



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ACTIVATING  
**PEOPLE  
FOR GOOD**

**SOUNDVIEW FAMILY YMCA  
FALL II PROGRAM GUIDE  
October 29– December 23, 2018**

# HERE FOR YOU

## PROGRAM REGISTRATION

### FALL II

October 29 - December 23

Facility Members: OCTOBER 8

Community Members: OCTOBER 15

## **CHILD WATCH HOURS**

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

Mon-Thurs 4:30-8:00pm

Saturday 9:00am-12:00pm

Sunday 9:00am-12:15pm



## **SOUNDVIEW FAMILY YMCA**

P 203 481 9622 F 203 481 9363

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

## **FACILITY HOURS**

Mon-Thurs 5:30am-9:00pm

Friday 5:30am-7:30pm

Saturday 7:00am-7:00pm

Sunday 8:00am-4:00pm

## **HOLIDAY HOURS/CLOSURES**

**Thanksgiving:** Nov. 22 - 7am-11am

**Christmas Eve:** Dec. 24 - 5:30am - 3pm

**Christmas Day:** Dec. 25 - CLOSED

**New Years Eve:** Dec. 31 - Close at 6pm

**New Years Day:** Jan. 1 - 8am-3pm

WEATHER POLICY: In the event of inclement weather related closures we will post information on Facebook, Twitter, and the following television stations: WTNH (channel 8), WFSB (channel 3), and NBC CT (channel 30).

## **MEMBERSHIP FOR ALL**

Membership rates are based on a sliding scale according to household income.

Please contact us for more information.

## **YOUR YMCA STAFF**

Executive Director: [Douglas Shaw](#)

Administrative Coordinator: [Barbara Hemming](#)

Senior Program Director: [Lindsay DeMartino](#)

Facility Director: [Ralph Ricciardelli](#)

Membership Coordinator: [Stacey Rubino](#)

Child Watch Coordinator: [Michelle March](#)

Aquatics Coordinator: [Kyle Jones](#)

Head Swim Coach: [Jen Amasino](#)

Asst. Facility Director: [Gary McNeil](#)

Health and Wellness Director: [Aja Greene](#)

Senior Coordinator: [Kathy Derken](#)

Youth Coordinator: [Lynn Wheeler](#)



The Y is now...as it has always been...a place of possibility and promise for all. Unfortunately, in times when the true power of “us” is unknown to many and our bonds are fraying, we must do even more to enhance our human connections. That’s why the Y passionately focuses on strengthening communities.

Every day, the Y strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It’s how we help communities and the “us” who live in them find the power of their full potential.

We can’t do it alone.

**DONATE FOR A BETTER US.**

**The Y. For a better us.**

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# YOUTH DEVELOPMENT

## CHILD CARE

### ENGAGING BEYOND THE SCHOOL DAY AFTER SCHOOL PROGRAM 2018-19

We strongly believe that every child needs a safe and fun experience each and every day. Our program is designed to provide an environment where each child can learn and grow through a wide variety of exciting activities that promote youth development, healthy living and social responsibility. We maintain a strong commitment to building character in youth through our four core values of Caring, Honesty, Respect and Responsibility.

#### EXPERIENCE THE YMCA AFTER SCHOOL

Monday-Friday until 6:30pm.

2, 3, 4, & 5 day options available.

Swimming, Homework Help, Snack, Sports, Fitness Activities, Organized Play, Arts & Crafts, and more!

#### CONVENIENTLY PROVIDING TRANSPORTATION TO THE Y FROM:

Branford: Murphy, Sliney, Tisko, and Walsh Intermediate

#### Member/Community Monthly Fees:

2 days/week : \$218/\$368

3 days/week : \$239/\$389

4 days/week: \$263/\$413

5 days/week: \$282/\$432

\$35 registration fee—one time

## YOUTH

New

### NURSERY PLAYTIME (AGES 3-4)

Children learn best by participating in a variety of activities. The program will meet in Studio A & B and the children will do art projects, play outside, story time, and use of our indoor playscape. Age 4 program will include 1 day per week swim lesson.

Parents drop off their child and can participate in a Y group ex class, take a swim, go for a run or come back when class is over.

**Age 3 will meet on Tuesdays and Thursdays**

**Age 4 will meet on Mondays and Wednesdays**

**Time: 9:00 - 11:00am**

**Fee: \$170.00/month**

#### CHILD WATCH (AGES 3MO-9YEARS)

This safe, secure environment is here for your little one while you take care of you! We have three areas with toys and items best suited for your child's age.

