FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACHIEVE TOGETHER

Summer Activities 2017
NEW CANAAN YMCA

Registration begins Monday, June 5

Classes begin Monday, June 26

BUY A BRICK
LEAVE A LEGACY

BUILDING A STRONGER FUTURE TOGETHER

Become a part of this historic community project through a commemorative named brick that will be displayed in our new cafe/ commons area!

Purchase a brick online at www.newcanaanymca.org/renovation or pick up an order form at the Front Desk! All bricks must be purchased no later than June 30, 2017.

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General Information

HOURS OF OPERATION

Mon.-Fri. ..... 5:45 am - 10:00 pm
Sat..... 7:30 am - 6:30 pm
Sun..... 8:00 am - 5:00 pm

SCHEDULED CLOSINGS

July 4 (Independence Day) – 5:45 am - 11:30 am

NEW CANAAN YMCA MISSION

Enriching all people in spirit, mind, and body... The New Canaan YMCA is committed to providing programs and services that promote the health and well-being of our members and our community. We are founded on Christian principles and are guided by our core values of caring, honesty, respect, and responsibility.

SERVING EVERYONE

The New Canaan Community YMCA does not discriminate on the basis of race, color, religion, sex, age, marital status, sexual orientation, gender identity or expression, national origin, disability, or financial circumstances.

PROVIDING AID

Financial Assistance: The Y strives to serve everyone in our community, regardless of economic circumstances. Financial aid applications for Y programs and membership may be obtained at the Front Desk or on our website. This assistance is made possible by donor contributions to the Y's Annual Support Campaign. Applications should be submitted to Diana Riolo. See additional information on page 7.

MEMBERSHIP RECIPROCITY PROGRAM

New England Y members may visit other YMCAs in New England at no fee; however, restrictions may apply. Each Y is required to post information on their website detailing any restrictions, so we recommend that you check their website or directly contact the Y you are visiting to determine their policies and/or restrictions.

MEMBER SERVICE DESK BUSINESS HOURS

Monday-Friday: 7:30 am – 8:00 pm
Saturday: 7:30 am – 4:00 pm
Sunday: 8:00 am – 4:00 pm

PHONE: 203-966-4528
FAX: 203-972-7738

A.W.A.Y. PROGRAM

The Y-A.W.A.Y. Program (Always Welcome at the YMCA) entitles a member to have membership at over 2,700 participating YMCAs across the country (outside of New England), typically at no charge, or at a priority rate of that YMCA's guest fee. We recommend you contact the Y you are visiting to determine their Y-AWAY policy.

LET'S WORK TOGETHER...JOIN OUR STAFF!

Learn how your talents can make a difference at the New Canaan YMCA. As an employee of the Y, benefits include Y membership (10+ hrs/week), priority registration, program discounts, flexible schedules (as applicable), career development, and a healthy atmosphere! Employment application form and current employment opportunities can be found at www.newcanaanymca.org. Contact Pam Libertiny, V.P. of Human Resources and Risk Management, at 203-920-1628, for more information.

VOLUNTEER

Volunteers are vital to our Y, and by opening up your heart and extending your hand to our Y community, you will be changing the lives of so many.

Each year, nearly 1,000 people of all ages contribute their time and talents as volunteers at the New Canaan YMCA. Whether through one-time events, ongoing help, or our Togetherhood volunteer program, each of our volunteers make a difference at the Y and our community.

For more information or to apply online go to www.newcanaanymca.org or contact Nicki Jezairian at 203-920-1657 or by email at njezairian@newcanaanymca.org

General Information

YMCA DIRECTORS

Kristina Barrett,
V.P. of Financial Development,
Marketing & Strategic Initiatives.....203-920-1654

Petra Cacic,
Asst. Director of Synchronized Swimming..... 203-910-1660

Donna Carpenter,
Gymnastics & Movement Education Director 203-920-1639

Davie Cedela,
Family & Youth Dev. Director.....203-920-1641

Joann Cerretani,
Chief Operating Officer 203-920-1633

Mary Coleman,
Membership Director 203-920-1630

Julia Douglas,
Asst. Director of Marketing &
Financial Development..... 203-920-1635

Anne Finneson,
Asst. Finance Director 203-920-1644

Nicole Jezairian,
Director of Community Engagement..... 203-920-1657

Carolynn Kaufman,
Director of Special Needs Programming..... 203-920-1656

Suzanne Lancey,
Competitive Swimming Director/
Head Age Group Coach.....203-920-1645

Pam Libertiny,
V.P. of Human Resources & Risk Management 203-920-1628

Carol Matousek,
Chief Financial Officer 203-920-1625

Kate Morrissey,
Assistant Human Resources Director 203-920-1647

Jen Muzyk,
Synchronized Swimming Director.....203-920-1648

Craig Panzano,
Executive Director.....203-920-1624

Suzy Pfeifer,
Kids Unlimited After-School
Program Director/Camp Mini Director 203-920-1649

Bridget Philipp,
Senior Director of Membership & Healthy Living... 203-920-1626

Diana Riolo,
Financial Assistance Administrator..... 203-920-1653

Kim Rojas,
Assistant Aquatics Director.....203-920-1643

Josephine Rojas-Einstman,
Aquatics Director..... .203-920-1650

Emma Scalero
Rainbow Station Infant Preschool/
Childcare Director..... 203-920-1613

Will Schwartzstein
Sports Director 203-920-1652

Joseph Somma, Jr.,
Competitive Diving Director..... 203-920-1659

Mark Spellman,
Director of Healthy Living. 203-920-1627

Adam Vance,
Associate Diving Director..... 203-920-1658

John Weitz,
Associate Competitive Swimming Director/
Head Senior Coach 203-920-1637

Membership Descriptions

Effective for NEW members joining as of June 5

YOUTH (Ages 0-14)

- Youth members may participate in all age-appropriate YMCA activities.
- Use of Boys/Girls Locker Room.

YOUNG ADULT (Ages 15-25)

- Full access to facility and unlimited Group Exercise Classes.
- Note: Members under 18 years of age must use the Boys or Girls locker rooms.

ADULT (Ages 26-64)

- Full access to facility and unlimited Group Exercise classes.
- Use of locker rooms with steam, sauna and free towel service.

SENIOR ADULT/SENIOR COUPLE (Ages 65+)

- Senior Adults enjoy the same membership privileges as adults.

FAMILIES

Adults (ages 26+) and all dependents (under 26) living in the same household. Fee based on number of adults (ages 26+).

- Members 15 years and older enjoy the same membership privileges as adult (must be 18 or older to use adult locker rooms.)
- Members 14 years and under, enjoy the same membership privileges as youth members.

GUEST PASSES

- Members 18 years and older may bring unlimited guests; each guest is limited to three free visits per year.
- All guests must register and sign a waiver at the Front Desk.
- Guests under 18 years old receiving a free pass must be accompanied by a member age 18 years or older.
- Guest passes do NOT qualify for fee-based activities.

DAY PASSES

Non-members may purchase a day pass.

- Photo ID is required and a waiver must be signed prior to facility use. For non-members under 18, the waiver must be signed by an accompanying customer/member 18 years or older.
- Day Passes do NOT qualify for fee-based activities.

  14 years & younger: $5
  15 – 25 years: $15
  26 years and older: $20

MEMBERSHIP RATES

	Joiner Fee	Monthly Fee
Youth (Ages 0-14)	**$25**	**$252 annual**
Young Adult (Ages 15-25)	**$50**	**$44**
Adult (Ages 26-64)	**$100**	**$85**
Senior Adult (65+)	**$100**	**$64**
Senior Couple (both 65+)	**$100**	**$101**
Family 1 Adult One adult and all dependents (under 26) living in the same household	**$100**	**$125**
Family 2 Adults Two adults (ages 26+) and all dependents (under26) living in the same household	**$100**	**$134**
Family 3 Adults Three adults (ages 26+) and all dependents (under26) living in the same household	**$100**	**$154**
Family 4 Adults Four adults (ages 26+) and all dependents (under26) living in the same household	**$100**	**$174**

A Joiner's Fee is charged for all new memberships and to past members whose memberships have lapsed more than 29 days.

Kit lockers in Adult Locker Rooms are available for rent. Fee is $15 monthly.

Membership Information

FACILITY TOURS

Arrange for a personalized tour and consultation to learn more about the many benefits of membership at our Y. We'd like to get to know you better so you can get the most of your membership and meet your personal goals. Directly contact Mary Coleman, Membership Director, at 203-920-1630 to schedule a convenient meeting time.

