FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN WITH FAMILY
FUN WITH FRIENDS

WOODRUFF FAMILY YMCA

Program Guide

Fall II Session: October 26 – December 20, 2015

HERE FOR YOU

FALL II SESSION:

October 26-December 20

PROGRAM REGISTRATION

Facility Member: October 5
Community Member: October 12

CHILD WATCH HOURS

Monday	9am -1pm	5pm – 8:15pm
Tuesday	9am -12pm	5pm – 8:15pm
Wednesday	9am -12pm	5pm – 8:15pm
Thursday	9am -12pm	4pm – 8:15pm
Friday	9am –12pm	5pm – 7:00pm
Saturday	8am –12pm	
Sunday	9am -12pm	

WOODRUFF FAMILY YMCA

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

FACILITY HOURS

Mon-Thurs	5:30am-9:30pm
Friday	5:30am-8:00pm
Saturday	7:00am-6:00pm
Sunday	9:00am-5:00pm

(Pool closes 30 minutes before facility)

MEMBERSHIP FOR ALL

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

Please contact the Y for more information.

HOLIDAY HOURS/CLOSURES

Thanksgiving Day, Thursday, November 26
Open 7am - 11am

Christmas Eve, Thursday, December 24
Closing at 3pm

Christmas Day, Friday, December 25
Closed

New Year's Eve, Thursday, December 31
Close at 6pm

For information on closures due to inclement weather, information is posted on NBC 30, News 12, WTNH 8 and CTWeather.com. Information is also posted through Facebook and our text alert system which you can sign up for at the Member Service Desk.

YOUR YMCA STAFF

District Executive Director: Charles Clifford
Facility Manager: Derek Branco
Pre-School Coordinator: Sue Buglione
Child Care Director: Donna Denesha
Aquatic Coordinator: Joshua Garner
District Aquatic Director: Matt LaPrino
Membership Coordinator: Jo-Ann Onze
Senior Program Director: Nicole Servas
Health and Wellness Director: Alisha Williams

REGISTER ONLINE at www.woodruffymca.org

View current schedules, programs, and events on our website!

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.

PRESCHOOL & SCHOOL AGE Pages 3-5 YOUTH Page 4 & 5	SPORTS Page 5 SWIM LESSONS Page 6-8	YOUTH & TEENS Page 8-10 YOUTH FITNESS Page 11	ADULT FITNESS Pages 11-17	FAMILY TIME SPECIAL EVENTS Page 18

YOUTH DEVELOPMENT

CHILD CARE

PRESCHOOL

PRESCHOOL PROGRAM (AGES 3-4)
Our Nationally Accredited, state licensed programs will prepare your 3 or 4 year old for kindergarten! With an increased focus on literacy and learning through exploration, your child will develop social, emotional, physical and academic skills necessary for the beginning of his/her academic career, including:

- Swimming lessons
- Field trips and special events
- Music and Movement/socialization
- Sight word recognition & guided reading practices
- Development of fine and gross motor skills
- Language development-focusing on reading, writing, listening, and speaking connections.

Extended Care Hours: We offer extended care after the preschool day until 5:30pm at the YMCA. During this additional time your child will participate in swimming, music and movement, arts and crafts, indoor and outdoor free play, and nap/quiet time.
Preschool registration is on-going and spaces are limited. Please contact Child Care Department at Ext. 3115 for hours and availability.
On school holidays, the YMCA will offer full day vacation day programs for the preschool age group. Look for registration two weeks before each holiday.

School Year 2015-2016
Family Registration Fee: **$45 non-refundable**
(Annual fee due at time of sign up per family)

Half Day Program (child must be toilet trained)
3 year old program
Tuesday and Thursday 9:00am-1:00pm
Member $181/Month Community Member $270/Month
Extended Care Program
Tuesday and Thursday 1:00-5:30pm
Member $294/Month Community Member $442/Month
4 year old program
Monday, Wednesday, and Friday 9:00am-1:00pm
Member $285/Month Community Member $428/Month
Extended Care Program
Monday, Wednesday, and Friday 1:00pm-5:30pm
Member $342/Month Community Member $514/Month

Full Day Program (child must be toilet trained)
3 & 4 year old program
Monday thru Friday 7:30am-5:30pm
Member $733/Month Community Member $1100/Month

