

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. Refer a friend to the Y. When they join as a new Member, you'll receive a free month of membership.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WHERE EVERYONE COMES TO PLAY



WOODRUFF FAMILY YMCA

Program Guide

Winter I Session: January 2 – February 23, 2014

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

HERE FOR YOU

HEALTHY LIVING

WINTER 1 SESSION:

January 2 - February 23

PROGRAM REGISTRATION

Facility Member: December 2
Community Member: December 9

CHILD WATCH HOURS

Mon-Sun
9:00am - 12:00pm
Mon and Wed
5:00pm - 8:15pm
Tue
5:00pm-8:15pm
Thurs
4:00pm - 8:00pm
Friday
5:00pm-7:00pm



MEMBERSHIP FOR ALL

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

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

New Year's Day, January 1st
Open 10:00am-2:00pm

YOUR YMCA STAFF

Executive Director: Charles Clifford
Child Care Director: Donna Denesha
Aquatic Director: Matt LaPrino
Youth Director: Nicole Servas
Pre-School Coordinator: Sue Buglione
Membership Coordinator: Jo-Ann Onze
Facility Manager: Derek Branco
Health and Wellness Director: Coming soon

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® - 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 and a SilverSneakers kickboard or other aquatic equipment is used to improve 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 Trial Classes

Sign up for a free class to experience this 3 - D Total Body Workout!

Wednesday January 1	10:00am
Thursday January 2	7:00pm
Friday January 3	10:15am
Saturday January 4	8:00am
Monday January 6	5:45am
Thursday January 9	7:00pm
Friday January 10	10:15am
Saturday January 11	8:00am

Class Session Begins

January 12

Monday	5:45-6:45am
Thursday	7:05-8:00pm
Friday	10:15-11:15am
Saturday	8:05-9:00am

Fees:

Facility Members	\$42
TRX® Suspension Training® Private/ Semi Private	Sessions available!

GROUP CLASSES



BODY FIT BOOT CAMP Free trial class January 5 SESSION BEGINS January 12

It is time to make time for you! This 7-week boot camp will focus on increasing strength and endurance through TRX® Suspension Training, balance/core exercises and cardio drills. Receive suggestions from the instructor on workouts for the rest of your week. Connect with others as you encourage and motivate each other to get back into shape and enjoy living healthier!

SUNDAY 10:30-11:30AM	
Members	\$42
Community Member	\$84

HEALTH, WELL-BEING & FITNESS

REGISTER ONLINE at www.woodruffymca.org

HEALTHY LIVING

GROUP CLASSES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Group Fitness Session dates:

Winter 1: January 2 to February 23

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.

Glucosezone

Safe and effective aerobics class for people with Type I and/or Type II Diabetes. Includes time and space allotted during class for blood glucose testing, and instruction from a Fittest certified Glucosezone instructor.

Insanity®

is a revolutionary cardio-based total body conditioning program based on 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 the MAX Interval Training, Insanity pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

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.

Punk Rope®

Combines fitness games, relay races, creative calisthenics, rope jumping, and raise-the-roof music for a fun and complete workout. Get ready to sweat with a smile.

Strength Challenge

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

GROUP CLASSES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Step & Sculpt:

This energetic cardio class strengthens the lower body while blasting calories and having fun. This 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!

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.

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. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule.

Winter 1: January 2 - February 23

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

WE CAN DO SO MUCH MORE BECAUSE OF



From A to Z, we offer a variety of experiences to nurture the potential of every child and teen, improve the nation's health and well-being and provide support to our neighbors.

Throughout our community, countless people know the YMCA. But the Y is so much more than a gym. It's a cause, dedicated to youth development, healthy living, and social responsibility.

From exercise to education, from volleyball to volunteerism, from preschool to preventive health, the Y doesn't just strengthen our bodies. It strengthens our community.

Our community faces new challenges that create a greater need than ever for the work we do every day. Fortunately, where some see obstacles, we see opportunities for our members, volunteers and staff to make a difference.