- Infant Room (3-24 months)
- Toddler/Preschool Area (ages 2-5)
- Media Center/School Age Area (6+)

#### HOURS

Monday - Friday 9:00am-12:00pm

Monday - Thursday 4:30pm-8:00pm

Saturday 9:00am-12:00pm

Sunday 9:00am-12:15pm

Each day we have a schedule of activities to keep your child engaged!

#### Morning:

9:30-10:00 Circle Time

10:00-10:45 Crafts

11:00-11:30 Music

11:30-12:00 Free Art

#### Evening:

4:45-5:30 Story Time

5:30-7:00 Free Art

7:00-7:30 Music

7:30-8:00 Free Play

**FREE WITH FAMILY MEMBERSHIP!**

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

# YOUTH DEVELOPMENT

## YOUTH

Unless otherwise specified, fees for Youth Classes are:  
Member: \$51 Community Member: \$100

### **PARENT & ME SPORTS SPECTACULAR (AGES 3-4)**

Children will have the opportunity to try various sports in a safe, structured environment. The Parent & Me Sports Spectacular program is ideal for any child that needs a little help from Mom or Dad.

Location: Studio B.

**Saturdays 9:00-9:45am**

### **PARENT & ME INDOOR SOCCER (AGES 3-4)**

Children will have the opportunity to try soccer out on our back field. The Parent & Me Soccer program is ideal for any child that needs a little help from Mom or Dad.

Location: Studio B.

**Saturdays 10:00-10:45am**



### **PEE-WEE SPORTS SPECTACULAR (AGES 5-6)**

Children will have the opportunity to try various sports in a safe, structured environment. Location: Studio B.

**Saturdays 11:00-11:45am**

### **PEE-WEE INDOOR SOCCER (AGES 5-6)**

Come and play Soccer outside on our back-field and keep active and fit while learning new skills! Location: Studio B.

**Saturdays 12:00-12:45pm**

## YOUTH

Unless otherwise specified, fees for Youth Classes are:  
Member: \$51 Community Member: \$100

### **JUGGLING & CIRCUS ARTS (Ages 4 & up)**

Juggling is safe, fun, and can be learned at any age. With the help of Mystery Mike, participants will learn to juggle, spin plates, create balloon sculptures, and perform simple magic, all while stimulating their brains and improving their balance and posture. Location: Studio B

**Wednesdays 4:15-5:15pm**

### **POSITIVE AMERICAN KARATE (AGES 4 & Up)**

Karate builds confidence, self-esteem, and respect. Students will become physically fit, focused, and have fun.

Location: Multipurpose Room.

Instructor: Kyle

**Fridays 5:00-5:45pm**

### **PARENT'S NIGHT OUT (AGES 4-12)**

Parents enjoy a night out while the kids enjoy a great time at the Y! Kids can play with friends, swim, enjoy pizza, crafts and more!

Member: \$11 per child in advance \$16 per child day of

Saturdays:

10/27, 11/17, & 12/15

from 6:00-9:00pm.

# YOUTH DEVELOPMENT

## YOUTH

### PLAY WITH FRIENDS

#### PLAYSCAPE HOURS

Enjoy our Playscape as a family!  
For your safety, please follow the  
Playscape Usage Guidelines.

**MONDAY:** 1:00-4:00pm  
**TUESDAY:** 1:00-4:00pm  
**WEDNESDAY:** 1:00-4:00pm  
**THURSDAY:** 1:00-4:00pm  
**FRIDAY:** 1:00-4:00pm  
5:00-7:00pm  
**SATURDAY:** 5:00-7:00pm  
**SUNDAY:** 2:00-4:00pm



## YOUTH

### ZUMBA® KIDS (AGES 4-11)

Zumba® Kids Jr. classes are a dance 'n' play party for lil' feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. This program is for kids to let loose and be themselves – little bundles of natural energy that are endlessly curious about new sounds and experiences! Here they can socialize, move to age-appropriate music and play games with other kids.

Location: Multipurpose Room

Instructor: Martha

**Monday 4:15-5:00pm**

**\*\*FREE FOR MEMBERS\*\***

**\*Pre-registration required.**



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

# YOUTH DEVELOPMENT

## YOUTH SWIM PROGRAMS

### Swim Lesson Evaluation Day

This day is for those who have never taken YMCA Swim lessons before and/ or for those unsure what level to enroll in. This short evaluation session will let you know what level to enroll your child in.

