PUT A SPRING IN YOUR STEP

2013

Program offerings
SPRING 2013
HAROLD F. WOODRUFF FAMILY YMCA
HERE FOR YOU

WOODRUFF FAMILY YMCA
P 203 878 6501 F 203 878 0619
Email: woodruffinfo@cccymca.org

FACILITY HOURS
Mon-Thurs 5:30am-9:00pm
Friday 5:30am-7:00pm
Saturday 8:00am-8:00pm
Sunday 9:00am-5:00pm
(Pool closes 15 minutes before facility)

HOLIDAY HOURS/CLOSURES
Memorial Day, May 27
Open 5:30am-1:00pm

SPRING SESSION:
April 22–June 16

PROGRAM REGISTRATION
Facility Member: April 1
Non - Member: April 8

CHILD WATCH HOURS
Mon-Sun
9:00am - 12:00pm
Mon and Wed
5:00pm – 8:15pm
Tue
5:00-8:30pm
Thurs
4:00pm – 8:30pm
Friday
5:00-7:00pm

MEMBERSHIP FOR ALL
Membership rates are based on a sliding scale according to household income.
Please contact the Y for more information.

YOUR YMCA STAFF
Executive Director: Charles Clifford
Sr. Program Director: Karen Backus
Health and Wellness Director: Amanda Berry
Child Care Director: Donna Denesha
Aquatic Director: Matt LaPrino
Youth Director: Nicole Servas
Pre-School Coordinator: Sue Buglione
Membership Coordinator: Jo-Ann Onze
Child Care Coordinator: Brenda Pasquariello

REGISTER ONLINE at www.woodruffymca.org
View current schedules, programs, and events on our website!
MAKE A DIFFERENCE

Being part of the Y says something great about you! It demonstrates your commitment to your health, the health of your family and the health of your community.

YMCA STRONG KIDS
The Y reaches out to children and families in the community to provide opportunities that they might not otherwise have. Your support of our STRONG KIDS CAMPAIGN provides the funds needed to make programs available, provide recreational learning and life-enhancing experiences that build strong kids, strong families and strong communities.

Every gift counts and every dollar raised goes directly to the YMCA Strong Kids Campaign to help families in our community.

Stop by the Welcome Center to make a difference today!

OUR MISSION: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.
CHILD CARE

PRE SCHOOL 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 and 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 pre-school 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.

Pre-school registration is on-going and spaces are limited. Please contact Child Care Department at Ext. 3115 for hours and availability.

School Year 2013-2014
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 $172/Month  Non-Member $246/Month

Extended Care Program
- Tuesday and Thursday 1:00-5:30pm
  Member $281/Month  Non-Member $350/Month
4 year old program
- Monday, Wednesday, and Friday 9:00am-1:00pm
  Member $272/Month  Non-Member $350/Month

Extended Care Program
- Monday, Wednesday, and Friday 1:00pm-5:30pm
  Member $326/Month  Non-Member $397/Month

Full Day Program (child must be toilet trained)
3 & 4 year old program
- Monday thru Friday 7:30am-5:30pm
  Member $698/Month  Non-Member $782/Month

As with all programs, we offer financial assistance to those who qualify. Applications are available upon request at the Welcome Center.

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

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, Orchard Hills, and St. Gabriel’s.

**St. Gabriel meets at Meadowside for Before and After school, transportation is provided by the YMCA.

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 or 3125 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 (for St. Gabriel’s)
Member:
- 5 Days $201
- 4 Days $172
- 3 Days $135
Non-member:
- 5 Days $221
- 4 Days $187
- 3 Days $148

Before School Programs (all other sites)
Member:
- 5 Days $160
- 4 Days $148
- 3 Days $119
Non-member:
- 5 Days $176
- 4 Days $162
- 3 Days $130

After School Program (for St. Gabriel’s)
Member:
- 5 Days $276
- 4 Days $249
- 3 Days $213
Non-member:
- 5 Days $311
- 4 Days $279
- 3 Days $237

After School Programs (all other sites)
Member:
- 5 Days $256
- 4 Days $230
- 3 Days $187
Non-member:
- 5 Days $288
- 4 Days $257
- 3 Days $210

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.

