



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR TEACHING
**HEALTHY
HABITS**

**SOUNDVIEW FAMILY YMCA
FALL I PROGRAM GUIDE
September 3– October 28, 2018**

HERE FOR YOU

PROGRAM REGISTRATION

FALL I

September 3 - October 28

Facility Members: AUGUST 13

Community Members: AUGUST 20

CHILD WATCH HOURS

Mon-Fri 9:00am-12:00pm

Mon-Thurs 4:30-8:00pm

Saturday 9:00am-12:00pm

Sunday 9:00am-12:15pm



SOUNDVIEW FAMILY YMCA

P 203 481 9622 F 203 481 9363

Email: soundviewinfo@cccympa.org

FACILITY HOURS

Mon-Thurs 5:30am-9:00pm

Friday 5:30am-7:30pm

Saturday 7:00am-7:00pm

Sunday 8:00am-4:00pm

HOLIDAY HOURS/CLOSURES

Labor Day: September 3- 5:30am-1pm, no paid programs

WEATHER POLICY: In the event of inclement weather related closures we will post information on Facebook, Twitter, and the following television stations: WTNH (channel 8), WFSB (channel 3), and NBC CT (channel 30).

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income.

Please contact us for more information.

YOUR YMCA STAFF

Executive Director: [Douglas Shaw](#)

Administrative Coordinator: [Barbara Hemming](#)

Senior Program Director: [Lindsay DeMartino](#)

Facility Director: [Ralph Ricciardelli](#)

Membership and Child Watch Coord: [Stacey Rubino](#)

Aquatics Coordinator: [Kyle Jones](#)

Aquatics Coord/Head Swim Coach: [Wesley Crozier](#)

Asst. Facility Director: [Gary McNeil](#)

Health and Wellness Director: [Aja Greene](#)

Senior Coordinator: [Kathy Derken](#)

Youth Director: [Caitlyn Lyon](#)



US... IS EMPOWERING

Annual Campaign

The Y. For a better us.

The Y is now...as it has always been...a place of possibility and promise for all. Unfortunately, in times when the true power of "us" is unknown to many and our bonds are fraying, we must do even more to enhance our human connections. That's why the Y passionately focuses on strengthening communities.

Every day, the Y strengthens communities 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 find the power of their full potential.

We can't do it alone.

DONATE FOR A BETTER US.

The Y. For a better us.

PARENT/CHILD &
PRESCHOOL/
YOUTH
Pages 4-6

COMPETITIVE
SWIM &
CERTIFICATION
Page 7

YOUTH SWIM
LESSONS
Pages 8-9

CHILD CARE
Pages 10-11

YOUTH
FITNESS/FAMILY
TIME
Page 13

ADULT
TRAINING/
FITNESS
Pages 14-17

ACTIVE OLDER
ADULTS
Page 18

WATER
ACTIVITIES
Page 19

YOUTH DEVELOPMENT

CHILD CARE

ENGAGING BEYOND THE SCHOOL DAY AFTER SCHOOL PROGRAM 2018-19

Registration Now Open!

We strongly believe that every child needs a safe and fun experience each and every day. Our program is designed to provide an environment where each child can learn and grow through a wide variety of exciting activities that promote youth development, healthy living and social responsibility. We maintain a strong commitment to building character in youth through our four core values of Caring, Honesty, Respect and Responsibility.

EXPERIENCE THE YMCA AFTER SCHOOL

Monday-Friday until 6:30pm.

2, 3, 4, & 5 day options available.

Swimming, Homework Help, Snack, Sports, Fitness Activities, Organized Play, Arts & Crafts, and more!

CONVENIENTLY PROVIDING TRANSPORTATION TO THE Y FROM:

Branford: Murphy, Sliney, Tisko, and Walsh Intermediate

Member/Community Monthly Fees:

2 days/week : \$218/\$368

3 days/week : \$239/\$389

4 days/week: \$263/\$413

5 days/week: \$282/\$432

\$35 registration fee—one time

YOUTH

Unless otherwise specified, fees for Youth Classes are:
Member: \$51 Community Member: \$100

POSITIVE AMERICAN KARATE (AGES 4 & Up)

Karate builds confidence, self-esteem, and respect. Students will become physically fit, focused, and have fun.

