



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FOR FINDING  
**A PLACE  
TO BELONG**

**SOUNDVIEW FAMILY YMCA  
WINTER II PROGRAM GUIDE  
February 26– April 22, 2018**



# HERE FOR YOU

## PROGRAM REGISTRATION

### WINTER II

February 26 - April 22

Facility Members: FEBRUARY 5

Community Members: FEBRUARY 12

## **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@cccymca.org](mailto:soundviewinfo@cccymca.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**

**Easter Day:** April 1-Closed

**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 Program Coordinator: [Dylan Palluzzi](#)

Afterschool/Camp Coordinator: [Caitlyn Lyon](#)



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.**

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# YOUTH DEVELOPMENT

## PRESCHOOL

Unless otherwise specified, fees for Parent/Child and Preschool Classes are:

Member: \$51 Community Member: \$100

### SILLY PLAY (AGES 3-5)

Kids can make their own creations and get their hands dirty while playing with different objects such as bubbles, paint, sand, glue, shaving cream, mud and more.

Location: Studio B

**Thursdays 5:45-6:30pm**

### 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!**

## YOUTH

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

### POSITIVE AMERICAN KARATE (AGES 4 & Up)

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

Location: Multipurpose Room Instructor: Kyle

**Fridays 5:00-5:45pm**



### INDOOR SOCCER (Ages 4 & Up)

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

**Saturdays 11:15-12:00pm**



### 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**

**Saturday: 2/24, 3/24, 4/28  
from 6:00-9:00pm.**

**MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://WWW.SOUNDVIEWYMCA.ORG)**

# YOUTH DEVELOPMENT

## YOUTH

### PLAY WITH FRIENDS

#### PLAYSCAPE HOURS

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

<b>MONDAY:</b>	1:00-4:00pm
<b>TUESDAY:</b>	1:00-4:00pm
<b>WEDNESDAY:</b>	1:00-4:00pm
<b>THURSDAY:</b>	1:00-4:00pm
<b>FRIDAY:</b>	1:00-4:00pm
	5:00-7:00pm
<b>SATURDAY:</b>	5:00-7:00pm
<b>SUNDAY:</b>	1:00-4:00pm



## 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

**Mondays 4:15-5:00pm**

#### **PAPER AIRPLANE MAKING (Ages 5 and Up)**

Come in and create a new style plane each week and use your imagination to structure your paper airplane to fly the farthest!

Location: Studio B

**Tuesdays 5:15-6:00pm**

#### **ARTS & CRAFTS (Ages 4 & up)**

Come in and use your imagination to create your own object using many different materials. Location: Studio B

**Fridays 5:30-6:30pm**

#### **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**

#### **PAINTING (Ages 4 & up)**

Discover new techniques and learn how to mix and paint with colors. Kids will progress each week by using what they've learned and make it come to life!

Location: Studio B

**Mondays 5:15-6:15pm**

MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://WWW.SOUNDVIEWYMCA.ORG)

# YOUTH DEVELOPMENT

## YOUTH

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

### **Kids Dance & Movement (Ages 4-6)**

Kick it up and join in the fun! Move and dance to music while adding in some Latin Flare! Location: Studio A Instructor: April  
**Friday 4:00-4:45pm**

### **BEGINNER BALLET AND BASIC ACRO (AGES 3-5)**

Bring your ballet slippers and get ready to move your feet! Learn the basics of ballet, acro, and an understanding of the art of dance. A recital will be held at the end of each session to show off what participants have learned. 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.**

## DANCE

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

### **SPANISH MEETS ZUMBA (Ages 3-12)**

Classes are broken into 2 parts: 30 minutes of Spanish-language instruction (working with an activity or craft related to the theme of the day), 30 minutes of high-energy movement packed with choreographed moves with Latin rhythms, Spanish words, and kid-friendly routines!

The course is designed in a way that makes Spanish come alive in a learning environment through the use of language and movement. How you speak and move is vitally important to communication. Kids learn Spanish interactively through the use of:

### **LANGUAGE in conversation MOVEMENT through dance DISCOVERY of diverse cultures**

This class helps children increase their focus and self-confidence, boosts their metabolism and enhances coordination! Location: Studio B Instructor: Martha  
**Tuesday 6:15-7:00pm**



MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://WWW.SOUNDVIEWYMCA.ORG)

# YOUTH DEVELOPMENT

## YOUTH SWIM LESSONS

### Swim Lesson Evaluation Days

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.**

**2/12/18 4:00pm**

## 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 3202

**Member: \$108 Community: \$216**  
**(Ages 3-5) Sundays 12:00-12:45pm**  
**(Ages 6-12) Saturday 12:30-1:15pm**  
**(Ages 13-18) Saturday 1:15-1:45pm**

### 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 should be able to swim 25 yards of freestyle and 25 yards of backstroke.