**REGISTRATION IS REQUIRED.**

**10/15/18 4:00pm**

### MINI STINGRAYS AGES 7 - 12

This pre-competitive swim team program is aimed at swimmers who are not quite ready for a competitive team. The Mini Stingrays are intended to help prepare children for entry into the competitive program while helping to teach them skills that will benefit them for a lifetime.

This is a pre-competitive program designed for younger swimmers. An emphasis is placed on teaching the competitive strokes and preparing swimmers for the YMCA Stingrays Swim Team experience. Swimmers must be able to swim 25 yards of freestyle and 25 yards of backstroke.

**Member: \$195 Community: \$390**  
**\*NEW Three Days per week\***  
**Monday & Wednesdays 7:15-8:00pm**  
**Fridays 6:30-7:15pm**

## YOUTH SWIM PROGRAMS

### ADAPTIVE AQUATICS

**AGES 3 AND UP 1:2 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. For more information or to discuss your child's specific needs, please contact Suzanne Kilbride at extension 3212

**Member: \$108 Community: \$216**  
**(Ages 3-5) Sundays 1:30-2:00pm**  
**(Ages 6-12) Saturday 12:30-1:00pm**  
**(Ages 13-18) Saturday 1:00-1:30pm**

### AQUATIC FITNESS FOR KIDS

**AGES 8 TO 14**

Have fun while exercising in the pool! Learn new ways to move in the water while having fun exercising! Each class will begin with a warm up, followed by a structured workout, ending with a cool down. Each class will be different so come prepared to try something new each week! Instructor: James

**Member: \$51 Community: \$100**  
**Wednesday 3:45-4:30pm**



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# 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**

### 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: \$88 / Community Member: \$175**  
Fridays, 10:10am  
Saturdays, 11:20am  
Sundays, 10:45am

### 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: \$88 / Community Member: \$175**  
Fridays, 10:45am  
Saturdays, 11:55am  
Sundays, 11:20am

#### 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**



# 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: \$88 / Community Member: \$175

#### PRESCHOOL

Mondays: 4:00pm  
Tuesdays: 4:15pm  
Wednesdays: 4:00pm  
Thursdays: 4:15pm  
Fridays: 9:00am, 4:00pm, 4:35pm  
Saturdays: 9:00am, 10:10am, 11:20am, 11:55am  
Sundays: 9:00am, 1:00pm

#### SCHOOL AGE

Mondays: 5:10pm  
Tuesdays: 5:25pm  
Wednesdays: 5:10pm  
Thursdays: 5:25pm  
Fridays: 5:10pm  
Saturdays: 9:00am, 10:10am

#### TEEN & ADULT

Saturdays: 8:00am  
Sundays: 1:45pm

## 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: \$88 / Community Member: \$175

#### Preschool

Mondays: 4:00pm, 4:35pm  
Tuesdays: 4:15pm  
Wednesdays: 4:00pm, 4:35pm  
Thursdays: 4:15pm  
Fridays: 9:35am, 4:00pm  
Saturdays: 9:35am, 10:45am, 11:55am  
Sundays: 9:35am, 1:35pm

#### School Age

Mondays: 5:10pm  
Tuesdays: 5:25pm  
Wednesdays: 5:10pm  
Thursdays: 5:25pm  
Fridays: 5:10pm  
Saturdays: 10:10am, 10:45am  
Sundays: 2:45pm

### 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 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: \$88 / Community Member: \$175

#### PRESCHOOL

Mondays: 4:35pm  
Wednesdays: 4:35pm  
Fridays: 4:35pm  
Saturdays: 9:35am  
Sundays: 10:10am

#### SCHOOL AGE

Mondays: 5:45pm  
Tuesdays: 4:50pm  
Wednesdays: 5:45pm  
Fridays: 5:45pm  
Saturdays: 10:45am, 11:20am

