



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

# **ENSURE A BRIGHTER FUTURE**



**Winter: Jan 2 – Feb 25**

**Spring I: Feb 26 – April 21**

**Spring II: April 22 – June 16**

**HAROLD F. WOODRUFF FAMILY YMCA**

# HERE FOR YOU

## PROGRAM REGISTRATION

### Winter:

Facility Member: December 5, 2011

Non - Member: December 12, 2011

### Spring I:

Facility Member: February 2

Non - Member: February 13

### Spring II:

Facility Member: April 2

Non - Member: April 9

## **New extended hours!** **CHILD WATCH HOURS**

Mon-Sun 9:00am - 12:00pm

Mon and Wed 4:00pm - 8:15pm

Tue and Thurs 4:00pm - 8:30pm



## **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](mailto: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

## **HOLIDAY HOURS/CLOSURES**

New Years Eve, Saturday, December 31, 2011

New Years Day, Sunday, January 1, 2012

Good Friday, April 6

Easter Sunday, April 8th

Memorial Day, May 28

## **YOUR YMCA STAFF**

Executive Director: Charles Clifford

Sr. Program Director: Karen Backus

Director of Administration: Julie Anzellotti

Health and Wellness Director: Amanda Berry

Child Care Director: Donna Denesha

Aquatic Director: Matt LaPrino

Facility Director: Ramon Perez

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

# 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.

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PRESCHOOL & SCHOOL AGE Pages 4-5	YOUTH DEVELOPMENT Page 6	SWIM LESSONS Page 8-10	YOUTH AND ADULT FITNESS Pages 12-14	WATER FITNESS Page 15
YOUTH & TEEN Page 5	SPORTS Page 7	FAMILY TIME Pages 11 -12		

# YOUTH DEVELOPMENT

## PRESCHOOL

### 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 the 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.

**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 \$162/Month Non-Member \$233/Month

#### Extended Care Program

**Tuesday and Thursday 1:00-5:30pm**

Member \$266/Month Non-Member \$287/Month

#### 4 year old program

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

Member \$257/Month Non-member \$288/Month

### Extended Care Program

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

Member \$308/Month Non-member \$328/Month

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

3 & 4 year old program

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

Member \$659/Month Non-Member \$738/Month

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

## SCHOOL AGE

### BEFORE AND AFTER SCHOOL CHILD CARE (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, special events, parties, and much more!

Please contact the Childcare 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 \$194      4 Days \$163      3 Days \$129

*Non-member:*

5 Days \$214      4 Days \$180      3 Days \$142

#### Before School Programs (all other sites)

*Member:*

5 Days \$154      4 Days \$142      3 Days \$113

*Non-member:*

5 Days \$170      4 Days \$156      3 Days \$124

#### After School Program (for St. Gabriel's)

*Member:*

5 Days \$268      4 Days \$241      3 Days \$206

*Non-member:*

5 Days \$302      4 Days \$271      3 Days \$229

#### After School Programs (all other sites)

*Member:*

5 Days \$246      4 Days \$220      3 Days \$177

*Non-member:*

5 Days \$278      4 Days \$248.00      3 Days \$200

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.

**2012-2013 School Year  
Registration Dates:  
Pre-School begins Feb 6th  
School Age begins May 1st**

Winter: January 2 - February 25

Spring I: February 26 - April 21

Spring II: April 22 - June 16

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

# YOUTH DEVELOPMENT

## SCHOOL AGE

### VACATION DAY PROGRAM (Pre-K- GRADE 5)

Childcare is available on certain 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, and activities. Space is limited. For more information contact Childcare Department at Ext. 3125.

Member \$50.00/child  
Non-member. \$60.00/child

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.



### KIDS NIGHT AT THE Y

Kids Night at the Y will be held on Friday nights from 6:00-8:45 PM. The kids will be involved in games, arts and crafts, and movies. The Y will provide them with a pizza dinner. Participants must be at least K- 5th grades.

Dates:

**February 10, 2012**

**April 13, 2012**

**Time: 6:00 - 8:45 PM**

Fee:

FREE To Family Facility Members

Registration will begin 3 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. 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 about ACA, visit [www.ACACamps.org](http://www.ACACamps.org).