**Member: \$160 Community: \$320**  
**Mondays & Wednesdays 7:15-8:00pm**



MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://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, 12:30pm  
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 treading 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 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**

#### 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: \$88 / Community Member: \$175**

#### SCHOOL AGE

**Tuesdays: 6:00pm**

**Thursdays: 6:00pm**

**Saturdays: 11:15am**

**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

SwimFit 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**

**P 203 208 4569**

**E wcrozier@cccymca.org**



## 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).

**February Class:**  
**2/17-2/20 10am-4pm**  
**(Must attend all days)**

**April Class:**  
**4/16-4/19 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)

**MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://WWW.SOUNDVIEWYMCA.ORG)**

# HEALTHY LIVING

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## ADULT FITNESS

## ADULT TRAINING

### 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 February 20 9:00-11:00am**  
**Members: \$30**



### 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.

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MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://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

### 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

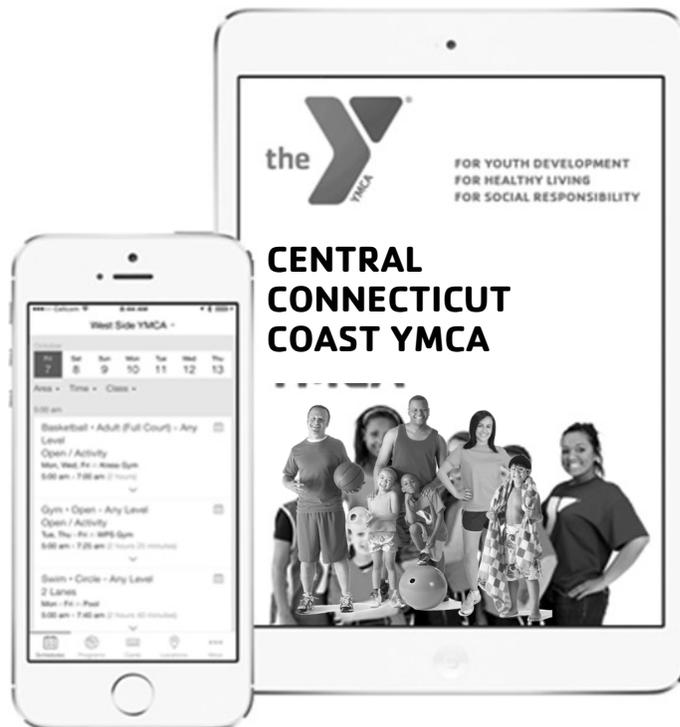
**Locations** - with facility status and hours

**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](http://WWW.SOUNDVIEWYMCA.ORG)

# HEALTHY LIVING

## ADULT FITNESS

### PERSONAL TRAINING

Whether you are 15 or 75, an experienced or beginning exerciser, personal training can help you reach your health and fitness goals. Our NASM certified personal trainers will help develop a personalized program that is perfect for you and will support you with expert knowledge, coaching and motivation to help you look, feel and live better.

**Personal Training Rate: (1 hour sessions)**  
**3 sessions \$210**  
**6 sessions \$415**  
**10 sessions \$685**

### GROUP PERSONAL TRAINING

Get the motivation, accountability, and structure not only from your trainer but from the members of your group. Support one another find success!

**Rates (2-3 people, 1 hour sessions)**  
**3 sessions \$318**  
**6 sessions \$612**  
**10 sessions \$1,005**

### MONTHLY PERSONAL TRAINING SUBSCRIPTIONS

Motivation and accountability are at the core of personal training. Your customized, long-term exercise program includes a fitness assessment, health education and continuous goal-setting. Personal training has proven results - if someone is waiting for you to work out, you'll find it harder to cancel! With a tailored-3 month (12 weeks) training plan, our trainers will customize a plan to meet your specific goals so you see the results you are looking for!

**3 month (12 weeks) Subscription options:**  
**1 session per week: \$275/month**  
**2 sessions per week: \$540/month**  
**3 sessions per week: \$795/month**

## YOUTH & ADULT FITNESS

### HULA HOOPING CLASSES!!!

#### HOOPING FOR KIDS Ages 5 - 8

Join Kailey for a fun and exciting hula hoop class! We will explore the world of hooping through play and movement. Learn how to hoop, play interactive games, and have fun! This class will foster creativity, improve balance, social skills, motor skills, and coordination.

**Wednesdays 4:15-5:00pm, Studio B**  
**Members: \$50 Community: \$100**

#### HOOPING FOR KIDS Ages 9-12

Get ready to hoop dance with Kailey in this unique and inspiring class! Hoop dance is a fusion of hula hooping and modern dance. We will learn on and off body tricks to popular songs. Benefits: build confidence, nurture self-esteem, improve balance, coordination, and flexibility. Professional hoops provided. No experience needed.

**Wednesdays 5:15-6:00pm, Studio B**  
**Members: \$50 Community: \$100**

#### HOOPING FOR ADULTS Ages 13 and up

Hoop dance is a fun low impact, total body workout. ANYONE can do it! All you need is the correct hoop and a little motivation. Not to mention you burn 7 calories per minute! We will focus on a combination of waist, arm, and off body moves. Join us to strengthen your core, improve flexibility, hand-eye coordination, and relieve stress. Professional hoops provided.