Location: Multipurpose Room

Instructor: Kyle

Fridays 5:00-5:45pm



SOCCKET (Ages 4 & Up)

Come and play Soccer inside our multipurpose room and keep active and fit while learning new skills!

Location: Multipurpose Room

Saturdays 11:15-12:00pm



CHILD WATCH (AGES 3MO-9YEARS)

This safe, secure environment is here for your little one while you take care of you! We have three areas with toys and items best suited for your child's age.

- Infant Room (3-24 months)
- Toddler/Preschool Area (ages 2-5)
- Media Center/School Age Area (6+)

HOURS

Monday - Friday 9:00am-12:00pm

Monday - Thursday 4:30pm-8:00pm

Saturday 8:00am-12:00pm

Sunday 9:00am-12:15pm

Each day we have a schedule of activities to keep your child engaged!

Morning: Evening:

9:30-10:00 Circle Time 4:45-5:30 Story Time

10:00-10:45 Crafts 5:30-7:00 Free Art

11:00-11:30 Music 7:00-7:30 Music

11:30-12:00 Free Art 7:30-8:00 Free Play

FREE WITH FAMILY MEMBERSHIP!

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

YOUTH DEVELOPMENT

YOUTH

PLAY WITH FRIENDS

PLAYSCAPE HOURS

Enjoy our new Playscape as a family!
For your safety, please follow the
Playscape Usage Guidelines.

MONDAY: 1:00-4:00pm
TUESDAY: 1:00-4:00pm
WEDNESDAY: 1:00-4:00pm
THURSDAY: 1:00-4:00pm
FRIDAY: 1:00-4:00pm
5:00-7:00pm
SATURDAY: 5:00-7:00pm
SUNDAY: 2:00-4:00pm



YOUTH

Unless otherwise specified, fees for Youth Classes are:
Member: \$51 Community Member: \$100

LEGO MANIA (Ages 4 & Up)

Learn, build, and play with your amazing creations as you craft a masterpiece of your own. Location: Studio B
Thursdays 4:15-5:00pm

JEWELRY MAKING (Ages 4 & up)

Learn how to make your own personal and stylish jewelry using different techniques. Location: Studio B
Fridays 4:30-5:15pm

JUGGLING & CIRCUS ARTS (Ages 4 & up)

Juggling is safe, fun, and can be learned at any age. With the help of Mystery Mike, participants will learn to juggle, spin plates, create balloon sculptures, and perform simple magic, all while stimulating their brains and improving their balance and posture.
Location: Studio B
Wednesdays 4:15-5:15pm

PARENT'S NIGHT OUT (AGES 4-12)

Parents enjoy a night out while the kids enjoy a great time at the Y! Kids can play with friends, swim, enjoy pizza, crafts and more!

Member: \$11 per child in advance \$16 per child day of

Saturdays:
9/22, 10/27, 11/17, & 12/15

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

YOUTH DEVELOPMENT

YOUTH

Unless otherwise specified, fees for Classes are:
Member: \$51 Community Member: \$100

STRETCH AND MEDITATE (Ages 10 & Up)

Going back to school can be stressful!
Center yourself and strengthen your mind
and body through 45 minutes of breathing,
stretching, and core work with guided
meditation.

Location: Studio B

Instructor: April

Wednesday 5:15-6:00pm

BEGINNER BALLET AND DANCE FUSION (AGES 3-5)

Bring your ballet slippers and get ready to
move your feet! Learn the basics of ballet
and an understanding of the art of dance.

Location: Studio B

Instructor: April

Wednesday 4:15-5:00pm

ZUMBA® KIDS (AGES 4-11)

Zumba® Kids Jr. classes are a dance 'n' play
party for lil' feet where pint-sized party
animals get silly, dream big and begin their
journey to a healthy future. This program is
for kids to let loose and be themselves –
little bundles of natural energy that are
endlessly curious about new sounds and
experiences! Here they can socialize, move
to age-appropriate music and play games
with other kids.

Location: Multipurpose Room

Instructor: Martha

Monday 4:15-5:00pm

****FREE FOR MEMBERS****

***Pre-registration required.**

YOUTH

Y PICKUP BASKETBALL LEAGUE

No Uniforms

No Refs

Just Fun!