#### TEEN & ADULT

Saturdays: 8:30am



## 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.

# 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: \$88 / Community Member: \$175**

#### PRESCHOOL

**Thursdays: 4:50pm**

**Saturdays: 9:35am**

#### SCHOOL AGE

**Mondays: 5:45pm**

**Wednesdays: 5:45pm**

**Fridays: 5:45pm**

**Saturdays: 9:50am, 12:05pm**

**Sundays: 12:30pm**

#### TEEN & ADULT

**Saturdays: 8:30am**

## 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: \$88 / Community Member: \$175**

#### SCHOOL AGE

**Tuesdays: 6:00pm**

**Thursdays: 6:00pm**

**Saturdays: 10:25am**

**Sundays: 1:05pm**

#### TEEN & ADULT

**Saturdays: 9:00am**

#### 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: \$88 / Community Member: \$175**

#### SCHOOL AGE

**Tuesdays: 6:00pm**

**Thursdays: 6:00pm**

**Saturdays: 11:15am**

**Sundays: 1:05pm**

#### TEEN & ADULT

**Saturdays: 9:00am**



## OBSERVATION POLICY

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

# YOUTH DEVELOPMENT

## COMPETITIVE SWIMMING

### SWIM FIT/MASTERS SWIM

Swim Fit provides coached workouts for adult swimmers (ages 18+) based on their goals. Workouts incorporate a variety of training styles to satisfy the newer swimmers, fitness swimmers, competitive swimmers, and tri-athletes. Our qualified coaches and supportive team members provide the positive, fun, and often inspirational environment needed to keep each other motivated. Join the team today and enjoy getting fit, improving your swimming, and meeting great people.

- Practices are held 5:30-6:30am Tuesday and Thursday

#### MEMBERS ONLY

**Automatically Billed Monthly: \$54**

### STINGRAYS SWIM TEAM

Offering a stimulating, enjoyable program that stresses stroke technique, starts, turns and basic training, we measure success not in terms of one or two extremely successful swimmers, but in the measurable improvement of all our swimmers. Our members become the best swimmers they can be, by improving their physical skills, developing self-confidence and self-discipline, and an appreciation for the way that they and their teammates can help each other attain their goals through teamwork and mutual support. We practice from mid-September to mid-March and early April to late July.

YMCA Facility membership is required in order to participate with the Stingrays. Membership must be active and valid during the entire duration of the registered season.

#### For more information contact:

**Sue Lecza** at P 203 481 9622 ext. 3202

### Adult Swim/Stroke Fitness

This class is designed to help adult swimmers develop stroke techniques so they can become more efficient, stronger swimmers. Several new skills may be introduced to assist with endurance. Participants with long hair should wear swim caps. All participants should bring goggles. Fins and boards and noodles may be used.

**Wed. 5:30-6:15 pm**

**Fri., 10:45-11:30 am**

**Members: \$88 Community: \$175**

### Adult Only Swim Strokes Class

This class is designed to assist the beginning adult swimmer become acclimated in the water. Basic body positions, and elementary backstroke will be taught. Freestyle and Backstroke will be introduced as the swimmers progress. Participants with long hair are encouraged to wear swim caps and all swimmers should bring a pair of goggles.

**Mon., 6:30-7:15pm**

**Sat., 10:00-10:45am**

**Members: \$88 Community: \$175**

## CERTIFICATION COURSES

### AMERICAN RED CROSS (AGES 15 & UP)

#### LIFEGUARD CERTIFICATION

The American Red Cross Pool Lifeguarding course will help you develop skills and experience that will be valued by colleges and future employers. Colleges and employers look for applicants who can deal effectively with people, who have a take charge attitude and who are willing to work to develop new skills. Upon successful completion of this course, you will be certified in Pool Lifeguarding, First Aid, and CPR/AED for Lifeguards. Attendance at all sessions is required, certification is based up successful completion of both written and practical skills examinations. All classes must be attended. Enrollment does not guarantee certification. (Pre-requisite skills test of 300 yard swim, 2 minutes of treading water with legs only and 20 yard swim with object retrieval is required to take course and tested on first day of class).

#### Class Options;

**Oct 20,21,27 & 28**

**10am-4pm**

**(Must attend all days)**

**Dec 27-30**

**10am-4pm**

**(Must attend all days)**

**Member: \$250 Community: \$350**



### PRIVATE SWIM LESSONS

Schedule private or semi-private (up to 3 participants) swim lessons with our Aquatics department to meet your schedule and give your child (or yourself) the one-on-one instruction. Contracts are available at Member Services or online. Lessons are taught in 30 minute increments.

