



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**STRETCH YOURSELF**  
IN MORE WAYS THAN ONE.

**WOODRUFF FAMILY YMCA**  
**Fall II Session Program Guide**  
**October 23 - December 17, 2017**

# HERE FOR YOU

## FALL II SESSION:

**October 23 - December 17**

## PROGRAM REGISTRATION

**Facility Members: October 2**  
**Community Members: October 9**

## **WOODRUFF FAMILY YMCA**

P 203 878 6501 F 203 878 0619

Email: woodruffinfo@cccymca.org

## **FACILITY HOURS**

Mon-Thurs 5:30am-9:30pm

Friday 5:30am-8:00pm

Saturday 7:00am-6:00pm

Sunday 9:00am-5:00pm

(Pool closes 30 minutes before facility)

## **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 socioeconomic 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**

Thanksgiving, Thursday, November 23 - 7:00am-11:00am

Christmas Eve, Sunday, December 24 - 9:00am-3:00pm

Christmas Day, Monday, December 25 - CLOSED

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)**



# 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.



## 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

Child must be toilet trained

**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 (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 \$25.00 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

Before School Program	Members	Community Members
1 Child	\$128	\$134
2 Children	\$228	\$241
3 Children	\$330	\$337
After School Program	Members	Community Members
1 Child	\$225	\$237
2 Children	\$402	\$424
3 Children	\$559	\$589
Before & After School Program	Members	Community Members
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

## STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

\*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

### SWIM STARTERS

Accompanied by a parent\*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

**Age Group 6 months - 3 years  
Parent\* & Child  
Stages A-B**

AGE GROUP	STAGE	
6 months - 3 years Parent* & Child	SWIM STARTERS	<b>Stages A-B</b>
3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	<b>Stages 1-4</b>
5 years - 12 years School Age	SWIM BASICS SWIM STROKES	<b>Stages 1-6</b>
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	<b>Stages 1-6</b>

### SWIM STARTERS

#### Stage A / Water Discovery

Parents\* accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**Member: \$82 / Community Member: \$164**

**Saturdays, 10:10am, 10:45am**

**Sundays, 11:00am**



### SWIM STARTERS

#### Stage B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

**Member: \$82 / Community Member: \$164**

**Mondays, 3:00pm**

**Tuesdays, 3:00pm**

**Wednesdays, 3:00pm**

**Thursdays, 3:00pm**

**Fridays, 3:00pm**

**Saturdays, 8:25am, 9:00am, 9:35am, 10:00am,  
10:45am**

**Sundays, 9:15am, 9:50am**

# YOUTH DEVELOPMENT

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

### Age Group:

**3 years - 5 years** Preschool

**5 years - 12 years** School Age

**12+ years - Teen & Adult**

**Stages 1-3**

## SWIM BASICS

### Stage 1 / Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

**Member: \$82 / Community Member: \$164**

Preschool Mondays, 3:35pm, 4:45pm

Preschool Tuesdays, 4:45pm, 5:55pm

Preschool Wednesdays, 4:10pm, 5:20pm,

Preschool Thursdays, 4:10pm, 5:55pm

Preschool Fridays, 3:35pm, 5:20pm

Preschool Saturdays, 8:25am, 9:00am, 10:10am

Preschool Sundays, 9:15am, 9:50am

School Age Mondays, 4:00pm

School Age Tuesdays, 6:10pm

School Age Thursdays, 4:35pm, 6:30pm

School Age Fridays, 4:00pm

School Age Saturdays, 8:15am, 10:00am

School Age Sundays, 9:15am, 12:10pm

Teen & Adult Tuesdays, 7:30pm

## CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

## SWIM BASICS

### Stage 2 / Water Movement

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**Member: \$82 / Community Member: \$164**

Preschool Mondays, 4:10pm

Preschool Tuesdays, 3:35pm, 5:20pm

Preschool Wednesdays, 3:35pm, 5:55pm

Preschool Thursdays, 4:45pm

Preschool Fridays, 5:55pm

Preschool Saturdays, 9:00am, 9:35am, 10:45am

Preschool Sundays, 9:15am, 9:50am, 10:25am

School Age Mondays, 4:35pm

School Age Tuesdays, 4:00pm

School Age Wednesdays, 5:30pm

School Age Thursdays, 5:10pm

School Age Fridays, 4:35pm

School Age Saturdays, 8:50am, 10:35am

School Age Sundays, 9:50am, 11:00am

Teen & Adult Tuesdays, 7:30pm

## SWIM BASICS

### Stage 3 / Water Stamina

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

**Member: \$82/Community Member: \$164**

Preschool Mondays, 5:20pm

Preschool Tuesdays, 4:10pm

Preschool Wednesdays, 4:45pm

Preschool Thursdays, 5:20pm

Preschool Fridays, 4:45pm

Preschool Saturdays, 9:00am, 9:35am, 10:10am

Preschool Sundays, 10:25am, 11:00am

**Member: \$90 / Community Member: \$180**

School Age Mondays, 5:10pm

School Age Tuesdays, 4:35pm

School Age Wednesdays, 4:00pm

School Age Thursdays, 5:45pm

School Age Fridays, 5:10pm

School Age Saturdays, 9:25am, 11:10am

School Age Sundays, 10:25am, 11:35am

Teen & Adult Wednesdays, 7:10pm

# YOUTH DEVELOPMENT

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### Age Group:

