



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**BUILD MORE  
THAN MUSCLE.**

**WOODRUFF FAMILY YMCA  
Summer Session Program Guide  
June 19 - August 13, 2017**

# HERE FOR YOU

## SUMMER SESSION:

**June 19 - August 13**

## PROGRAM REGISTRATION

**Facility Members: May 29  
Community Members: June 5**

## **WOODRUFF FAMILY YMCA**

P 203 878 6501 F 203 878 0619

Email: [woodruffinfo@cccymca.org](mailto: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)

## **CHILD WATCH HOURS**

Monday	9am -12pm	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	

## **OUR MISSION:**

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

## **STATEMENT OF DIVERSITY AND INCLUSION:**

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.

## **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**

Independence Day, Tuesday, July 4  
Close at 1:00pm

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.

**REGISTER ONLINE at [www.woodruffymca.org](http://www.woodruffymca.org)**

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



# TOGETHER, WE CAN CREATE A BETTER US

Annual Campaign  
CENTRAL CONNECTICUT COAST YMCA

## WHEN YOU DONATE TO THE Y, YOU MAKE OUR COMMUNITY BETTER THROUGH PROGRAMS FOCUSED ON:

### Youth Development

You give all kids the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development – all grounded in the Y’s core values of caring, honesty, respect and responsibility.

### Healthy Living

You help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

### Social Responsibility

You keep our doors open to all. We bring together people from all backgrounds, and support those who need us most. Together, we take on the most urgent needs in our community and inspire a spirit of service in return. You, our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

**Every dollar donated has a lasting impact on the people in our community.**

**GIVE TODAY. FOR A BETTER US.**

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# YOUTH DEVELOPMENT

## EARLY LEARNING CENTER

### EARLY LEARNING (AGES 3-4)

#### **Our Early Learning Program is year round!**

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.

### **Early Learning 2017-2018 Registration Open!**



## CHILDREN AT THE Y

### Supervision Requirements

Parents or guardians of children under the age of 12 must remain on Y property while their children are at the Y. The only exceptions to this policy are if children are participating in a supervised Y program or activity. Please escort your child to and from their program to ensure their safety. Please be prompt at pick-up.

## EARLY LEARNING CENTER

### School Year 2017-2018

**Family Registration Fee: \$45 non-refundable**

(Annual registration 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**

Members \$190/Month Community Members \$331/Month

#### 4 year old program

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

Members \$298/Month Community Members \$449/Month

### Full Day Program (child must be toilet trained)

3 & 4 year old program

**Monday thru Friday 7:30am-6:00pm**

Members \$770/Month Community Members \$1155/Month

### 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. Look for registration two weeks before each holiday.

For more information contact Child Care Department at Ext. 3115.

**One time \$45.00 Non-Refundable registration fee for non-child care participants.**

Members: \$50.00/child  
Community Members: \$75.00/child

# YOUTH DEVELOPMENT

## SCHOOL AGE

### BEFORE AND AFTER SCHOOL PROGRAM (Grades K-5)

Before and Afterschool located in: Calf Pen, John F. Kennedy, Live Oaks, Mathewson, Meadowside, Orange Ave, Orchard Hills and Pumpkin Delight

Our before and after school program encourages children to try new things, build confidence, make new friends and smile every day. Homework help is offered as well as healthy snacks, group games, activity choice time, reading time, swim at the YMCA, arts and crafts, and much more.

**Time:** 7:15am-9:00am or 3:00pm-6:00pm  
**School Year 2017-2018**

**(5 DAYS PER WEEK OPTION ONLY)**

Monthly Tuition Elementary School

<b>Before School Program</b>	<b>Members</b>	<b>Community Members</b>
1 Child	\$128	\$134
2 Children	\$228	\$241
3 Children	\$330	\$337
<b>After School Program</b>	<b>Members</b>	<b>Community Members</b>
1 Child	\$225	\$237
2 Children	\$402	\$424
3 Children	\$559	\$589
<b>Before &amp; After School Program</b>	<b>Members</b>	<b>Community Members</b>
1 Child	\$293	\$310
2 Children	\$528	\$556
3 Children	\$763	\$803

## SCHOOL AGE

### 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 Family YMCA. Transportation is provided to the YMCA from East Shore, West Shore, and Harborside Schools in Milford.

**School Year 2017-2018**

**Family Registration Fee: \$25.00 Non-Refundable**  
 (Annual fee due at time of sign-up per family)

**Members:**  
 5 Days \$327 4 Days \$290 3 Days \$249

**Community Members:**  
 5 Days \$489 4 Days \$433 3 Days \$371

There is a \$5 discount per month for each additional child.