Saturday tour times are between the hours of 8:00 am - 12:00 pm.

WAIVER OF LIABILITY/PRIVACY POLICY

All members will sign a waiver of liability upon establishing and renewing all memberships. The YMCA bears no responsibility or liability for the state of health or fitness of its members and shall have no liability to members, guests, or visitors for damage or injury to persons or property while on YMCA premises, using YMCA equipment or facilities, or participating in YMCA activities. Please be assured that the YMCA never releases your personal information to outside parties.

YMCA POLICY: NO CHILD LEFT ALONE

Please note that no child under the age of 12 can be unsupervised at the Y. Children 11 years old and younger must be accompanied by an adult

Children under the supervision of a program director or coach are considered accounted for. We will allow a 15-minute window before and after programs that children can wait for a ride. After that point, a parent or guardian will be contacted. Thanks for your help in keeping all of our children safe.

MEMBERSHIP CODE OF CONDUCT

The New Canaan YMCA is a non-profit organization and reserves the right to deny membership on a non-discriminatory basis when deemed appropriate. Membership is a privilege which may be suspended or revoked by management for abusive behavior, profanity, noncompliance with rules, failure to comply with staff, or other behavior deemed unacceptable and inappropriate. Members are required to carry their ID cards and scan them each and every time they come into the building and are also required to have their picture taken and linked to their membership account.

To review all of our Y's policies, view our policy manual online at www.newcanaanymca.org/membership, or a copy may be viewed at our front desk.

CAREGIVERS & NANNIES

Caregivers and nannies who accompany a member on a regular basis should identify themselves to the Membership Department Staff. These visitors must sign a waiver and provide a photo ID to be kept on file even though they will not be using our facility. To inquire about membership, please see front desk.

MEMBERSHIP AUTHORIZATION

The New Canaan YMCA reserves the right to secure emergency care and protection for any person participating in YMCA activities. All expenses incurred for emergency treatment will be borne by the participant or their family. The New Canaan YMCA reserves the right to use member and event photographs in YMCA-related promotional materials.

WIFI AVAILABLE

We are pleased to accommodate our members by providing WiFi service. Please see a front desk attendant for WiFi password. The Y is also a designated Optimum "Hot Spot" for member convenience.

EMERGENCY ALERTS

Sign up on our website, www.newcanaanymca.org, to receive emergency notifications and announcements sent via phone, text, or email. Please contact Kristina Barrett at 203-920-1654 with any questions.

FOR YOUR SAFETY

The YMCA has installed surveillance cameras throughout the Y as well as outside for monitoring our parking lot, playgrounds, entrance, and exits.

LOST AND FOUND

Any items left at our Y are held in our Lost and Found cabinet which is located in the pool hallway. At the end of each month, we wash and display items to give members the opportunity to reclaim what they may have lost. Any remaining unclaimed items after the display are donated to a local charity.

Last Tuesday of every month: Items are removed from the Lost and Found cabinet to be washed.

Last Thursday of every month: Items are available at the Claim Station in the main lobby for members to reclaim until the following Monday at 11:00 am. Any remaining items left behind will be donated.

Members may access the Lost and Found cabinet throughout the month to reclaim lost items.

*Please note, the Y is not responsible for lost or stolen items. Please keep valuables with you or secure valuables in our locker rooms.

Membership policy REQUIRES ALL MEMBERS have a photo in our system and a membership ID card. All members are REQUIRED to scan their ID cards before they are allowed to enter our facility.

Refund and Exchange Policy

ACTIVITY REFUND POLICY

At the New Canaan YMCA, our mission is to enrich all people in spirit, mind and body. We seek to accomplish this mission and support our community by providing quality programming in a safe environment. To assist us in scheduling qualified instructors and assure that we maintain proper instructor/participant ratios, we have established policies limiting the conditions and time frames in which we can make changes to class rosters and/or provide refunds of Activity fees.

Activities cancelled by the Y

- If the Y cancels an activity, a 100% refund will automatically be issued. The YMCA reserves the right to cancel any activity that fails to meet enrollment requirements.
- If a class is cancelled by the Y due to inclement weather or an emergency, every effort will be made to offer a make-up class. If the YMCA is unable to do this, credit for the missed class will be issued. If participants are unable to attend the scheduled make-up class, no credit will be issued.

Our 30-day membership guarantee

If you are not pleased with membership, complete and submit a Refund Request Form to the Front Desk, Attn: Laura Ryan within the first 30 days of joining and we will refund your membership and joiner fee. Memberships are non-transferrable and, after 30 days, non-refundable.

Participant Withdrawal

- Refund inquiries should be sent to the appropriate activity director.
- If a refund/withdrawal request is received by the Y, at least 1 week prior to the activity start date, a 100% refund/credit will be issued.*
- If a program participant withdraws due to a medical reason, with written verification by a physician, a prorated refund/credit will be issued.*Request must be submitted prior to the last class of the session.
- No other refunds will be provided unless the vacant space can be immediately filled.

*All refunds are less a $15 processing fee per participant/ per activity.

Monthly membership bank draft

Memberships that are renewed monthly through automatic payment from your checking account or credit card/debit card are continuous unless you request a termination. Termination forms can be picked up at the Front Desk and must be signed and submitted to the Front Desk for processing at least one week prior to membership bank draft. Requests submitted via e-mail are accepted with confirmation at lryan@newcanaanymca.org.

Registration Instructions

SUMMER ACTIVITY REGISTRATION AND SESSION DATES

Online Registration* and Registration at the Y Front Desk Begins: Monday, June 5, 9:00 am

Classes Begin: Monday, June 26
Classes End: Friday, August 18
No classes: July 4

***For current members only. NEW memberships must be purchased at the Front Desk.**

WE'RE HERE TO HELP!

Please call us with any questions at 203-966-4528 and we will be happy to help you out!

ONLINE REGISTRATION SYSTEM

Each family has one account. Your username is the primary email address that is on file with the Y. Please call the Front Desk if you are unsure of your username.

Registration Instructions

1. You can access our online registration system by clicking on any of the Online Registration links on the New Canaan YMCA website or by going directly to www.newcanaanymca.org/registration.

2. There are so many easy ways to search or browse for activities:
   - Search by activity name or keyword with the homepage search bar
   - Browse by activity, category, or age by placing your mouse over "Activities" in the top menu bar
   - Click on the "View and Register for Activities" link found on the homepage to browse all programs and narrow down using filters such as age, activity category, day of the week, session dates, and instructor

3. Once you've found an activity you would like register for click "Add to Cart".

4. Select who in your family is registering for this activity

5. Review and check any required waivers/forms.

6. Proceed to checkout and enter payment details. You will be able to view your receipt and a copy will be emailed to you.

FINANCIAL ASSISTANCE

Our Financial Assistance Program, made possible by the generous donor contributions to our Annual Support Campaign, is available for membership and program fees, so that everyone in our community has the opportunity to grow and achieve a healthier and happier lifestyle.

Financial assistance applications for Membership are available at the YMCA Front Desk and online. Membership applications must include your most recent Federal Income Tax Return, 2016 W2s and/or 1099s and copies of your last three pay stubs. Applications must be submitted to Diana Riolo, Financial Assistance Administrator. Once reviewed, you will be contacted. The financial assistance application process is based on need and all information provided is kept confidential.

DEADLINES

Membership: Submissions accepted at any time; however, applications must be submitted by Friday, May 26 to ensure approval for Summer Activity registration*

Summer Activity Registration for Current Financial Assistance Recipients: Contact Diana Riolo, Financial Assistance Administrator. Contact information below.

*Summer registration opens Monday, June 5 at 9:00 am. If you have any questions, contact Diana Riolo at 203-920-1653 or driolo@newcanaanymca.org.

YOUTH DEVELOPMENT: CHILD DEVELOPMENT

nurturing the potential of every child and teen

Tom Hargrove & Anita Grover, MD

RAINBOW STATION

- Infant-Preschool Childcare
- Ages 6 weeks – 5 years
- Hours available: Monday - Friday 7:30 AM – 6:00 PM
- Staff-to-child ratio of at least 1:4 (infants/toddlers) and 1:8 (preschoolers)
- Daily outdoor play time
- New preschool play equipment
- Indoor toddler play area
- Developmentally appropriate, theme-based curriculum includes activities to develop the whole child—social, cognitively, emotionally, and physically
- Preschoolers enjoy the entire Y facility, including weekly swim lessons, Bouncing Bears, and gym time
- African drumming, music, and movement for all classrooms

Contact Emma Scalero, at 203-920-1613 for additional information.