(Grades 5 - 8) CO-ED

All the fun of a youth basketball league, but
with none of the stress! Sometimes it's
about shooting hoops with friends rather
than being coached through every play.
Come spend an afternoon playing
basketball with our Y staff and make new
friends in the process. All skill levels are
welcome to join and each week teams will
be organized.

Member: \$25 Community: \$50



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

YOUTH DEVELOPMENT

YOUTH SWIM LESSONS

Swim Lesson Evaluation Day

This day is for those who have never taken YMCA Swim lessons before and/ or for those unsure what level to enroll in. This short evaluation session will let you know what level to enroll your child in.

REGISTRATION IS REQUIRED.

8/13/18 4:00pm

MINI STINGRAYS

AGES 7 - 12

This pre-competitive swim team program is aimed at swimmers who are not quite ready for a competitive team. The Mini Stingrays are intended to help prepare children for entry into the competitive program while helping to teach them skills that will benefit them for a lifetime.

This is a pre-competitive program designed for younger swimmers. An emphasis is placed on teaching the competitive strokes and preparing swimmers for the YMCA Stingrays Swim Team experience. Swimmers must be able to swim 25 yards of freestyle and 25 yards of backstroke.

**Member: \$160 Community: \$320
Monday & Wednesday 7:15-8:00pm**

YOUTH SWIM LESSONS

ADAPTIVE AQUATICS

AGES 3 AND UP 1:2 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. For more information or to discuss your child's specific needs, please contact Suzanne Kilbride at extension 3212

**Member: \$108 Community: \$216
(Ages 3-5) Sundays 1:30-2:00pm
(Ages 6-12) Saturday 12:30-1:00pm
(Ages 13-18) Saturday 1:00-1:30pm**



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

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: \$88 / Community Member: \$175

Fridays, 10:10am

Saturdays, 11:20am

Sundays, 10:45am

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: \$88 / Community Member: \$175

Fridays, 10:45am

Saturdays, 11:55am

Sundays, 11:20am

AGE GROUP	STAGE	
6 months - 3 years	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	SWIM BASICS SWIM STROKES	Stages 1-6



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: \$88 / Community Member: \$175

PRESCHOOL

Mondays: 4:00pm
Tuesdays: 4:15pm
Wednesdays: 4:00pm
Thursdays: 4:15pm
Fridays: 9:00am, 4:00pm, 4:35pm
Saturdays: 9:00am, 10:10am, 11:20am, 11:55am
Sundays: 9:00am, 1:00pm

SCHOOL AGE

Mondays: 5:10pm
Tuesdays: 5:25pm
Wednesdays: 5:10pm
Thursdays: 5:25pm
Fridays: 5:10pm
Saturdays: 9:00am, 10:10am
TEEN & ADULT
Saturdays: 8:00am
Sundays: 1:45pm

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: \$88 / Community Member: \$175

Preschool

Mondays: 4:00pm, 4:35pm
Tuesdays: 4:15pm
Wednesdays: 4:00pm, 4:35pm
Thursdays: 4:15pm
Fridays: 9:35am, 4:00pm
Saturdays: 9:35am, 10:45am, 11:55am
Sundays: 9:35am, 1:35pm

School Age

Mondays: 5:10pm
Tuesdays: 5:25pm
Wednesdays: 5:10pm
Thursdays: 5:25pm
Fridays: 5:10pm
Saturdays: 10:10am, 10:45am
Sundays: 2:45pm

AGE GROUP STAGE

6 months - 3 years	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	SWIM BASICS SWIM STROKES	Stages 1-6

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: \$88 / Community Member: \$175

PRESCHOOL

Mondays: 4:35pm
Wednesdays: 4:35pm
Fridays: 4:35pm
Saturdays: 9:35am
Sundays: 10:10am
SCHOOL AGE
Mondays: 5:45pm
Tuesdays: 4:50pm
Wednesdays: 5:45pm
Fridays: 5:45pm
Saturdays: 10:45am, 11:20am
Sundays: 2:10pm
TEEN & ADULT
Saturdays: 8:30am



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.