2013–2014 School Year REGISTRATION DATES
School Age, Middle School and High School begins May 1st.

Spring: April 22–June 16
YOUTH DEVELOPMENT

SCHOOL AGE

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. 3125.
One time $45.00 Non-Refundable registration fee for non-child care participants.
Member: $50.00/child
Non-member: $60.00/child

PARENTS NIGHT OUT
Kids Night at the Y will be held on Friday 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 must be at least Kindergarten– 5th grade.

Dates:
April 12
Time: 6:00 – 8:45 pm

Fee:
FREE To Family Facility Members
Registration will begin 2 weeks prior to each night.

CAMP WEPAWAUG and DISCOVERY CAMP
Camp Wepawaug and Discovery Camp are state licensed day camps for campers ages 3–14 located on our Y grounds with over 20 acres of open fields and woodlands. Registration for the 2013 camp season is under way. Camp brochures available at the Y and online.
Contact Nicole Serves at ext. 3116 for more information.

YOUTH/TEEN

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 due to the fact that 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 2013–2014
Family Registration Fee: $45.00 Non-Refundable
(Annual fee due at time of sign-up per family)
Member:
5 Days $298
4 Days $264
3 Days $225
Non-member:
5 Days $333
4 Days $296
3 Days $252

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.

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 2013–2014
Family Registration Fee: $45.00 Non-Refundable
(Annual fee due at time of sign-up per family)
Member:
5 Days $302
4 Days $270
3 Days $229
Non-member:
5 Days $340
4 Days $302
3 Days $257

INCLUSIVE AFTERSCHOOL PROGRAM
Most of our afterschool programs are inclusion based. To best prepare your child for the program, please contact the Youth Department at ext. 3116 to arrange a meeting.

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
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.
Wednesday 6:30-7:15pm
Member: FREE
Non-Member: $80

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.
Monday 6:15-7:00 pm
Member: FREE
Non-Member: $80
No class on Memorial Day

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

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: March 23-June 8
Saturday 11:00-11:30 am
Member: $77
Non-Member: $144

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 June 8.
Dates: March 23-June 8
Saturday 11:30-12:15pm (AGE 3)
Saturday 12:15-1:00pm (AGE 4)
Saturday 1:00-1:45pm (AGES 5-7)
Member: $94
Non-Member: $185

DANCERS WORKSHOP (AGES 8-12)
"Fun"damentals of dance, ballet, jazz and tap. Please dress in leotards, and tights or leggings. Participants will get help to choreograph their own dance. Performance to be held on June 8.
Dates: March 21-June 6
Thursday 5:00-5:45pm (AGES 5-7)
Member: $94
Non-Member: $185

RED CROSS BABYSITTING COURSE
For ages 12 and older
Members: $80
Non-member: $95
Course begins on April 13
Contact Youth Department at EXT. 3116

