BRING A FRIEND!

There has never been a better time to refer your friends, family, or colleagues to the Woodruff Family YMCA, or an easier way to do it. Refer a friend to the Y. When they join as a new Member, you’ll receive a free month of membership.

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.

STAY ACTIVE

BE HEALTHY

BE TOGETHER

WOODRUFF FAMILY YMCA

Program Guide

Winter II Session: February 24 – April 20, 2014
HERE FOR YOU

WINTER II SESSION:
February 24 – April 20

PROGRAM REGISTRATION
Facility Member: February 3
Community Member: February 10

WOODRUFF FAMILY YMCA
P 203 878 6501 F 203 878 0619
Email: woodruffinfo@cccymca.org

FACILITY HOURS
Mon-Thurs 5:30am-9:00pm
Friday 5:30am-7:00pm
Saturday 8:00am-8:00pm
Sunday 9:00am-5:00pm
(Pool closes 15 minutes before facility)

HOLIDAY HOURS/CLOSURES
Easter Sunday – Closed

CHILD WATCH HOURS
Sun-Fri
9:00am – 12:00pm
Sat
8:00am – 12:00pm
Mon and Wed
5:00pm – 8:15pm
Tue
5:00pm-8:15pm
Thurs
4:00pm – 8:00pm
Friday
5:00pm-7:00pm

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

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

WATER ACTIVITIES
FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Water Fit
Moderate intensity water aerobics. This class includes a cardiovascular workout followed by toning exercises using a variety of equipment in the water.

Deep Water Fit
A dynamic workout using cardio and strength training intervals in the pool.

Aqua Zumba®
Known as the Zumba® “pool party”, the Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua class blends it all together into a safe, challenging, water based workout that’s cardio-conditioning, body toning, and most of all, exhilarating beyond belief.

SilverSneakers® Splash
Activate your urge for variety! Splash offers fun and shallow water movements to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

*NEW* Silver Sneakers Loyalty Card
Pick up a new Loyalty Card each month. Have it punched each day you come to the Y to get moving. At the end of the month if you have 10 punches turn in your card. You will have a chance to win a gift card from a local merchant!

GROUP CLASSES

TRX® BOOT CAMP
Boot camp will promise an intense workout that incorporates body weight strength training using the TRX® Suspension Training, kettle bells and weights. Paired with short bursts of high intensity cardio that will strengthen and tone all major muscle groups.

Free Trial Classes
Sign up for a free class to experience this 3 – D Total Body Workout!
Monday February 24 5:45am
Thursday February 27 7:00pm
Friday February 28 10:15am
Saturday March 1 8:00am

Class Session Begins March 2
Monday 5:45–6:45am
Thursday 7:05–8:00pm
Friday 10:15–11:15am
Saturday 8:05–9:00am

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

TRX® BOOT CAMP
Free trial class March 2
SESSION BEGINS March 8

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

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

REGISTER ONLINE at www.woodruffymca.org

View current schedules, programs, and events on our website

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
HEALTHY LIVING

GROUP CLASSES FREE TO MEMBER CLASSES!

CURRENT SCHEDULE AVAILABLE AT WELCOME CENTER

Group Fitness Session dates:
Winter 2: February 24 – April 20

Cardio Kickboxing
This class blends athletic drills with martial arts to create a great workout. Learn to use body movements to build self-confidence, release stress and empower.

Cardio Interval & Strength
This class is an excellent way to burn calories, build endurance and strength quickly. A combination of alternating aerobic activity and sport conditioning by utilizing weights, bands and/or core.

Indoor Cycling
A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels. Pre-sign up required for each individual class begins at 5pm the evening before.

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

Insanity
Is a revolutionary cardio-based total body conditioning program based on principles of MAX Interval Training. MAX Interval Training allows a person to beat the “stress adaptation response,” which normally happens when your body gets used to exercising at one level of exertion. By using the MAX Interval Training, Insanity pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

Pilates
Combines core and strength training exercises with routines that improve stability and posture, increase flexibility, and tone the entire body.