**Wednesdays 6:00-6:50 pm, Studio B**  
**Members: \$60 Community: \$120**

MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://WWW.SOUNDVIEWYMCA.ORG)

# HEALTHY LIVING

## ADULT FITNESS

### GET FIT BOOTCAMP FOR TEENS AND ADULTS

Get Fit Bootcamp gives you personal assessments, team focus, and fosters accountability. Instructors strive to understand the needs of each Bootcamp team member. Our commitment is to encourage, motivate, coach, and train participants to the highest possible level while delivering a memorable experience. This class is about improving your strength and stamina through a rugged workout. Class consists of, but is not limited to: sports drills, weights, circuits, TRX, interval training, and bodyweight training. You never know what our trainers have up their sleeve when you show up for class!

High intensity training used smartly is the most proven way to bust through plateaus and ruts. If you're at a point where you're ready to put the work in to get the changes you want, this is the class for you!

**Mondays and Wednesdays 6:15am, 10:15am, or 6:00pm**

**Members: \$95**



## ADULT FITNESS

### WOMEN ONLY WEIGHT TRAINING "LADIES WHO LIFT!"

This program is for any woman who has ever wanted to build strength and confidence, but has been too intimidated by the weight room to try it on her own. Suited for women of any and all ages, W.O.W. will teach you the basics of free weight training using a variety of training methods to help you achieve your fitness goals. Join us and begin your lifting journey!

**Tuesdays & Thursdays: 6:30am**

**Members: \$85**



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# 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](http://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.

**Monday 7:15 pm**

**Sunday 8:15 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](http://www.soundviewymca.org)

### YOGA

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

**Tuesday/Thursday 11:15am**

**Wednesday/Thursday/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.

**Monday 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/Tuesday/Friday 9:15am**

**Tues/Thurs 5:45 am**

### 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/Friday/Saturday 9:15am**

**Monday /Wednesday 5:15pm**

**Tuesday 7:15 pm**

**Thursday 6:15pm**

**Sunday 9:15am**

MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://WWW.SOUNDVIEWYMCA.ORG)

# HEALTHY LIVING

## BEGINNER FRIENDLY FREE TO MEMBER CLASSES

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**

### NEW 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**

**THE YMCA IS THE FIRST TO HAVE THIS TECHNOLOGY  
ON THE SHORELINE!**

**TRY THIS NEW CLASS TODAY!!!!**

## FREE TO MEMBER 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 10:15 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**



MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://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 11:15pm**

**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**

### **TAI CHI**

Great for improving balance, increasing flexibility and reducing stress.

**Friday 12:30pm**

### **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

### **LEARN HOW TO BE PREPARED FOR WINTER WEATHER**

Each year, hundreds of Americans are injured or killed by exposure to cold, vehicle accidents on wintry roads, and fires caused by the improper use of heaters. Learn what to do to keep your loved ones safe during blizzards and other winter storms!

The program will cover "Winter Preparedness"—Snowstorms and extreme cold, both before and during the event, how to stay safe in a blizzard, how to prevent or thaw frozen pipes. Learn how to keep you, your family and your pets safe during extreme weather. Learn the differences between Winter Storm Warnings, Winter Storm Watches, and Winter Weather Advisories.

Don't be left out in the cold! Come and find out all this information and more.

**Wednesday, February 28, 11:15am**

**Members: Free - Studio A**

### **OH MY ACHING JOINTS**

Join Physical Therapy & Sports Medicine Centers of Guilford as we present "Oh My Aching Joints!" to present strategies to cope with osteoarthritis as we age. Ever wonder why your joints make noise when you move? Do you struggle to get moving in the morning? Come learn when you should seek treatment by a health professional and how to implement exercise and modalities to manage pain and improve function.

**Monday, February 12, 12:15pm**

**Members: Free - Studio A**

MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://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)**

**Tue/Thurs 11:00-12:00pm (James)**



### INTERMEDIATE CLASSES

#### WATER STRIDES

Great for your first water aerobic class; Water walking is a fun, practical alternative to walking on land.. The water provides extra resistance while protecting you from injuries common to joggers. A variety of moves and equipment make this class a versatile and challenging class that will improve your strength, improve your balance, and increase bone density.

**Tues/Thurs 12:00-1:00pm (James)**

#### 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)**

**Mon 6:30-7:30pm (Heather)**

#### 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/Fri 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 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)**

MORE INFORMATION ONLINE AT [WWW.SOUNDVIEWYMCA.ORG](http://WWW.SOUNDVIEWYMCA.ORG)



**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](http://ymca.net).



**SOUNDVIEW FAMILY YMCA**  
628 East Main Street  
Branford, CT 06405  
P 203 481 9622 F 203 481 9363  
[www.soundviewymca.org](http://www.soundviewymca.org)