FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENCOURAGING HEALTHY HABITS

SOUNDVIEW FAMILY YMCA

Program Guide

Winter 1: January 2–February 22, 2015

HERE FOR YOU

PROGRAM REGISTRATION

WINTER 1:

January 2-February 22

Facility Members: December 8

Community Members: December 15

CHILD WATCH HOURS

Mon-Sat 9:00am-12:00pm
Mon-Thurs 4:30-8:30pm
Sunday 10:00am-1:00pm

SOUNDVIEW FAMILY YMCA

P 203 481 9622 **F** 203 481 9363
Email: soundviewinfo@cccymca.org

FACILITY HOURS

Mon-Thurs 5:30am-9:00pm
Friday 5:30am-7:30pm
Saturday 7:00am-7:00pm
Sunday 10:00am-6:00pm

MEMBERSHIP FOR ALL

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

Please contact us for more information.

HOLIDAY HOURS/CLOSURES

Christmas Eve, December 24 close at 3pm
Christmas Day, CLOSED
New Year's Eve, December 31 5:30am-6pm
New Year's Day, January 1 8am-2pm

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).

YOUR YMCA STAFF

Executive Director: Douglas Shaw
Administrative Coordinator: Barbara Hemming
Member Services Coordinator: Deborah Talmadge
Aquatics Director: Lindsay DeMartino
Youth, Camp & Family Director: Katelyn Tortora
Facility Director: Ralph Ricciardelli
Fitness Center Coordinator: Michael Castaldi
Group Exercise Coordinator: Aja Greene
Child Watch Coordinator: Stacey Rubino
Aquatics Coordinator: Buffy Harmon
Asst. Facility Director: Gary McNeil

TOGETHER WE CAN DO SO MUCH MORE

Annual Campaign

What difference will you make?

Change a life: Send a child to camp, help a family cover the cost of swim lessons so their child can enjoy the water, help a child academically in our after school programs. You change lives with a gift to our Annual Campaign.

Help a neighbor: Give a family the opportunity to be a Y member, provide a senior citizen with fitness programs to keep them thriving, help a neighbor with prediabetes regain their health through our Diabetes Prevention Program. Your gift makes a difference to your neighbors.

Inspire your community: Empower youth who come to our programs, support students yearning to be future leaders, strengthen special events and programs that bring together volunteers, Y Members and families. You inspire a stronger, healthier community with a gift to the Y.

GIVE today by visiting our web site or talking with one of our staff members.

The Y. So Much More™

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

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YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

PARENT/CHILD—PRESCHOOL

Unless otherwise specified, fees for Parent/Child and Preschool Classes are:
Member: $45 Community Member: $90

YOU & ME BABY (9-24MONTHS)
Both parents and children will enjoy this bonding exercise program time by participating in stretches, tumbling, and activity time with other parents and children. Location: Program Room
Thursday 10:30-11:15am

DOODLE BUGS (AGES 2-4)
The perfect opportunity for your child to express their creative side! Each week children will create their own projects and listen to music. Your child will be proud to be a creative kid! Location: Community Room
(Ages 2-4) Friday10:45-11:15am

TUMBLE BUGS (AGES 3-6)
Tumbling combines strength, power, agility, and coordination that prepares your child for a variety of sports in the future. Your child will work on basic locomotors skills, as well as, the basics of gymnastics such as forward/backward rolls, handstands, cartwheels, flexibility, and so much more!
Location: Community Room
Contact Katelyn for more information
ktortora@ccymca.org

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 - Saturday 9:00am-12:00pm
Monday - Thursday 4:30pm-8:30pm
Friday 4:30pm-7:15pm
Sunday 10:00am-1:00pm

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	7:30-8:30 Free Play

YOUTH

Unless otherwise specified, fees for Youth Classes are:
Member: $45 Community Member: $90

Y-KICKERS (AGES 3-5)
Learn the basics of soccer while having fun and practicing with friends! Each week will be dedicated to learning a different skill and each session will conclude with a game. Your child will have fun mastering old skills and learning new ones. Every participant will get a Y ball! Location: Multipurpose Room Instructor: Tung Member: $50 Community: $100 includes cost of soccer ball for each participant
Saturday 11:30am-12:15pm

MARTIAL ARTS (AGES 5-12)
A fun way to develop respect for yourself and for others, increase self-confidence, gain exposure to the traditional teaching method of martial arts, to increase flexibility, control weight, and to enhance fitness. This class will explore fundamentals of Judo and self-defense basics. Instructor: Steve Location: Multipurpose Room
Saturday 11:45-12:30 (Ages 5-8)
Saturday 12:30-1:15 (Ages 9-12)

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: $10 per child in advance $15 per child day of