Step & Sculpt
This energetic cardio class strengthens the lower body while providing added resistance utilizing barbells, free weights or bands. This class is designed for all levels.

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

Punk Rope
A fun, effective and challenging class. The upbeat music will keep you dancing and the energy will keep you burning calories. Use the ropes, the mat as well as use of a stability ball.

Yoga
Grow longer and stronger as you work through movement designed to increase your flexibility, release tension and improve posture. This class is designed for all levels.

Zumba
When participants see a Zumba class in action, they can’t wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they’re getting fit and their energy levels are soaring!

SilverSneakers® Classic
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Circuit
Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper - body strength with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Zumba Gold®
Targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule.

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

Step 101 - Sat 10:00am

WE CAN DO SO MUCH MORE BECAUSE OF YOU

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

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

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

Our community faces new challenges that create a greater need than ever for the work we do every day.

Fortunately, where some see obstacles, we see opportunities for our members, volunteers and staff to make a difference.

Every gift makes a difference.

Everyone has a role to play.

Together, we can achieve so much more.

Give today.

The Y. So Much More.
Annual Campaign

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

PRE-SCHOOL (AGES 3-4)
Our National Accredited, state licensed programs will prepare your 3 or 4 year old for kindergarten! With an increased focus on literacy and learning through exploration, your child will develop social, emotional, physical and academic skills necessary for the beginning of his/her academic career, including:
- Swimming lessons
- Field trips and special events
- Music and Movement/socialization
- Sight word recognition and guided reading practices
- Development of fine and gross motor skills
- Language development-focusing on reading, writing, listening, and speaking connections.

Extended Care Hours: We offer extended care after the preschool day until 6:00pm at the YMCA. During this additional time your child will participate in swimming, music and movement, arts and crafts, indoor and outdoor free play, and nap/quiet time.

Preschool registration is on-going and spaces are limited. Please contact Child Care Department at Ext. 3115 for hours and availability.

On school holidays, the YMCA will offer full day vacation programs for the preschool age group. Look for registration two weeks before each holiday.

School Year 2014-2015
Family Registration Fee: $45 non-refundable.
(Annual fee due at time of sign up per family)

- Half Day Program (child must be toilet trained)
  3 year old program
  Tuesday and Thursday 9:00am-1:00pm
  Member: $177/Month Community Member: $265/Month

- Full Day Program (child must be toilet trained)
  4 year old program
  Tuesday and Thursday 9:00am-5:30pm
  Member: $434/Month Community Member: $459/Month

- Extended Care Program
  Monday, Wednesday, and Friday 9:00am-5:30pm
  Member: $75/Month Community Member: $107/Month

- 4 year old program
  Monday thru Friday 7:30am-5:30pm
  Member: $179/Month Community Member: $269/Month

SCHOOL AGE (Grades K-S)
The YMCA offers before and after school care for 7 Milford Elementary school which include: Can Pen Meadow, Live Oaks, Mathewson, Meadowside, Orange Avenue, and Orchard Hills.

- Before and After School Program
  4 Sessions: Group Training (2 people)
  Member: $200.00
  Community Member: $240.00

- Individual Training
  4 Sessions: $160.00

- Pre-K Grade 5
  The program runs from 7:15 am - 6:00 pm for school age children. The program includes field trips, swimming, games, arts and crafts, cooking lessons and Zumba®. Space is limited. For more information contact Child Care Department at Ext. 3115.

- One time $45.00 Non-Refundable registration fee for non-child care participants.
  Member: $50.00/child
  Community Member: $75.00/child

Registration for the 2014-2015 Child Care Programs is ongoing. Contact Child Care Director for rates and availability.

MOTHER'S DAY
May 10th
Tuesdays 10:00-1:00 pm
Parent and child workshops to help with mother-child bonding.

HEALTHY LIVING

WELLNESS CENTER
Core and More
Enhance your workouts! The Wellness Center trainers are offering 10 minute core and more classes in the Wellness Center on the hour.