Registration for the 2012 camp season begins Feb 1. 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 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

**Family Registration Fee: \$45.00 Non-Refundable**

(Annual fee due at time of sign-up per family)

Member:

5 Days \$286      4 Days \$254      3 Days \$217

Non-member:

5 Days \$321      4 Days \$285      3 Days \$243

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

### ADAPTIVE 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.

**Family Registration Fee: \$45.00 Non-Refundable**

(Annual fee due at time of sign-up per family)

Member:

5 Days \$291      4 Days \$260      3 Days \$221

Non-member:

5 Days \$327      4 Days \$291      3 Days \$247

### INCLUSIVE AFTER SCHOOL PROGRAM

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



# Child Care

Winter: January 2 - February 25

Spring I: February 26 - April 21

Spring II: April 22 - June 16

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

# YOUTH DEVELOPMENT

## EDUCATION & LEADERSHIP

### YOUTH/TEEN

#### 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 6:30-7:30pm**

Member \$40  
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.

**Tuesday 6:30-7:30PM**

Member \$40  
Non-Member \$80

#### YOUTH & GOVERNMENT (HIGH SCHOOL AGE)

Delegations are held Foran High School and Luralton 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 2011- March 2012**

#### YOUTH COMMISSION/LEADERS CLUB

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

On-Going

**Thursday 6:30-7:30PM**

Free to the youth in the community

#### 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.



### YOUTH

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

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

**Dates:** Jan. 7 - March 10

March 24 - June 9 No class April 7 and May 28

**Saturday 11:15-11:45**

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 9 & March 10.

**Dates:** Jan. 7 - March 10

March 24 - June 9 No class April 7 and May 28

**Saturday 11:45-12:30pm (AGES 3-4)**

**Saturday 12:30-1:35pm (AGES 5-7)**

Member \$77  
Non-Member \$144

#### CRAFTY AFTERNOONS

Time for arts & crafts fun! Miss Amy will be leading the crafty fun with seasonally themed projects that will promote creativity and use a variety of techniques and medium.

One to two dates offered per month

Member \$10 each class  
Non-Member \$20 each class

#### GIRLS SLUMBER PARTIES AND GUYS NIGHT (AGES 10-13)

A fun night to "camp" out (indoors) with peers, enjoy pizza, swimming, and games in a safe environment. Participants will have the opportunity to develop social skills and improve self-esteem. Please bring pajamas, pillow, sleeping bag, and any other items needed to spend the night.

Breakfast will be served in the morning.

**Girls Night Dates:** January 14; March 10; May 12

**Boys Night Dates:** February 18; April 14; June 9

**Saturday-Sunday 6:00pm-9:00am**

Members: \$45

Non-Members: \$60

#### TEEN NIGHTS (Middle School Age)

Time for the 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 through out the year.

**Fridays 8:00pm-10:00pm**

Members: \$6

Winter: January 2 - February 25

Spring I: February 26 - April 21

Spring II: April 22 - June 16

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# YOUTH DEVELOPMENT

## 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  
Non-Member \$65

### DOODLE BUGS (AGES 3-5)

Preschoolers create arts and crafts projects using a wide variety of medium.

**Monday 11:00-11:45am**

Members \$38  
Non-Member \$65

### TUMBLE BUGS (AGES 2-4)

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

**Thursday 10:30-11:00 (AGES 2-3)**

**Thursday 11:00-11:30 (AGES 3-4)**

Member \$60  
Non-Member \$97

### ARTIST WORKSHOP (AGES 7-12)

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

**WEDNESDAY 3:45-4:30PM (AGES 7-9)**

**WEDNESDAY 4:45-5:30PM (AGES 10-12)**

Member \$52  
Non-member \$105

### ART FOR ALL-ADAPTED ART CLASS (AGES 7-11)

For children ages 7-11 years old adjusted to accommodate various needs and abilities. Peer mentors will be involved in the program.

**Date to be determined**

Member \$10/class  
Non-member \$20/class



## YOUTH

### 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. Parent participation is required.

**Dates:** April 14 - June 9

No Class May 26

**Saturday 10:00-10:45( AGES 3-4)**

**Saturday 11:00-11:45( AGES 4 -5)**

Members \$72  
Non-Member \$144



### ROOKIES T-BALL (AGES 4-6)

Learn the right stance, grip and swing, base running, throwing, catching, basic game rules and good sportsmanship. Please bring a glove.