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

Spring: April 22-June 16
<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Description</th>
<th>Date(s)</th>
<th>Time</th>
<th>Member Cost</th>
<th>Non-Member Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STORY BUGS</strong> (AGES 2-5)</td>
<td></td>
<td>Everyone loves a good story! Come and hear a great story and do an activity too!</td>
<td>Tuesday 11:00-11:30am</td>
<td></td>
<td>Free</td>
<td>$65</td>
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<tr>
<td><strong>DOODLE BUGS</strong> (AGES 3-5)</td>
<td></td>
<td>Preschoolers create arts and crafts projects using a wide variety of medium.</td>
<td>Friday 11:00-11:45am</td>
<td></td>
<td>$38</td>
<td>$65</td>
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<tr>
<td><strong>TUMBLE BUGS</strong> (AGES 2-4)</td>
<td></td>
<td>Fun fitness for preschoolers to encourage using their bodies to move correctly and develop self-confidence through physical activity. Class will focus on flexibility, balance, and tumbling basics. Parents are asked to participate in the 2-3 year old class.</td>
<td>Thursday 10:30-11:00 (AGES 2-3)</td>
<td></td>
<td>$62</td>
<td>$114</td>
</tr>
<tr>
<td><strong>ARTIST WORKSHOP</strong> (AGES 5-12)</td>
<td></td>
<td>An instructed creative art class focusing on the exploration of different media and techniques. Open to all skill levels.</td>
<td>Tuesday 3:45-4:30pm (AGES 5-7)</td>
<td></td>
<td>FREE</td>
<td>$92</td>
</tr>
<tr>
<td><strong>FIZZ, BUBBLE, GOO</strong> (AGES 5-12)</td>
<td></td>
<td>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.</td>
<td>Tuesdays 4:00-4:45pm (8-12)</td>
<td></td>
<td>FREE</td>
<td></td>
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<tr>
<td><strong>LEARN TO PLAY GAGA</strong></td>
<td></td>
<td>For children and families! GAGA is a fast paced, high energy sport played in an octagonal pit. Played with a soft foam ball, this safe game combines the skills of dodging, striking, running and jumping while trying to hit opponents with a ball below the knees.</td>
<td>May 18</td>
<td>3:00pm</td>
<td>No charge</td>
<td></td>
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<tr>
<td><strong>ROOKIES SOCCER</strong> (AGES 3-5)</td>
<td></td>
<td>Dribble, shoot, goal! Participants and their parents will learn soccer skills through age appropriate games and drills. Participants will receive a size 3 soccer ball. Parent participation is required.</td>
<td>April 27-June 15</td>
<td>10:00-10:45</td>
<td>$72</td>
<td>$144</td>
</tr>
<tr>
<td><strong>ROOKIES T-BALL</strong> (AGES 4-6)</td>
<td></td>
<td>Learn the right stance, grip and swing, base running, throwing, catching, basic game rules and good sportsmanship. Please bring a glove.</td>
<td>April 27-June 15</td>
<td>12:15-1:00</td>
<td>$65</td>
<td>$130</td>
</tr>
<tr>
<td><strong>ARCHERY</strong> (AGES 8-ADULT)</td>
<td></td>
<td>Ready, Aim, Fire! Learn proper technique for shooting a bow and arrow as well as basic bow maintenance. Equipment is provided. (8 weeks)</td>
<td>April 27-June 15</td>
<td>1:00-2:00</td>
<td>$80</td>
<td>$160</td>
</tr>
<tr>
<td><strong>YOUNG ARCHERS</strong> (AGES 6-8)</td>
<td></td>
<td>New beginner class for our young archers. Learn all the basics on equipment geared toward this age group.</td>
<td>April 27-June 15</td>
<td>12:00-12:30</td>
<td>$60</td>
<td>$120</td>
</tr>
</tbody>
</table>

**ARCHERY RANGE**
Open hours for Y members
The Y will provide bows and arrows to lend and an instructor available to assist you with basic instruction. You are welcome to bring your own bow and arrows, however please use field tips.

**Interested in joining an Youth Archery Team?** Please contact Nicole Servas, Youth Director at ext. 3116.
YOUTH DEVELOPMENT

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.

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

SHRIMP/KIPPER (Infant) Ratio of 10 to 1
6–18 months - This is a water adjustment class emphasizing fun and safety with the use of games and songs. A parent or guardian must accompany each child into the water.

INI/A/PERCH (Toddler) Ratio of 10 to 1
18–36 months – This class builds on the skills from the Shrimp/Kipper class and focuses on further exposure to basic skills and safety. A parent or guardian must accompany each child into the water.

Youth Swim Lessons: (Ages 3–5)

PARENT & PIKE (Toddler) Ratio of 3 to 1
2–4 yrs - Children must be 24 months old (2 years), but are not ready for our youth swim lesson program. Parents will work with their children on transitions to/from the instructor while learning basic water safety and swimming skills to enable a smooth transition to the youth swim lesson program.

PIKE (Beginner) Ratio of 5 to 1
3–5 yrs - 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 (Advanced Beginner) Ratio of 5 to 1
3–5 yrs - 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 (Intermediate) Ratio of 6 to 1
3–5 yrs - Participants must be able to swim 15 feet with their 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 (Advanced) Ratio of 6 to 1
3–5 yrs - Swimmers must be able to swim 20 yards with rhythmic breathing for front crawl and no floatation. Starfish will improve on their endurance for front crawl, back crawl, and sidestroke while being introduced to the arm and leg movements for breaststroke.