- 9:00 am
- 10:00 am
- 11:00 am
- 1:00 pm
- 2:00 pm
- 3:00 pm
- 5:00 pm
- 6:00 pm
- 7:00 pm

Have you had a Fit Training Yet?
We are here to help you reach your goals! Schedule your appointment today at the Welcome Center! You and your Trainer will:
- Develop total Health Goals that are realistic for you.
- Apply the FITT principle into your fitness program, to get started and keep you going.
- Learn how to use the equipment you will use at the beginning of your program.
- Set up a schedule of follow-up appointments as needed with your Fit Trainer.

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

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

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

Individual Training
- 2 Sessions: $86.00
- 4 Sessions: $160.00

Group Training
- 2 People: $100.00
- 4 People: $180.00

Group Training
- 4 People: $200.00

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.

WELLNESS CENTER

Happy Healthy Living!
We offer SilverSneakers! The program is a low impact, low intensity exercise routine designed to improve strength, balance, flexibility, and cardiovascular fitness.

- 9:00 am
- 10:00 am
- 11:00 am
- 1:00 pm
- 2:00 pm
- 3:00 pm
- 5:00 pm
- 6:00 pm
- 7:00 pm

SilverSneakers
- 9:00 am
- 10:00 am
- 11:00 am
- 1:00 pm
- 2:00 pm
- 3:00 pm
- 5:00 pm
- 6:00 pm
- 7:00 pm

It's never too late to start exercising!

More Information Online at www.woodruffymca.org

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

Winter 2: February 24 – April 20

2014-2015 School Year
Registration Dates
Preschool begins February 3rd

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

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

Health, Well-Being & Fitness

2014-2015 School Year
Registration Dates
Preschool begins February 3rd

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

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
HEALTH LIVING

WELLNESS

Masters Swim Team

Whether you’re a novice or an elite swimmer, the Woodruff Family YMCA’s Master’s 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 in the pool and join the fun.

Sessions: January–March
April–June
July–August
October–December
Practice Times: Monday and Wednesday 7:00–9:00pm
Friday 5:30–7:00pm
Saturday 10:00–11:30am

Session Fees:
Members: $150
Community Members: $300
Full Year Fees:
Members: $500
Community Members: $900
Drop In:
Members: $10
Community Members: $15

DIABETES PREVENTION PROGRAM

The YMCA’s diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.

About the program

The 16-week, classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for additional support to help maintain progress.

Program goals

Reduce body weight by 7%
Increase physical activity to 150 minutes per week.

For more information contact Kelly Vaughan at (203) 375-5844.

“NEW” New Beginnings Program

A supportive environment to promote friendship and group exercise

For many the thought of starting a group exercise program is intimidating. The Woodruff Family Y is starting a new program called New Beginnings to encourage individuals to make new friends, become part of a group, and learn to incorporate exercise into their lifestyle.

HEALTHY LIVING

YOUTH FITNESS

FIT ZONE

ATTENTION:

YOGA KIDS (AGES 6 –13)
Yoga can increase attention span for kids in addition to improving stamina, flexibility, strength, and its fun! Parents love Zumba Kids because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

Wednesday 5:00-5:45 pm
Free for Family Facility members

YOUTH/TEEN

FIT ZONE

YOUTH/TEEN

EVENING PROGRAM

YOUTH/TEEN

YOUTH SPORTS CONDITIONING (AGES 6 –14)
Conditioning drills designed to improve overall fitness, develop athletes seven key sport skills: flexibility, coordination, agility, balance, strength, stamina, and speed.

Class structured to help athletes become more well-rounded and have fun.

Please register for this class as space is limited.

Mondays 5:00-5:45 pm

YOUTH DEVELOPMENT

SCHOOL AGE

Y FUN CLUB (formerly SNOW DAY PROGRAM) PRE-K/School Age
Child care is available when the Milford school system is closed due to inclement weather. The program runs from 7:30am-5:30pm. A non-refundable registration fee of $15 will reserve your spot. The program will be paid each time you use a snow day. Children will need to bring lunch, a bathing suit and towel, and snow clothes.