SCHOOL AGE

Y BEFORE AND AFTER SCHOOL (Grades K-5)
The YMCA offers before and after school care for 7 Milford Elementary schools which include: Calf Pen Meadow, Live Oaks, Mathewson, Meadowside, Orange Avenue, and Orchard Hills.
Our programs offers:
Homework help, fitness and sports programs, community service projects, reading, swimming at the YMCA, healthy snacks, arts & crafts, Zumba®, field trips, special events, parties, and much more!
Please contact the Child Care Department at Ext. 3115 for hours and availability, or any further inquiries.
Family Registration Fee: **$45.00 Non-Refundable**
(Annual fee due at time of sign-up per family)

Monthly Tuition
Before School Programs (all other sites)
Member:
5 Days $168 4 Days $155 3 Days $126
Community Member:
5 Days $253 4 Days $233 3 Days $189

After School Programs (all other sites)
Member:
5 Days $269 4 Days $242 3 Days $197
Community Member:
5 Days $404 4 Days $363 3 Days $294
There is a $5 discount per month for each additional child.
Full-time care may be provided on school vacation days for an additional charge.

MIDDLE SCHOOL AFTER SCHOOL PROGRAM (Grades 6-8)
The focus of the program is to give youth a safe place to be between 2:30pm and 6:00pm where they can do their homework, participate in sports, crafts, teamwork activities, and community service. The activity schedule will vary because the youth are involved in planning their program activities. The program is located at the Woodruff YMCA. Transportation is provided to the YMCA from East Shore, West Shore, and Harborside Schools in Milford.
School Year 2015-2016
Family Registration Fee: **$45.00 Non-Refundable**
(Annual fee due at time of sign-up per family)
Member:
5 Days $313 4 Days $277 3 Days $237
Community Member:
5 Days $470 4 Days $416 3 Days $356

There is a $5 discount per month for each additional child
Full-time care may be provided on school vacation days

YOUTH DEVELOPMENT

SCHOOL AGE

INCLUSIVE AFTER SCHOOL FOR HIGH SCHOOL
The focus of the program is to give youth an opportunity to grow socially, reinforce healthy living skills with sports, swimming, fitness, recreation opportunities, job skills training and shadowing. The program runs between 2:00pm and 6:00pm. Participants will also have time for homework.
Activities are subject to change based on the abilities and interests of the students in the program.
Transportation is provided to the YMCA from Foran, Jonathan Law, and the Academy in Milford.

School Year 2015-2016
Family Registration Fee: **$45.00 Non-Refundable**
(Annual fee due at time of sign-up per family)
Member:
5 Days $317 4 Days $283 3 Days $240
Community Member:
5 Days $476 4 Days $425 3 Days $361

Y VACATION CLUB (Pre-K– Grade 5)
Child Care is available on vacation days, following the Milford Public School calendar.
The program runs from 7:15 am - 6:00 pm for school age children. The program includes field trips, swimming, games, arts and crafts, cooking lessons and Zumba®. Space is limited. For more information contact Child Care Department at Ext. 3115.
One time $45.00 Non-Refundable registration fee for non-child care participants.
Member: $50.00/child
Community Member: $75.00/child

YOUTH

Y FUN CLUB Formerly Snow Day Program (Pre-K– Grade 5)
Child Care is available when the Milford school system is closed due to snow. The programs run from 7:30am-6:00pm. A non-refundable registration fee of $15 will reserve your spot. The program fee will be paid each time you use a snow day. Children will need to bring lunch, a bathing suit and towel, and snow clothes.

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

Member: $50.00/child
Community Member: $100.00/child

INCLUSIVE AFTER SCHOOL PROGRAMMING
Most of our after school programs are inclusion based. To best prepare your child for the program, please contact the Youth Department at ext. 3111 to arrange a meeting.

INCLUSION PEER MENTORS (AGES 8 & OLDER)
Peer mentors are available for individuals with special needs ages 8 and older for our programs. Please contact the Youth Director to arrange for a meeting and a Mentor.

As with all programs, we offer financial assistance to those who qualify.

Applications are available upon request at the Welcome Center.

SEW PRETTY
Learn the basics of embroidery on clothing with our Program Specialist Amie. Each person will bring their own garment to embroider. Samples of work will be shown for inspiration from vintage denim jackets to bedspreads to her very own hand sewn wedding dress with gemstones.

Participants should be 10 years old through adults. Program includes basic supplies and refreshments. Participants will need to bring a garment to embroider.