**Dates:** April 14 - June 9

No Class May 26

**Saturday 12:15-1:00**

Members \$65  
Non-Member \$130

### INDOOR TENNIS (AGES 4-9)

Classes meet indoors in our activities room. Please bring your own racquet.

**Dates:** January 12- February 16

March 8 - April 12

PEE WEES (ages 4-5)

**Thursdays 3:30—4:00pm**

Member \$59  
Non-member \$79

JUNIORS (ages 6-9)

**Thursdays 4:00—5:00pm**

Member \$109  
Non-Member \$129

### 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. (8 weeks)

Ages 8—adult

**Dates:** April 14 - June 9

No Class May 26

**Saturdays 1:00—1:45**

Ages 8—adult

**Saturdays 2:00—2:45**

Member \$80  
Non-Member \$160

# SWIM, SPORTS & PLAY

Winter: January 2 - February 25

Spring I: February 26 - April 21

Spring II: April 22 - June 16

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

# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY

### YOUTH SWIM LESSONS

The purpose of a YMCA swim lesson is to help develop a lifelong love of the water with competency, confidence, and endurance in swimming. In addition to learning stroke mechanics, we also teach Personal Safety, Water Sports, Games and Character Development.

\*All lessons are taught without floatation assistance.

Pre-School and Parent/Child classes run for 30 minutes each.

Youth, Adult, and Teen classes run for 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)

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.

##### INIA/PERCH (Toddler)

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.

#### Preschool Swim Lessons: (Ages 3-5)

##### PRE-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 4 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.

### YOUTH SWIM LESSONS

#### CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

#### Preschool Swim Lessons: (Ages 3-5)

##### EEL (Advanced Beginner) Ratio of 4 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 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 (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.

#### Progressive Youth Swim Lessons: (Ages 6-12)

##### POLLIWOG (Beginner) Ratio of 6 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.

##### GUPPY (Semi-Beginner) Ratio of 6 to 1

6 - 12 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.

#### CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

##### Youth Swim Lessons

##### PARENT/CHILD & PRESCHOOL

Members: \$75

Non-Members: \$150

##### PROGRESSIVE

Member: \$ 82

Non-Member: \$164

Winter: January 2 - February 25

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# YOUTH DEVELOPMENT

## YOUTH SWIM LESSONS

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

### Progressive Youth Swim Lessons: (AGES 6-12)

#### **MINNOW** (Advanced) Ratio of 8 to 1

6 - 12 yrs - Swimmers must be able to swim with proper front crawl and back crawl technique for 25 yards.

Minnnows will increase their swim endurance while they advance their technique and learn breaststroke movements.

#### **FISH/FLYING FISH** (Intermediate) Ratio of 8 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 8 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 8 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).

### 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.

Member \$90



## 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 served basis.

Package of 8:	Member	\$200
	Non-Member	\$300

#### **SEMI-PRIVATE SWIMMING LESSONS (40 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 served basis.

Package of 8:	Member	\$286 (\$143 per person)
	Non-Member	\$430 (\$215 per person)

#### **TRI-PRIVATE SWIMMING LESSONS (50 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 8:	Member	\$369 (\$123 per person)
	Non-Member	\$552 (\$184 per person)

\* 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.

SWIM, SPORTS & PLAY

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# 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.

**Fees: \$350**

### 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: \$325**

### **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

## YOUTH SWIM LESSONS

### SYNCHRONIZED SWIMMING

Synchronized swimming (also called Synchro) is essentially a hybrid of swimming, dance, and gymnastics performed by swimmers as a routine of moves in the water accompanied by music. These moves can be performed as solos, duets, trios, or teams (typically 8). It requires advanced water skills, strength, endurance, breath control, flexibility, grace, artistry, and precise timing.

January 4 - May 5, 201(18 weeks / 2 times per week)

Practice days and times:

**Wednesday 6:00-7:15pm**

**Saturday 10:15-11:30am**

Member \$325

Non-Member \$375

### Prerequisites:

Must be able to swim the length of the pool using freestyle, backstroke and breaststroke, as well as be comfortable going underwater. Participants must be a minimum of 7 years old, and YMCA swim lesson minnow level or higher or must be able to pass the 25 yard swim test and all must be able to tread water for 30 sec.