Saturday 6:00-9:00pm

1/10, 1/24, 2/14, 2/28

Winter 1: January 2-February 22

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

YOUTH DEVELOPMENT

YOUTH

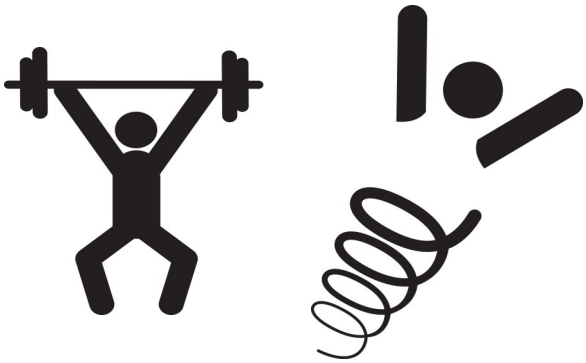
Unless otherwise specified, fees for Youth Classes are: Member: $45 Community Member: $90

YOUTH BASKETBALL CLINIC (AGES 6-10)
Learn to play the fabulous game of basketball! Develop the skills necessary to succeed through drills, fun games and scrimmages at the end of each session.
Location: Sliney Elementary School Instructor: Bobby
Member: $50 Community: $100 includes cost of basketball for each participant
Wednesday 6:00-6:45pm

FLOOR HOCKEY (AGES 8-13)
Grab your friends and join us for a little friendly floor hockey competition! Improve your hockey skills, split up into teams, and play floor hockey games each week! Instructor: Bobby
Wednesday 5:15-6:00pm

FIZZ BUBBLE GOO (AGES 7-12)
Ever make gooey slime or your own bubbles? Come perform fun science experiments from explosions of volcanoes to making your own ice cream and so much more! Through projects and experiments, participants will learn that science is fun! Instructor: Laura
Location: Program Room
Thursday 5:30-6:15pm

READY TO MOVE (AGES 8-12)
This fun dynamic class incorporates, dance, yoga, martial arts with great music and games while developing physical fitness. This 45 minute class is fun, simple, social and has great music to keep kids entertained. Get Ready To Move!
Location: Multi Purpose Room Instructor: Danielle
Wednesday 4:15-5:00pm



YOUTH

Unless otherwise specified, fees for Youth Classes are: Member: $45 Community Member: $90

PROJECT FUNWAY FASHIONISTAS(AGES 10-14)
Could you be the next top designer? Using a variety of media, make new designs, learn new skills such as sewing, jewelry making, and more! Get a chance to showcase the clothing and jewelry created at the end of the session! Location: Program Room
Instructor: Marianne
Thursday 4:30-5:15pm

INTRO TO ACTING (AGES 8-12)
Self confidence, creative expression and fun, there is lots to be gained by participating in this new program. Participants will play theater games and practice acting skills. Location: Community Room
Instructor: Marianne
Thursday 3:30-4:15pm

DODGEBALL (AGES 8-13)
Get all your friends together and join us for everyone's favorite P.E game! Meet up each week and play dodgeball against your friends, and make some new friends! We will even be introducing some new, ultimate challenge dodgeball games! Location: Sliney Elementary School Instructor: Chris
Tuesday 6:30-7:15

MOMMY & ME MUSIC & MOVEMENT (AGES 2-4)
Both parents and children will enjoy this bonding time while playing instruments, listening to music, dancing, and exercising.
Location: Community Room Instructor: Marina
Wednesday 11:00-11:45am

KIDS YOGA (AGES 3-6)
Grow longer and stronger as you work through movement designed to increase your flexibility, and improve posture. This class helps build strength and focus that can be used to improve athleticism in other sports and activities.
Location: Community Room Instructor: Marina
Wednesday 6:00-6:45pm
Friday 11:00-11:45am

WORLD DANCE (AGES 5-10)
Explore dance techniques from all around the world. Learn the moves and hear new music. Show off what you learned at a recital at the end of the session
Location: Community Room Instructor: Marina
Friday 6:00-6:45

Winter 1: January 2-February 22

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

YOUTH DEVELOPMENT

YOUTH

Unless otherwise specified, fees for Youth Classes are: Member: $45 Community Member $90

KEYBOARD LESSONS (AGES 6 & UP)
Learn all the basics of the keyboard as music benefits are countless. You will learn notes, songs, and all the basics of playing the keyboard. Instrument rentals are available, call Youth Program Office at ext. 3208 for information. Instructor: Deb
Location: Community Room
Monday 4:30-5:15

DRUM LESSONS (AGES 6 & UP)
Learn how to play drums with step-by-step instruction drum lessons. Here you will find drum lessons for beginner, intermediate, and advanced drummers looking to learn or improve their skills. Rentals are available, call the Youth Program Office at ext. 3208 for information. Instructor: Deb
Location: Community Room
Monday 5:30-6:15

GUITAR LESSONS (AGES 6 & UP)
Learn all the basics of playing guitar with popular songs. Notes, chords, strumming, picking and much more! Learn more advanced techniques and even how to read music. Instrument rentals are available, contact Youth Program Office at ext. 3208 for more information.
Instructor: Deb
Location: Community Room
Monday 6:30-7:15