**Every gift makes a difference.
Everyone has a role to play.
Together, we can achieve so much more.
Give today.**

The Y. So Much More.™

Annual Campaign

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

<p>PRESCHOOL & SCHOOL AGE Pages 4-5</p> <p>YOUTH & TEEN Page 5</p>	<p>YOUTH DEVELOPMENT Page 6</p> <p>SPORTS Page 6</p>	<p>SWIM LESSONS Page 8-9, 10</p> <p>FAMILY TIME Pages 11</p>	<p>ADULT FITNESS Pages 12-13 14</p>	<p>WATER FITNESS Page 15</p>
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YOUTH DEVELOPMENT

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 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 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 2014-2015

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 \$177/Month Community Member \$265/Month

Extended Care Program

Tuesday and Thursday 1:00-5:30pm

Member \$289/Month Community Member \$434/Month

4 year old program

Monday, Wednesday, and Friday 9:00am-1:00pm

Member \$280/Month Community Member \$420/Month

Extended Care Program

Monday, Wednesday, and Friday 1:00pm-5:30pm

Member \$336/Month Community Member \$504/Month

Full Day Program (child must be toilet trained)

3 & 4 year old program

Monday thru Friday 7:30am-5:30pm

Member \$719/Month Community Member \$1079/Month

**2014-2015 School Year
REGISTRATION DATES**
Preschool begins February 3rd

School Age, Middle School and
High School begins May 5th

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 (for St. Gabriel's)

Member:

5 Days \$207 4 Days \$177 3 Days \$139

Community Member:

5 Days \$311 4 Days \$265 3 Days \$209

Before School Programs (all other sites)

Member:

5 Days \$165 4 Days \$152 3 Days \$123

Community Member:

5 Days \$248 4 Days \$228 3 Days \$185

After School Program (for St. Gabriel's)

Member:

5 Days \$284 4 Days \$256 3 Days \$219

Community Member:

5 Days \$426 4 Days \$384 3 Days \$329

After School Programs (all other sites)

Member:

5 Days \$264 4 Days \$237 3 Days \$193

Community Member:

5 Days \$396 4 Days \$356 3 Days \$289

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.

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

Community Member: \$75.00/child

Registration for the
2013-2014 Child Care Programs is ongoing.
Contact Child Care Director
for rates and availability

Winter 1: January 2 - February 23

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 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.

PERSONAL TRAINING

The Woodruff YMCA can help complement our Fit Training appointments by working closely with you to set realistic goals and design an individualized action plan that will keep you motivated and accountable!

With the support of a certified personal trainer, you can strengthen your core, lose weight and improve your overall health and wellbeing.

Let us know how we can assist you in achieving your goals!

Individual Training

2 Sessions: \$86.00

4 Sessions: \$160.00

Group Training (2 people)

2 Sessions: \$100.00

4 Sessions: \$180.00

Group Training (3 people)

4 Sessions: \$200.00

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

WELLNESS CENTER

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



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.



Winter 1: January 2 - February 23

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.

NEW 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 30 minute entry level classes will be small in size. Basic exercises and equipment will be introduced. Free for members!

- Strength 101 - Mon 6:00pm
- Stretch 101 - Mon 6:30pm
- Cycling 101 - Wed 6:00pm & 6:30pm
- Strength 101 - Sat 10:00am

NEW SILVER SNEAKERS LOYALTY CARD

Pick up a new 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!

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

ZUMBA@ KIDS

Designed exclusively for kids Zumba Kids 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 Zumba Kids 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/PARENT CARDIO ORIENTATION (AGES 10 & 11)

This is a program for 10 & 11 year olds. It consists of one appointment with a 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 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

NEW YOUTH SPORTS CONDITIONING (AGES 8-14)

Conditioning drills designed to improve overall fitness, 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.

Please register for this class as space is limited.

Mondays 5:00-5:45pm

YOUTH DEVELOPMENT

SCHOOL AGE

Y FUN CLUB (Formerly SNOW DAY PROGRAM) PRE-K-School Age

Child care is available when the Milford school system is closed due to inclement weather. The program runs from 7:30am-5:30pm. 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
Community Member: \$100.00

CAMP WEPAWAUG

Camp Wepawaug is a state licensed day camp for campers ages 3-14 located on our Y grounds with over 20 acres of open fields and woodlands. Each day, our caring and creative camp staff provide a safe, enriching, and fun experience for every camper. With activities like arts & crafts, swimming, sports, group games, and nature as well as special activities centered around a session theme, the summer will fly by!