### 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 2017-2018**

**Family Registration Fee: \$25.00 Non-Refundable**  
 (Annual fee due at time of sign-up per family)

**Members:**  
 5 Days \$331 4 Days \$295 3 Days \$252

**Community Members:**  
 5 Days \$495 4 Days \$442 3 Days \$376

# YOUTH DEVELOPMENT

## YOUTH

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 swimming lesson is cancelled by the YMCA, a system credit will be issued to all participants within a week of the session ending.

If a participant is absent from a group swimming lesson, a maximum of two make-up classes will be scheduled within the current program session, pending class availability.

### 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.

## YOUTH

#### PERCH 1:3 class ratio (19-36 months)

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.

#### PIKE 1:5 class ratio

Child must be comfortable in the water with a swim instructor and independent of a parent for the duration of the class. Pikes adjust to the water and develop independent movement. Instructors teach basic stroke and kicking skills, floating and pool safety.

#### EEL 1:5 class ratio

Children must be able to swim five feet with face in the water and no floatation device. Eels are taught to float, kick and perform progressive arm movements across the pool.

#### 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 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.

# YOUTH DEVELOPMENT

## YOUTH SWIM LESSONS

### PROGRESSIVE CLASSES (Ages 6-12)

**POLLIWOG** (Beginner swimmer) 1:7 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) 1:7 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.

**MINNOW** (Intermediate) 1:9 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)

## YOUTH SWIM LESSONS

**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.

Members: \$98  
Community Members: \$196

**YOUTH ENDURANCE SWIM CLUB** (AGES 10-14)  
Endurance swim club is a 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 11:45-12:45pm**  
**Wednesday 7:00-8:00pm**  
Members: \$188  
Community Members: \$376

### Family Open Swim

On weekdays we offer open swim from 5:30am - close.

On weekends we offer family open swim from 11:00am - close.

For details, check the schedule tab on our website and the Central Connecticut Coast YMCA mobile app.

# YOUTH DEVELOPMENT

## 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:	Members	\$48
Package of 2:	Members	\$85
Package of 4:	Members	\$140

### 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:	Members	\$58
Package of 2:	Members	\$105
Package of 4:	Members	\$185

### 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:	Members	\$246
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For more information about private lessons, please contact the Aquatics Coordinator at [bhicks@cccymca.org](mailto:bhicks@cccymca.org)

## YOUTH SWIM 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 Director at [jgarner@cccymca.org](mailto:jgarner@cccymca.org) if you have any questions.

Members:	\$94
Community Members:	\$188

### 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.

Members:	\$90
Community Members:	\$180

### 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. 3127 with questions

Course fee:	
Members:	\$325
Community Members:	\$425



# SWIM LESSON SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Shrimp/Kipper</b> (6-12 months) 30 min						10:00	
<b>Inia</b> (13-18 months) 30 min						10:30	
<b>Perch</b> (19- 23 months) 30 min	3:30				3:30	8:30 10:00 10:30	9:45
<b>Perch</b> (24- 36 months) 30 min	5:00	3:00 4:00		3:00	3:00	8:30 9:00 9:30	10:15 10:15
<b>Pike</b> (3 - 5 years) 30 min	3:00 4:00	5:00 6:00	3:00 4:30 5:30	6:00	5:30	8:30 9:00 9:30 9:30	9:15 10:45
<b>Eel</b> (3 - 5 years) 30 min	4:30	3:30 5:30	4:00 6:00	3:00 5:00	4:00 6:00	9:00 9:30 10:00 10:30	9:15 9:45
<b>Ray</b> (3 - 5 years) 30 min	5:30	4:30	5:00	5:30	5:00	8:30 10:30	10:45
<b>Starfish</b> (3 - 5 years) 30 min	6:00			4:00	4:30	10:00	
<b>Swim Stars</b> (3 - 5 years) 30 min			3:30	4:30		9:00	
<b>Polliwog</b> (6 - 12 years) 30 min	4:00	6:00		4:30 6:15	4:00	8:45	9:15 12:15
<b>Guppy</b> (6 - 12 years) 30 min	4:30	4:00	5:30	4:00 5:00	4:30	8:15 10:30	9:15 9:45
<b>Minnow</b> (6 - 12 years) 45 min	5:00	4:30	4:00	5:30	5:00	9:15	10:15
<b>Fish</b> (6 - 12 years) 45 min	5:45	5:15	4:45			9:45	11:15
<b>Flying Fish</b> 6 - 12 years) 45 min	6:30			6:45		9:00 10:00	
<b>Shark</b> (6 - 12 years) 45 min		6:30			5:45	8:15	11:00
<b>Porpoise</b> (6 - 12 years) 60 min			6:00			10:45	
<b>Teen/Adult</b> (13 years + ) 45 min		7:15 (Beginner/Intermediate)					
<b>Adaptive</b> (Ages 3 and up) 30 min		5:30 6:30 6:00 7:00	4:00 6:00 4:30 6:30 5:00 7:00 5:30	5:30 6:30 6:00 7:00		9:30 1:30 10:00 2:00 11:00 2:30 11:30 3:00 12:00 3:30 12:30 4:00 1:00	