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: \$88 / Community Member: \$175

PRESCHOOL

Thursdays: 4:50pm

Saturdays: 9:35am

SCHOOL AGE

Mondays: 5:45pm

Wednesdays: 5:45pm

Fridays: 5:45pm

Saturdays: 9:50am, 12:05pm

Sundays: 12:00pm

TEEN & ADULT

Saturdays: 8:30am

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: \$88 / Community Member: \$175

SCHOOL AGE

Tuesdays: 6:00pm

Thursdays: 6:00pm

Saturdays: 10:25am

Sundays: 12:50pm

TEEN & ADULT

Saturdays: 9:00am

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 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 / Community Member: \$175

SCHOOL AGE

Tuesdays: 6:00pm

Thursdays: 6:00pm

Saturdays: 10:25am

Sundays: 12:50pm

TEEN & ADULT

Saturdays: 9:00am



OBSERVATION POLICY

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

YOUTH DEVELOPMENT

COMPETITIVE SWIMMING

SWIM FIT/MASTERS SWIM

Swim Fit provides coached workouts for adult swimmers (ages 18+) based on their goals. Workouts incorporate a variety of training styles to satisfy the newer swimmers, fitness swimmers, competitive swimmers, and tri-athletes. Our qualified coaches and supportive team members provide the positive, fun, and often inspirational environment needed to keep each other motivated. Join the team today and enjoy getting fit, improving your swimming, and meeting great people.

- Practices are held 5:30-6:30am Tuesday and Thursday.

MEMBERS ONLY

Automatically Billed Monthly: \$54

STINGRAYS SWIM TEAM

Offering a stimulating, enjoyable program that stresses stroke technique, starts, turns and basic training, we measure success not in terms of one or two extremely successful swimmers, but in the measurable improvement of all our swimmers. Our members become the best swimmers they can be, by improving their physical skills, developing self-confidence and self-discipline, and an appreciation for the way that they and their teammates can help each other attain their goals through teamwork and mutual support. We practice from mid-September to mid-March and early April to late July.

YMCA Facility membership is required in order to participate with the Stingrays. Membership must be active and valid during the entire duration of the registered season.

For more information contact:

Wesley Crozier at P 203 208 4569 E wcrozier@cccymca.org

MINI STINGRAYS

AGES 7 - 12

This pre-competitive swim team program is aimed at swimmers who are not quite ready for a competitive team. The Mini Stingrays are intended to help prepare children for entry into the competitive program while helping to teach them skills that will benefit them for a lifetime.

This is a pre-competitive program designed for younger swimmers. An emphasis is placed on teaching the competitive strokes and preparing swimmers for the YMCA Stingrays Swim Team experience. Swimmers must be able to swim 25 yards of freestyle and 25 yards of backstroke.

Member: \$160 Community: \$320

Monday & Wednesday 7:15-8:00pm

CERTIFICATION COURSES

AMERICAN RED CROSS (AGES 15 & UP)

LIFEGUARD CERTIFICATION

The American Red Cross Pool Lifeguarding course will help you develop skills and experience that will be valued by colleges and future employers. Colleges and employers look for applicants who can deal effectively with people, who have a take charge attitude and who are willing to work to develop new skills. Upon successful completion of this course, you will be certified in Pool Lifeguarding, First Aid, and CPR/AED for Lifeguards. Attendance at all sessions is required, certification is based up successful completion of both written and practical skills examinations. All classes must be attended. Enrollment does not guarantee certification. (Pre-requisite skills test of 300 yard swim, 2 minutes of treading water with legs only and 20 yard swim with object retrieval is required to take course and tested on first day of class).



Class Options:

Aug 13, 14, 15 & 16

10am-4pm

Sept 22,23,30 & Oct 1

10am-4pm

Oct 20,21,27 & 28

10am-4pm

(Must attend all days)

Member: \$250 Community: \$350

PRIVATE SWIM LESSONS

Schedule private or semi-private (up to 3 participants) swim lessons with our Aquatics department to meet your schedule and give your child (or yourself) the one-on-one instruction. Contracts are available at Member Services or online. Lessons are taught in 30 minute increments.

