4 - 5 yrs | September 9th - October 14th | Wednesdays | 3:45pm-4:30pm | \$89.00 | \$124.00 | CT Hospice Courts |
| Hot Shots Tennis | | 6 - 8 yrs | September 9th - October 14th | Wednesdays | 4:30pm-5:30pm | \$89.00 | \$124.00 | CT Hospice Courts |
| Rising Stars Tennis | | 9 - 14 yrs | September 9th - October 14th | Wednesdays | 5:30pm-6:30pm | \$89.00 | \$124.00 | CT Hospice Courts |
| Junior Achievers Tennis | | 11 - 17 yrs | September 9th - October 14th | Wednesdays | 6:30pm-7:30pm | \$89.00 | \$124.00 | CT Hospice Courts |
| Lil Racquet | | 4 - 5 yrs | September 12th - October 17th | Saturdays | 10:00am-10:45am | \$89.00 | \$124.00 | CT Hospice Courts |
| Hot Shots Tennis | | 6 - 8 yrs | September 12th - October 17th | Saturdays | 10:45am-11:45am | \$89.00 | \$124.00 | CT Hospice Courts |
| Rising Stars Tennis | | 9 - 14 yrs | September 12th - October 17th | Saturdays | 11:45am-12:45pm | \$89.00 | \$124.00 | CT Hospice Courts |
| Junior Achievers Tennis | 11 - 17 yrs | September 12th - October 17th | Saturdays | 12:45pm-1:45pm | \$89.00 | \$124.00 | CT Hospice Courts | |
| Teen Programs | Teen Karate Lessons | 14 - 17 yrs | September 10th - October 15th | Thursdays | 6:45pm-7:30pm | \$80.00 | \$115.00 | Dojo of Modern Karate |
| | Traveling Teens (Haunted Graveyard) | 13 - 15 yrs | October 30th | Friday | 5:30pm-9:30pm | Varies | Varies | Lake Compounce |
| | Babysitting Course (ARC) | 11 - 15 yrs | October 3rd | Saturday | 9:00am-4:00pm | \$80.00 | \$115.00 | Soundview YMCA Office |
| | Sports Spectacular | 11 - 15 yrs | September 11th - October 16th | Fridays | 6:00pm-7:30pm | \$75.00 | \$110.00 | Walsh Intermediate School |
| Adult Programs | Adult Tennis Lessons | 18 - Up | September 12th - October 17th | Saturdays | 8:30am-10:00am | \$99.00 | \$134.00 | CT Hospice Courts |
| | Adult Karate Lessons | 18 - Up | September 10th - October 15th | Thursdays | 6:45pm-7:30pm | \$80.00 | \$115.00 | Dojo of Modern Karate |
| Water Fitness | Shape Up Aquatics | 18 - Up | August 31st - October 21st (no class 9/7) | Mon. & Wed. | 11:30am-12:30pm | \$135.00 | \$170.00 | Evergreen Woods |
| | Joints In Motion | 18 - Up | | Mon. & Wed. | 12:30pm-1:30pm | \$135.00 | \$170.00 | |
| | Shape Up Aquatics | 18 - Up | September 1st - October 22nd | Tues. & Thurs. | 10:00am-11:00am | \$135.00 | \$170.00 | |
| | Arthritis Foundation Aquatics | 18 - Up | | Tues. & Thurs. | 11:00am-12:00pm | \$135.00 | \$170.00 | |
| | Shape Up Aquatics | 18 - Up | | Tues. & Thurs. | 12:00pm-1:00pm | \$135.00 | \$170.00 | |
| Events | America On The Move Week! | ALL | September 21st - September 25th | Events will be held throughout the week. Please call for information. | | FREE | \$15.00 | Varies |
| | 4th Annual Sara H. Forbes Golf Classic | 18 - Up | October 5th | Monday | 11:00am-8:00pm | \$250.00/golfer | | Clinton Country Club |