Individual Options: \$53 (1 lesson)  
\$95 (2 lessons)  
\$163 (4 lessons)

Semi-private: \$63 (1 lesson)  
(2 participants) \$115 (2 lessons)  
\$204 (4 lessons)

Semi-private: \$73 (1 lesson)  
(3 participants) \$135 (2 lessons)  
\$247 (4 lessons)

# HEALTHY LIVING

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## ADULT FITNESS

### YOGA WORKSHOP SERIES

#### Yin: Go Deep and Energize!

Nourish your spirit, rejuvenate your body, and enliven your mind! Enjoy an introduction to Yin Yoga, on the philosophy and health benefits of Yin and then the magic for yourself! Please join me and get to know your inner emotional with a feeling of calm and energy. The asanas combined with deep, focused breathing encourage you to tune in and listen to your body and surrender to your feelings rather than trying to push them down or control them. Poses are held between ten breaths and ten minutes, to liberate the body's chronic holding patterns and relieve pain, helping you to recapture some of the ease and freedom of movement you used to have as a child. One of the most potent ways to cultivate the body's subtle energy, Yin enables you to heal yourself, move negative emotions out, prevent injury and find a deep sense of peace in your body, mind and spirit. Location: Studio A.

**Tuesday November 13 9:00-11:00am**  
**Members: \$30**



## ADULT TRAINING

# GET F.I.T.

## Free Introductory Training

As a New Y Member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. (Free Introductory Training) so that we can help you get started.

Training will include:

- Time to get to know each other. Your dedicated F.I.T. Coach is here to serve you!
- Understanding your goals and expectations together so that we can develop an action plan to ensure your success.
- Answer any questions you may have about wellness, equipment and our facility.
- Teach some basic tips so you can hit the ground running.
- Review your progress toward your wellness goals and expectations. Offer some innovative tips to help you progress even faster and discuss potential barriers.
- Start working towards your wellness goals and having some fun!
- An introduction to our Personal Training Program.



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

# HEALTHY LIVING



## TRX IS BACK! AND IT'S FREE!

Get a fast, effective total-body workout with TRX. With TRX you're in control of how much you want to challenge yourself on each exercise.

### Why Try TRX Training?

- It's for Everyone
- Improves mobility and flexibility
- Builds lean muscle
- Develops functional strength
- Integrates strength and cardio

**Beginner TRX:** 30 minute class that introduces you to different TRX movements, how to execute them properly and incorporating them into a workout.

**Intermediate TRX:** 45 minute class for participants who have had exposure to TRX and are looking to improve their strength and fitness through TRX workouts.

**Monday:** 11:00-11:45am TRX Intermediate  
7:00-7:30 pm TRX 101

**Wednesday:** 11:00-11:45am TRX Bootcamp  
7:00-7:45 TRX Bootcamp

**Members:** FREE!

### OUR APP HELPS YOU STAY ON TRACK

Our Central Connecticut Coast YMCA app will give you everything you need in the palm of your hand – for all our Membership Branches!

**Schedules** - on one user-friendly landing page for all CCCY Branches

**Calendar** - for easy transition through days/dates

**Filters** - by area/room, time of day and classes

**Notifications** - from multiple branches

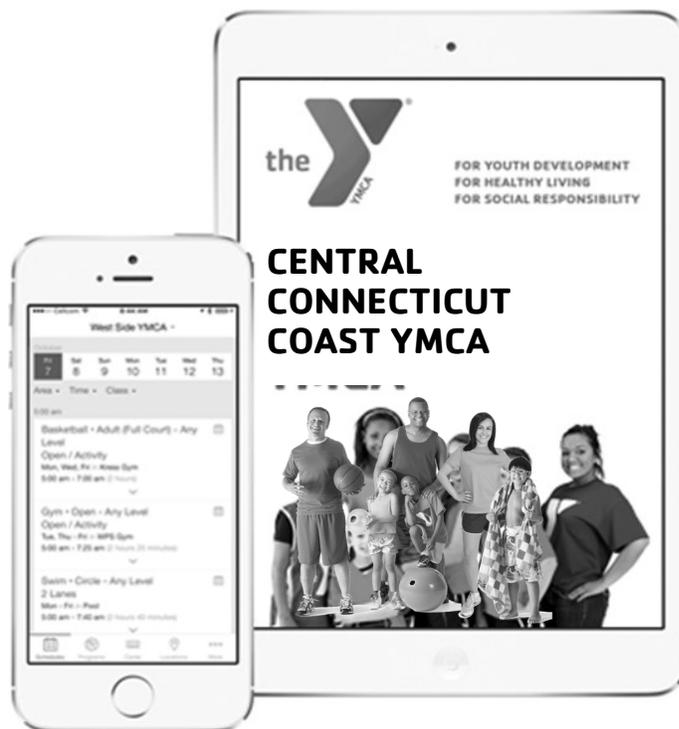
**Locations** - with facility status and hours

**Member Cards** - use your phone to check-in

**Programs** - view and register

**Push Notifications!** Opt-in for updates on classes and the facility

**FREE!**



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

# HEALTHY LIVING

## ADULT FITNESS



### INSPIRE MOTIVATE MAINTAIN

#### Personal Training

If you are 14, 80 or in between, and if your goal is to lose weight; gain strength; improve balance; flexibility and agility; rehabilitate a new or old injury; or just push yourself - a Y personal trainer can help you get there.