"Never could we have asked for a more exceptional place for our children. All of the teachers have been phenomenal and have shared both wonderful moments in our children's lives as well as the difficult ones. Through it all, they were always a tremendous support to not just our kids, but to us as well."

– New Canaan YMCA Childcare Parent

Child Development Center

KIDS UNLIMITED

Registration for the 2017-2018 school year will begin June 5, 2017.

- After-school childcare program
- Grades K-6
- Hours: School Dismissal until 6:00 pm
- Participants can register for 3, 4 or 5 days per week
- Follows New Canaan public schools calendar
- Energetic, qualified staff
- Staff/child ratio of at least 1:10.
- Activities include:
  Organized gym activities and outdoor play
  Swimming, art and crafts, cooking, science, music
  Special events and local trips
  Homework assistance
  Vacation programs available (at reduced rate) on most public school holidays
- Transportation provided from New Canaan Public Schools and St. Aloysius

Contact Suzy Pfeifer, at 203-920-1649 for more information.

MY PLAYROOM

- Drop-in babysitting program for members who are using the YMCA facility:
  Mon. - Fri.: 8:15 am - 1:15 pm
  Sat.: 8:15 am - 12:00 pm
  Sun.: 9:00 am - 12:00 pm
- My Playroom is for children who are 6 months old (and can sit up on their own) and up.
- Caring staff provide an environment for play, games, and arts and crafts. Older children are encouraged to bring their homework.
- 15-hour punch cards can be purchased at the Front Desk for $95.

Visit our website for additional information and to view the My Playroom Parent handbook.

Contact Suzy Pfeifer, 203-920-1649 for more information.

"The Y is proof it takes a village to raise a child."
– New Canaan YMCA Childcare Parent

Youth Sports

GROWING TOGETHER THROUGH SPORTS

The Y believes that character development is an essential element of sports. Caring, honesty, respect, and responsibility are valued on and off the field. We put safety first and emphasize positive competition.

PRESCHOOL SOCCER (Ages 3-5)

Presented by Blue Wave Kickers (BWK). Fun is the single most important thing Blue Wave Kickers teaches. BWK instructors' enthusiasm spreads like wildfire, and the kids love the game. This class engages children in physical activity while developing their motor skills and basic soccer skills. Fun and imaginative games also help build self-confidence and self esteem.

THE LIL' LAXERS™ (Ages 3-5)

The Lil' Laxers lacrosse class is offered at the New Canaan YMCA for boys and girls ages 3-5. Children gain confidence and have fun learning lacrosse skills. Cradling, shooting, throwing, catching, and game play are all part of this 45-minute program.

GIRLS VOLLEYBALL (Grades 5-8)

This class for middle school girls is an introduction to the fundamentals of volleyball. The program is recommended for all those who have an interest in playing volleyball at the high school level.

Preschool Soccer (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gym	W. Schwartzstein/BWK Staff	7/10-8/16	Mon. & Wed.	1:45 - 2:30 pm	$230	20
Gym	W. Schwartzstein/BWK Staff	7/8-8/12	Sat.	9:30 - 10:15 am	$110	20

Lil' Laxers™(Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gym	W. Schwartzstein/Staff	7/11-8/17	Tue. & Thu.	1:45 - 2:30 pm	$275	20

Girls Volleyball (Grades 5-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gym	W. Schwartzstein/J. Lee	7/6-8/17	Thu.	6:30 - 7:30 pm	$69	20

No Classes: 7/4

Parisi Speed School

The New Canaan YMCA is excited to partner with the Parisi Speed School Program. Parisi Speed School is an industry leader in youth sports performance whose mission, to deliver a positive training experience that improves speed of movement and strength in character regardless of ability or economic status, aligns with the Y's commitment to youth development and healthy living. Parisi programming is available for ages 7 and older and takes place in The Zone. Programming is age-appropriate and fun, focusing on building self-confidence, skill development, and creating a love for maintaining an active and healthy lifestyle.

TOTAL CONDITIONING (Ages 7-18)

Create an awareness for health and physical fitness

JUMP START (Ages 7-11)

Improving fundamental athletic skills & self-esteem for young athletes

- Coordination
- Running Technique
- Body Weight Strength
- First Step Quickness
- Flexibility
- Injury Prevention
- Weight Loss
- Self Confidence

TOTAL PERFORMANCE (Ages: 11-18)

Develop & enhance athletic performance

- Improve Speed
- Increase Strength
- Improve Agility
- Develop Endurance
- Maximize Jumping Ability
- Decrease Susceptibility to Injury
- Boost Confidence

Please contact Mark Spellman at 203-920-1627 or mspellman@newcanaanymca.org for more information about these specialized programs.

In order to participate in the 2-day Jump Start and Total Performance program, children must have an evaluation. Evaluations will be held on an ongoing basis and must be scheduled by contacting Mark Spellman at mspellman@newcanaanyma.org or 203-920-1627. Evaluations are held on an ongoing basis. A fee of $25 will be charged for an evaluation.

P.E.A.K. (Ages: 17 and Above)

Designed for the high-performance high school, college & professional athlete

- Run your fastest sprint time ever
- Increase vertical jump
- Break your all-time max lift
- Maximize agility
- Improve flexibility
- Recover faster

TEAM TRAINING (All Teams Any Age)

Designed to assist Sport Coaches to help teams improve the following:

- Team Speed & Agility
- Movement Efficiency
- Power & Endurance
- Team Unity & Work Ethic
- Injury Prevention
- Nutrition & Recovery

Total Conditioning (Ages 7-18)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
The Zone (Ages 7-12)	M. Spellman/Staff	6/26-7/19	Mon. & Wed.	9:00 am	$100/$150	20
The Zone (Ages 12-18)	M. Spellman/Staff	6/27-7/20	Tue. & Thu.	9:00 am	$90/$135	20
The Zone (Ages 7-12)	M. Spellman/Staff	7/24-8/16	Mon. & Wed.	9:00 am	$100/$150	20
The Zone (Ages 12-18)	M. Spellman/Staff	7/25-8/17	Tue. & Thu.	9:00 am	$100/$135	20

Jump Start* (Ages 7-11)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
The Zone	M. Spellman/Staff	6/26-7/5	Mon. & Wed.	4:00 pm	$60/$85	8
The Zone	M. Spellman/Staff	6/27-7/6	Tue. & Thu.	4:00 pm	$45/$65	8
The Zone	M. Spellman/Staff	7/10-7/19	Mon. & Wed.	4:00 pm	$60/$85	8
The Zone	M. Spellman/Staff	7/11-7/20	Tue. & Thu.	4:00 pm	$60/$85	8
The Zone	M. Spellman/Staff	7/24-8/2	Mon. & Wed.	4:00 pm	$60/$85	8
The Zone	M. Spellman/Staff	7/25-8/3	Tue. & Thu.	4:00 pm	$60/$85	8
The Zone	M. Spellman/Staff	8/7-8/16	Mon. & Wed.	4:00 pm	$60/$85	8
The Zone	M. Spellman/Staff	8/8-8/17	Tue. & Thu.	4:00 pm	$60/$85	8
The Zone	M. Spellman/Staff	6/30-7/7	Fri.*	4:00 pm	$30/$45	8
The Zone	M. Spellman/Staff	7/14-7/21	Fri.*	4:00 pm	$30/$45	8
The Zone	M. Spellman/Staff	7/28-8/4	Fri.*	4:00 pm	$30/$45	8
The Zone	M. Spellman/Staff	8/11-8/18	Fri.*	4:00 pm	$30/$45	8