Monthly Event
November 16, December 14 6:00-8:00pm
Member: $5
Community Member: $15

CHILD CARE

Fall II: October 26 - December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

YOUTH

INTRO TO ACTING
We are back for some theater fun. Self confidence, expression and fun, there is lots to be gained by participating in this great program. Participants will play theater games and practicing acting skills.
Dates and Times
Thursday 5:00-5:45 (grades K-2)
Thursday 6:00-7:30 (grades 3 and up)
FREE for Facility Members

ARTIST WORKSHOP (AGES 5-12)
An instructed creative art class focusing on the exploration of different media and techniques. Open to all skill levels. Multiple forms of art media will be explored, paint, clay, pencil, and watercolor just to name a few.
Saturday 9:00-10:00am (AGES 5-7)
Saturday 10:00-11:00am (AGES 8-12)
Member: FREE
Community Member: $92

FIZZ, BUBBLE, GOO (AGES 5-12)
Have you ever wondered what happens when you put Mentos in a bottle of Diet Coke? Come create cool science experiments with everyday materials that will explode, ooze and goo. Not only will the child perform wacky science experiments, they will learn the basics of the scientific method.
Tuesday 4:00-4:45pm (AGES 8-12)
Wednesday 4:00-4:45pm (AGES 5-7)
FREE for Facility Members

STORY BUGS (AGES 2-5)
Everyone loves a good story! Come and hear a great story and do an activity too!
Tuesday 11:00-11:30am
FREE for Facility Members

READING ROCKETS BOOK CLUB (GRADES 3-5)
We'll gather each week to talk about a book we read together and do an activity based on the book. We'll use the Milford School Reading lists as a guide for our book choices.
Monday 4:00-4:45pm
FREE for Facility Members

YOUTH

MUSIC AND MOVEMENT (AGES 2-4)
Perfect class for little ones who are not ready to separate from Mom or Dad. Girls wear leotards, tights, and ballet slippers. Boys wear a t-shirt and sweatpants or shorts.
Dates: October 31– December19 (8 weeks)
Saturday 11:00-11:30am
Member: $45
Community Member: $90

COMBO DANCE (AGES 3-7)
A fun introduction to ballet and tap. Girls wear leotard and tights with ballet slippers. Boys wear t-shirt and sweatpants/shorts and sneakers. Performance will be held on December 12.
Dates: September 12–December 12 (14 weeks)
Saturday 11:30-12:15pm (AGE 3)
Saturday 12:15-1:00pm (AGE 4)
Saturday 1:00-2:00pm (AGES 5-7)
Member: $113
Community Member: $226

We had a great Fall outdoor sports season for Soccer, Climb Time, Archery, Gaga and Pickle Ball.

These great programs will be back in the Spring!

Fall II: October 26 - December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

YOUTH SWIM LESSONS

The purpose of a YMCA swim lesson is to help develop a lifelong love of the water with competency, confidence, and endurance in swimming. In addition to learning stroke mechanics, we also teach Personal Safety, Water Sports, Games and Character Development.
***All lessons are taught without floatation assistance.**
Pre-School and Parent/Child classes run for 30 minutes each.
Youth, Adult, and Teen classes run for 30/45 minutes each.
Porpoise Level runs for one hour.
Refunds will not be given after the start of a session and credits may only be applied if approved by the Aquatics Director.

Swim Lesson Make-up Policy

If a group swimming lesson is cancelled by the YMCA, a system credit will be issued at the end of the session, unless otherwise communicated.
We hope that each student will attend all classes within a session. This provides them with the maximum opportunity to develop as a swimmer. In order for us to offer a quality program, makeup classes are not available.

Parent/Child Swim Lessons: (Ages 6 months-36 months)

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

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

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

PERCH 1:3 class ratio (19-36months)
At 19 months of age, your child should 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 preschool swim levels.

YOUTH SWIM LESSONS

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

PRESCHOOL CLASSES (Ages 3-5)

PIKE 1:6 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.

EEL 1:6 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.

RAY 1:6 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 1:6 class ratio
Swimmers must be able to swim 20 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.

SWIM STARS 1:6 class ratio
This new class is for your 3-5 year old who has completed the Starfish level, but is not quite old enough to enter the Youth Program. Students will focus on endurance, stroke mechanics, and aquatic safety skills.

PROGRESSIVE CLASSES (Ages 6-12)

POLLIWOG (Beginner swimmer) 1:8 class ratio
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.

GUPPY (Advanced beginner) 1:8 class ratio
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.