Note: In the event the storm causes a power outage, or the weather presents a severe safety issue, we may call you to pick up earlier.

Member: $50.00
Community Member: $100.00

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, team-work activities, and community service. The activity schedule will vary because the youth are involved in planning their program activities. The program is located at the Woodruff YMCA. Transportation is provided to the YMCA from East Shore, West Shore, and Harborside Schools in Milford.

School Year 2014 – 2015
Family Registration Fee: $45.00 Non-Refundable
(Annually due at time of sign-up per family)

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

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

Full-time care may be provided on school vacation days for an additional charge

INCLUSIVE AFTER SCHOOL PROGRAM

For high school

The focus of the program is to give youth an opportunity to grow socially, reinforce healthy living skills with sports, swimming, fitness, recreation opportunities, job skills training and shadowing. The program runs between 2:00pm and 6:00pm. Participants will also have time for homework. Activities are subject to change based on the abilities and interests of the students in the program.

Transportation is provided to the YMCA from Foran, Jonathan Law, and the Academy in Milford.

School Year 2014 – 2015
Family Registration Fee: $45.00 Non-Refundable
(Annually due at time of sign-up per family)

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

INCLUSIVE AFTER SCHOOL PROGRAM

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

“NEW” MIDDLE SCHOOL FIT CLUB

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

Wednesdays January 22 – March 12
Dismissal time – 4:15pm

Member: $50.00
Community Member: $100.00

Winter 2: February 24 – April 20

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
YOUTH DEVELOPMENT

YOUTH COMMISSION/LEADERS CLUB
A joint venture between the YMCA and the Milford Mayor’s Office. Teens participate in leadership and community activities.
Meetings
Tuesdays 6:30 – 7:30
Free to the youth in the community.

THE COUNCIL (BOYS AGES 9 – 14)
Boys can stand strong, stand up for their beliefs without fear, prevent violence, harassment, or abuse, and stand in united solidarity. The Council encourages understanding, critical thinking skills, pride, unity, and a positive regard for diversity as boys grow toward young manhood. This is a facilitated support group.
Wednesday 6:30 – 7:15pm
Member: FREE
Community Member: $80

GIRLS CIRCLE (GIRLS AGES 9 – 13)
Girls are strong, courageous, and confident. Girls Circle gives girls a safe, caring environment, and encourages self confidence, authenticity in relationships, and judgment skills. This is a facilitated support group.
Tuesday 5:00 – 6:00pm
Member: FREE
Arty: FREE
Community Member: $80

TEEN NIGHTS
Time for teens to take over the Y one Friday night a month. Most events will have a DJ for dancing a well as other themed events throughout the year.
See flyers for dates and themes.

YOUTH & GOVERNMENT (HIGH SCHOOL AGE)
Delegations are held at Foran High School and Lauralton Hall. Participants take on government roles and participate in writing, debating, lobbying and passing laws. Program concludes with the annual state conference in Hartford. (Delegations and participants will be required to pay for their own trip.) Contact the Youth Department at ext. 3116 if you are interested but your school does not have a Delegation.
October 2013 – March 2014

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

HEALTHY LIVING

FAMLY 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.

March 14th
April 18th

PARENTS NIGHT OUT
Kids Night at the Y will be held on Friday nights from 6:00 – 8:45 pm. The kids will be involved in group games, arts and crafts, and structured free play. The Y will provide them with a pizza dinner.
Participants must be at least Kindergarten- 5th grade.
Dates:
May 2
Time: 6:00 – 8:45 pm
Fee: FREE To Family Facility Members
Registration will begin 2 weeks prior to each night.

FLICK-N-FLOAT
Come spend the evening with the family and friends and enjoy the fun! Any and all flotation devices are welcome on this night only! Standard pool rules apply. Any child wearing a flotation device must be accompanied in the water.
February 21: 7:00-9:00 (The Incredibles)
March 21: 7:00-9:00 (Despicable Me 2)
April 11: 7:00-9:00 (Cars 2)

BUNNY BREAKFAST
Enjoy a hot breakfast, followed by an Easter Egg Hunt with the Easter Bunny. We will provide photos too!
Enjoy a hot breakfast, followed by an Easter Egg Hunt with the Easter Bunny. We will provide photos too!
April 11
Fee: $70
Pre-registration required.