Individual Options: \$53 (1 lesson)
 \$95 (2 lessons)
 \$163 (4 lessons)

Semi-private:
(2 participants) \$63 (1 lesson)
 \$115 (2 lessons)
 \$204 (4 lessons)

Semi-private:
(3 participants) \$73 (1 lesson)
 \$135 (2 lessons)
 \$247 (4 lessons)

HEALTHY LIVING

ADULT FITNESS

YOGA WORKSHOP SERIES

Yin: Go Deep and Energize!

Nourish your spirit, rejuvenate your body, and enliven your mind! Enjoy an introduction to Yin Yoga, on the philosophy and health benefits of Yin and then the magic for yourself! Please join me and get to know your inner emotional with a feeling of calm and energy. The asanas combined with deep, focused breathing encourage you to tune in and listen to your body and surrender to your feelings rather than trying to push them down or control them. Poses are held between ten breaths and ten minutes, to liberate the body's chronic holding patterns and relieve pain, helping you to recapture some of the ease and freedom of movement you used to have as a child. One of the most potent ways to cultivate the body's subtle energy, Yin enables you to heal yourself, move negative emotions out, prevent injury and find a deep sense of peace in your body, mind and spirit.

Tuesday September 18 9:00-11:00am

Members: \$30



ADULT TRAINING

FIT: Free Introductory Training

HELPING YOU GET THE RESULTS YOU WANT

Exercise programs can be intimidating. We'll ensure you get off on the right track with the right program based on your specific goals.

Let us show you how to ensure that you succeed.

What is FIT?

FIT is a program that provides you with an easy-to-follow plan and cutting edge fitness tools. You will not be alone in this process. Our highly trained staff will help you set attainable goals and will provide the ongoing support necessary for your success.

New Members receive 2 free FIT appointments to help you get started on your fitness journey.

Step 1: Beginning Your Wellness Journey

The goal of this session is to get to know your wellness coach, understand your goals and expectations so we can develop an action plan. This 20 minute appointment will help assess your goals so our wellness staff can get you started on the right path.

Step 2: Orientation

The goal of this session is to review your goal assessment and start introducing you to the ways the YMCA can get you started on your fitness journey. This appointment will last 30 minutes and you will be working out on equipment in the wellness center. This session will show you how to get started working towards your fitness goals, answer any questions you may have about exercise, learn some innovative fitness tips to help you progress even faster!

See a Wellness Coach for more information and to register.

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING



TRX IS BACK! AND IT'S FREE!

Get a fast, effective total-body workout with TRX. With TRX you're in control of how much you want to challenge yourself on each exercise.

Why Try TRX Training?

- It's for Everyone
- Improves mobility and flexibility
- Builds lean muscle
- Develops functional strength
- Integrates strength and cardio

Beginner TRX: 30 minute class that introduces you to different TRX movements, how to execute them properly and incorporating them into a workout.

Intermediate TRX: 45 minute class for participants who have had exposure to TRX and are looking to improve their strength and fitness through TRX workouts.

Monday: 11:00-11:45am TRX Intermediate
7:00-7:30 pm TRX 101

Wednesday: 11:00-11:45am TRX Bootcamp
7:00-7:45 TRX Bootcamp

Friday: 11:00-11:30am TRX 101
7:00-7:45 PM TRX Intermediate

Members: FREE!

OUR APP HELPS YOU STAY ON TRACK

Our Central Connecticut Coast YMCA app will give you everything you need in the palm of your hand – for all our Membership Branches!

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 and classes

Notifications - from multiple branches

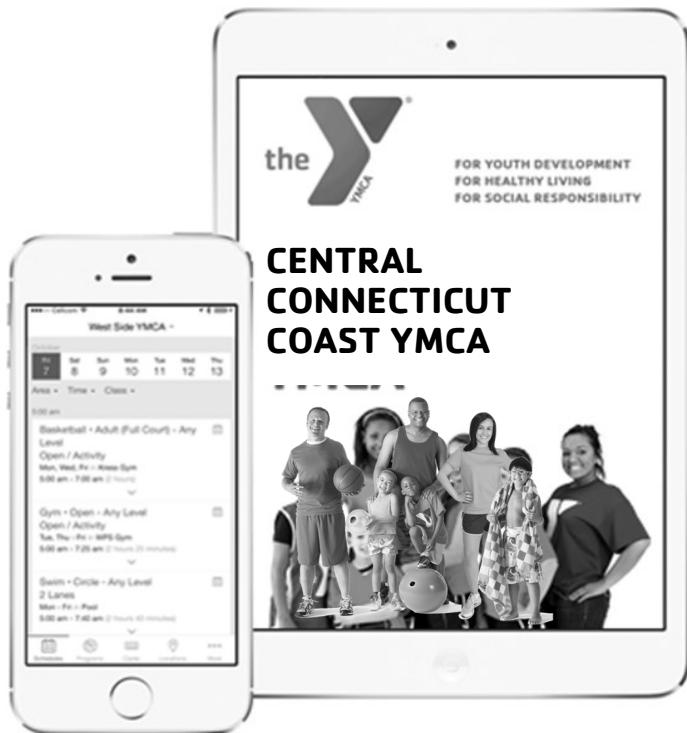
Locations - with facility status and hours