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Youth Swim Lessons
PARENT/CHILD & PRESCHOOL
Member: $80/88
Community Member: $160/176

Fall II: October 26 - December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

YOUTH DEVELOPMENT

YOUTH SWIM LESSONS

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

PROGRESSIVE CLASSES (AGES 6-12)

MINNOW (Intermediate) 1:10 class ratio
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.

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 free-style and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly.

FLYING FISH 1:10 class ratio
Swimmers must be able to complete a continuous 100 yards in freestyle and backstroke, 50 yards of continuous 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 200 IM (individual medley)

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 backstroke, 50 yards breaststroke, 50 yards freestyle). Also introduction to water safety and lifesaving skills.

Member:	$96
Community Member:	$192

YOUTH SWIM LESSONS

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

YOUTH ENDURANCE SWIM CLUB (AGES10-14)
Endurance swim club is a new addition to our aquatics program and is designed for those swimmers who have completed all the levels of the YMCA lesson program through porpoise.
Two days per week:
Sunday 12:15-1:15pm
Wednesday 7:00-8:00pm

Member:	$188
Community Member:	$376

Private, Semi-Private & Tri-Private Lessons

PRIVATE SWIMMING LESSONS (30 MINUTES)*
These swim lessons provide a one-on-one setting and are open to all ages and ability levels.
Registration for these lessons is on a first come first serve basis.

Package of 1:	Member	$45
Package of 2:	Member	$80
Package of 4:	Member	$132

SEMI-PRIVATE SWIMMING LESSONS (30 MINUTES)*
These classes are perfect for siblings and friends with similar swimming abilities! A 1 to 2 instructor to student ratio provides an excellent learning environment.
Registration for these lessons is on a first come first serve basis.

Package of 1:	Member	$55
Package of 2:	Member	$100
Package of 4:	Member	$172

SWIM, SPORTS & PLAY

Fall II: October 26 - December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

YOUTH DEVELOPMENT

EDUCATION & LEADERSHIP

YOUTH & TEENS

Special Needs Swimming Lessons

ADAPTIVE AQUATICS 1:1 class ratio
This program is open to all individuals with cognitive and/ or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany if needed.
Contact Aquatics Department at ext. 3117 if you have any questions.
Member: $92

Teen & Adult Swim Lessons

TEEN/ADULT 1:8 class ratio
13+ yrs. - 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. Beginner and Intermediate classes offered.

YOUTH & TEENS

WATER SAFETY INSTRUCTOR (AGES 16+)
If you're at least 16 years old and a proficient swimmer, you can become an American Red Cross Water Safety Instructor. Learn to teach children and adults to swim, and give water safety presentations to kids and their parents. It's a fun and meaningful job.
Become certified to teach the following:

- Parent and Child Aquatics
- Preschool Aquatics
- Learn-to-Swim
- Safety Training for Swim Coaches
- Longfellow's WHALE Tales
- Water safety courses and presentations

Contact Aquatic Department at ext. 3117 with questions
Course fee:
Member: $325
Community Member: $425

LIFEGUARD TRAINING COURSE (AGES15+)
If you're 15 or older and looking for a great part time job or challenging career that's in demand, the American Red Cross Lifeguarding program is the best place to start. Lifeguarding lets you work as part of a team to help
people safely enjoy the water. You could even save a life!
Learning is fun and easy! Through videos, group discussion and hands-on practice, you'll learn : Rescue skills for use in the water and on land. First aid and professional rescuer CPR/AED training to help you prepare for an emergency., professional lifeguard responsibilities, and surveillance skills to help you recognize and prevent injuries.

Contact Aquatic Department at ext. 3117 with questions
LIFEGUARD TRAINING WITH WATERFRONT
Course fee:
Member: $275
Community Member: $375

Fall II: October 26 – December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

YOUTH DEVELOPMENT

YOUTH AQUATICS

SYNCHRONIZED SWIMMING
Synchronized swimming is an Olympic sport that combines swimming, dance, gymnastics and music.
Pre-requisite: Must be able to swim length of the pool.