We are proud that the Y camps are accredited by the American Camping Association, or ACA. ACA-accredited camps meet up to 300 standards for health, safety, and program quality. To learn more visit www.ACACamps.org. Registration for the 2014 camp season begins Feb 1, 2014.

Camp brochures will be available in January. Contact Nicole Servas, Youth Director 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 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 2014-2015

Family Registration Fee: **\$45.00 Non-Refundable**
(Annual fee due at time of sign-up per family)

Member:
5 Days \$307 4 Days \$272 3 Days \$232
Community Member:
5 Days \$461 4 Days \$408 3 Days \$348

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 2014-2015

Family Registration Fee: **\$45.00 Non-Refundable**
(Annual fee due at time of sign-up per family)

Member:
5 Days \$311 4 Days \$278 3 Days \$236
Community Member:
5 Days \$467 4 Days \$417 3 Days \$354

INCLUSIVE AFTER SCHOOL PROGRAM

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

NEW MIDDLE SCHOOL FIT CLUB

Club members will be picked up from East Shore, Westshore or Harborside and brought to the Y for an afternoon in the wellness center with a YMCA trainer. See flyers for dates and fees.

RED CROSS BABYSITTING COURSE

For ages 12 and older

Members: \$80

Community Member: \$95

Contact Youth Department at EXT. 3116

Winter 1: January 2 - February 23

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YOUTH DEVELOPMENT

TEEN

YOUTH COMMISSION/LEADERS CLUB

A joint venture between the YMCA and the Milford Mayor's Office. Teens participate in leadership and community Activities.

Meetings

Tuesdays 6:30-7:30

Free to the youth in the community.

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

Community 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.

Tuesday 5:00 -6:00pm

Member: FREE

Community Member: \$80

TEEN NIGHTS

Time for teens to take over the Y one Friday night a month. Most events will have a DJ for dancing as well as other themed events throughout the year.

See flyers for dates and themes

YOUTH & GOVERNMENT (HIGH SCHOOL AGE)

Delegations are held at Foran High School and Lauralton Hall. 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 2013- March 2014

YOUTH

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

Members: Free

Community Member: \$65



NEW 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.

Mondays 4:00-4:45pm

Member: FREE

NEW YMCA LEARNING LABS

Looking for some extra educational support for your child. Tutoring and homework help is now available at the Y. Contact Nicole Servas for more information at extension 3116.

NEW GYM AND SWIM (AGES 3-5)

In the first half hour, the child participates in songs and activities as they play together in our multipurpose room. Then for the second half hour the child will discover buoyancy and beginning movement in the water, such as kicking, arm strokes, and breath control. Classes enhance your child's social, physical. Gross motor and cognitive development through self-discovery, interaction with new friends, songs and games!

Thursdays Gym 10:30-11:00am

Pool 11:15-11:45am

Contact Matt LaPrino for more information at extension 3117.

Winter 1: January 2 - February 23

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

HEALTHY LIVING

FAMILY TIME

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.

January 18

February 21



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:

January 31

Time: 6:00 - 8:45 pm

Fee: FREE To Family Facility Members

Registration will begin 2 weeks prior to each night.

NEW ADULT ART CLASSES

Coming soon, digital and traditional art classes for adults coming soon. Contact Nicole Servas, Youth Director for more information at extension 3116.



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MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

FAMILY TIME

BIRTHDAY PARTIES

Enjoy your child's birthday party or other celebration at the Y. Parties consist of one hour of a chosen party activity and one hour in our private room for 35 people.

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 lifeguard 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 classrooms.

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

Fee: \$200

Days / Times:

Saturday

(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)

Sunday

12:00-2:00 PM

(Class Room/Activity Room)

2:30-4:30

(Class Room/Activity Room)



YOUTH DEVELOPMENT

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.
Course fee: \$375

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.