5 years - 12 years School Age

12+ years - Teen & Adult

Stages 4-6

## SWIM STROKES

### Stage 4 / Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

**Member: \$82 / Community Member: \$164**

Preschool Mondays, 5:55pm

Preschool Thursdays, 3:35pm

Preschool Fridays, 4:10pm

Preschool Saturdays, 8:25am, 10:10am

Preschool Sundays, 10:25am

**Member: \$90/ Community Member: \$180**

School Age Mondays, 5:55pm

School Age Tuesdays, 5:25pm

School Age Wednesdays, 4:45pm

School Age Saturdays, 9:45am, 12:00pm

School Age Sundays, 10:45am

## SWIM STROKES

### Stage 5 / Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**Member: \$90/ Community Member: \$180**

School Age Mondays, 6:40pm

School Age Thursdays, 7:05pm

School Age Saturdays, 9:00am, 10:30am

School Age Sundays, 10:00am, 12:15pm

### AGE GROUP

### STAGE

6 months - 3 years  
Parent\* & Child

SWIM STARTERS

Stages A-B

3 years - 5 years  
Preschool

SWIM BASICS  
SWIM STROKES

Stages 1-4

5 years - 12 years  
School Age

SWIM BASICS  
SWIM STROKES

Stages 1-6

12+ years  
Teen & Adult

SWIM BASICS  
SWIM STROKES

Stages 1-6

## SWIM STROKES

### Stage 6 / Stroke Mechanics

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**Member: \$90/ Community Member: \$180**

School Age Tuesdays, 6:45pm

School Age Fridays, 5:55pm

School Age Saturdays, 8:15am, 11:15am

School Age Sundays, 9:15am, 11:30am



## OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.



# YOUTH DEVELOPMENT

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## 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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### 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. 3127 if you have any questions.

Members:	\$94
Community Members:	\$188

## YOUTH SWIM LESSONS

### SWIM CLUB (5-10 years)

Swim club is an addition to our aquatics program and is designed for swimmers age 5-10 who have completed all the levels of the YMCA lesson program. During each 45 minute lesson swimmers will focus on stroke technique, timing, and endurance.

Choose between once or twice a week

**Tuesday 6:30pm**

**Thursday 6:30pm**

#### Pricing for once a week:

Members:	\$100
Community Members:	\$200

#### Pricing for twice a week:

Members:	\$188
Community Members:	\$376

### SWIM CLUB (10-15 years)

Swim club is an addition to our aquatics program and is designed for swimmers age 10-15 who have completed all the levels of the YMCA lesson program. During each 45 minute lesson swimmers will focus on stroke technique, timing, and endurance.

Choose between once or twice a week.

**Monday 7:25pm**

**Wednesday 6:05pm**

#### Pricing for once a week:

Members:	\$100
Community Members:	\$200

#### Pricing for twice a week:

Members:	\$188
Community Members:	\$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

**Sundays:**  
**November 5 - December 17**  
**9:00am - 5:00pm**

Course fee:  
Members: \$275  
Community Members: \$375

Contact Aquatics Department at ext. 3127 with questions



## YOUTH & TEENS

### HOME SCHOOL SWIM

Here at the Y, we understand the importance of home schooled children having opportunities to participate in physical activity. Our friendly instructors will create a positive nurturing environment that will improve your children's strength and confidence in the water while fulfilling physical education requirements. Students will be separated into 3 levels of ability to ensure the most beneficial instruction. Students will learn proper stroke technique as well as basic water safety and rescue techniques. Each class includes both a structured lesson and free swim period.

### **Tuesday 2:00-3:00**

Member	\$86
Community Member	\$172

### LIFEGUARD RE-CERTIFICATION

This course is a blended two day recertification course for currently certified American Red Cross lifeguards only. There will be a online portion of the program and then a in class portion.

If any certifications are not active and/or have expired, a full lifeguarding course must be completed instead.

**October 7 & 8**  
**9:00am - 5:00pm**  
Course Fee: \$150

Contact the Aquatics Department at ext. 3127 with any questions

### 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

### 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



### 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 4:00pm-4:45pm**

FREE for Facility Members

## 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.

**November 3 6:00pm-8:00pm**

**December 1 6:00pm-8:00pm**

FREE for Family Facility Members

### PARENTS NIGHT OUT

Parents Night Out will be held on Saturday nights from 6:00-8:45 pm. The kids will be involved in group games, arts and crafts, and structured free play. The Y will provide them with a pizza dinner. Participants Kindergarten – 5th grade

**November 18 6:00pm-8:45pm**

**December 16 6:00pm-8:45pm**

FREE for Family Facility members

### YOUTH & GOVERNMENT (HIGH SCHOOL AGE)

Delegations are held at Foran High School and Laurelton 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 Nicole Servas at ext. 3116 if you are interested but your school does not have a Delegation.