LITTLE MERMAIDS
A once a week class for girls 6-10, this class is great for beginners! Swimmers learn the basic synchro skills in a safe, non-competitive environment. Girls will participate in a performance at the end of the session.
Sunday 10:15-11:15
October 8-December 17
Members Only: $88 per session

SYNCHRO PRE-TEAM
Pre-team is for girls ages 8-12 who would like the experience of being on a synchro team without the requirement of competition. Emphasis is on teamwork and building confidence. Pre-team members will perform in 2 exhibitions. **Pre-requisite: Must be a minnow level swimmer or higher.**
Two days per week:
Thursday 4:00-5:30
Saturday 9:00-11:00
October 8-December 17
Members Only: $190

HOME SCHOOL SWIM
We understand the importance of home schooled children having opportunities to participate in physical activity. Our instructors will create a positive nurturing environment that will improve our children's strength and confidence in the water while fulfilling physical education requirements. Students will be separated into 3 levels of ability to ensure the most beneficial instruction. Students will learn proper stroke technique as well as basic water safety and rescue techniques. Each class includes both a structured lesson and free swim period.
Tuesdays 2:00pm-3:00pm
Member: $84
Community Member: $168

***NEW* SAINTS SWIM CLUB**
Coming soon! For students attending St. Mary's and St. Gabriel's Schools in Milford. Led by our Aquatic Coordinator, Josh Garner, the children will be transported to the YMCA and participate in a 40 minute swim lesson followed by a 20 minute structured free swim time. Pick up will be from the YMCA. Contact Matt LaPrino for program dates and times.
Member: $105
Community Member: $210

TEENS

THE COUNCIL (BOYS AGES 9-14)
Boys can stand strong, stand up for their beliefs without fear, prevent violence, harassment, or abuse, and stand in united solidarity. The Council encourages understanding, critical thinking skills, pride, unity, and a positive regard for diversity as boys grow toward young manhood. This is a facilitated support group.
Tuesday 5:00-6:00pm
Member: FREE
Community Member: FREE

GIRLS CIRCLE (GIRLS AGES 9-13)
Girls are strong, courageous, and confident. Girls Circle gives girls a safe, caring environment, and encourages self confidence, authenticity in relationships, and judgment skills. This is a facilitated support group.
Wednesday 3:30 –4:30pm
Member: FREE
Community Member: FREE

YOUTH COMMISSION/LEADERS CLUB
A joint venture between the YMCA and the Milford Mayor's Office. Teens participate in leadership and community activities.
Meets alternating Tuesdays through the school year.
Contact Nicole Servas at nservas@cccymca.org for more information.
Free to the youth in the community.

YOUTH & GOVERNMENT (HIGH SCHOOL AGE)
Delegations are held at Foran High School and the Woodruff YMCA. Participants take on government roles and participate in writing, debating, lobbying and passing laws. Program concludes with the annual state conference in Hartford. (Delegations and participants will be required to pay for their own trip.) Contact the Youth Department at ext. 3116 if you are interested but your school does not have a Delegation.
October 2015- March 2016
Contact Nicole Servas at nservas@cccymca.org for more information.

SWIM, SPORTS & PLAY

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

YOUTH FITNESS

ATTENTION:
Youth ages 6-14 these classes are just for you! Join the fun and stay fit.

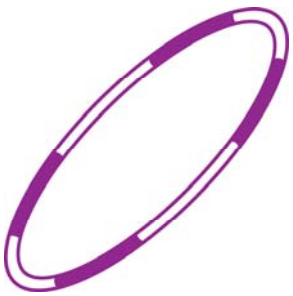
YOGA KIDS (AGES 6-13)
Yoga can increase attention span for kids in addition to improving stamina, flexibility, strength, and its fun!
Tuesdays 5:00pm – 5:45pm
FREE for Family Facility members

***NEW* KIDS DIP AND DANCE** (AGES 6-14)
Our kids Zumba classes are so popular, we decided to try something new! Introducing Kids Aqua Zumba class to the YMCA! This fun filled, splash-friendly, choreographed dance party will be the highlight of your child's fitness experience!
Check Fitness schedule for class day and time.
FREE for Family Facility members

ZUMBA® KIDS
Designed exclusively for kids Zumba Kids classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines. Parents love Zumba Kids because of the effects it has on kids. It increases their focus and self-confidence, boosting metabolism and enhancing coordination.
Monday and Wednesday 5:00pm-5:45pm
FREE for Family Facility members

KIDS EXTREME FIT (AGES 8-14)
Conditioning drills designed to improve overall fitness, and develop athletes seven key sport skills: flexibility, coordination, agility, balance, strength, stamina, and speed. Class structured to help athlete become more well-rounded and have fun.
FREE for Family Facility members
Wednesday 4:15pm-5:00pm

KIDS HULA HOOP FITNESS
Who doesn't love a hula hoop? Join our most popular youth fitness class yet! Kids can work on coordination, muscular strength, cardiovascular fitness and how to work together as a team in this fun filled class. Hula Hoops are provided by the instructor.
Tuesday 4:15-5:00 pm
FREE for Family Facility members



WELLNESS

DIABETES PREVENTION PROGRAM
The YMCA's diabetes Prevention Program helps those at high risk of developing type 2 diabetes, adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.
About the program
In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help maintain progress.
Program goals
Reduce body weight by 7%
Increase physical activity to 150 minutes per week.