BIRTHDAY PARTIES
Enjoy your child’s birthday party or other celebration at the Y. Parties consist of one hour of a chosen party activity and one hour in our private room for 25 people.

Party Themes/Feet:
- Pool Party Fee: $175
- Tumble Bugs Party Ages 2-4 Fee: $200
- Dance Party Fee: $200
- Zumba Party Ages 7-10 Fee: $25
- Sports Party (soccer, flag football, ultimate Frisbee, kick ball, or whiffle ball) Seasonal only Fee: $215
- Archery Party (seasonal only) Fee: $225
- Teen Zumba Party w/DJ Fee: $400
- Teen Zumba Party Ages 11-15 Fee: $250
- Craft Party Fee: $200

Registration will begin 2 weeks prior to each night.
Days / Times:
April 20: 12:00 – 2:00 PM
May 18: 12:00 – 2:00 PM
June 22: 12:00 – 2:00 PM
July 20: 12:00 – 2:00 PM
August 17: 12:00 – 2:00 PM
September 21: 12:00 – 2:00 PM
October 19: 12:00 – 2:00 PM
November 16: 12:00 – 2:00 PM
December 14: 12:00 – 2:00 PM

HEALTHY LIVING

MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG
**SWIM, SPORTS & PLAY**

**YOUTH SWIM LESSONS**

**WATER SAFETY INSTRUCTOR (AGES 16+)**
If you’re at least 16 years old and a proficient swimmer, you can become an American Red Cross Water Safety Instructor. Learn to teach children and adults to swim, and give water safety presentations to kids and their parents. It’s a fun and meaningful job. Become certified to teach the following:
- Parent and Child Aquatics
- Preschool Aquatics
- Learn-to-Swim
- Safety Training for Swim Coaches
- Longfellow’s WHALE Tales

Water safety courses and presentations
Contact Aquatic Department at ext. 3117 for class dates and times.

Course fee: $400

**LIFEGUARD TRAINING COURSE (AGES 15+)**
If you’re 15 or older and looking for a great part time job or challenging career that’s in demand, the American Red Cross Lifeguarding program is the best place to start. Lifeguarding lets you work as part of a team to help people safely enjoy the water. You could even save a life! Learning is fun and easy! Through videos, group discussion and hands-on practice, you’ll learn - Rescue skills for use in the water and on land. First aid and professional rescuer CPR/AED training to help you prepare for an emergency. Professional Lifeguard responsibilities.

Surveillance skills to help you recognize and prevent injuries.

Lifeguard Training with Waterfront
Member: $275
Community Member: $375

FIRST AID TRAINING
Course fee: $75

CPR/AED for the PROFESSIONAL RESCUE
Course fee: $80

HALF A DAY SWIM LESSON PROGRAM
Take advantage of our new Half A Day Swim lesson program. It takes place at the Y during winter and spring school vacation weeks. Designed for children ages 4 through 8, Half A Day has a Swim lesson and free-swim period each day; arts and crafts, music and gym time round out the fun. Space is limited, so remember to signup early for the Half A Day swim lesson program during the 2014 school vacation breaks.

April 14-18
9:00 am to 2:00 pm
Members: $150
Community Members: $300

**YOUTH ENDURANCE SWIM CLUB (AGES 10-14)**
Endurance swim club is a new addition to our aquatics program and is designed for those swimmers who have completed all the levels of the YMCA lesson program through porpoise.

Two days per week:
Sunday 12:15-1:15pm
Wednesday 7:00-8:00pm

Member: $186
Community Member: $372

SYNCHRONIZED SWIMMING
Synchronized swimming is an Olympic sport that combines swimming, dance, gymnastics and music.

Pre-requisite: Must be able to swim length of the pool.