VOICE LESSONS (6 & UP)
Show off your talent and learn improve your singing skills! We want you to be the next American Idol! Learn how to read music and advanced techniques for belting out those notes! contact Youth Program Office at ext. 3208 for more information.
Instructor: Deb
Location: Community Room
Tuesdays 4:30-5:15

YOUTH & ADULT DANCE

Unless otherwise specified, fees for Dance Classes are: Member: $45 Community Member: $90

***NEW* 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: Multipurpose Room Instructor: Lisa
Monday 4:00-4:45pm

ZUMBA® KIDS JR. (AGES 4-6)
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 where 4 to 6 year-olds just 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
Sunday 2:00-2:45pm

ZUMBA® KIDS (AGES 7-11)
The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!
Instructor: Martha Location: Multipurpose Room
Sunday 3:00-3:45pm

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 5:30-7:30am Monday - Friday.
- Coached on Tuesday/Thursday (no coach Mon/Wed/Fri).
- Coaches will provide workout plan for Monday/Wednesday/Friday

MEMBERS ONLY
Registration Options:
Full Season (Sept-July): $600
Fall (Sept-Dec 2014): $250
Monthly option (4 weeks): $70

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 late September to mid-March and mid-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:
Doug Shaw
P 203 481 9622 x3207
E doug.shaw@cccymca.org

CERTIFICATION COURSES

AMERICAN RED CROSS (AGES 15 & UP)

LIFEGUARD CERTIFICATION
The American Red Cross 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 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.

February 14-17
9:00-3:00pm

Member: $250 Community: $350
Contact Lindsay at ext. 3212 or ldemartino@cccymca.org

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:	$45 (1 lesson) $80 (2 lessons) $135 (4 lessons)
Semi-private: (2 participants)	$55 (1 lesson) $100 (2 lessons) $175 (4 lessons)
Semi-private: (3 participants)	$65 (1 lesson) $120 (2 lessons)

Winter 1: January 2-February 22

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

SWIM, SPORTS & PLAY

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

YOUTH SWIM LESSONS

Swim Lesson Evaluation Day
This day is for those who have never taken YMCA Swim lessons before, or for those unsure what level to enroll in. This 30 minute evaluation session will let you know what level to enroll your child in. Any questions, please contact Lindsay DeMartino, Aquatics Director at extension 3212 or at ldemartino@cccymca.org

Sunday 12/28/14 4:00pm
Tuesday 12/30/14 4:00pm

AGES 6 TO 36 MONTHS

Shrimp 1:10 class ratio
Children in this class must be at least 6 months old and should have strong head control. (6-8months)

Kipper 1:10 class ratio
Children in this class must be at least 9 months old, and should sit unassisted and stand with support. (9-12 months)

Inia 1:10 class ratio
Children in this class must be 13 months old, and should be able to stand unsupported and walk with assistance. (13-18 months)

Perch 1:10 class ratio
At 19 months of age, your child should be able to run and jump. At this stage your child is encouraged to explore their aquatic environment and their own skills with the assistance of their parent. The goal for this level includes propelling oneself through the water and the transition to the
Member: $82 Community: $164
Monday 10:45-11:15am
Friday 10:45-11:15am
Saturday 11:00-11:30am (6-18 months)
Saturday 11:35-12:05pm (19-36 months)
Sunday 3:45-4:15pm

YOUTH SWIM LESSONS

OUR YOUTH SWIM LESSON PROGRAM

Our youth aquatics program is dedicated to teaching students personal water safety, stroke development, water sports and games, rescue and personal growth skills. Through a student-centered approach, our program is taught in groups based on age as well as skill which allows children to learn at their own pace with their peers and the guidance of our aquatic team.

PRESCHOOL CLASSES AGES 3 TO 5 YEARS

Pike 1:5 class ratio
Child must be comfortable in the water with a swim instructor and independent of a parent for the duration of the class. Pikes adjust to the water and develop independent movement. Instructors teach basic stroke and kicking skills, floating and pool safety.
Member: $82 Community: $164

Monday 9:00-9:30am	Monday 4:00-4:30pm
Monday 4:35-5:05pm	
Tuesday 1:30-2:00pm	Tuesday 4:15-4:45pm
Wednesday 4:00-4:30pm	Wednesday 4:35-5:05pm
Thursday 1:30-2:00pm	Thursday 4:15-4:45pm
Friday 9:00-9:30am	Friday 4:00-4:30pm
Friday 4:35-5:05pm	
Saturday 9:00-9:30am	Saturday 11:35-12:05pm
Sunday 2:00-2:30pm	Sunday 2:35-3:05pm

Eel 1:5 class ratio
Children must be able to swim five feet with face in the water and no floatation device. Eels are taught to float, kick and perform progressive arm movements across the pool.
Member: $82 Community: $164

Monday 9:35-10:05am	Monday 4:35-5:05pm
Tuesday 2:05-2:35pm	Tuesday 4:50-5:20pm
Wednesday 4:35-5:05pm	
Thursday 2:05-2:35pm	Thursday 4:50-5:20pm
Friday 9:35-10:05am	Friday 4:35-5:05pm
Saturday 10:25-10:55am	Saturday 11:00-11:30am
Sunday 2:35-3:05pm	

Ray 1:5 class ratio
Participants must be able to swim 15 feet with his or her face in the water and no floatation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke, and advanced water safety skills.