Our certified personal trainers will help develop a personalized program that is perfect for you. They will support you with expert knowledge, coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be.

Schedule a FREE evaluation today! We'll discuss your goals and define a training program tailored just for you!

For more information, please contact Aja Greene,  
Health & Wellness P 203 481 9622 ext. 3218,  
E [agreene@cccymca.org](mailto:agreene@cccymca.org)

## ADULT FITNESS

### OUTDOOR CLASSES

Outdoor classes are free to members. In case of bad weather, classes will be held indoors.

#### Insanity

INSANITY is a revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response," which normally happens when your body gets used to exercising at one level of exertion.

**Location: Basketball Court**  
**Saturday 7:15am**

#### Group Cycle

A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels.

**Location: Out Back**  
**Saturday 9:15am**

#### Meet Up Run Group (For all levels)

Meet up with some of your friends and meet some new ones in this once a week running group.

**Location: Meet in Lobby**  
**Friday 9:30am**



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

# HEALTHY LIVING

## ADULT FITNESS

### Get Fit Bootcamp For Teens and Adults

Get Fit Bootcamp gives you personal assessments, team focus, and fosters accountability. Instructors strive to understand the needs of each Bootcamp team member. Our commitment is to encourage, motivate, coach, and train participants to the highest possible level while delivering a memorable experience. This class is about improving your strength and stamina through a rugged workout. Class consists of, but is not limited to: sports drills, weights, circuits, TRX, interval training, and bodyweight training. You never know what our trainers have up their sleeve when you show up for class!

High intensity training used smartly is the most proven way to bust through plateaus and ruts. If you're at a point where you're ready to put the work in to get the changes you want, this is the class for you!

**Mondays and Wednesdays 6:15am /10:15am  
6:00pm**

**Members: \$45**



## ADULT FITNESS



### HEALTHY FAMILY MAKEOVER

#### 2 MONTH PROGRAM For the whole family!

An 8-week contest designed to help you achieve your family's goals in a fun, competitive and supportive environment. This program is for adults and kids to do together, so everyone can get healthy at the same time!

Program Includes:

- Workout and Nutrition Journal
- A 30-minute personal training session per week the family does together
- Nutritional Counseling
- Weekly Tips and Challenges
- Weekly Meetings and Weigh-ins on Mondays at 6:15pm covering a variety of topics
- Exercise Recommendations and Guidelines
- Prizes to the participants with the highest percentage of weight loss

**Members: \$99 family, including at least one adult and child, or two adults.**

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# HEALTHY LIVING

## FREE TO MEMBER CLASSES!

Class times subject to change. Most recent Group Exercise Schedule is available at the Welcome Center or online [www.soundviewymca.org](http://www.soundviewymca.org)

### STEP

Step is an energetic cardio workout that is done all on and off The STEP to train fitness, agility, coordination and strength, all to exciting energetic music. With the many exercise options and the adjustability of The STEP, intensity is easily managed so anyone, from new to exercise to an athlete in training, will feel successful.

**Sunday 8:10 am**

### BOOT CAMP

A high intensity workout designed to work the whole body using resistance equipment steps and high intensity floor exercise.

**Monday: 5:30am**

### INSANITY

INSANITY is a revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response," which normally happens when your body gets used to exercising at one level of exertion.

**Tuesday/Thursday 5:15pm**

**Thursday 5:30-6:15am**

**Saturday 7:15am**

### BODY WEIGHT TRAINING

A complete total body workout with body weight, free weights, band and step. Standing and seated movement for strength and cardio endurance. An awesome full body workout!

**Thursday 9:15am**

### ZUMBA GOLD

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

**Monday 12:15pm**

**Wednesday 11:15 pm**

## FREE TO MEMBER CLASSES!

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### YOGA

Grow longer and stronger as you work through movement designed to increase your flexibility, release tension, and improve posture.