*No evaluation needed for Friday classes

No classes: 7/4

Parisi Speed School

Total Performance* (Ages 11–18)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
The Zone	M. Spellman/Staff	6/26–7/6	Mon.–Thu.	3:30 pm	$85/$110	8
The Zone	M. Spellman/Staff	6/26–7/6	Mon.–Thu.	4:30 pm	$85/$110	8
The Zone	M. Spellman/Staff	7/10–7/20	Mon.–Thu.	3:30 pm	$95/$125	8
The Zone	M. Spellman/Staff	7/24–8/3	Mon.–Thu.	3:30 pm	$95/$125	8
The Zone	M. Spellman/Staff	8/7–8/17	Mon.–Thu.	3:30 pm	$95/$125	8
The Zone	M. Spellman/Staff	8/7–8/17	Mon.–Thu.	4:30 pm	$95/$125	8
The Zone	M. Spellman/Staff	7/10–7/20	Mon.–Thu.	4:30 pm	$95/$125	4
The Zone	M. Spellman/Staff	7/24–8/3	Mon.–Thu.	4:30 pm	$95/$125	4

Total Performance – Speed Training** (Ages 11–18)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
The Zone	M. Spellman/Staff	6/30–7/7	Fri.	3:30 pm	$40/$65	8
The Zone	M. Spellman/Staff	7/14–7/21	Fri.	3:30 pm	$40/$65	8
The Zone	M. Spellman/Staff	7/28–8/4	Fri.	3:30 pm	$40/$65	8
The Zone	M. Spellman/Staff	8/11–8/18	Fri.	3:30 pm	$40/$65	8

No evaluation needed for Friday classes

Total Performance – Bonus Strength Training** (Ages 11–18)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
The Zone	M. Spellman/Staff	6/30–7/7	Fri.	4:30 pm	$50/$75	4
The Zone	M. Spellman/Staff	7/14–7/21	Fri.	4:30 pm	$50/$75	4
The Zone	M. Spellman/Staff	7/28–8/4	Fri.	4:30 pm	$50/$75	4
The Zone	M. Spellman/Staff	8/11–8/18	Fri.	4:30 pm	$50/$75	4

No evaluation needed for Friday classes

No classes: 7/4

*Prerequisite for the Jump Start and Total Performance Program an evaluation must be completed prior to registering. Contact Mark Spellman at 203-920-1627 or mspellman@newcanaanymca.org.

**Fixed Price for Total Performance class regardless of how many days per week you attend. Participants may attend up to 4 classes per week for maximum benefit and results.

PARISI® SPEED SCHOOL

Youth Wellness

YOUTH STRENGTH TRAINING

(F.I.T. Class, Ages 12–14)

FREE with Family Membership!

This program teaches sound principles of strength training, aerobic endurance, and muscle conditioning. A certified personal trainer will teach proper technique as well as Wellness Center safety. After completing this 3-week course, participants take practical and written exams to test their skills and earn their F.I.T. pass.

Youth Strength – Free with Family Membership! (Ages 12–14)

Location	Director/Instructor	Session Start/End	Day	Time	Non Family Member	Limit
Wellness Center	M. Spellman/Staff	6/26-7/12	Mon. & Wed.	4:00 - 5:00 pm	$84	12
Wellness Center	M. Spellman/Staff	7/24-8/9	Mon. & Wed.	4:00 - 5:00 pm	$84	12

No classes: 7/4

TOTAL CONDITIONING (Ages 7–18)

The Youth Total Conditioning Program is designed to get youth off of the sofa, off of electronics and into having physical fun and getting fit. The program develops good exercise habits and awareness of nutrition, as well as addressing "off-the-field" challenges facing youth today. Parisi Youth Total Conditioning uses fun and exciting modalities like medicine balls, resistance bands, partner body weight exercises, ladders, plyometrics and yoga. We also incorporate Parisi's speed training methods and the latest in performance and strength training to make this program come alive and produce quick results, keeping youth returning for more.

Total Conditioning

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
The Zone (Ages 7-12)	M. Spellman/Staff	6/26-7/19	Mon. & Wed.	9:00 am	$100/$150	20
The Zone (Ages 12-18)	M. Spellman/Staff	6/27-7/20	Tue. & Thu.	9:00 am	$90/$135	20
The Zone (Ages 7-12)	M. Spellman/Staff	7/24-8/16	Mon. & Wed.	9:00 am	$100/$150	20
The Zone (Ages 12-18)	M. Spellman/Staff	7/25-8/17	Tue. & Thu.	9:00 am	$100/$135	20

No classes: 7/4

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

Bouncing Bears and Beyond

Due to installation of a new AC unit, classes will begin 7/10

BOUNCING BEARS FUNGYM SUMMER PASS

Our Bouncing Bears Summer FunGym is a fitness adventure! Our gym becomes your playground while providing a safe, fun-filled environment for your child to explore. You and your child will have tons of fun and oodles of opportunities to make new friends while they practice their motor skills, such as balancing, climbing, jumping, swinging, and rolling. While an instructor will be present, FunGyms are unstructured open-gym time.

Purchase a summer pass and enjoy 8 weeks of unlimited open gym visits! Pass is valid from July 10-August 17. Parental supervision REQUIRED. Open gym is for children 5 and under. Open gym schedule may be subject to change.

Fees: Open Gym Summer Pass / 1 child: $100
*Each additional sibling: $50
Drop-in fee without pass: $15 per child/per visit

Schedule:

Mon.	11:15 – 12:00 pm & 3:15 - 4:00 pm
Tues.	11:15 – 12:00 pm & 3:15 - 4:00 pm
Weds.	11:15 – 12:00 pm & 3:15 - 4:00 pm
Thurs.	11:15 – 12:00 pm & 3:15 - 4:00 pm
Fri.	11:15 - 12:00 pm

LITTLE BEARS (12-23 months)

BIG BEARS (24-36 months) with parent/caregiver – 1x6 weeks

Meet other children and parents in this fun filled gym class for your toddler and you. Free play time in our well-equipped gym followed by circle time songs to encourage socialization and active play. Class fee includes all open gyms.

TUMBLE BEARS (3-4 yrs) child only – 1x6 weeks

Tumble Bears is a structured class for young children who are ready to separate and take class on their own! It will provide children with a solid foundation to build their gross motor ability. Children will learn to develop their listening, patience, and turn taking skills while having fun learning gymnastics and creating a feeling of independence and accomplishment. This is a great class for fine and gross motor skill development. Class fee includes all open gyms.

ZUMBA BEARS (3-5 yrs) child only – 1x6 weeks

This one hour class will get your child motivated and moving!

Zumba segment: 30 minutes of dancing to great kid friendly music with easy to follow steps led by a certified Zumba instructor.

Gymnastics segment: 30 minutes in the Kid Zone learning beginner tumbling and gymnastics along with many different gross motor activities.

Drop off in Mind Body Studio; pick up in Kid Zone.

Little Bears (1x-6 weeks) (Ages 12-23 months), w/parent

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	7/12-8/16	Wed.	9:45 - 10:30 am	$138	12

Big Bears (1x-6 weeks) (Ages 24-36 months), w/parent

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	7/10-8/14	Mon.	10:30 - 11:15 am	$138	12
Kid Zone	D. Carpenter/Staff	7/12-8/16	Wed.	10:30 - 11:15 am	$138	12

Tumble Bears (1x-6 weeks) (Ages 3-4), child only

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	7/11-8/15	Tue.	2:30 - 3:15 pm	$156	8

Zumba Bears (1x-6 weeks) (Ages 3-5), child only

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Mind Body Center/Kid Zone	D. Carpenter/Staff	7/10-8/14	Mon.	3:30 - 4:30 pm	$174	8

Bouncing Bears and Beyond

HOT SHOTS (Ages 4-5 yrs) child only - 1x6 weeks

This structured class focuses on movement education and creative expression through the introduction of gymnastics skills and games. Log rolls, forward rolls, donkey kicks, progressions for cartwheels and handstands, various tumble trak jumps, will be taught in a playful and encouraging environment. Class fee includes all open gyms per session.

TAP & TUMBLE COMBO CLASS (Ages 4-7 yrs)

child only - 2x3 weeks

This one hour combo class offers children the chance to explore basic tap movements as we work on rhythms, coordination, and tumbling.

Tap Segment: 30 minutes of basic tap to great music with easy to follow steps! Tap shoes required.

Gymnastics Segment: 30 minutes learning tumbling and gymnastics progressions along with many other gross motor activities.

NINJA KIDS GYMNASTICS (Ages 3-5 yrs)

Our Ninja Kids Gymnastics program is skill based, fast-paced, and geared for young boys (and girls!) on energy overload! Kids will experience tumbling, climbing, jumping and more! They will do it all as they race through obstacle courses to build speed and strength and practice their gymnastics moves and tumbling to build coordination, balance, control and flexibility. Beyond skills, our curriculum teaches confidence, being part of a group, and impulse control

ZUMBANASTICS (Ages K-8)

Each class features 45 minutes of Zumba and 45 minutes of gymnastics. It's the perfect combination of fun and fitness! Zumba segment: High energy, specially choreographed and kid friendly dance routines set to music kids love and taught by a certified Zumba instructor.