Starfish 1:5 class ratio
Swimmers must be able to swim 25 yards with rhythmic breathing for front crawl and no flotation. Starfish will improve on their endurance for front crawl, back crawl, and sidestroke while being introduced to the arm and leg movements for breaststroke.
Member: $82 Community: $164

Monday 10:10-10:40am	Monday 5:10-5:40pm
Tuesday 2:40-3:10pm	Tuesday 4:50-5:20pm
Wednesday 5:10pm-5:40pm	
Thursday 2:40-3:10pm	Thursday 4:50-5:20pm
Friday 10:10-10:40am	Friday 5:10-5:40pm
Saturday 11:00-11:30am	

YOUTH DEVELOPMENT

YOUTH SWIM LESSONS

PROGRESSIVE CLASSES AGES 6 TO 12 YEARS

Polliwog 1:7 class ratio (Beginner swimmer)
Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking and arms, gliding from the wall with their faces in the water, and floating.
Member: $82 Community: $164
Monday 5:10-5:40pm
Tuesday 5:25-5:55pm
Wednesday 5:10-5:40pm
Thursday 5:25-5:55pm
Friday 5:10-5:40pm
Saturday 10:25-10:55am
Sunday 3:10-3:40pm

Guppy 1:8 class ratio (Advanced beginner)
Children must be able to swim 15 yards without flotation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency.
Member: $82 Community: $164
Monday 5:45-6:15pm
Tuesday 5:25-5:55pm
Wednesday 5:45-6:15pm
Thursday 5:25-5:55pm
Friday 5:45-6:15pm
Saturday 10:25-10:55am
Sunday 3:10-3:40pm

Minnow 1:8 class ratio (Intermediate)
Swimmers must be able to swim with proper front crawl and back crawl technique for 25 yards. Minnows will increase their swim endurance while they advance their technique and learn breaststroke movements.
Member: $82 Community: $164
Monday 5:45-6:30pm
Wednesday 5:45-6:30pm
Friday 5:45-6:30pm
Saturday 9:35-10:20am
Sunday 3:45-4:30pm

Fish 1:10 class ratio
Participants must be able to complete freestyle and backstroke for a continuous 50 yards, and rudimentary breaststroke for 25 yards. Fish will improve their freestyle and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly.
Member: $82 Community $164
Tuesday 6:00-6:45pm
Thursday 6:00-6:45pm
Saturday 9:35-10:20am
Sunday 4:35-5:20pm

YOUTH SWIM LESSONS

Flying Fish 1:10 class ratio
Swimmers must be able to complete a continuous 100 yards in freestyle and breaststroke, 50 yards of continuous of breaststroke, and 25 yards of butterfly.

Shark 1:10 class ratio
Swimmers must be able to complete a continuous 100 yards (with open turns) of freestyle with breathing to both sides, backstroke, and breaststroke. Participants must also be able to swim 50 yards of continuous butterfly with good technique. Sharks will focus on increased endurance, learning flip-turns, racing starts, and introduction to the 200IM (Individual Medley).
Member: $82 Community: $164
Tuesday 6:00-6:45pm
Thursday 6:00-6:45pm
Saturday 9:35-10:20am
Sunday 4:35-5:20pm

Porpoise 1:10 class ratio
Swimmers must be able to demonstrate a 100 yard breaststroke with proper pullout, backstroke with proper push off, freestyle with proper start and flip turns, and legal butterfly. Porpoise will focus on advanced swimming technique and will work towards completing a continuous 200 yard individual medley (50 yards butterfly, 50 yards backstroke, 50 yards breaststroke, 50 yards freestyle).
Member: $82 Community: $164
Thursday 7:00-8:00pm
Saturday 10:00-11:00am

ADAPTIVE AQUATICS
AGES 3 AND UP

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 Lindsay DeMartino at extension 3212.
Member: $100 Community $200
(Ages 3-6) Saturday 12:05-12:50pm
(Ages 6-12) Saturday 12:50-1:35pm

AGES 13 AND UP

Teen/ Adult 1:8 class ratio
This class is for teens and adults who have not had swimming lessons before or who are not comfortable in the water. Basic swimming skills and personal water safety skills are taught.
Members: $82 Community: $164
Saturday 9:00-9:30am

Private Instruction

Private swim lessons specific for the individual's level/swim ability. Semi-private lessons are also available. Private swim lessons are sold in blocks of 30 minutes, 1 hour or 2 hours and all lessons are taught in increments of 30 minutes.