## SUMMER

June 19, 2017 - August 13, 2017

Member Registration:

Community Member Registration:

Independence Day—No Classes, Prices Prorated

5/29/17

6/5/17

### PARENT/CHILD & PRESCHOOL

30 minutes

Members: \$82

Community Members: \$164

### YOUTH/TEEN&ADULT

30/45 minutes

Members: \$82 / \$90

Community Member: \$164 / \$180

### PORPOISE

60 minutes

Members: \$98

Community Members: \$196

### ADAPTIVE AQUATICS

30 minutes

Members: \$94

Community Members: \$188

### SWIM STARS: 30 minutes

This 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.

Members: \$82

Community Members: \$164

### YOUTH ENDURANCE SWIM CLUB:

60 minutes

Endurance swim club is designed for those swimmers who have completed all the levels of the YMCA lesson program through porpoise and who are 10-14 years old.

Twice per week:

Sunday 11:45am-12:45pm

Wednesday 7:00-8:00pm

Members: \$188

Community Member: \$376

# YOUTH DEVELOPMENT

## YOUTH & TEENS

### 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, and surveillance skills to help you recognize and prevent injuries.

### LIFEGUARD TRAINING WITH WATERFRONT

Course fee:

Members: \$275

Community Members: \$375

Contact Aquatic Department at ext. 3127 for future class dates

### INTRO TO IMPROV & STORYTELLING (AGES 7-10)

This class creates a fun and supportive environment for kids to learn the basics of creating improv. The class is taught primarily through games, play, and improvised stories. Learn how to be positive, take risks, be more creative, overcome shyness and focus on the people you're working with.

Thursday 6:00pm - 7:30pm

FREE for Facility Members

## YOUTH & TEENS

### CAMP WEPAWAUG

Camp Wepawaug is a state licensed day camp for campers ages 5-15 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, archery, group games, nature and our new climbing wall and high ropes course as well as new specialty camps and 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](http://www.ACAcamps.org).

Registration is now open for the 2017 camp season.

Contact Nicole Servas, Senior Program Director at ext. 3116 for more information.



# YOUTH DEVELOPMENT

## YOUTH

### 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.

**Sunday 10:00am-11:00am**

Members: FREE  
Community Members: \$92

### YOUNG ARCHERS (AGES 6-8)

A beginner class for our young archers. Learn all the basics on equipment geared towards this age group.

**Saturday 12:00pm-12:30pm**

Members: \$60  
Community Members: \$120

### ARCHERY (AGES 8-ADULT)

Ready, Aim, Fire!

Learn proper technique for shooting a bow and arrow as well as basic bow maintenance. Equipment is provided.

**Saturday 10:00am-10:45am**

**Saturday 11:00am-11:45am**

Members: \$60  
Community Members: \$120

## YOUTH

### MUSIC AND MOVEMENT (AGES 2-4)

Perfect class for little ones who are not ready to separate from Mom and Dad. Girls wear leotards, tights, and ballet slipper. Boys wear a t-shirt and sweatpants or shorts.

**Saturday 11:00am-11:30am**

Members: \$45  
Community Members: \$90

### COMBO DANCE (AGES 3-7)

A fun introduction to ballet and tap. Girls wear leotard and tights with ballet slippers and tap shoes. Boys wear t-shirt and sweatpants/shorts and sneakers.

Performance will held on August 12

**Dates: June 24 - August 12**

**Saturday 11:30am-12:15pm (AGES 3&4)**

**Saturday 12:15pm-1:15pm (AGES 5-7)**

Members: \$64  
Community Members: \$129

### DRAMA WORKSHOP (K-1st)

Kids will learn the basics of acting and storytelling through up-on-your-feet ensemble exercises, games and improvisations that activate their actor tools. This will help to develop speaking skills, build confidence, and enhance early social skills and creative learning.