Gymnastics segment: A structured class that includes recreational gymnastics where kids will learn basic skills on floor, beam, bars, and tumbletrak.

Drop off in Mind Body Studio; pick up in Kid Zone.

NOVAS 1+2 (Beginner-Intermediate, Ages 6-9)

This mixed group is for children who want to have a gymnastics experience in a structured setting that includes emphasis on flexibility, conditioning strength, apparatus station development and age appropriate gymnastics activities. Focus is on learning and improving basic skills including cartwheels, handstands, backbends, rolls, kickovers, and bar and beam moves. We will challenge athletes individually to help improve their gymnastics skills.

Encourage your child's love of gymnastics and swimming with the perfect program—Synchronized Swimming Camp! Learn more on page 24.

Hot Shots (1x-8 weeks) (Ages 4-5), child only

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	7/10-8/14	Mon.	2:30 - 3:15 pm	$156	8
Kid Zone	D. Carpenter/Staff	7/12-8/16	Wed.	2:30 - 3:15 pm	$156	8

Tap & Tumble (2x-3 weeks) (Ages 4-7 yrs)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/K. Harshberger	7/11-7/27	Tue./Thu.	1:00 - 2:00 pm	$171	8

Ninja Kids Gymnastics (Ages 5-7)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	7/11-8/15	Tue.	4:00 - 4:45pm	$162	8

Zumbanastics (Ages K-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Mind Body Center/Kid Zone	D. Carpenter/Staff	7/12-8/16	Wed.	3:15 - 4:45pm	$198	8

Novas 1+2 (Ages 6-9)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	7/10-8/14	Mon.	4:30 - 5:15pm	$162	8

Introducing Our New Family Aquatic Center & New Swim Lesson Structure!

NEW POOL FACILITY OPENS JUNE 26!

A fun, supportive, and new aquatics destination for our members featuring an 8-lane lap pool and separate warm family pool.

NEW Y SWIM LESSON PROGRAM LAUNCHES JUNE 26!

A refreshed program featuring smaller class ratios, safety-centered curriculum, and easier registration options. See next page for additional details!

Aquatic Info and Policies

MEMBER SWIM OFFERINGS

THE YMCA LIFEGUARDS HAVE THE RIGHT TO ASK ANYONE NOT ABIDING THE POOL RULES, AND/OR PUTTING OTHER MEMBERS AT RISK, TO LEAVE THE POOL AREA.

ALL POOLS HAVE SET SCHEDULES. PLEASE PICK UP A COPY OF THE SCHEDULE AT THE MEMBERSHIP DESK OR BY CHECKING THE APP OR WEBSITE

ADULT LAP: For members 13 and older looking to swim for leisure and exercise. Please follow guidelines posted in the pool so as not to interfere with another person's workout. Children under 13 years old are not permitted in the pool area during this period.

THERAPY SWIM: For older adults, handicapped individuals, and those needing water therapy.

FAMILY SWIM: Intended for those members with family memberships, everyone must have a valid New Canaan YMCA membership in order to swim. When participating in Family Swim, the ratio is 1 adult to no more than 6 children (no more than 2 non-swimmers). Children under 12yrs. and non-swimmers of any age MUST have an adult (Age 18+) in a bathing suit in the pool responsible for the child at all times in order to participate in family swim.

NON-SWIMMERS OF ANY AGE AND CHILDREN USING A SWIM AID MUST HAVE A PARENT IN THE POOL NO MORE THAN AN ARMS LENGTH AWAY ALL TIMES. We do not allow any inflatable toys or swim aids in the pools.

FISH PASS PROCEDURE: Fish passes are required to participate in Family Swim and are available at the Front Desk.

PARENT/CHILD CLASSES: Classes will be held in the Family Aquatic Center. Registration may be completed at the front desk or online.

PRESCHOOL CLASSES: Classes will be held in the Family Aquatic Center. Registration may be completed at the front desk or online.

GROUP EXERCISE CLASSES: In one of our pools, please check the schedule.

ONE-ON-ONE PRIVATE LESSONS: Classes will be held in the Family Aquatic Center. To register, please contact Kim Rojas at krojas@newcanaanymca.org.

NEW CANAAN YMCA AQUATICS

"NO SECOND CHANCE"

In 2007, the New Canaan YMCA Aquatic Department implemented a campaign called "NO SECOND CHANCE" to focus on safety for all who use our pools. We conduct swim testing on all members 15 years and younger before participating in Family Swim. Aquatic staff are available to test members 15 years and younger during all Family Swims. All children ages 15 and under must wear an assigned color swim band based on ability during open swim times.

Please...play it safe...obey the rules.
***Pool Rules are posted in both pools.**

SWIM LESSON POLICIES

Y-SWIM MAKE-UP CLASS POLICY

It is our desire that each student attend all classes within a session. This will provide the maximum benefit to the development of a child. Therefore, a make-up class can only be allowed for a student who has been sick the day of their class, and with a doctor's note. All make-ups MUST be approved AND scheduled by Kim Rojas, Assistant Aquatics Director, by calling 203-920-1643. If a class is cancelled by the Y due to inclement weather or an emergency, every effort will be made to offer a make-up class. If a participant cannot attend the make-up class, no credit/refund will be issued. If the Y cannot offer a make-up class, a credit will be issued.

REFUND POLICY

If the Y cancels a program, a 100% refund will automatically be issued.

If a class is cancelled by the Y due to inclement weather or an emergency, every effort will be made to offer a make-up class. If the YMCA is unable to do this, credit for the missed class will be issued.

If participants are unable to attend the scheduled make-up class, no credit will be issued.

If the refund request is received by the YMCA at least 1 week prior to the program start date a 100% refund/credit will be issued.

If the refund request is received by the YMCA by or after the first class, regardless of when the participant was registered & whether or not the participant attended, NO refund/credit shall be given.

If a program participant withdraws due to a medical reason, with written verification by a physician, a prorated refund/credit will be issued*Request must be submitted within two weeks of session end date.

*Less a $15 processing fee per person/per program.

REGISTRATION DEADLINE

Registration for swim lessons closes after the first class of the session. After week one, there will be no changes or moving of participants.

Swim Lessons

INTRODUCING THE NEW Y SWIM LESSON PROGRAM

We're excited to be launching the newly redesigned and upgraded nationwide Y Swim Lesson program. The refreshed program features smaller class ratios, a safety-centered curriculum, and easier registration options.

How it works:

- Swimmers register for classes simply based on their age and the preferred day/time for classes.
- Parents no longer need to worry about registering for a specific class level.
- All new swimmers are evaluated on the first day of class and placed into the appropriate level based on his/her swimming abilities.

PARENT/CHILD SWIM LESSON LEVELS

(Ages 6 months – 3 ½ years)

WATER DISCOVERY (Ages 6 months to 3 years)

In this beginning class, the children along with their parent or caregiver discover the water environment and how to safely enter and exit the pool. Additional skills demonstrated in the class include bubble blowing, and rolling over from front to back and back to front.

WATER EXPLORATION (Ages 2 – 3 ½ years)

In this beginning class, the children along with their parent or caregiver continue the process of discovering the water and spend additional time on adjustment. Additional skills demonstrated in this class include more independent skills of floating, back and front gliding and entry and exit.

PRESCHOOL SWIM LESSON LEVELS (Ages 3-5):

Preschool and school-age swimmers will be assigned to one of the following levels after his/her evaluation during the first class:

WATER ACCLIMATION

In this beginning class, the children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.

Qualifications: None/Non-swimmer/Fear of water

WATER MOVEMENT

In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of fall into a body of water.

Qualifications: Swimmers should be able to go underwater and comfortably open eyes without goggles; be able to float on front and back with minimal assistance; and be able to jump in the pool, submerge, and return to the wall with assistance.

WATER STAMINA

In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.

Qualifications: Swimmer should be able to float on front and back unassisted; be able to push off wall on stomach with face submerged for 10ft unassisted; be able to Swim-Float-Swim 15ft unassisted, and be able to jump into deep water and return to the wall unassisted.