Winter 1: January 2-February 22

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

Vacation Fun Days

2014-2015 School Year

Enjoy your "no school" vacation days at The Y!

Winter Break: 2/16-2/20

Spring Break: 4/6-4/10

Individual Holidays: (Varies)

Professional Development Days

$48/day facility members

$96/day community members

Our Program Offers:

- Adventure Courses (Seasonal)
- Arts & Crafts
- Game room
- Computer lab
- Swimming
- Physical Activity and Games (Indoor & Outdoor)
- Lots of FUN!!!

Winter 1: January 2-February 22

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YOUTH DEVELOPMENT

CONVENIENT FOR YOU FUN FOR THEM

SCHOOL AGE CHILD CARE AFTER SCHOOL
Register Now for 2014-2015 School Year

EXPERIENCE THE YMCA AFTER SCHOOL
You can relax knowing that with us, your kids are getting their daily dose of fun, homework assistance, character development, cultural enrichment and fitness at the Y, and at a price every family can afford.

CONVENIENT **QUALITY** **AFFORDABLE** **FUN**

Monday – Friday until 6:30pm

CONVENIENTLY SERVING THE FOLLOWING SCHOOL DISTRICTS
- Guilford Public Schools – Baldwin and Adams Middle Schools
- Branford Public Schools – Murphy, Sliney, Tisko Elementary Schools, and Walsh Intermediate

Transportation offered by the Y between the school and the Y

ENGAGE BEYOND THE SCHOOL DAY
STAY BUSY AND ACTIVE AFTER SCHOOL

- **Adventure Course (Zip-line, Low Ropes, Climbing Wall)**
- **Swimming 2 days per week**
- **Teen Center with Air Hockey, Billiards, & more**
- **Media Center with XBOX, WII, and Computer Lab**
- **Fitness Classes**
- **Homework Help**
- **Multiple Child Discount**
- **2, 3, 4, & 5 day options available!**

PRICING
2 days/week:
Member: $200/month
Community Member: $350/month
3 days/week:
Member: $220/month
Community Member: $370/month
4 days/week:
Member: $240/month
Community Member: $390/month
5 days/week:
Member: $260/month
Community Member:$410/month

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HEALTHY LIVING

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG REWARDS SMALL STEPS

Diabetes Prevention Program
SOUNDVIEW FAMILY YMCA
A LOT CAN HAPPEN IN ONE YEAR

Join the YMCA's Diabetes Prevention Program and learn how to reduce your risk for developing diabetes, one small step at a time.

Our one-year community-based program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes.

The YMCA's Diabetes Prevention Program is supported by the Centers for Disease Control and Prevention, the Diabetes Prevention and Control Alliance, and other national organizations committed to preventing chronic disease.

YMCA MEMBERSHIP NOT REQUIRED.

To see if you qualify or for information about program fees and financial assistance, contact:

Michael Castaldi, Health & Wellness Coordinator
SOUNDVIEW FAMILY YMCA, 628 East Main Street,
Branford, CT P 203 481 9622 W cccymca.org

New cases of diabetes are reduced

58% by programs like ours.

Programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60.

Research from the National Institutes of Health

The YMCA's Diabetes Prevention Program is part of the Centers of Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

People with private health insurance should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1 800 237 4942.

Soundview Family YMCAYMCA, ("YMCA") and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA"), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and it's complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.

INFORMATION MEETING: JANUARY 28 & FEBRUARY 25
11am and 7pm

HEALTHY LIVING

Y FIRST TRI TRIATHLON TRAINING WINTER EDITION!

Tri something new (or do it again)!

Join our Triathlon Training program and get more than the ability to swim half mile, indoor cycle 45 minutes, and run a 5k. You learn more about yourself, make new friends, be

inspired by our coaches, and do things you never thought you could. All levels are welcome to participate in this program!

Find out more!
Information session:
Tuesday, January 13 7:00pm

Training Starts: Monday, January 19
Triathlon: Sunday, April 26

Members: $349

Training times vary (morning and evening)

ALL sessions are coached.