POLLIWOG (Beginner) Ratio of 7 to 1
6–12 yrs - 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. 30 minute lesson

GUPPY (Semi-Beginner) Ratio of 7 to 1
6–2 yrs - Children must be able to swim 20 feet without floatation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency. 30 minute lesson

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Youth Swim Lessons: (Ages 3–5)

EEL (Advanced Beginner) Ratio of 5 to 1
3–5 yrs - 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.

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Youth Swim Lessons: (Ages 6–12)

POLLIWOG (Beginner) Ratio of 7 to 1
6–12 yrs - 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. 30 minute lesson

GUPPY (Semi-Beginner) Ratio of 7 to 1
6–2 yrs - Children must be able to swim 20 feet without floatation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency. 30 minute lesson

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Youth Swim Lessons
PARENT/CHILD & PRESCHOOL
Members: $77/84
Non-Members: $154/168

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

Spring: April 22–June 16
YOUTH SWIM LESSONS

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Progressive Youth Swim Lessons: (AGES 6-12)

MINNOW (Advanced) Ratio of 9 to 1
6 - 12 yrs - 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/FLYING FISH (Intermediate) Ratio of 9 to 1
6 - 12 yrs - 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. 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 (Advanced) Ratio of 9 to 1
6 - 12 yrs - 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, and racing starts.

PORPOISE Ratio of 10 to 1
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).
Member: $92
Non-member: $184

Teen & Adult Swim Lessons

TEEN/ADULT BEGINNER Ratio of 8 to 1
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.

YOUTH SWIM 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 $35
Package of 2: Member $60
Package of 4: Member $110

SEMI-PRIVATE SWIMMING LESSONS (30 MINUTES)*
These classes are perfect for siblings and friends with similar swimming abilities! A one-to-two 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 $45
Package of 2: Member $80
Package of 4: Member $150

TRI-PRIVATE SWIMMING LESSONS (30 MINUTES)*
These classes are perfect for siblings and friends with similar swimming abilities! A one-to-three instructor to student ratio provides an excellent learning environment.
Package of 1: Member $55
Package of 2: Member $100
Package of 4: Member $190

* A private lesson request form must be filled out and given to the front desk. Your request form will be posted for the instructors to view and if available one will call to set up a schedule that is conducive to both member and instructor.

Special Needs Swimming Lessons

ADAPTIVE AQUATICS Ratio of 1 to 1
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.
YOUTH SWIM LESSONS

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 for class dates and times.

Fees: $400

LIFEGUARD TRAINING COURSE (AGES 15+)
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.
- Surveillance skills to help you recognize and prevent injuries.

Contact Aquatic Department at ext. 3117 for class dates and times.

Fees: $350

Water Front Lifeguard Course fee: $400
Enroll Today!
Here’s your chance to build your résumé and show the world what you can do:

- Prepare for college and a career by developing leadership and communication skills.
- Be a hero by learning lifesaving skills, such as first aid, CPR and AED.
- Have fun and earn money at a job you love.

These jobs are in high demand! Plus, American Red Cross certification is recognized nationwide so you can work anywhere in the U.S. No other training organization helps train as many lifeguards each year as the American Red Cross.

Masters Swim Program
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 Days and Times:
Tuesday and Thursday 7:00-8:30pm
with an on deck coach
Friday 5:30-7:00am
Swimmer lead

2013 Sessions
April - May

Session Fees
Member: $150 per session
Non-Member: $300 per session
Single Practice Drop-In Fees
$10 per practice member/non-member

YOUTH ENDURANCE SWIM CLUB (AGES 10-14)
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
Members: $184
Non-member: $368

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.
For more information, please contact Matt Laprino, Aquatic Director.
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.
Free for Family Facility members.

April 19
May 17
June 21
(Dates subject to change)

CULINARY EVENT
ShopRite of Milford is pleased to announce a Family Culinary Event for members. Attendees will participate in the hands-on preparation of a 3-course, healthy meal using fresh and seasonal ingredients, and have the opportunity to learn about nutritious but easy-to-make family recipes.
These events will be fun and interactive cooking classes designed for both parents and children to attend together, or just adults. It will be taught by a team consisting of a professional chef and ShopRite’s own in-store nutritionist. No need for drive-thru fast food anymore!