To learn more about the program, join us at an info session on
November 10th 11:00am
November 19th 6:00pm
December 10th 11:00am
December 15th 6:00pm
All are welcome to attend the information sessions.
For more information contact Alisha Williams at ext. 3118.

NEW BEGINNINGS PROGRAM
A supportive environment to promote friendship and group exercise
For many the thought of starting a group exercise program is intimidating. The Woodruff Family Y is starting a new program called "New Beginnings" to encourage individuals to make new friends, become part of a group, and learn to incorporate exercise into their lifestyle.

101 Classes
These entry level classes will be small in size. Basic exercises and equipment will be introduced. Free for members!

- Strength 101 - **Tue 10:20am and Sat 10:05am**
- TRX 101 - **Sun 10:30am (1hr)**

Fall II: October 26 – December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

HEALTHY LIVING

WELLNESS CENTER

NEW WELLNESS CENTER
NOW OPEN ON THE SECOND FLOOR

PERSONAL TRAINING

The YMCA can help you achieve your wellness goals by working closely with you to set realistic goals and design an individualized action plan that will keep you motivated and accountable! Work one on one with a Y Trainer. Whether it's performance or health related, the Y's trainers can design the right training for you to optimize your health and reach your wellness goals.

We offer both individual and group training, weight management, aquatic, athletic, rehabilitation, endurance, functional, post and prenatal training.

Individual Training

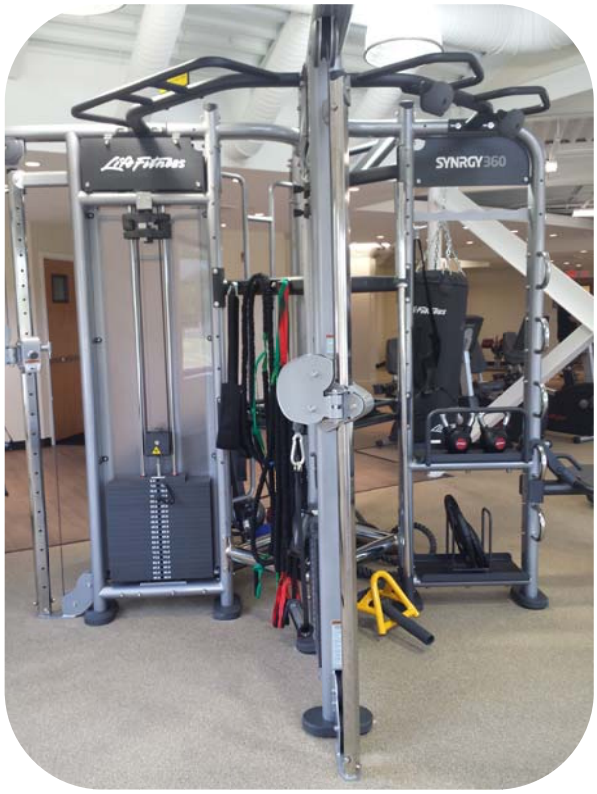
2 Sessions:	$86.00
4 Sessions:	$160.00
10 Sessions:	$370.00
20 Sessions:	$660.00

Group Training (2-4 people)

2 Sessions:	$100.00
4 Sessions:	$180.00
10 Sessions:	$400.00
20 Sessions:	$700.00

After the initial hour training, sessions can be divided into half hours.

WELLNESS CENTER



Have you had a Fit Training Yet?

FIT Training is a Free Initial Training. Our Wellness staff is here to help you reach your goals! Schedule your appointment today at the Welcome Center!
You and your Trainer will:

- Develop total Health Goals that are realistic for you.
- Apply the FITT principle into your fitness program, to get started and keep you going.
- Learn how to use the equipment you will use at the beginning of your program.

Fall II: October 26 – December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

WELLNESS CENTER

SILVER SNEAKERS LOYALTY CARD

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

The Woodruff Family YMCA is pleased to offer the SilverSneakers® Fitness Program. SilverSneakers is the nation's leading exercise program designed exclusively for older adults and is available at no additional cost (beyond any monthly premium) to eligible Medicare health plan and group retiree members. Eligible members have a **complimentary membership** to the Woodruff Family YMCA. To find out if you are eligible for SilverSneakers, please visit our Member Service Desk or visit www.silversneakers.com.