### 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 7:00pm - 8:30pm**

with an on deck Coach

**Friday 5:30-7:00am** Non-Coached

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

with an on deck Coach

### 2012 Sessions

January - March 2012

April - June 2012

July- August 2012

October- December 2012

### Session Fees

Member \$150 per session

Non-Member \$300 per session

### Single Practice Drop-In Fees

\$10 per practice member/non-member

Winter: January 2 - February 25

Spring I: February 26 - April 21

Spring II: April 22 - June 16

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

# HEALTHY LIVING

## FAMILY TIME

### STRONG FAMILIES

For families with children who have varying physical, social, behavioral, and emotional needs. Children will participate in recreational activities such as swimming, arts & crafts, sports, fitness and games, all adapted to the ages and abilities of the participants. Parents will gather for coffee and snacks to discuss different topics as well as hear from speakers on parenting issues, relaxation and more.

Dates to be determined  
 Facility Member  
 \$10/family  
 Each class

Non-Member  
 \$20/family  
 Each class

### BUNNY BREAKFAST

Save the date! Fun for the whole family. Enjoy a hot breakfast, followed by an Easter Egg Hunt with the Easter Bunny. We will provide time for photos too.

**Saturday March 31st. 8:30-10:00am**

Member \$5/per person  
 Non-Member \$9/per person

### PILLARS OF FAMILY STRENGTH

Visit [www.ymca.net/healthy-family-home.org](http://www.ymca.net/healthy-family-home.org)

For tips and tools on how to make the Five Pillars of a Healthy Family Home strong in your family.

## FAMILY TIME

### BIRTHDAY PARTIES

Enjoy your child's birthday party or other celebration at the Y's pool with wading area and splash pool. Parties consist of one hour in the pool and an hour in a private room.

Fees based on two hour time slot:

Class Room up to 25 people:  
 Family Facility Member \$165  
 Non-Member \$210

Activity Room up to 35 people:  
 Family Facility Member \$185  
 Non-Member \$230

### Days / Times:

**Saturdays**  
 11:00am-1:00pm (Class Room)  
 1:45pm-3:45pm (Class Room)  
 2:45pm-4:45pm (Activity Room)  
 4:30pm-6:30pm (Class Room)  
 5:30pm-7:30pm (Activity Room)

**Sundays**  
 11:00 am- 1:00pm (Activity room)  
 12:00pm- 2:00pm (Class Room)  
 1:30pm-3:30pm (Activity Room)  
 2:30pm-4:30pm (Class Room)

Would you like a party assistant? For an additional \$50/member, \$65/non-member, you can arrange to have a YMCA staff member help with set up and break down as well as conduct games and activities for your party.

FAMILY TIME



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# 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 20**

**FEBRUARY 17**

**MARCH 16**

**APRIL 27**

**MAY 18**

(Dates subject to change)



### RED CROSS BABYSITTING COURSE

For ages 12 and older

Member: \$75

Non-Member \$85

Upcoming dates: To be determined

Contact Youth Department at EXT. 3116

## 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 5:00 – 5:30pm**

Free for Family Facility members

### ZUMBATONIC (AGES 4-12)

Designed exclusively for kids Zumbatonic 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 Zumbatonic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatonic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

**Monday and Wednesday 5:00-6:00 pm**

Free for Family Facility members

### FIT KIDS (AGES 5-8)

Youth will learn that being active is fun! They will participate in activities conducted in a playful manner and learn ways to be healthier every day.

Days to be determined.

Free for Family Facility members

### YOUTH INDOOR CYCLING

Come in and spin out with us! Awesome music will set the course for your 'ride' on stationary bicycles.

Days to be determined.

Free for Family Facility members

Save the Date

HEALTHY KIDS DAY

JOIN US FOR PASSPORT TO FITNESS

April 28

1:00-4:00pm

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**FAMILY TIME**

# HEALTHY LIVING

## WELLNESS CENTER

### Have you had a Total Health Appointment Yet?

We are here to help you reach your goals! Schedule your appointment today at the Welcome Center! You and your Total Health 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 Total Health Trainer.