FOR MORE INFORMATION CHECK OUR WEBSITE www.soundviewymca.org OR CALL 481-9622

TURN OVER



SOUNDVIEW FAMILY YMCA PROGRAM SCHEDULE



Soundview Family YMCA - 2009 FALL 2 Programs

| Program Descriptions | Ages | Dates | Days | Times | Members | Non Members | Location | |
|---|-------------------------------|---|--|----------------|-----------------------------------|--|----------|---|
| Swim Lessons | Parent & Child | 6months - 3 yrs | November 2nd-November 25th | Mon. & Wed. | 5:00pm-5:30pm | \$75.00 | \$110.00 | Baymont Inn & Suites (formerly Best Western) |
| | | November 3rd-December 1st (no class 11/26) | Tues. & Thurs. | 9:30am-10:00am | \$75.00 | \$110.00 | | |
| | | November 15th-December 20th (no class 11/29) | Sundays | 3:45pm-4:30pm | \$75.00 | \$110.00 | | |
| | Pike | 3 - 5 yrs | November 2nd-November 25th | Mon. & Wed. | 5:30pm-6:00pm | \$75.00 | \$110.00 | |
| | | | November 3rd-December 1st (no class 11/26) | Tues. & Thurs. | 10:00am-10:30am | \$75.00 | \$110.00 | |
| | | | November 15th-December 20th (no class 11/29) | Sundays | 3:00pm-3:45pm or 4:30pm-5:15pm | \$75.00 | \$110.00 | |
| | Eel | 3 - 5 yrs | November 2nd-November 25th | Mon. & Wed. | 6:00pm-6:30pm | \$75.00 | \$110.00 | |
| | | | November 3rd-December 1st (no class 11/26) | Tues. & Thurs. | 10:30am-11:00am | \$75.00 | \$110.00 | |
| | | | November 15th-December 20th (no class 11/29) | Sundays | 5:15pm-6:00pm | \$75.00 | \$110.00 | |
| | Polliwog | 6 - 12yrs | November 2nd-November 25th | Mon. & Wed. | 6:30pm-7:00pm | \$75.00 | \$110.00 | |
| November 15th-December 20th (no class 11/29) | | | Sundays | 6:00pm-6:45pm | \$75.00 | \$110.00 | | |
| Youth Programs | Creative Kidz (parent/child) | 2 - 4 yrs | October 31st-December 12th (no class 11/28) | Saturdays | 9:30am-10:15am | \$75.00 | \$110.00 | Soundview YMCA Office |
| | Weird & Wacky | 5 - 8 yrs | | | 10:30am-11:30am | \$75.00 | \$110.00 | Soundview YMCA Office |
| | We Just Wanna Have Fun | 9 - 12 yrs | | | 11:45am-12:45pm | \$75.00 | \$110.00 | Soundview YMCA Office |
| Youth Super Sports | Tiny Tigers Karate | 3 - 5 yrs | November 2nd-December 7th | Mondays | 5:30pm-6:00pm | \$80.00 | \$115.00 | Dojo of Modern Karate |
| | Biddy Basketball | 4 - 6 yrs | November 4th - December 9th | Wednesdays | 6:00pm-7:00pm | \$75.00 | \$110.00 | TBD |
| | Sports Sampler | 7 - 10 yrs | November 3rd-December 8th | Tuesdays | 6:00pm-7:30pm | \$75.00 | \$110.00 | TBD |
| | Youth Karate Lessons | 6 - 13 yrs | November 5th - December 17th (no class 11/26) | Thursdays | 5:30pm-6:15pm | \$80.00 | \$115.00 | Dojo of Modern Karate |
| Teen Programs | Teen Karate Lessons | 14 - 17 yrs | November 5th - December 17th (no class 11/26) | Thursdays | 6:45pm-7:30pm | \$80.00 | \$115.00 | Dojo of Modern Karate |
| | Traveling Teens | 13 - 15 yrs | TBD | Friday | TBD | Varies | Varies | TBD |
| | Babysitting Course (ARC) | 11 - 15 yrs | November 17th-November 19th | Tues.-Thurs. | 3:00pm-6:00pm | \$80.00 | \$115.00 | TBD |
| | Sports Spectacular | 11 - 15 yrs | November 6th-December 18th (no class 11/27) | Fridays | 6:00pm-7:30pm | \$75.00 | \$110.00 | TBD |
| Adult Programs | Paint Your Own Pottery | 18 - Up | November 17th-December 15th | Tuesdays | 6:30pm-7:30pm | \$100.00 | \$135.00 | Fired Up! Branford Green |
| | Adult Karate Lessons | 18 - Up | November 5th - December 17th (no class 11/26) | Thursdays | 6:45pm-7:30pm | \$80.00 | \$115.00 | Dojo of Modern Karate |
| Water Fitness | Shape Up Aquatics | 18 - Up | October 26th - December 16th | Mon. & Wed. | 11:30am-12:30pm | \$135.00 | \$170.00 | Evergreen Woods |
| | Joints In Motion | 18 - Up | | Mon. & Wed. | 12:30pm-1:30pm | \$135.00 | \$170.00 | |
| | Shape Up Aquatics | 18 - Up | October 27th - December 17th (no class 11/26) | Tues. & Thurs. | 10:00am-11:00am | \$135.00 | \$170.00 | |
| | Arthritis Foundation Aquatics | 18 - Up | | Tues. & Thurs. | 11:00am-12:00pm | \$135.00 | \$170.00 | |
| | Shape Up Aquatics | 18 - Up | | Tues. & Thurs. | 12:00pm-1:00pm | \$135.00 | \$170.00 | |
| Certification Courses | Adult/Child/Infant CPR | 11 - Up | November 7th | Saturday | 2:00pm-6:00pm | \$75.00 | \$110.00 | Soundview YMCA Office |
| | Community First Aid | 11 - Up | November 21st | Saturday | 2:00pm-6:00pm | \$75.00 | \$110.00 | |
| Events | Thanksgiving Day Walk/Run | ALL | November 26th | Thursday | 8:30am-10:00am | Call for more information for to register. | | Walsh Intermediate School |

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