# 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

### CRAFTY CORNER

An arts and crafts class involving different projects every week.

**Saturday 9:00am- 10:00am (AGES 5-7)**

**Saturday 10:00am- 11:00am (AGES 8-12)**

FREE for Facility Members



### YOUTH COMMISSION/LEADERS CLUB

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

Meets alternating Tuesdays through the school year.

Contact Nicole Servas at [nservas@cccymca.org](mailto:nservas@cccymca.org)  
FREE to the youth in the community.

## YOUTH

### 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

### 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



# HEALTHY LIVING

## YOUTH

### CIRCUIT TRAINING 101

This is a fun entry level class where participants complete a "circuit" of exercises to build foundational strength and to elevate your heart rate. Wrap it up with some stretches and you're on your way!

**Sunday 9:15am**

### 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**

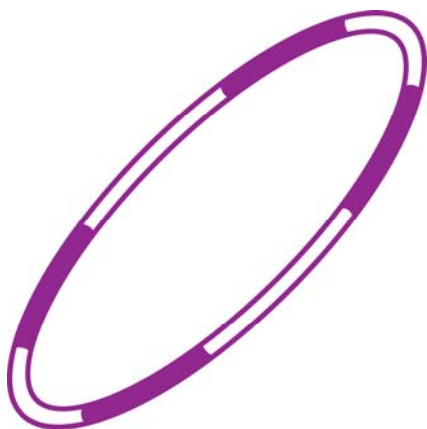
FREE for Family Facility members

### 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



## WELLNESS CENTER

### 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.

**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.

**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.

# 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**
- Circuit Training 101 - **Sunday 9:15am**

## 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).



# HEALTHY LIVING

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## **GROUP CLASSES FREE TO MEMBER CLASSES!**

**CURRENT SCHEDULE AVAILABLE AT WELCOME  
CENTER, MOBILE APP AND WEBSITE**

### **SILVER SNEAKERS® 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.

### **SILVER SNEAKERS® 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.

## **GROUP CLASSES FREE TO MEMBER CLASSES!**

**CURRENT SCHEDULE AVAILABLE AT WELCOME  
CENTER, MOBILE APP AND WEBSITE**

**Group Fitness Session dates:  
Fall II 2017  
October 23 - December 17**

### **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.

### **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.

# HEALTHY LIVING

## GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME  
CENTER, MOBILE APP AND WEBSITE

### 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!

### 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.

### Early Morning Offerings:

Strength Train Together  
Wednesday 5:45

TRX  
Tuesday/Thursday 5:45

Boot Camp  
Tuesday/Thursday 7:15

## GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME  
CENTER, MOBILE APP AND WEBSITE

### 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)





# HEALTHY LIVING

## GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER, MOBILE APP AND WEBSITE

### KUNDALINI YOGA

Work on the subtle energies inside and around the body with a powerful combination of movement, breath, mantra, and meditation. We clear and reset the entire body system for a deep sense of well-being, strength, and grace even in stressful times.

Try this class Thursdays 10:30am-11:30am

### 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.

### 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.



## 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.

### SILVER SNEAKERS® 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.

### AQUA POWER

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

The Class You Pick, The Experience You Remember!

### 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 TRAINING 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

The Class You Pick, The Experience You Remember!

### 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.



### CYCLE TOGETHER

A fantastic way to improve your cardio fitness, burn calories, shape and strengthen your lower body, and have fun while doing it! Since you control the intensity of the workout by adjusting your own bike, it's a great workout for all ages whether you are just starting out or are an avid cyclist looking to train indoors. It's also a great option to add to your other workouts.



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

# SOCIAL RESPONSIBILITY

## SEASONAL PROGRAMS

### FLICK-N-FLOAT

Come spend the evening with family and friends. Bring your pool floats as any and all are welcomed on this night only. Any child wearing a float must be accompanied in the water. See the pool usage guidelines for details.

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

**October 28 - Hocus Pocus**

**November 19 - A Charlie Brown Thanksgiving**

**December 17 - How the Grinch Stole Christmas**

### HOLIDAY EVENT

Be on the look out for our holiday celebration event!



## SEASONAL PROGRAMS

### 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 the Aquatics Department at ext. 3127 with any questions

### Fall II Dates:

**October 6 – November 10**

**5:30pm – 8:30pm**

Course fee:

Members: \$325

Community Members: \$425

### 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 Department at ext. 3127 for more information





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

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## “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!

Download our Mobile App, Today.



### **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 Coordinator: Brittany Hicks  
Membership Coordinator: Jo-Ann Onze  
Health and Wellness Director: Alisha Williams

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Sbuglione@cccymca.org  
Ddenesha@cccymca.org  
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**  
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