- Monday - swim day
- Tuesday - cycle day
- Wednesday - run day
- Thursday - additional swim day
- Friday - support meeting
- Saturday - brick day
- Sunday - rest

FAMILY

FLICK– N– FLOAT!
Bring your family and float and join us in the warm pool for movie night! REGISTRATION IS REQUIRED
Member: FREE
Community: $25/family
Saturday, February 21st 7:00-9:00pm

PARENT'S NIGHT OUT (AGES 4-11)
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: $10 per child in advance $15 per child day of
Saturday 6:00-9:00pm
1/10, 1/24, 2/14, 2/28

BLUE MAN GROUP BUS TRIP
Experience the Phenomenon! BLUE MAN GROUP is best known for their wildly popular theatrical shows and concerts which combine comedy, music, and technology to produce a totally unique form of entertainment. *The New York Times* heralds the show as "One of the most delightful performance pieces ever staged." People of all ages agree that BLUE MAN GROUP is an intensely exciting and wildly outrageous show that leaves the entire audience in a blissful, euphoric state. With no spoken language, BLUE MAN GROUP is perfect for people of all ages, languages, and cultures. This trip will be an outing the whole family will always remember!
Location: Palace Theatre in Waterbury
Friday February 13, 2015—tickets must be purchased no later than January 30th.
Members: $35 per person
Community: $50 per person
Show starts at 8:00pm. Bus leaves the Soundview Family YMCA at 6:30pm.
For more information, please contact Katelyn Tortora at extension 3208 or ktortora@cccymca.org

DISNEY'S BEAUTY AND THE BEAST GROUP OUTING
Based on the Academy Award-winning animated feature film, Disney's Beauty and the Beast has won the hearts of millions of people worldwide. This this eye-popping spectacle is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including "Be Our Guest" and the beloved title song.
Location: Shubert Theatre in New Haven
Saturday March 7, 2015—tickets must be purchased no later than February 15th.
Show starts at 2:00pm.
For more information, please contact Katelyn Tortora at extension 3208 or ktortora@cccymca.org
Members: $45
Community:$60

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

TEEN/ADULT FITNESS

TEEN BOOT CAMP (AGES 11-15)
This class introduces teens to the cardio and weight machines in the wellness center while educating them to structure a safe and effective full body strength and conditioning workout. Each week will highlight different topics including, proper nutrition, sports conditioning, resistance and flexibility training.

Member: $55
Tuesday 6:00-7:00pm

TEEN FITNESS FOR GIRLS (AGES 11-15)
This class will emphasize strength and conditioning, core work, stretching, and will introduce group cycling! Join instructor Spenser as she teaches how to stay fit and have fun while doing it! Introduction to different exercises and equipment will be highlighted each week.
Member: $55
Saturday 11:15-12:00pm

EXCEPTIONAL FITNESS (11 & up)
A small group, adaptive class that will give participants the opportunity to learn new skills and try a variety of fitness work outs. Youth will have the opportunity to partake in yoga, swimming, Zumba, resistance training, and learn the importance of adequate nutrition. Geared for students with varying social, physical, and developmental abilities.
Member: $75
Wednesday 6:00-7:00pm

ADULT DODGEBALL LEAGUE (16 & up)
Get all your friends together and join us for weekly sessions of the classic favorite—dodgeball! Get in some extra exercise while having fun, competing with friends, and making some new friends! Location: Sliney Elementary School Instructor: Chris
Member: $45 Community: $96
Tuesday 7:20-8:15pm

ADULT BASKETBALL (16&up)
Whether you've spent years playing, or are new to the sport, this basketball program is sure to please. Meet up each week and play scrimmages against your friends and make some new friends! Get a great workout in, while having fun! Location: Sliney Elementary School Instructor: Chris
Member: $45 Community: $96
Thursday 6:30-7:30pm

ADULT TRAINING

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: (one hour sessions)
3 sessions $200
6 sessions $395
10 sessions $650

GROUP PERSONAL TRAINING
Get the motivation, accountability, and structure not only from your trainer but from the members of your group. **Support and encourage each other to reach success! PURCHASE A PACKAGE TODAY!** Contact Mike at ext. 3217 or mcastaldi@cccymca.org for more information.
Rates (2-3 people, one hour sessions)
3 sessions $300
6 sessions $580
10 sessions $950

SMALL GROUP HYBRID CLASSES
Get the most out of your workout! This class combines high intensity classes to get the results you want! This small group workout will provide some individualized workouts, a nutrition session, and 8 weeks of intense exercise! Get a group of your friends together and register!

CARDIO/KETTLEBELL
High intensity cardio followed by kettlebell exercises.
Member: $50
Monday 9:30-10:15am

CYCLE/KETTLEBELL
30 minute high intensity cycling followed by 30 minutes of Kettlebell exercises.

Member: $50
Monday 7:00-8:00pm

WOMEN'S WEIGHT TRAINING
Don't let the weights intimidate you! This small group strength class will help you personalize your workout to achieve your goals. Class includes weight and resistance training.
Members $100
Monday/Wednesday 10:15-11:00am (Kathy)

Winter 1: January 2-February 22

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

ADULT TRAINING

TRX 101
Have you heard of TRX Suspension Training? Would you like to do it but think it's intimidating or you wouldn't be able to keep up? If yes, this is the class for you! This basic training starts at the beginning. You will learn what TRX is all about and how to do the exercises at a pace that is good for you. Learn techniques while building strength, cardio, core and confidence!
Members: FREE
Monday 9:00-9:30am
Monday 6:00-6:30pm

TRX® SUSPENSION TRAINING

Whether you are new to working out or looking to change things up, try TRX! We have two options, TRX Boot Camp which is good for any level, or TRX H.I.T. for those who have done TRX training or are advanced.