**Monday 8:00 am /7:15 pm**

**Tuesday/Thursday 11:15am**

**Wednesday/Friday 8:00am**

**Sunday 11:20am**

### PILATES MAT

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 exercises on the mat as well as use of a stability ball. **MAX 25**

**Monday/Wednesday 10:15am**

**Tuesday 6:15pm**

### YOGA SCULPT

Expand your strength, balance, mobility and overall awareness in this innovative class. Use the props, (weights, tubing, yoga blocks & physioball) are offered to deepen your experience. Start where you are.

**Thursday 8:00am**

### ESSETRIC

Essentrics is a dynamic, full body workout that simultaneously stretches and strengthens all 650 muscles during the course of a one hour workout, using fluid, rotational movements. This equipment-free workout is suitable for all fitness levels.

**Friday 12:15pm**

### ZUMBA®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party.

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

**Monday/Wednesday/Saturday 9:15am**

**Monday /Wednesday 5:15pm**

**Tuesday 7:15 pm**

**Sunday 9:15am**

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# HEALTHY LIVING

## FREE TO MEMBER CLASSES

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### COACH BY COLOR CYCLE CLASSES!!!

These zones can be linked to WattRate (power) and Functional Threshold Power (FTP), or heart rate and percentage of Heart Rate Max (HRM). FTP represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTP is known, users are assigned the five colored zones to accurately coach their effort for the best customized results. The WattRate® TFT computer on certain ICG bikes vividly displays the color zones, as does a front LED display.

**Tuesday/Thursday 5:45 am and 8 am**  
**Mon/Tues/Wednesday/Thursday/Friday 9:15 am**  
**Mon/Tues/Wed/Thurs 6:00 pm**  
**Saturday 7:15 and 9:15 am**  
**Sunday 8:15 and 10:15 am**

### BEGINNER FRIENDLY

Want to start exercising but not sure where to start? Try our 101 classes! These 30 minute entry level classes are small in size and will help you make new friends, become part of a group, and learn to incorporate exercise into your lifestyle. These classes will support you and teach you how to do exercises!

### CYCLE 101

Learn the basics of cycling with this 30 minute class designed to motivate and inspire the new Cyclist. The class will be at a slower pace and will focus on form and breathing.

**Monday/Wednesday/Friday 10:30 am**



## MOSSA CLASSES

### STRENGTH TRAIN TOGETHER

This class will blast your muscles with a high rep weight training workout. Using an adjustable barbell the workout combines squats, lunges, presses, and curls with functional integrated exercise.

**Monday/Wednesday 6:15 pm**  
**Tuesday 9:15 am**  
**Tuesday/Thursday 12:15 pm**  
**Friday 9:15 am**  
**Sunday 10:15 am**

### ACTIVE TOGETHER

Cardio, Strength, Balance, and Flexibility-in just 1 hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

**Tuesday 8 am**  
**Thursday 6:15 pm**  
**Saturday 8:10 am**

### BALANCE AND FLEX TOGETHER

Our Certified Instructors, 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.

**Wednesday 7:15 pm**  
**Tuesday/Thursday 10:20 am**

### \*New\* DEFEND TOGETHER

This is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

**Thursday 7:15 pm**  
**Friday 10:15 am**  
**Saturday 10:15 am**



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# HEALTHY LIVING

## SENIOR EXERCISE



### 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 available if needed for seated or standing support.

**Mon/Fri 11:15am**

**Wednesday 12:15pm**

### SILVERSNEAKERS® YOGA

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Tuesday/Wednesday 1:15pm**

### ZUMBA GOLD®

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

**Monday 12:15pm**

**Wednesday 11:15am**

### ESSENTRICS

A completely original workout that draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body

**Friday 12:15PM**

### SILVERSNEAKERS® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. This class is perfect for those participants who currently take the Silver Sneakers Classic class and are looking for that next step!

**Thursday 1:15pm**

## SENIOR ACTIVITIES

### MEDICARE OPEN ENROLLMENT INFORMATIONAL SESSIONS

Come and ask questions about Medicare Open Enrollment and find out what plan works best for you! Steve Cudgma from Shoreline Insurance Services, Inc. will be in the lobby on Wednesdays from 10am-12noon to answer your questions.