Date and Menu to be announced
Location: ShopRite of Milford Culinary Center
Fee: $20 per parent and child team class or $10 for adult only class (includes class and dinner)

BIRTHDAY PARTIES
Enjoy your child’s Birthday party or other celebration at the Y. Parties consist of one hour of a chosen party activity in our private room.

Fees based on two hour time slot:
The Y will provide a staff member to supervise the classroom usage and run activities for the party (excludes Teen Party). Pool parties are subject to swim tests of every child, and a life guard will introduce themselves in the party room to go over the pool rules. All party activities are either held outside or in our activity room and the presents and food will be in class rooms.

Party Themes/Fees:
Pool Party
Fee: $175
Tumble Bugs party Ages 2-4
Fee: $200
Dance Party
Fee: $200
Zumba Party Ages 7-10
Fee: $215
Sports Party (soccer, flag football, ultimate Frisbee, kick ball, or whiffle ball)
Seasonal only
Fee: $215
Archery Party (seasonal only)
Fee: $225
Teen Party w/DJ
Fee: $400
Teen Zumba Party Ages 11-15
Fee: $250
Craft Party
$200

Days / Times:
Sat (pool, or craft )
12:00-2:00 PM
(Class Room)
2:30-4:30
(Class Room/Activity Room)
5:00-7:00
(Class Room/Activity Room)
Sun (Class Room/Activity Room)
12:00-2:00 PM
2:30-4:30
(More Information Online at www.woodruffymca.org)
HEALTHY LIVING

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.

For more information contact Kelly Vaughan at (203) 375-5844.

YOUTH FITNESS

FIT ZONE

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 5:00 – 5:45pm
Free for Family Facility members

ZUMBATOMIC® (AGES 7-12)
Designed exclusively for kids ZumbAtomic classes are rockin’, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love ZumbAtomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.
Wednesday 5:00–5:45 pm
Free for Family Facility members

YOUTH INDOOR CYCLING (AGES 10-14)
Youth indoor cycling provides an excellent opportunity for kids to get excited about fitness. In addition to allowing for individual development in a fun, motivating group setting, cycling classes can help boost self-esteem, build self-confidence, and can be linked to the lifetime fitness pursuits. Call to reserve your bike on Monday evenings.
Thursday 4:00–5:00 pm
Free for Family Facility members

NEW!

YOUTH BOOT CAMP (AGES 7-12)
Come get fit while having fun. Classes will include cardiovascular, strength training and stretching.
Monday 5:00–5:45pm
Free for Family Facility members

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
HEALTHY LIVING

WELLNESS CENTER

Have you had a Fit Training Yet?
We are here to help you reach your goals! Schedule your appointment today at the Welcome Center!
You and your Fit 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.
- Set up a schedule of follow-up appointments as needed with your Fit Trainer.

Fit Training Appointments can also be held in the POOL and done for your FAMILY as a group. Please contact Health/Wellness Department at ext. 3118 for more information and to schedule an appointment.

YOUTH/PARENT CARDIO ORIENTATION (AGES 10 & 11)
This is a program for 10 & 11 year olds. It consists of one appointment with a Total Health Trainer. They will teach the youth how to safely and effectively use the cardiovascular equipment only. Upon completion the youth will be able to use the cardio equipment when accompanied by an adult. Note: Depending on the youth’s height they may not safely fit on some of the equipment. The trainer will determine this.

FREE for Facility Members

YOUTH/PARENT FITNESS ORIENTATION (AGES 12 & 13)
Orientations designed for youth 12 & 13 years old with a parent/guardian. A Total Health Trainer will instruct participants on how to safely and effectively use the Cardio & Strength equipment. Upon completion of the four sessions, the youth will be allowed to use the fitness center when accompanied by the adult.

FREE for Facility Members

PERSONAL TRAINING
Meeting your Health and Wellness goals is important to you and to us! We can help complement our Total Health Appointments by working closely with you to set realistic goals and design an action plan that you’ll stick with. We focus on the areas of exercise, healthy eating and stress reduction. We create a schedule together – choose the number of sessions to meet your specific needs for goal evaluation and one-on-one workout sessions. We hope to provide you with the knowledge and motivation to hold yourself accountable for achieving your personal health and fitness goals.