TRX® BOOT CAMP
Get the body you have always wanted! TRX Boot camp will promise an intense workout that incorporates body weight strength training with our TRX bands, Kettlebells, and weights. Paired with short burst of high-intensity cardio that will strengthen and tone all the major muscle groups! Choose multiple days per week!
Member: $50 (one day per week)
Monday/Wednesday 5:15-6:00pm
Tuesday/Thursday 9:30-10:15am
Sunday 10:00-10:45am

TRX® H.I.T. (HIGH INTENSITY TRAINING)
This 30 minute workout alternates periods of extremely high intensity exercise with short rest periods for a huge metabolic burn. Get the results from a full hour class in only 30 minutes! Choose multiple days per week for the best impact.
Member: $50 (one day per week)
Tuesday/Thursday 5:30-6:00pm
Wednesday/Friday 9:30-10:00am
Saturday 9:30-10:00am

GAIN FRIENDS
LOSE WEIGHT
LIVE HEALTHIER

LARGEST LOSER GROUP COMPETITION

YMCA volunteers will lead teams throughout the competition
- 13 weeks
- Weekly challenges and goal setting
- Weekly updates and team status
- Opportunity to experience many new exercise styles
- Prizes throughout the competition!

Competition:
- Weight loss is calculated on % of weight loss
- Team standings will be posted weekly
- Weekly challenges may include hikes, Zumba, TRX, hybrid classes, circuit training, yoga and much more!

Interested in Volunteering or have any questions, contact Michael at mcastaldi@cccymca.org

Informational Meeting:
Thursday, January15 6:30pm

Competition Begins:
Monday, January 19

Members: $100

An email will be sent out to all registered with all information.

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

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

BOOT CAMP
A high intensity workout designed to work the whole body using resistance equipment, steps and high intensity floor exercise.
Friday 10:15am

CARDIO INTERVAL & STRENGTH
This class is an excellent way to burn calories, build endurance and strength quickly. A combination of alternating aerobic activity and sports conditioning by utilizing weights, bands and/or core. **MAX 40**
Tuesday/Thursday 9:15am
Wednesday 6:15pm

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. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.
Tuesday/Thursday 5:15pm
Thursday 5:30am
Saturday 7:15am

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

*** NEW* 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 10:15

*** NEW* BARRE MAT**
Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest work outs on the market today.
Monday 8:10

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

TABATA BOOTCAMP
For years, we've been focusing on calories burned during exercise, but new research reveals that we should focus on what happens AFTER exercise is over. Tabata Bootcamp workouts are short in duration and designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over. **MAX 30**
Monday 5:30am

YOGA
Grow longer and stronger as you work through movement designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.
MAX 25
Tuesday/Thursday 10:15am
Wednesday 7:15pm
Saturday 8:00am
Sunday 11:15am

INTRO TO YOGA
Learn the basic poses and breathing techniques used in all Yoga Classes. **MAX 30**
Tuesday/Thursday 11:15am

YOGA FUSION
A blended class that focuses on flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. **MAX 30**
Monday 7:15pm

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. **MAX 45**
Monday/Wednesday/Friday/Saturday 9:15am
Monday /Wednesday 5:15pm
Tuesday 7:15pm
Thursday 6:15pm
Sunday 10:15am

CYCLE
A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels.
Mon/Tues/Wed/Thurs/Fri 9:15am
Tues/Thurs 5:45am
Mon/Tues/Wed/Thurs 6:00pm
Saturday 7:15am
Sunday 10:15am

STRENGTH
A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves using barbells and free weights. This motivating class will leave you toned, defined and achieving the results you've always wanted. **MAX 30**
Monday 6:15pm Tuesday/Thursday (express) 12:15pm

Winter 1: January 2-February 22

MORE INFORMATION ONLINE AT WWW.SOUNDVIEWYMCA.ORG

HEALTHY LIVING

Advanced Winter Running Group

Become a faster stronger runner in 2015!

Keep running throughout the winter. This group will meet twice per week. Thursday will focus on speed and hill work. Sundays will focus on distance.

Prerequisite: Must be able to run 5 miles

Thursday 10:30am
Sunday 8:00am

Members: $100

BEGINNER FITNESS

NEW BEGINNINGS

WANT TO START EXERCISING BUT NOT SURE YOU ARE READY FOR ANY OF THE CLASSES OR PROGRAMS?

Try our 101 classed held in our "New Beginnings Studio" 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!