SCHOOL-AGE SWIM LESSON LEVELS (Ages 5-12):

WATER ACCLIMATION

In this beginning class, the children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.

Qualifications to be in this level: None/Non-swimmer/Fear of water.

WATER MOVEMENT

In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of fall into a body of water.

Qualifications: Swimmers should be able to go underwater and comfortably open eyes without goggles; be able to float on front and back with minimal assistance; and be able to jump in the pool, submerge, and return to the wall with assistance.

WATER STAMINA

In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.

Qualifications: Swimmer should be able to float on front and back unassisted; be able to push off wall on stomach with face submerged for 10ft unassisted; be able to Swim-Float-Swim 15ft unassisted, and be able to jump into deep water and return to the wall unassisted.

STROKE INTRODUCTION

In this class, children continue to work on their swimming stroke technique and all the major competitive strokes are introduced.

SCHOOL-AGE AQUATICS CLUB (Ages 10-14)

A non-competitive program that is designed to be instructional. It is designed for children who swim for fitness, improved endurance, stamina and skills. Participants must be able to swim freestyle, breaststroke, backstroke and butterfly, as well as swim 50 yards without stopping.

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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Swim Lessons

PARENT/CHILD SWIM LESSONS (Ages 6 months – 3 ½ years)

FOUR-WEEK SESSIONS MEETING ONCE A WEEK

Session 1: June 26-July 20
Session 2: July 24-August 17

Water Discovery (Ages 6 months to 3 years)

Location	Director	Day	Time	Limit	Fee
Family Aquatics Center	J. Rojas/Staff	Mon.	10:00 - 10:30 am	min. 3 max. 8	$88
Family Aquatics Center	J. Rojas/Staff	Tue.	10:00 - 10:30 am	min. 3 max. 8	$88*
Family Aquatics Center	J. Rojas/Staff	Wed.	10:00 - 10:30 am	min. 3 max. 8	$88
Family Aquatics Center	J. Rojas/Staff	Thu.	10:00 - 10:30 am	min. 3 max. 8	$88

*No class July 4. Class prorated in session 1 to $66.

Water Exploration (Ages 2 to 3.5years)

Location	Director	Day	Time	Limit	Fee
Family Aquatics Center	J. Rojas/Staff	Mon.	10:30 - 11:00 am	min. 3 max. 8	$88
Family Aquatics Center	J. Rojas/Staff	Tue.	10:30 - 11:00 am	min. 3 max. 8	$88*
Family Aquatics Center	J. Rojas/Staff	Wed.	10:30 - 11:00 am	min. 3 max. 8	$88
Family Aquatics Center	J. Rojas/Staff	Thu.	10:30 - 11:00 am	min. 3 max. 8	$88

*No class July 4. Class prorated in session 1 to $66.

Swim Lessons

PRESCHOOL SWIM LESSONS (Ages 3–5)

How preschool class registration works:

- Swimmers register for classes simply based on their age and the preferred day/time for classes.
- Parents no longer need to worry about registering for a specific class level.
- All new swimmers are evaluated on the first day of class and placed into the appropriate level based on his/her swimming abilities.
- Class ratio is 1:4

PRESCHOOL FOUR-WEEK SESSIONS

Classes meet once a week for four weeks

Session 1: June 26-July 20
Session 2: July 24-August 17

Location	Director	Day	Time	Limit	Fee
Family Aquatic Center	J. Rojas/Staff	Mon.	5:15 - 5:45 pm	8	$132
Family Aquatic Center	J. Rojas/Staff	Tue.	5:15 - 5:45 pm	8	$132*
Family Aquatic Center	J. Rojas/Staff	Wed.	5:15 - 5:45 pm	8	$132
Family Aquatic Center	J. Rojas/Staff	Thu.	5:15 - 5:45 pm	8	$132

*No class July 4. Session 1 is prorated to $99

PRESCHOOL ONE-WEEK SESSIONS

Classes meet daily Monday through Thursday for one week

Session 1: June 26-June 29
Session 2: July 3-6 (No class July 4; Classes are prorated to $99)
Session 3: July 10-13
Session 4: July 17-20
Session 5: July 24-27
Session 6: July 31-August 3
Session 7: August 7-10
Session 8: August 14-17

Location	Director	Day	Time	Limit	Fee
Family Aquatic Center	J. Rojas/Staff	Mon.-Thu.	9:15 - 9:45 am	8	$132*
Family Aquatic Center	J. Rojas/Staff	Mon.-Thu.	3:30 - 4:00 pm	16	$132*
Family Aquatic Center	J. Rojas/Staff	Mon.-Thu.	4:00 - 4:30 pm	16	$132*

*No class July 4. Session 2 is prorated to $99

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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Swim Lessons

SCHOOL-AGE SWIM LESSONS (Ages 5-12)

How school-age class registration works:

- Swimmers register for classes simply based on their age and the preferred day/time for classes.
- Parents no longer need to worry about registering for a specific class level.
- All new swimmers are evaluated on the first day of class and placed into the appropriate level based on his/her swimming abilities.
- Class ratio is 1:4

SCHOOL-AGE FOUR-WEEK SESSIONS

Classes meet once a week for four weeks

Session 1: June 26-July 20
Session 2: July 24-August 17

Location	Director	Day	Time	Limit	Fee
Family Aquatic Center	J. Rojas/Staff	Mon.	5:15 - 6:00 pm	8	$144
Family Aquatic Center	J. Rojas/Staff	Tue.	5:15 - 6:00 pm	8	$144*
Family Aquatic Center	J. Rojas/Staff	Wed.	5:15 - 6:00 pm	8	$144
Family Aquatic Center	J. Rojas/Staff	Thu.	5:15 - 6:00 pm	8	$144

*No class July 4. Session 1 is prorated to $108

AQUATICS CLUB

Once a week for four weeks

Location	Director	Day	Time	Limit	Fee
Family Aquatic Center	J. Rojas/Staff	Mon.	8:30 - 9:15 am	8	$76
Family Aquatic Center	J. Rojas/Staff	Tue.	4:30 - 5:15 pm	8	$76

*No class July 4. Session 1 is prorated to $57

SCHOOL-AGE ONE-WEEK SESSIONS

Classes meet daily Monday through Thursday for one week

Session 1: June 26-June 29
Session 2: July 3-6 (No class July 4; Classes are prorated to $108)
Session 3: July 10-13
Session 4: July 17-20
Session 5: July 24-27
Session 6: July 31-August 3
Session 7: August 7-10
Session 8: August 14-17

Location	Director	Day	Time	Limit	Fee
Family Aquatic Center	J. Rojas/Staff	Mon.-Thu.	8:30 - 9:15 am	12	$144*
Family Aquatic Center	J. Rojas/Staff	Mon.-Thu.	9:15 - 10:00 am	8	$144*
Family Aquatic Center	J. Rojas/Staff	Mon.-Thu.	4:30 - 5:15 pm	12	$144*

*No class July 4. Session 2 is prorated to $108

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

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Caimans Swim Team

The New Canaan YMCA Caimans Swim Team, led by a professional coaching staff, is a year-round family swim team committed to providing opportunities for health and well-being to our YMCA members and the community through competitive aquatic experiences.

CAIMANS COACHING STAFF

Suzanne Lancey - Competitive Swimming Director/ Head Age Group Coach

John Weitz - Associate Competitive Swimming Director/Head Senior Coach

Melissa Trail - Head Stars & Pre-Caiman Coach

Ashley Lancey - Head Pride Coach

PRE-CAIMANS (12-Week Sessions)

Instructional in nature and a beginning level for future Caimans swimmers. The group works on proper body balance and the coordination of each of the competitive strokes. Swimmers have the opportunity to participate in an optional inter-squad event at the conclusion of each 12-week session. To participate, swimmers must complete 25 yards of the front crawl with their face in the water and 25 yards of backstroke, both without stopping. Must also know butterfly and backstroke.

*Swimmers must meet additional criteria for placement in all the above competitive levels. To schedule a try-out, please contact Suzanne Lancey at 203-920-1645 or slancey@newcanaanymca.org.

Learn more about our program online at www.newcanaanymca.org/caimans

Age Group Program

PRIDE (Ages 8 & under)

An introduction to competitive swimming. Swimmers must be able to complete 50 yards of freestyle and backstroke. Breaststroke and butterfly must have a minimum of technical flaws. The pride group focuses on developing stroke technique in all four strokes, learning competitive starts and turns, as well as developing a competitive underwater dolphin kick. Practices are offered four times a week so that swimmers can attend at least three.