Member Cards - use your phone to check-in

Programs - view and register

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

FREE!



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

ADULT FITNESS



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 Aja Greene,
Health & Wellness P 203 481 9622 ext. 3218,
E agreene@cccymca.org

ADULT FITNESS

NEW OUTDOOR CLASSES

Outdoor classes are free to members. In case of bad weather, classes will be held indoors.

Insanity

INSANITY is a revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response," which normally happens when your body gets used to exercising at one level of exertion.

Location: Basketball Court

Saturday 7:15am

Group Cycle

A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels.

Location: Front Entrance

Friday 9:30am

Meet Up Run Group (For all levels)

Meet up with some of your friends and meet some new ones in this once a week running group.

Location: Meet in Lobby

Friday 9:30am



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

ADULT FITNESS



RUN THE GAUNTLET TRAINING

FUN FOR THE WHOLE FAMILY!!!

Spend 8 weeks getting in great shape, while preparing for one of the coolest events on the Shoreline Gauntlet Training will prepare you for this fun, family friendly obstacle race that takes place at Lighthouse Park on Saturday, October 2. You will have the opportunity to train on the actual race day obstacles! New this year, youth training option as there will be youth obstacles will available for training!!!

Monday and Wednesday

6:15am or 10:15am

Members: \$90

***New* Youth Training (Ages 8-15)**

Friday 5:00pm

Members: \$40

Training Starts Monday, August 28!

ADULT FITNESS

ROOKIE TRI TRAINING SWIM BIKE RUN GIVE IT A TRI

Ready to train for your first tri or just to get in shape for the tri season? Then our Rookie Tri Training is for you! Train with a great group of people and instructors who will become your new best friends and training partners. Also, join our Y-Tri club for great seminars and club events. The Race will take place on Sunday November 11, beginning at 7am.

TRAINING BEGINS MONDAY SEP. 17!!!

Information Session:

Thursday, September 7 at 6:30 pm

Training Dates and Times:

Tuesday 6:30-7:30am Swim
 9:15-10:15am Swim
 7:45-8:45pm Swim

Wednesday 7:00-8:00am Run
 9:15-10:15am Run
 5:45-6:45pm Run

Thursday 10:15-11:15 Cycle
 6:00-7:00 pm Cycle

Saturday 8:15-9:15 am Brick

Members: \$199



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

FREE TO MEMBER CLASSES!

Class times subject to change. Most recent Group Exercise Schedule is available at the Welcome Center or online www.soundviewymca.org

NEW STEP

Step is an energetic cardio workout that is done all on and off The STEP to train fitness, agility, coordination and strength, all to exciting energetic music. With the many exercise options and the adjustability of The STEP, intensity is easily managed so anyone, from new to exercise to an athlete in training, will feel successful.

Sunday 8:10 am

BOOT CAMP

A high intensity workout designed to work the whole body using resistance equipment steps and high intensity floor exercise.

Monday: 5:30am

INSANITY

INSANITY is a revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response," which normally happens when your body gets used to exercising at one level of exertion.

Tuesday/Thursday 5:15pm

Thursday 5:30-6:15am

Saturday 7:15am

NON STOP TABATA

Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20-seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post workout— get in shape the fast way!

Saturday 10:15am

BODY WEIGHT TRAINING

A complete total body workout with body weight, free weights, band and step. Standing and seated movement for strength and cardio endurance. An awesome full body workout!