STRENGTH 101
Learn the basics of strength training using your body weight, various equipment and breathing techniques.
Monday 10:30-11:00am
Tuesday 6:30-7:00pm

STRETCH 101
Basic stretches to familiarize you with stretching, Yoga, and Pilates.
Monday 11:05-11:35am
Tuesday 7:05-7:35pm

ZUMBA 101
Basic Zumba movements and exercises to familiarize you with Zumba.
Tuesday 10:30-11:00am

ADULT TRAINING

WORKSHOP SERIES

Be happier and healthier! Balance your spirit, mind, and body. These new workshop offerings will give you insight, additional skills, and the education to continue your path of living a healthy lifestyle. Register for one or all!

RESTORATIVE YOGA WORKSHOP

Restorative yoga is a form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props. This practice is beneficial to all, especially towards students who are injured, stressed or ill, who need a very gentle practice and who are looking to regain the quality of life that they used to have, but have lost. Postures are selected to address specific challenges; and deep mental and visceral relaxation.

1:30-3:30pm

DATE: Saturday, January 10

Members: $15

***NEW* BEGINNERS MEDITATION WORKSHOP**

Beginners Meditation Workshop will deepen your understanding of what meditation is and to begin learning the fundamentals of how to put it into practice. In this workshop you will learn ways to meditate, the benefits it has on the mental, physical, emotional and spiritual well being on your life and enhance your ability to concentrate and to relax.

1:30-3:30pm

DATE: Saturday, February 7

Members: $15

REGISTRATION REQUIRED
This class has a limited amount of spaces and is based on first come bases.

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

SENIOR EXERCISE/ACTIVITIES

HEALTHWAYS SilverSneakers® FITNESS

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 1:15pm

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.
Tues/Thurs 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.
MAX 40
Wednesday 11:15pm

SENIOR ACTIVITIES

KEYBOARD/PIANO LESSONS
If you've never learned to play, now's the time! Learn all the basics of the keyboard, that will translate to the piano, as music benefits are countless. Debra Kay Levi is a 25-year professional instructor and is a Yale Broadcaster. Debra will show you notes, songs, and all the basics of playing the keyboard/piano. Instrument rentals are available through instructor, call the Y for information.
Members: $42 Pre-Registration Required
Monday 6:15-7:00pm

SENIOR SELF DEFENSE WORKSHOP
Come learn how to defend yourself against common crimes and learn safety tips to prevent yourself from being a target.
Dates to be announced– Look for signs around the building.

SOCIAL SECURITY EDUCATIONAL WORKSHOP
This is a great opportunity to learn key concepts you need to know before applying for Social Security . Several little strategies may boost lifetime benefits and increase retirement income by tens of thousands.
FREE to Members
Wednesday, November 5 10:15-11:15am

Holiday Craft Fair

Find the perfect gift!

Purchase goods from local crafters! Jewelry, hand made unique gifts, delicious goods, and many one-of-a-kind items are just a sampling of what will be offered!

Have a table of your own! Contact Deb Talmadge at ext. 3203 or dcollins@cccymca.org for more information.

December 5 & 6
9:00 - 1:00pm

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)

SILVERSNEAKERS® SilverSplash
Activate your aqua exercise urge for variety! Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers kickboard is used to develop strength, balance, and coordination.
Tues/Thurs 11:00-12:00pm (Doug)

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 (Doug)

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/Wed 6:30-7:30pm (Alpha)

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)
Mon/Wed 11:30-12:30 (Ginny)
Tues/Thurs 10:00-11:00am (Alpha)
Tues/Thurs 6:45-7:45pm (Ginny)

WATER FITNESS 101
This class is designed for those who have never tried water fitness before! This 30 minute entry level class will help you make new friends, and learn all about the various exercises you can do in the water!
Saturday 8:00-8:30am (Paige)

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.
Mon/Wed/Fri 9:05-9:50am (Emily)
Mon/Wed/Fri 9:50-10:35am (Emily)

***NEW* DEEP WATER 101**
This class is designed for those who have never tried a deep water fitness before! Participants use flotation devices to suspend themselves in the water. This 30 minute entry level class will help you make new friends, and learn all about the various exercises you can do in the deep water! Class is held in the Warm Water Pool.
Saturday 8:30-9:00am (Paige)

ADULT WATER FITNESS

AQUA ZUMBA®
Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.
Mon/Wed 7:30-8:30pm (Tom)
Tues/Thurs 8:00-9:00am (Tom)

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Interested in Volunteering or have any questions, contact Michael at mcastaldi@cccymca.org

Informational Meeting:
Thursday, January15 6:30pm

Competition Begins:
Monday, January 19
Members: $100

Y FIRST TRI
TRIATHLON TRAINING
WINTER EDITION!

Tri something new (or do it again)!

Join our Triathlon Training program and get more than the ability to swim half mile, indoor cycle 45 minutes, and run a 5k. You learn more about yourself, make new friends, be inspired by our coaches, and do things you never thought you could. All levels are welcome to participate in this program!

Find out more!
Information session:
Tuesday, January 13 7:00pm

Training Starts: Monday, January 19
Triathlon: Sunday, April 26

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