**Thursday 5:00pm-5:45pm**

FREE for Facility Members

# YOUTH DEVELOPMENT

## YOUTH

### **FLICK N' FIRE**

Come spend the evening with family and friends and enjoy the fun! Bring your lawn chairs, snacks, and S'More kits.

Friday, June 23

Rain Date Saturday, June 24

All proceeds go to benefit Race4Chase.

Feature Presentation:  
**Finding Dory**

Suggested Donation:  
**\$8 Individual**  
**\$20 Family**



### **SWIM LESSON ASSISTANT**

If you're a sophomore or junior in high school, and are looking for volunteer hours, our Aquatics Department may be able to help. Qualifying volunteers will help aid the instructors through teaching swimming lessons and water safety.

Contact the Aquatics Director at [jgarner@cccyma.org](mailto:jgarner@cccyma.org) for more information



## YOUTH

### **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.

**July 7**

**6:00pm-8:00pm**

**August 11**

**6:00pm-8:00pm**

FREE for Family Facility Members

### **ROOKIES SOCCER (AGES 3-5)**

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.

Parents participation is required.

**Saturday 9:00am-9:45am (AGES 3-4)**

**Saturday 10:00am-10:45am (AGES 4-5)**

Members: \$72

Community Member: \$144

### **ALLSTAR SOCCER CLINIC (AGES 6-9)**

In this clinic, athletes will learn the basics of game play, improve your skills and have fun. Participants should bring their own cleats and shin guards. We will supply the ball.

**Saturday 11:00am-11:45am**

Members: \$72

Community Members: \$144

# HEALTHY LIVING

## YOUTH

### PRIVATE SOCCER LESSONS (30 MINUTES)

These soccer 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:	Members:	\$40
Package of 2:	Members:	\$70
Package of 4:	Members:	\$120



### SCIENCE & MORE (GRADES K-5)

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.

**Wednesday 4:00-4:45**

FREE for Facility Members

### CAMP HI-ROCK

A home away from home!

An environment where campers may stay for one to eight adventure-filled weeks. The goal is to help boys and girls ages 7-16 grow as individuals, to build their self-esteem while instilling leadership, social and life skills – and to help them have tons of fun in the beautiful Berkshire Mountain environment.

Please inquire at the Welcome Center or email the staff at [info@camphirock.org](mailto:info@camphirock.org)

## YOUTH FITNESS

### 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

### 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**

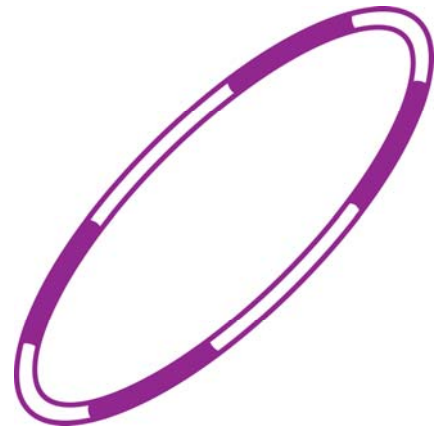
FREE for Family Facility members

### KIDS 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 4:15pm-5:00 pm**

FREE for Family Facility members



# HEALTHY LIVING

## WELLNESS CENTER

### HEALTHY LIFESTYLE PROGRAM

Join the YMCA Healthy Lifestyle program to adopt and maintain a healthy lifestyle by eating healthy, increasing physical activity, and weight loss. For those who are diagnosed with pre-diabetes.

#### **Program benefits:**

- Led by a trained lifestyle coach
- Small group setting
- Learn about healthy eating and physical activity
- Reduce body weight
- 16 One hour sessions followed by 8 monthly sessions

**To see if you qualify please 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 - **Tuesday 10:20am and Saturday 10:05am**
- TRX 101 - **Sunday 10:30am (1hr)**

## WELLNESS CENTER

## STRONGER BODY STRONGER SELF

### Active Together

Gives you all the training you need– cardio, strength, balance and flexibility– in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

**The Class You Pick, The Experience You Remember!**

#### **Have you had a FIT Training Yet?**

FIT Training is a Free Introductory 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 FIT principle of frequency, intensity and time 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.

# HEALTHY LIVING

## 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!

### Silver & Fit

Silver&Fit® Exercise and Healthy Aging Program. Health plans offer the Silver&Fit program to eligible Medicare Advantage/Supplement beneficiaries and group retirees. As a Silver&Fit member, you'll get to work out more, meet new friends, and be more social.