Thursday 9:15am

ZUMBA GOLD

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Monday 12:15pm

Wednesday 11:15 pm

FREE TO MEMBER CLASSES!

Class times subject to change. Most recent Group Exercise Schedule is available at the Welcome Center or online www.soundviewymca.org

YOGA

Grow longer and stronger as you work through movement designed to increase your flexibility, release tension, and improve posture.

Monday 8:00 am /7:15 pm

Tuesday/Thursday 11:15am

Wednesday/Friday 8:00am

Sunday 11:20am

PILATES MAT

Tone and strengthen core muscles, improve stability and posture, slim down and tone up. This class involves free flowing moves concentrating on core strength, muscle balance, flexibility by doing traditional Pilates exercises on the mat as well as use of a stability ball. **MAX 25**

Monday/Wednesday 10:15am

Tuesday 6:15pm

YOGA SCULPT

Expand your strength, balance, mobility and overall awareness in this innovative class. Use the props, (weights, tubing, yoga blocks & physioball) are offered to deepen your experience. Start where you are.

Thursday 8:00am

GROUP CYCLE

A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels.

Monday 9:15am

ZUMBA®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Monday/Wednesday/Saturday 9:15am

Monday /Wednesday 5:15pm

Tuesday 7:15 pm

Thursday 6:15pm

Sunday 9:15am

HEALTHY LIVING

FREE TO MEMBER CLASSES

Class times subject to change. Most recent Group Exercise Schedule is available at the Welcome Center or online www.soundviewymca.org

COACH BY COLOR CYCLE CLASSES!!!

These zones can be linked to WattRate (power) and Functional Threshold Power (FTP), or heart rate and percentage of Heart Rate Max (HRM). FTP represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTP is known, users are assigned the five colored zones to accurately coach their effort for the best customized results. The WattRate® TFT computer on certain ICG bikes vividly displays the color zones, as does a front LED display.

Tuesday/Thursday 8am

Wednesday/Thursday 9:15am

Mon/Tues/Wed/Thurs 6:00pm

Saturday 7:15 and 9:15am

Sunday 8:15 and 10:15am

BEGINNER FRIENDLY

Want to start exercising but not sure where to start? Try our 101 classes! These 30 minute entry level classes are small in size and will help you make new friends, become part of a group, and learn to incorporate exercise into your lifestyle. These classes will support you and teach you how to do exercises!

CYCLE 101

Learn the basics of cycling with this 30 minute class designed to motivate and inspire the new Cyclist. The class will be at a slower pace and will focus on form and breathing.

Monday/Wednesday/Friday 10:30 am



MOSSA CLASSES

STRENGTH TRAIN TOGETHER

This class will blast your muscles with a high rep weight training workout. Using an adjustable barbell the workout combines squats, lunges, presses, and curls with functional integrated exercise.

Monday/Wednesday 6:15 pm

Tuesday 9:15 am

Tuesday/Thursday 12:15 pm

Friday 9:15 am

Sunday 10:15 am

ACTIVE TOGETHER

Cardio, Strength, Balance, and Flexibility-in just 1 hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

Tuesday 8am

Saturday 8:10am

BALANCE AND FLEX TOGETHER

Our Certified Instructors, 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.

Wednesday 7:15pm

Tuesday/Thursday 10:20am

New DEFEND TOGETHER

This is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

Thursday 7:15pm

Friday 10:15 am

Saturday 10:15am



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

SENIOR EXERCISE



SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Mon/Fri 11:15am

Wednesday 12:15pm

SILVERSNEAKERS® YOGA

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tuesday/Wednesday 1:15pm

ZUMBA GOLD®

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Monday 12:15pm

Wednesday 11:15am

ESSENTRICS

A completely original workout that draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body

Friday 12:15PM

SILVERSNEAKERS® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. This class is perfect for those participants who currently take the Silver Sneakers Classic class and are looking for that next step!

Thursday 1:15pm

SENIOR ACTIVITIES

JOIN US FOR OUR SENIOR HEALTH AND WELLNESS FAIR

Join us for a morning of fun activities highlighting the importance of regular physical activity to maintain a healthy spirit, mind and body. This event will offer free blood pressure screenings, nutrition education, senior resource vendors and much more! Come and join us to see what local businesses and vendors have to offer!