HEALTHWAYS SilverSneakers® FITNESS

GROUP CLASSES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

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 used for seated and/or standing support.

SilverSneakers® Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises strength training using the TRX ® Suspension Training® , kettle bells and weights. Paired with short bursts of high intensity cardio that will strengthen and tone all major muscle groups.

Fall II: October 26 – December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

HEALTHY LIVING

GROUP CLASSES
FREE TO MEMBER CLASSES!

Group Fitness Session dates:
Fall 2 2015
October 26 – December 20

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Barbell Fitness
Come try our new strength training class! This full body workout will sculpt, tone and strengthen your entire body faster than you imagined! We will focus on low weight, high repetitions, high energy and lots of fun.

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.

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

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

Cardio Interval & Strength
This class is an excellent way to burn calories and build endurance and strength quickly. A combination of alternating aerobic activity and sport conditioning by utilizing weights, bands and/or core.

GROUP CLASSES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

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

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

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!

Pilates
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 exercise on the mat as well as use of a stability ball. body weight metabolic interval training.

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

GROUP CLASSES
FREE TO MEMBER CLASSES!

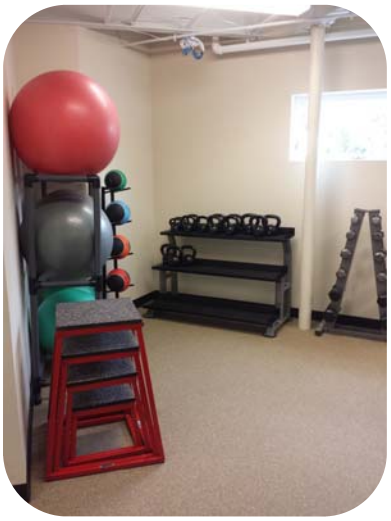
CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

***New* Plyoga**
Designed to challenge everyone from fitness beginner to seasoned athlete. Class uses a 4 part plyometric interval system which then uses yoga as an active recovery. This creates a true growth process for participants by helping to become better in tune with their body, their goals and their overall desire to be great.

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

Strength Express
A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves that may use barbells, free weights or bands. This motivation class will leave you toned, defined and achieving the results you've always wanted.

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



GROUP CLASSES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

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.

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

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

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

Fall II: October 26 - December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

HEALTHY LIVING

OUR NEW WELLNESS CENTER IS NOW OPEN ON THE SECOND FLOOR

Come and check out the all new :

- Cardio Equipment
- LifeFitness Weight Machines
- Synrgy
- Free Weight Room
- Spin Room
- Aerobics Studio

Why not schedule a F.I.T. appointment to become familiar with all the new equipment.

Call or visit the Member Service Desk to schedule your appointment.

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

NEW GROUP CLASSES

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Barre Matt
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.
Tuesday 7:05-8:05pm
Thursday 10:30-11:30am
FREE for Facility Members

***NEW* Early Morning TRX®**
Start your mornings off right with a boot camp class that will be sure to get you pumped and ready for the day.
Check the current schedule available online and at the Welcome Center for class days and times.

FREE for Facility Members

***New* Plyoga**
Designed to challenge everyone from fitness beginner to seasoned athlete. Class uses a 4 part plyometric interval system which then uses yoga as an active recovery. This creates a true growth process for participants by helping to become better in tune with their body, their goals and their overall desire to be great.
Mondays 11:30-12:30pm
FREE for Facility Members

WATER ACTIVITES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Aqua Zumba®
Known as the Zumba® "pool party", the Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua class blends it all together into a safe, challenging, water based workout that's cardio-conditioning, body toning, and most of all, exhilarating beyond belief.

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

SilverSneakers® - Splash
Activate your urge for variety! Splash offers fun and shallow water movements to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required. A SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

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

Fall II: October 26 - December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

HEALTHY LIVING

ADULT TRAINING

WOODRUFF FAMILY YMCA AQUATIC CLUB MASTERS SWIM

Whether you are a novice or an elite swimmer, the Woodruff Y Masters program can improve your swimming skills. These coached practices are designed to enhance your swimming skills, make you more efficient in the water, and increase your overall fitness level. If you are interested in competition, the program offers swimmers the opportunity to participate in local, regional and national meets. Masters Swimming is made up of tri-athletes, beginners, and world champions. Meet us at the pool and join the fun.