STARS (Ages 9-10)

The second level of the competitive program, Stars practices focus on perfecting starts, turns, and technique for all four strokes, as well as underwater dolphin kick. In addition, swimmers are introduced to practice sets and the use of the pace clock. Practices are offered five times a week so that swimmers can make at least four.

JUNIOR OLYMPIANS (Ages 11+)

The third tier of the competitive program JO practices begin the transition from technique to training. Practices focus on continuing to perfect stroke, turn, and start techniques while learning how to train their bodies to excel in competition. Practices are offered six times a week so that swimmer can attend at least five.

Senior Program

SENIOR

The highest level of commitment in the Caimans program, Seniors concentrate on training for competition, in addition to stroke refinement. Swimmers will learn advanced race and training techniques in an effort to qualify for National level competition. Swimmers are expected to attend practice six days a week. Double practices are encouraged for high school age swimmers, and are offered on Monday and Wednesday mornings.

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

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Whirlwind Diving Team

YMCA NATIONAL DIVING CHAMPIONS 2017

The Whirlwind Diving program has over 200 athletes from the beginner to the elite level. Our coaching staff strives to develop each individual's diving mechanics, while creating a positive, safe, and motivating environment.

COACHING STAFF

Head Coach: Joseph J. Somma, Jr.
Associate Diving Coach: Adam Vance
Assistant Diving Coach: Katie Warburg

Joe Somma brings over 20 years of coaching experience to the New Canaan YMCA and is the 2001 recipient of the Robert Moss Award for his contribution to YMCA Diving. Under the guidance of Mr. Somma, the team has earned 14 YMCA National Titles, 50 + All-Americans, 50 + All-State divers, 3 Junior Olympic Champions, and one age group champion.

Joe's goals are to ensure that each diver will benefit from his knowledge, as well as to provide a positive experience.

Whirlwind Diving is for all levels, beginner to advanced. Athletes are grouped and trained in three levels.

Registration for Development, Tri-State, and Jo Team will be available in August.

TEAM HIGHLIGHTS 2015-2016

- Five High School All-Americans
- 2017 YMCA Team and Boys National Champions
- Home of the 2015 Boys and Girls high school state champions
- Seven Junior National Qualifiers

MEETS ATTENDED

- Local Invitational Meets
- USA Diving Regional Champions
- USA Diving Zone Championships
- USA Diving National Champions
- YMCA National Championship
- AAU Red White and Blue National Championship

The coaching staff will determine readiness for each competition.

Synchronized Swimming

NEW CANAAN YMCA AQUIANAS SYNCHRONIZED SWIM TEAM (Competitive)

Synchronized swimming combines music, dance and swimming into "the ultimate team sport". Swimmers form close friendships with their teammates as they train, travel and compete together. Each swimmer's training will challenge them physically, while the artistic side of the sport provides an outlet for creative expression.

The New Canaan YMCA Aquianas Synchronized Swim Team was founded on the belief that synchronized swimming can be an expressive and creative outlet for young athletes within an athletic and competitive environment. The nationally ranked YMCA Aquianas are comprised of Intermediate to Elite-Level swimmers. The goal for all team members is to have each one reach their potential while having fun! The nationally certified coaching staff strives to develop positive values and foster teamwork among athletes of every level. The YMCA Aquianas focus on developing winners both in and out of the water. Athletes compete in the solo, duet, trio, and team events, as well as compulsory figures, based on the recommendations of the coaches. Competition on the local, regional, zone, national, and international level is offered to those who qualify.

SYNCHRONIZED SWIMMING CAMP

Synchronized swimming is the perfect combination of dance, gymnastics, music, and water! If your child enjoys any of those activities, they will love synchronized swimming. The two-week sessions will introduce your child to the sport while enhancing their flexibility, endurance, and overall comfort in the water. Basic synchronized swimming skills are taught along with a routine that is choreographed to music that is heard under the water as well as above. Ages 6-12. **No Experience Necessary!**

Hours
12:00 pm - 3:30 pm

Fees
Session 1: $425
Session 2-4: $470

Dates
Session 1: June 26 - July 7 (No Camp July 4)
Session 2: July 10 - July 21
Session 3: July 24 - August 4
Session 4: August 7 - August 18

Required Camp Forms Due June 1

FULL-DAY SYNCHRO/SPORTS CAMP COMBO

Experience LOTS of sports through our synchro/sports camp combo. Campers will participate in our Y's Sports Camp (see page 6) from 8:45 am - 12:00 pm and then the Synchro Camp from 12:00 pm - 3:30 pm.

Hours
8:45 am - 3:30 pm

Fees
Session 1: $572
Session 2-4: $636

Dates
Session 1: June 26 - July 7 (No Camp July 4)
Session 2: July 10 - July 21
Session 3: July 24 - August 4
Session 4: August 7 - August 18

For more information or if interested in participating, contact Valene Jolibois at 203-920-4528, ext. 173 or vjolibois@newcanaanymca.org

Family Programs & Wellness

ADVENTURE GUIDES (A Father/Son and Father/Daughter program: Kindergarten – 4th Grade)

The Adventure Guides program instills closer family relationships between parents and children. Our program fosters togetherness… doing fun things, such as crafts, hiking, outings, stories, games, and hobbies. In the process, participants get to know and understand each other better. Parents become more aware of their children's needs, and at the same time children are provided with the important adult role models so necessary to their development. Youngsters savor the joys of achieving in joint projects, and parents, the fun and value of companionship with their children on a one-to-one basis. The parents and youngsters join and participate together in small groups called tribes.

REGISTRATION FOR THE 2017–2018 PROGRAM

	Y Members	Non-members
1st Child	$93	$175
Additional Child	$78	$160
Dad	Free	$83

Limit: 20 families per tribe.

Registration for current members currently available. Registration for new members begins June 5.

FREE MEMBER CLASSES

(Check the Group Fitness Class Schedule for dates and times.)

FAMILY SPIN

For teens and adults, come on your own, with a friend, or with a family member. Spinning is a unique group exercise class performed on stationary cycles. Set to your favorite music, this class is a great workout, not to mention a fun ride! This class is free to members and runs continuously; session dates do not apply. Bring a towel and water bottle to each class. Note: Participant must have a minimum leg length of 30 inches from the top of hip bone to the bottom of foot.

*Great for youth with special needs and his/her family.

F.I.T. PASS PROGRAM (families in training)

The F.I.T. Pass Program is designed to strengthen families by providing opportunities to exercise together in a safe, fun environment. After successfully completing the exam at the end of the 3-week Youth Strength Training class, teens ages 12-14 will be eligible for the Teen F.I.T. Pass, allowing them to use the Wellness Center from 2-5 pm Monday through Sunday. F.I.T. Pass holders may also work out with their parent at any time. Teens can also earn a F.I.T. Pass by completing 3 sessions with a personal trainer and successfully completing the Youth Strength Training exam. F.I.T. classes are free for family members!

*Great for youth with special needs and his/her family.

Wellness Center, Group Fitness & The Zone

WELLNESS CENTER

With beautiful facilities and qualified, caring staff, the Y's Wellness Center is here to support you as you work to maintain a healthy lifestyle.

Equipment includes: Treadmills, Ellipticals, AMTs, recumbent and upright bikes, with personal viewing screens, a NuStep recumbent Trainer, a Krankcycle, an Upper Body Ergometer, Arc Trainers and Concept 2 Rowers. We have 2 selectorized equipment lines, Paramount and Hoist "Roc-It", and several free weight options.

The Wellness Center is open to members 15 and older (F.I.T. Pass training available for 12-14 year olds; see page 21). All new members receive 2 complimentary orientation sessions with a wellness staff member. Please call 203-966-4528 ext. 154 to schedule an appointment.

GROUP FITNESS: FIND STRENGTH IN NUMBERS

Enjoy your choice of more than 80 classes each week as a part of your Y membership! Whether your goal is improving endurance, building strength, or increasing flexibility and core strength, you're bound to find strength in numbers in one of our group exercise classes.

Here's a sampling: Yoga, Group Power, Group Elliptical, Spinning, Group Blast, Group Active, Fit & Functional, Circuit Challenge, Group Fight, Pilates Mat, NIA, Zumba, Core Fusion, Group Ride

In addition there are several Water Group Fitness Class offerings: Hydrofit, Deep Water Conditioning, Depth Charge, Aquamates, Ai Chi, and Aqua Zumba

Our current schedule is available at our front desk or online at www.newcanaanymca.org.