Fee: $86 /2 hours
$160 /4 hours
To schedule your session or for more information contact Health/Wellness Department at ext. 3118.

CORE AND MORE
Enhance your workouts! The Wellness Center trainers are offering 10 minute core and more classes in the Wellness Center on the hour.

9:00 am - 10:00 am - 11:00 am
6:00 pm - 7:00 pm - 8:00 pm

GET A JUMP ON SUMMER
Save the Date!
Healthy Kids Day
Saturday, April 27th

Senior Wellness Day
Save the Date!
Wednesday May 29
9:00-2:00pm
Bring a Friend!

Spring: April 22–June 16
MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
HEALTHY LIVING

GROUP CLASSES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Group Fitness Session dates:
Spring: April 22-June 16

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, build endurance and strength quickly. A combination of alternating aerobic activity and sport conditioning by utilizing weights, bands and/or core.

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 5pm the evening before.

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.

Strength Challenge
Target all your major muscle groups utilizing an interval format of strength/cardio bursts and a variety of equipment.

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

Strength Training
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.

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 soaring!

GROUP CLASSES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

SilverSneakers® Muscular Strength
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit
Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

101 Classes
Are you just getting back into exercising? Do you want to try a brand new type of exercise? If so, these classes have been designed just for you! They will include more specific instruction on how to safely & effectively perform the exercises in a comfortable environment.

Yoga, Cycling, Cardio Interval & Strength, Step & Strength

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 contact Amanda Berry, SilverSneakers Fitness Program Senior Advisor™ at 203-878-6501 x 3118 or visit www.silversneakers.com.

101 Classes

Spring: April 22-June 16

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
WATER ACTIVITIES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

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

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

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.

SilverSneakers® - SilverSplash®
Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

TRX® BOOT CAMP
Boot camp will promise an intense workout that incorporates body weight 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.

Free 45 min Trial Classes
Sign up for a free class to experience this 3 – D Total Body Workout!
Monday April 22 5:45am
Tuesday April 23 7:00pm
Thursday April 25 7:00pm
Friday April 26 10:15am
Saturday April 27 8:00pm
Class Session Begins
April 29
Monday 5:45-6:45am
Tuesday 7:00-8:00pm
Thursday 7:05-8:00pm
Friday 10:15-11:15am
Saturday 8:05-9:00am
Fee $42
TRX® Suspension Training ® Private/ Semi Private Sessions available!

GROUP CLASSES

COUCH TO 5K
Beginner Running Program
This 9 week program will help you become healthier, stronger and ready to run your first 5K road race. This beginner running program has helped thousands of new runners get off the couch and on the roads, running 3 miles in just 2 months!
Walkers welcome as well.

Start date to be determined.
Second two workouts each week on your own.
Dress for the weather as we will be outside.
Wear your running shoes, bring a water bottle and a stop watch.
Facility Member Free
Registration required.

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. Join us when you can!

Wednesdays 6:45pm Group swim at the Y
Saturdays 9:00am Group rides or runs starting at Y
Facility Member Free

BRIDAL BOOT CAMP
BEGINS APRIL 22
Getting married, in a wedding, attending one or just want to get in shape for the summer? This 8-week boot camp will focus on increasing strength and endurance through TRX Suspension Training, balance/core exercises and cardio drills. The 45 minute, once a week workout, will be supplemented by a take home workout regimen. Connect with your bridal party and build camaraderie before the big day! Everyone will encourage and motivate each other, not just in class but during their weekly workouts at home. Enjoy your big day in shape and ready to celebrate!

SUNDAY 10:30-11:30AM
Members $48
Non-member $100

Spring: April 22–June 16
MORE INFORMATION ONLINE AT WWW.WOODRUUFFYMCA.ORG
YOU BELONG
Membership Gives You Many Opportunities

At the Y we exist to strengthen the community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause and create meaningful change not just for you, but also for your community.

BRING A FRIEND!

There has never been a better time to refer your friends, family, or colleagues to the Woodruff Family YMCA, or an easier way to do it. When your friend joins as a member, YOU will receive a FREE MONTH MEMBERSHIP! See Member Service for details.