Wednesday, September 19, 9:00am-1:00pm
Members & Community Members: Free

SENIOR NEWSLETTER

Keep up to date with the latest news and programs for seniors by picking up our monthly newsletter which is available at the start of each month. Look for it with all of the other program fliers.



MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

MEMBER WATER ACTIVITIES FREE TO MEMBER CLASSES!

BEGINNER CLASSES

JOINTS IN MOTION

It is designed to provide gentle range of motion for **participants with arthritis**, limited mobility, or similar joint issues.

Mon/Wed 12:30-1:30pm (Ginny)



INTERMEDIATE CLASSES

CARDIO WATER POWER

Medium to high-level cardio workout. Recommended for more advanced participants. Uses various moves to create resistance for an up-tempo workout.

Tues/Thurs 9:00-10:00am (Alpha)
Tues/Thurs 11:00-12:00pm (James)
Mon 6:30-7:30pm (Paige)

WATER FIT

Moderate intensity water aerobics. This class includes 30-35 minutes of aerobics followed by 15 minutes of toning using a variety of equipment. This creates a challenging program!

Mon/Wed 8:00-9:00am (Emily)
Fri 8:00-9:00am (Marianne)
Mon/Wed 11:30-12:30 (Ginny)
Tues/Thurs 10:00-11:00am (Alpha)
Tues/Thurs 12:00-1:00pm (James)
Tues/Thurs 6:45-7:45pm (Ginny)

MEMBER WATER ACTIVITIES FREE TO MEMBER CLASSES!

ADVANCED CLASSES

DEEP WATERFIT

Participants use flotation devices to suspend themselves in the water. A variety of traveling and in-place movements are done to challenge the muscles and provide a high-intensity workout. This class is great for cross training and those who do high-impact sports, such as running. Class is held in the Competition Pool unless otherwise noted.

Mon/Wed 9:05-9:50am (Emily)
Monday 9:50-10:35am (Emily)
Wednesday 6:30-7:30pm (Marianne) *Warm Pool*
Fri 9:05-9:50am (Marianne)

HYDRO DEEP

Advanced deep-water class designed to build strength, cardio, and muscle tone. Buoys, kickboards, and noodles are incorporated. Aqua belts are provided for use during some intervals of the class but not all. **Participants must be comfortable in the deep water both vertically and horizontally without belts for portions of the class.** Class is held in the Competition Pool.

Friday 9:50-10:35am (Marianne)

SPECIALTY CLASSES

FLIPPER CLASS

Advanced water aerobics class which incorporates the use of training fins to intensify workout. Participants will do a variety of traveling movements which incorporate the use of fins, kickboards and other equipment to make this class a challenging workout. Participants must be comfortable in deep water. Class is held in the Competition Pool.

Wednesday 9:50-10:35am (Emily)

AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This moderate to high intensity workout is great for those who want to try something different! This class is a big combination of athletic moves meant to give you a complete total body workout.

Saturday 7:45-8:45am (Paige)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS WELCOME IN EVERY COMMUNITY

NATIONWIDE MEMBERSHIP:

At the Y, we are for youth development, healthy living and social responsibility. We are dedicated to ensuring our facilities, programs and services are open and welcoming to all. As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals.

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.

WHAT YOU NEED TO KNOW

- Nationwide Membership is valid for active, full facility Y members whose home Y participates without restriction or blackout periods
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants (including Silver Sneakers, Silver and Fit or other like programs) are not eligible for nationwide membership
- Special memberships established by any Y for group homes, other agencies, etc., are not eligible
- When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID as well as provide basic membership data such as name and email address
- Members will need to sign a universal liability waiver and privacy policy
- Ys should allow nationwide members access to services typically offered to full-facility members. Check with the Y for schedule and availability. Nationwide members visiting other Ys for a period greater than 28 days must transfer membership affiliation for continued use
- All Ys reserve the right to restrict or revoke these privileges
- Registered sex offenders are prohibited from participating

To find a Y in another location, go to ymca.net.



SOUNDVIEW FAMILY YMCA
628 East Main Street
Branford, CT 06405
P 203 481 9622 F 203 481 9363
www.soundviewymca.org