**LITTLE MERMAIDS**
A once a week class for girls ages 3-6, this class is great for beginners! Swimmers learn basic synchro skills in a safe, non-competitive environment. Girls will enjoy playing games, listening to our underwater sound system, and learning synchro positions on a floating mat and in the shallow end of the pool. At the end of the session, they will combine the skills they learned into a small routine and perform for their families.

Fridays 4:00-4:45

**MERMAIDS**
A once a week class for girls 5-10, this class is great for beginners! Swimmers learn basic synchro skills in a safe, non-competitive environment. Girls will participate in a performance at the end of the session.

Fridays 5:00-6:30

Member: $92 per session
Community Member: $184 per session

**SYNCHRO PRE-TEAM**
Pre-team is for girls ages 8-12 who would like the experience of being on a synchro team without the requirement of competition. Emphasis is on teamwork and building confidence. Pre-team members will perform in 2 exhibitions. Pre-requisite: Must be a minnow level swimmer or higher.

January 5-June 6, 2014
Two days per week:

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

Sunday 1:30-3:00 (swimming)

Members Only: $430

**NEW** ROOKIES INDOOR SOCCER (AGES 3-5)
Dribble, shoot, goal! Participants will learn soccer skills through age appropriate games and drills. In our activities room.

Dates: March 27 - June 7
Tuesdays 4:00-4:45

Member: $92
Community Member: $178

**COMBO DANCE (AGES 3-7)**
Fun introduction to ballet and tap. Girls wear leotard and tights with ballet slippers. Boys wear t-shirt and sweatpants or shorts.

Dates: March 27 – April 19 (8 weeks)

Thursday 4:00-5:00

Member: $50
Community Member: $90

**DANCERS WORKSHOP (AGES 8-12)**
Fun elements of dance, ballet, jazz and tap. Please dress in leotards, and tights or leggings. Participants will get help to choreograph their own dance. Performance to be held on the last date of the class.

Dates: March 29 – June 7 (10 weeks)

Thursday 4:00-5:00

Member: $89
Community Member: $178

**MEMBERS:** $150
9:00 am to 12:00 pm
April 14
Half A Day swim lesson program during the 2014 school vacation breaks.

**FIZZ, BUBBLE, GOO (AGES 5-12)**
Have you ever wondered what happens when you put Mentos in a bottle of Diet Coke? Come create cool science experiments with everyday materials that will explode, ooze and goo. Not only will the child perform wacky science experiments, they will learn the basics of the scientific method. This winter we will be working on projects for the Milford Invention Convention!

Tuesdays 4:15-5:00pm (AGES 8-12)
Wednesday 4:00-4:45pm (AGES 5-7)

Member: FREE

**MUSIC AND MOVEMENT (AGES 2-4)**
Perfect class for little ones who are not ready to separate from Mom or Dad. Girls wear leotards, tights, and ballet slippers. Boys wear a t-shirt and sweatpants or shorts.

Dates: March 1- April 19 (8 weeks)

Saturday 10:00-11:30 am

Member: $45
Community Member: $70

**INCLUSION PEER MENTORS (AGES 8 & OLDER)**
Peer mentors are available for individuals with special needs ages 8 and older for our programs. Please contact the Youth Director to arrange for a meeting and Mentor.

Dates: March 1 – April 19
Saturday 2:15-3:00

Member: $72
Community Member: $144

Winter 2: February 24 – April 20
MORE INFORMATION ONLINE AT WWW.WOODRUFFYMCA.ORG

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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 flotation assistance. Pre-School and Parent/Child classes run for 30 minutes each. Youth, Adult, and Teen classes run for 30/45 minutes each.

Swim Lesson Make-up Policy
If a group swimming lesson is cancelled by the YMCA, a system credit will be issued at the end of the session, unless otherwise communicated. If a group swimming lesson is missed due to an unexcused absence, a maximum of 2 make up classes may be scheduled within the current session pending availability.