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](http://www.silversneakers.com).



## GROUP CLASSES

### 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.

### 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!

### 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.

# HEALTHY LIVING

## GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME  
CENTER, MOBILE APP AND WEBSITE

**Group Fitness Session dates:  
Summer 2017  
June 19 - August 13**

### **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.

### **Kardio 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.

### **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.

### **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.

## GROUP CLASSES FREE TO MEMBER CLASSES!

### **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.

### **Early Morning Offerings:**

**Strength Train Together  
Wednesday 5:45**

**TRX  
Thursday 5:45**

**Bootcamp  
Tuesday/Thursday 7:15**



# HEALTHY LIVING

## GROUP CLASSES

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

### 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.

### 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

### 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.

### 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)



## WATER ACTIVITIES

### FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

### 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.

### AquaPower

Ready for HIGH INTENSITY? This is not your typical water aerobics class! This cross-training programming combines cardio circuits, resistance training and tabata style workouts to fully strengthen every part of your body

# HEALTHY LIVING

## ADULT TRAINING

### Balance & Flex Together

This class will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates Yoga and Pilates fundamentals with athletic training for balance. Mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

### Strength Train Together

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.



## 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 5:45am-7:15am**

**Saturday 10:00am-11:30am \* Uncoached**

#### Session Fees January 2 to March 31

Members: \$150  
Community Members: \$300

#### Single Practice Drop in

Members : \$10  
Community Members: \$20

#### Full Year Registration

Members: \$500  
Community Members: \$900



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

# HEALTHY LIVING

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## PERSONAL TRAINING

This program compliments our F.I.T. Appointments.

Our certified trainers will assist you in setting realistic goals and an action plan on how to achieve them.

You and your trainer will meet weekly for the number of weeks you choose for goal evaluations and one-on-one workout sessions.

### Package Options:

**Basic Training Package:** \$240 Initial Fee  
\$225 Renewal Fee

Five one hour sessions. Recommended for those already on a fitness based program, who need a "tune up". One nutritional consultation included.

**Deluxe Training Package:** \$450 Initial Fee  
\$425 Renewal

Ten one hour sessions. We will get you started on a fitness plan and provide nutritional guidance for you throughout your ten sessions. Two nutritional consultations included.

**Personal Training Planning:** \$70 fee

30 minutes of fitness testing and assessment with 30 minutes of discussing your results and creating a plan. You will walk away with your very own fitness roadmap on best course of action based on your assessment results.

All personal training can be used strictly for nutrition guidance.

### Our Trainers:

**Alisha:** Masters of Exercise Science in Performance Enhancement, Bachelors of Science in Athletic Training, NASM-Performance Enhancement Specialist, NASE-Certified Speed Specialist

**Teddy:** NASM-Balance and AMPD Kettlebell Training

**Robin:** ACSM-Certified Personal Trainer (ACSM-CFPT)

**Heather:** NSCA-Certified Personal Trainer (NSCA-CPT®)

**Lauren:** NSCA-Certified Personal Trainer (NSCA-CPT®)

The request form for personal training is at the welcome center.



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

We have officially launched our own app!

## “Central Connecticut Coast YMCA”

Forget your membership card? Wonder what classes are going on today? Looking for open swim or child watch times?

All the information you will need is now in the palm of your hand!



### **YOUR YMCA STAFF**

Executive Director: Josh Royce

Senior Program Director: Nicole Servas

Facility Manager: Derek Branco

Pre-School Coordinator: Sue Buglione

Child Care Director: Donna Denesha

Aquatics Director: Joshua Garner

Aquatics Coordinator: Brittany Hicks

Membership Coordinator: Jo-Ann Onze

Health and Wellness Director: Alisha Williams

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Bhicks@cccymca.org

Jonze@cccymca.org

Awilliams@cccymca.org

The Woodruff YMCA is governed by our Board of Managers that consists of volunteers from throughout the community.

- Dr. Amit Lahav, Chair
- George Hunihan, Vice Chair
- Jori Cogguillo, Secretary
- Stacey Konlian, Treasurer
- Ray Goskowski
- Karen Kipfer
- Tom Lawlor
- Kevin McGrath
- Paul Mulligan
- Dustin Riedel

**WOODRUFF FAMILY YMCA**

**631 Orange Avenue**

**Milford, CT 06461**

**P 203.878.6501 F 203.878.0619**

**[www.woodruffymca.org](http://www.woodruffymca.org)**



**United Way of Milford**