Practice Times
Monday & Wednesday 7:30pm-9:00pm
Friday 5:30am-7:00am
Saturday 10:00am-11:30am (non-coached)

Session Fees January-March

Member:	$150
Community Member:	$300
Single Practice Drop in	
Member:	$10
Community Member:	$20
Full Year Registration	
Members:	$500
Community Member:	$900

10 WEEKS TO A HEALTHIER YOU

Back by popular demand is our new and improved 10 Weeks to a Healthier You program! We have added some great new incentives for our participants—including small group personal training twice a week! If you are ready to make the changes in your life towards a healthier you, this is the program for you.
Program Includes:

- Workout and nutrition journal
- A free 30-min personal training session per week (a $430 value!)
- 2 Small group training sessions per week exclusively for program participants
- Nutritional counseling
- Weekly tips and goals
- Weekly weigh-Ins and measurements
- Personalized Exercise recommendations and guidelines
- 24/7 Support from your coaches and mentors

Fee: $175 per member
$325 for family of 4 or more

Start Date: Program start date
October 26th at 6:00pm

ADULT TRAINING & FAMILIES

YMCA TRI CLUB

Looking to improve your current workout level, maybe increase your endurance or train with others to prepare for a Triathlon? Join us for our group workouts! We are an informal group. Weekly workouts and training schedules are available at the Member Service Desk. This is to help introduce new triathletes to the sport. Join us when you can!

Tuesdays - 6:45pm Group swim at the Y
Saturdays – 9:00am Group rides or runs starting at Y
Contact Alisha Williams for more details at awilliams@cccymca.org

HEALTHY LIFESTYLES PROGRAM

Change your choices, change your life. Adopt and maintain a healthy lifestyle by eating healthy, increasing physical activity and weight loss. Program benefits; led by a trained lifestyle coach, small group setting, learn about healthy eating and physical activity, reduce body weight and 16 one hour sessions followed by 8 monthly sessions. Please call to register for one of the following information sessions.

November 10th 11:00am
November 19th 6:00pm
December 10th 11:00am
December 15th 6:00pm

Fall II: October 26 - December 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

HEALTHY LIVING

FAMILIES

***NEW* ACRYLIC PAINTING WITH AMIE**

Time for being creative. Book Illustrator and Art Instructor Amie Ziner will guide you through creating beautiful work of art, giving step-by-step directions, working with you individually and as a group. Breaks are included for snacks, questions and chatting. It is a great evening of fun!

Participants should be 10 years old through adults. Program is 2 hours long and includes basic supplies and refreshments.

Monthly Event

November 23 6:00-8:00pm

Member: $5 per event

Community Member: $15 per event

Questions, contact Amie Ziner at aziner@cccymca.org.

Free for Family Members

PARENTS NIGHT OUT

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

Participants Kindergarten– 5th grade

November 21, December 12 6:00 - 8:00pm

FAMILIES

BREAKFAST WITH SANTA

Enjoy a hot breakfast with your family. Make a craft and get a picture with Santa to take home. Hear a story and bring your wish list.

December 12

8:30-10:00am

Members $6/per person

Non-members $12/per person

FLICK-N-FLOAT

Now that the evenings are getting darker earlier, we can have some flick and float fun. Come spend the evening with family and friends and enjoy the fun! Bring your floats, any and all Facility Members are welcomed on this night. Keep an eye out for flyers with date and movie titles.

FAMILY TIME THEMED EVENTS

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

Pre-registration required.

November 20 , December 11 6:00-8:00pm

MOVIN' ON UP

Woodruff YMCA Renovation Project

We are so excited the second floor is now open. While we have "moved on up" to the second floor, there are still renovations going on. Our first floor is currently under renovation and will soon be the home to 3 new preschool classrooms and an expanded child watch.

To learn more about the project or make a donation to the capital campaign, please contact our District Executive Director, Charlie Clifford at cclifford@cccymca.org.

BUILD YOUR COMMUNITY

Make the most of your Y Membership – refer your friends to join the Y!

When a friend you've referred joins the Y, we'll thank **you** by giving you a **FREE** membership month. There's no limit to how many friends you refer and there's no limit to how many **FREE** months you can receive. Being with friends is always more fun for you and your family.

Take advantage of sharing the Y with your friends today!

WOODRUFF FAMILY YMCA
631 Orange Avenue
Milford, CT 06461
P 203.878.6501 F 203.878.0619
www.woodruffymca.org