Total Health 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 1-hour 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 youths 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

## WELLNESS CENTER

### PERSONAL HEALTH TRAINING

This program is meant to complement our Total Health Appointments. We will assist you in setting realistic goals and an action plan for sticking to them. We will look at the areas of exercise, healthy eating and stress reduction. We will meet weekly for the number of weeks you choose for goal evaluations and one on one workout sessions, which will focus on your specific needs. These sessions will provide you with the knowledge & motivation to hold yourself accountable for achieving your health & fitness goals. Training program for YMCA members only.

Fee: \$80 /2 hours  
\$116 /3 hours  
\$150 /4 hours

To schedule your session or for more information contact Health/Wellness Department at ext. 3118.



### COMMIT TO BE FIT

Get started on the right path for 2012.

Saturday January 2 - April 2

Goal: complete 39 workouts

Benefit: Develop the healthy habits you need to maintain a regular physical fitness program through out the year

Bonus: Win an adult Y membership for one year or one of many prizes!

HEALTH, WELL-BEING & FITNESS

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# HEALTHY LIVING

## GROUP CLASSES

### FREE TO MEMBER CLASSES!

#### REGISTRATION REQUIRED

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Non-Member: \$12 per class

8 week session \$80

#### Group Fitness Session dates:

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#### Cardio Kick Boxing

Learn to use body movements to build self confidence, release stress and empower yourself. Class uses upper and lower body kick boxing moves with the bag.

#### Cardio Sculpt

You will get your weekend off to a great start with our combination of cardiovascular and muscular conditioning, utilizing the step and a variety of strength equipment.

#### Indoor Cycling

Come in and spin out with us! Awesome music will set the course for your 'ride' on stationary bicycles. Pre-sign up required for each individual class begins at 5pm the evening before.

#### Pilates

Is the method of exercise created by Joseph H. Pilates, which combines aspects of Dance Therapy, Yoga and Core Conditioning. This class uses floor exercises & various Pilates props to enhance the exercises performed.

#### Strength Challenge

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

#### Step

Cardio workout using the step keeps you on your toes and moving to the beat.

#### Strength Training

Strengthen the whole body using a variety of strength equipment.

#### Yoga

Come discover how the meditation and postures used in yoga are a great path to health, fitness and healing.

#### Zumba®

Join the party and get your body moving. Latina and other exotic music with slow and fast rhythms will get your heart pumping and your spirit smiling.

## GROUP CLASSES

### FREE TO MEMBER CLASSES!

#### REGISTRATION REQUIRED

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Non-Member: \$12 per class

8 week session \$80

#### Yoga Sampler

Come relax and experience the many benefits of yoga as you experience different styles each week.

#### 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.

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<sup>SM</sup> at 203-878-6501 x 3118 or visit [www.silversneakers.com](http://www.silversneakers.com).



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# HEALTHY LIVING

## WATER ACTIVITIES

### FREE TO MEMBER CLASSES!

#### REGISTRATION REQUIRED

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Non-Member: \$12 per class

8 week session \$80

#### Aquacize

This class uses controlled, non-impact exercises and water walking to improve muscular strength, flexibility and agility.

#### Aqua Aerobics

Have fun & improve your fitness level during this shallow water class. Cardio workout is followed by resistance training and cool down float/stretch.

#### H2O Power

Feel your power as you improve both cardiovascular and muscular strength in the deep end of the pool. You must wear a flotation belt or use a water horse for this class.

#### Liquid Cardio

Get yourself moving in this class while you are getting a total body workout in shallow water.

#### 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.

#### Group Fitness Session dates:

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## GROUP CLASSES

#### Group Fitness Class Policy for days off:

We will run fitness classes continually through out the year, except on the following days:

Martin Luther King, Presidents, Good Friday, Memorial Day, July 4<sup>th</sup>, Labor Day, Columbus Day, Veterans Day, Day after Thanksgiving, week of New Years and any day the YMCA is closed.

Weekday AM Classes during the Milford School Districts Winter & Spring Breaks.

During the summer, the weekday AM classes will not run if we have thunder & lightning or a heat advisory.



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# 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.

Stop by the Welcome Center and complete our referral form. We will send your friend an invitation with a special offer to try the YMCA for 1 week FREE! If your friend joins, YOU will be eligible to receive a **\$25 Y-buck** for each referral.



**WOODRUFF FAMILY YMCA**

631 Orange Avenue

Milford, CT 06461

P 203.878.6501 F 203.878.0619

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