Dates: Wednesdays, October 17-December 5, anytime between 10am-12pm in the lobby

**MEMBER COST: FREE, no sign up**

### SENIOR NEWLETTER

Keep up to date with the latest news and programs for seniors by picking up our monthly newsletter which is available at the start of each month. Look for it with all of the other program fliers.



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# HEALTHY LIVING

## MEMBER WATER ACTIVITIES FREE TO MEMBER CLASSES!

### BEGINNER CLASSES

#### JOINTS IN MOTION

It is designed to provide gentle range of motion for **participants with arthritis**, limited mobility, or similar joint issues.

**Mon/Wed 12:30-1:30pm (Ginny)**



### INTERMEDIATE CLASSES

#### CARDIO WATER POWER

Medium to high-level cardio workout. Recommended for more advanced participants. Uses various moves to create resistance for an up-tempo workout.

**Tues/Thurs 9:00-10:00am (Alpha)**

**Tues/Thurs 11:00-12:00pm (James)**

**Mon 6:30-7:30pm (Paige)**

#### WATER FIT

Moderate intensity water aerobics. This class includes 30-35 minutes of aerobics followed by 15 minutes of toning using a variety of equipment. This creates a challenging program!

**Mon/Wed 8:00-9:00am (Emily)**

**Fri 8:00-9:00am (Marianne)**

**Mon/Wed 11:30-12:30 (Ginny)**

**Tues/Thurs 10:00-11:00am (Alpha)**

**Tues/Thurs 12:00-1:00pm (James)**

**Tues/Thurs 6:45-7:45pm (Ginny)**

## MEMBER WATER ACTIVITIES FREE TO MEMBER CLASSES!

### ADVANCED CLASSES

#### DEEP WATERFIT

Participants use flotation devices to suspend themselves in the water. A variety of traveling and in-place movements are done to challenge the muscles and provide a high-intensity workout. This class is great for cross training and those who do high-impact sports, such as running. Class is held in the Competition Pool unless otherwise noted.

**Mon/Wed 9:05-9:50am (Emily)**

**Monday 9:50-10:35am (Emily)**

**Wednesday 6:30-7:30pm (Marianne) \*Warm Pool\***

**Fri 9:05-9:50am (Marianne)**

#### HYDRO DEEP

Advanced deep-water class designed to build strength, cardio, and muscle tone. Buoys, kickboards, and noodles are incorporated. Aqua belts are provided for use during some intervals of the class but not all. **Participants must be comfortable in the deep water both vertically and horizontally without belts for portions of the class.**

Class is held in the Competition Pool.

**Friday 9:50-10:35am (Marianne)**

### SPECIALTY CLASSES

#### FLIPPER CLASS

Advanced water aerobics class which incorporates the use of training fins to intensify workout. Participants will do a variety of traveling movements which incorporate the use of fins, kickboards and other equipment to make this class a challenging workout. Participants must be comfortable in deep water. Class is held in the Competition Pool.

**Wednesday 9:50-10:35am (Emily)**

#### AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This moderate to high intensity workout is great for those who want to try something

different! This class is a big combination of athletic moves meant to give you a complete total body workout.

**Saturday 7:45-8:45am (Paige)**

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



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

# ALWAYS WELCOME IN EVERY COMMUNITY

## NATIONWIDE MEMBERSHIP:

At the Y, we are for youth development, healthy living and social responsibility. We are dedicated to ensuring our facilities, programs and services are open and welcoming to all. As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals.

### ALWAYS WELCOME

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

### IN EVERY COMMUNITY

We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

### WHAT YOU NEED TO KNOW

- Nationwide Membership is valid for active, full facility Y members whose home Y participates without restriction or blackout periods
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants (including Silver Sneakers, Silver and Fit or other like programs) are not eligible for nationwide membership
- Special memberships established by any Y for group homes, other agencies, etc., are not eligible
- When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID as well as provide basic membership data such as name and email address
- Members will need to sign a universal liability waiver and privacy policy
- Ys should allow nationwide members access to services typically offered to full-facility members. Check with the Y for schedule and availability. Nationwide members visiting other Ys for a period greater than 28 days must transfer membership affiliation for continued use
- All Ys reserve the right to restrict or revoke these privileges
- Registered sex offenders are prohibited from participating

To find a Y in another location, go to [ymca.net](http://ymca.net).



**SOUNDVIEW FAMILY YMCA**  
628 East Main Street  
Branford, CT 06405  
P 203 481 9622 F 203 481 9363  
[www.soundviewymca.org](http://www.soundviewymca.org)