LIFEGUARD TRAINING WITH WATERFRONT

Member: \$275
Community Member: \$375

FIRST AID TRAINING

Course fee: \$75

CPR/AED FOR THE PROFESSIONAL RESCUER

Course fee: \$90



YOUTH SWIM LESSONS

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

Community 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.

MERMAIDS

A once a week class for girls 5-10, 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

Fridays 5:00-6:30

Members \$92 per session

Community Member: \$184 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.**

January 5-June 8, 2014

Two days per week:

Thursdays 5:00-6:30 (swimming and dry land training)

Sundays 1:30-3:00 (swimming)

Members Only \$430

HALF A DAY SWIM LESSON PROGRAM

Take advantage of our new Half A Day swim lesson program. It takes place at the Y during winter and spring school vacation weeks. Designed for children ages 4 through 8, Half A Day has a swim lesson and free -swim period each day; arts and crafts, music and gym time round out the fun.

Space is limited, so remember to sign up early for the Half A Day swim lesson program during the 2014 school vacation breaks.

April 14-18

9:00 am to 12:00 pm

Members: \$125

Community Members: \$250

Winter 1: January 2 - February 23

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

YOUTH DEVELOPMENT

YOUTH

NEW CULINARY CREATIONS (GRADES 3-5)

Create fun and healthy snacks using basic household appliances. Participants will learn techniques to prep and cut foods, safe handling techniques, follow a recipe and safely use the appliances to create the snack. Participants will get to sample their creation and take it home.

Mondays 5:00-5:45pm

Member: \$25

Community Member: \$50

ARTIST WORKSHOP (AGES 5-12)

An instructed creative art class focusing on the exploration of different media and techniques. Open to all skill levels.

Saturday 9:00-10:00am (AGES 5-12)

Saturday 10:00-11:00am (AGES 5-12)

Member: FREE

Community Member: \$92

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.

NEW ROOKIES INDOOR SOCCER (AGES 3-5)

Dribble, shoot, goal!

Participants will learn soccer skills through age appropriate games and drills. In our activities room.

Dates: January 5 - February 23

Saturday 2:00-2:45

Members: \$72

Community Member: \$144

YOUTH

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. This winter we will be working on projects for the Milford Invention Convention!

Tuesdays 4:00-4:45pm (AGES 8-12)

Wednesday 4:00-4:45pm (AGES 5-7)

Member: FREE

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: January 5-February 23 (8 weeks)

Saturday 11:00-11:30 am

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 March 22.

Dates: January 5 - March 22 (12 weeks)

Saturday 11:30-12:15pm (AGE 3)

Saturday 12:15-1:00pm (AGE 4)

Saturday 1:00-1:45pm (AGES 5-7)

Dates: January 2-March 20

Thursday 4:15-5:00pm (AGES 5-7)

Member: \$89

Community Member: \$178

DANCERS WORKSHOP (AGES 8-12)

"Fun"amentals 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 the last date of the class.

Dates: January 5-March 22 (12 weeks)

Thursday 5:00-5:45pm

Dates: January 2-March 20

Saturday 1:45-2:30

Members: \$89

Community Members: \$178



Winter 1: January 2 - February 23

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

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.

Swim Lesson Make-up Policy

At the Woodruff Family Y, 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, make-up classes are not available.

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

SHRIMP 1:10 class ratio

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

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 must be 13 months old, and should be able to stand unsupported and walk with assistance.(13-18 months)

PERCH 1:3 class ratio

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.(19-36months)

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.

YOUTH SWIM LESSONS

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

PRESCHOOL CLASS (Ages 3-5)

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 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.

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 floatation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency.



Winter 1: January 2 - February 23

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 freestyle 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: \$92

Community Member: \$184

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.

Winter 1: January 2 - February 23

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

YOUTH SWIM LESSONS

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

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 \$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 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 \$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 1 to 3 instructor to student ratio provides an excellent learning environment. Package of 4: Member \$190

For more information about private lessons, please contact the Aquatics Department at extension 3117.

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.

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Youth Swim Lessons

PARENT/CHILD & PRESCHOOL

Members: \$77/84

Community Members: \$154/168