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YOUTH SWIMLESSONS

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

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

KIPPER: 1:10 class ratio

Children in this class must be at least 9 months old, and should sit unassisted and stand with support.(9-12 months)

INDIA: 1:10 class ratio

Participants must be able to swim 15 feet with his or her face in the water, and floating.

SURFY: Advanced beginner) 1:8 class ratio

Participants must be able to swim 15 yards without flotation.

DIFF: 1:3 class ratio

At 19 months of age, your child should run and jump. At this stage your child is encouraged to explore their aquatic environment and their own skills with the assistance of their parent. The goal for this level includes propelling oneself through the water and the transition to the pre-school swim levels.(19-36 months)

Preschool Classes (Ages 3-5)

PIKE: 1:6 class ratio

Children 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.

Current Schedule Available At Welcome Center

Preschool Class (Ages 3-5)

EEL: 1:6 class ratio

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

-Ray: 1:6 class ratio

Participants must be able to swim 15 feet with his or her face in the water, and no floatation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke, and advanced water safety skills.

STARFISH: 1:6 class ratio

Swimmers must be able to swim 20 yards with rhythmic breathing for front crawl and no floatation. Starfish will improve on their endurance for front crawl, back crawl, and sidestroke while being introduced to the arm and leg movements for breaststroke.

Progressive Classes (Ages 6-12)

POLLWOG: (Beginner swimmer) 1:8 class ratio

Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking and arms, gliding from the wall with their faces in the water, and floating.

SURFY: Advanced beginner) 1:8 class ratio

Participants must be able to swim 15 yards without flotation.

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

Progressive Classes (Ages 6-12)

Porpoise: (Beginner swimmer) 1:8 class ratio

Participants must be able to complete a continuous 100 yards with proper front crawl and back crawl technique for 25 yards.

Starfish: 1:6 class ratio

Participants must be able to complete freestyle and backstroke for a continuous 50 yards, and rudimentary breaststroke for 25 yards. Fish will improve their freestyle and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly.

Flying Fish: 1:10 class ratio

Swimmers must be able to swim a continuous 100 yards in freestyle and backstroke, 50 yards of continuous breaststroke, and 25 yards of butterfly.

Shark: 1:10 class ratio

Swimmers must be able to complete a continuous 100 yards with open turns of freestyle with breathing to both sides, backstroke, and breaststroke. Participants must also be able to swim 50 yards of continuous butterfly with good technique. Sharks will focus on increased endurance, learning flip-turns, racing starts, and introduction to the 200 IM (individual medley)

Porpoise: 1:10 class ratio

Swimmers must be able to complete 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 yard breaststroke, 50 yards backstroke, 50 yards freestyle). Also introduction to water safety and lifesaving skills.

Member: $94

Community Member: $188

Teen & Adult Swim Lessons

Teen/Adult:1:1 class ratio

13+ yrs. - This class is for teens and adults who have not had swimming lessons before or who are not comfortable in the water. Basic swimming skills and personal water safety skills are taught. Beginner and Intermediate classes offered.

Special Needs Swimming Lessons

Adaptive Aquatics: 1:1 class ratio

This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany if needed.

Contact Aquatics Department at ext. 3117 for more information about private lessons, please contact the Aquatics Department at extension 3117.

Current Schedule Available At Welcome Center

Private, Semi-Private & Tri-Private Lessons

Private Swimming Lessons: (30 Minutes)*

These swim lessons provide a one-on-one setting and are open to all ages and ability levels.

Registration for these lessons is on a first come first serve basis.

Package of 1: Member $40

Package of 2: Member $70

Package of 4: Member $120

Semi-Private Swimming Lessons: (30 Minutes)*

These classes are perfect for siblings and friends with similar swimming abilities. A 1 to 2 instructor to student ratio provides an excellent learning environment.

Registration for these lessons is on a first come first serve basis.

Package of 1: Member $50

Package of 2: Member $90

Package of 4: Member $160

Tri-Private Swimming Lessons: (30 Minutes)*

These classes are perfect for siblings and friends with similar swimming abilities. A 1 to 3 instructor to student ratio provides an excellent learning environment.

Package of 4: Member $201

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