Group Exercise Classes are open to all Y members 15 and older: 12-14 year olds may attend classes with a parent (excluding Group Power). Family Spin is open to ages 10 and older, as long as leg length is 30".

THE ZONE

The Zone is the perfect space for anyone to find their inner athlete, train toward a personal best, or simply take on a new challenge. Unique to the New Canaan YMCA, we have dedicated a 2,200 square foot training space for functional training, stretching/ plyometrics, sports performance, and rehabilitation-type activities. Whether you are looking to complement your current workout with fun, non-traditional equipment, various training accessories including medicine and stability balls, training for a sport or event, or just looking for some stretch, the Zone is a place that can help everyone turn their goals - whatever they may be-into accomplishments.

This space is open to all YMCA members 15 years of age and older.

TRX® Suspension® Training

TRX® ZONE

A part of our free drop-in class for members, This high energy interval style class helps you to build power, strength, flexibility, balance, and mobility all at an intensity level you choose. The class incorporates both strength and cardio intervals and will include use of our TRX Suspension Straps attached to our X-Rack System and other Zone equipment.

Limited spots available. Sign up strongly recommended in the binders at the front desk.

Personal Training

PERSONAL TRAINING

All ages...abilities...and workout needs!

All of our personal trainers are either certified by ACSM (American College of Sports Medicine) or an organization that recognizes CECs. Personal training sessions can be private or semi-private, providing you with the opportunity to benefit from one of our trainers with a friend. Additionally, we offer packages and services that can help you get started with your training program.

- **Ready, Set, Go!:** This is a chance to meet with your trainer to discuss your goals and perform the proper assessments necessary to establish a baseline. Add to Personal Training package for $50.
- **Motivation Package:** For first-time clients only. This package includes one "Ready, Set, Go!" session and three personal training sessions. *Blood pressure screening and body composition available upon request.

Personal Training Rules

- Appointments must be cancelled 24 hours in advance, or sessions may not be made up.
- Session packages must be used within one year of purchase date.
- All sessions expire and no refunds issued after designated use periods.
- Personal training at our facility is permitted only by New Canaan YMCA personal trainers.

Personal Training Fee

Sessions (1 hr.)	One person (one trainer/one client) member/non-member	Two person (one trainer of same 2 clients) member/non-member
1	$72 / $90	$56 per person / $85 per person
3 + $50 Ready, Set, Go	$245 Motivation Package	$200 per person Motivation Package
5	$350 / $440	$270 per person / $415 per person
10	$680 / $860	$510 per person / $800 per person
20	$1,300 / $1660	$998 per person / $1560 per person

Small Group Training: FIT-Traxx option See page 37 for session times and fees.

Personal Training: FIT-traxx

FIT-traxx is the incredible small group training program that is scientifically designed to help people of all ages, shapes and sizes melt fat, increase energy and build strength and tone in only FOUR WEEKS!

A FIT-traxx Coach guides you through every single step from your strength and cardio workouts to nutritional strategies that will give you all the answers you need to finally get the results you want.

FIT-traxx

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
The Zone	M. Spellman/Mel	6/26-7/19	Mon. & Wed.	6:00 am	$168/$248	10
The Zone	M. Spellman/Mel	6/26-7/19	Mon. & Wed.	9:45 am	$168/$248	10
The Zone	M. Spellman/Mel	6/27-7/20	Tue. & Thu.	9:45 am	$147/$217	10
The Zone	M. Spellman/Deb H.	6/27-7/20	Tue. & Thu.	12:15 pm	$147/$217	10
The Zone	M. Spellman/Mel	6/30-7/21	Fri.	6:00 am	$84/$124	10
The Zone	M. Spellman/Mel	6/30-7/21	Fri.	9:45 am	$84/$124	10
The Zone	M. Spellman/Mel	7/24-8/16	Mon. & Wed.	6:00 am	$168/$248	10
The Zone	M. Spellman/Mel	7/24-8/16	Mon. & Wed.	9:45 am	$168/$248	10
The Zone	M. Spellman/Mel	7/25-8/17	Tue. & Thu.	9:45 am	$168/$248	10
The Zone	M. Spellman/Deb H.	7/25-8/18	Tue. & Thu.	12:15 pm	$168/$248	10
The Zone	M. Spellman/Mel	7/28-8/18	Fri.	6:00 am	$84/$124	10
The Zone	M. Spellman/Mel	7/28-8/18	Fri.	9:45 am	$84/$124	10

Adult Pilates Apparatus Classes

SUMMER SMALL GROUP PILATES APPARATUS CLASSES

The summer session for Pilates Apparatus is broken up into four 2-week cycles. Classes are all open level. Summer registration is available online and at the Front Desk. Session dates and classes are listed below.

Equipment: 4 Peak Pilates Deluxe Systems and 4 MvE Pilates Chairs.

SMALL GROUP PILATES APPARATUS CLASSES

Summer Session 1: 6/26-7/7
Summer Session 2: 7/10-7/21
Summer Session 3: 7/24-8/4
Summer Session 4: 8/7-8/18
*No Classes: 7/4

Location	Director/Instructor	Day	Time	Member	Limit
Mind Body Center	B. Philipp/Madelaine	Mon.	9:00 am	$60	4
Mind Body Center	B. Philipp/Madelaine	Mon.	10:00 am	$60	4
Mind Body Center	B. Philipp/Madelaine	Mon.	11:00 am	$60	4
Mind Body Center	B. Philipp/Madelaine	Mon.	5:00 pm	$60	4
Mind Body Center	B. Philipp/Madelaine	Mon.	7:00 pm	$60	4
Mind Body Center	B. Philipp/Madelaine	Wed.	9:00 am	$60	4
Mind Body Center	B. Philipp/Madelaine	Wed.	11:00 am	$60	4
Mind Body Center	B. Philipp/Madelaine	Wed.	12:00 pm	$60	4
Mind Body Center	B. Philipp/Madelaine	Wed.	5:00 pm	$60	4
Mind Body Center	B. Philipp/Madelaine	Fri.	9:00 am	$60	4
Mind Body Center	B. Philipp/Madelaine	Fri.	10:00 am	$60	4
Mind Body Center	B. Philipp/Madelaine	Fri.	11:00 am	$60	4

*Some classes may not be offered every session, additional sections may be added. Check online registration portal for most accurate offerings.
If have a group that is interested in a particular day or time that is not listed, please contact bphilipp@newcanaanymca.org

Adult Pilates Apparatus Classes

PRIVATE AND SEMI-PRIVATE PILATES APPARATUS CLASSES:

Sign up for private or semi-private classes by filling out the blue registration form and waiver. Return your form to the Y, and we will contact you to discuss your request. Private and semi-private classes are scheduled around class times.

Please note: It is YMCA policy that if only one participant attends a pre-scheduled semi-private session, both participants will be charged. It is the responsibility of the two clients involved in a semi-private to schedule agreeable times.

Private & Semi-Private Fees 1 session= 50 MINUTES

Sessions	Private (one client)	Semi-private (2 clients)
1	$87	$57
	Packages	
3*(member rate)	$200 "The Right Start" Package	
3 (Non-member rate)	$261 "The Right Start" Package	
5	$425	$270
10	$820	$515
20	$1,540	$920

*Must be your first experience with Pilates apparatus at our YMCA. You can only purchase this package one time.

Active Older Adults

Our goal at the New Canaan YMCA is to help active older adults stay "forever fit" with specially designed fitness program options. **Note:** Some classes require advance sign-up.

Free Member Classes:
(Schedules available at front desk or online)

CHAIR FITNESS
Chair Fitness is a fun filled exercise class that incorporates cardio-vascular, strengthening, balancing, and stretching exercises while seated or using the chair for support. It is designed to help you raise your fitness levels and make friends along the way. This class is uses modifications for all fitness levels and ages. Equipment: Chair, and light weights.

SUPER STRETCH
Easy effective exercises for each of the body's 600 plus muscles, starting with the forehead and ending with the toes. A stretched out body is protected against stress and insomnia and less prone to injury. Everybody welcome!

AQUAMATES
Water exercise combining cardiovascular and strength training.

ARTHRITIS EXERCISE CLASS
Water exercise class specifically designed for people with arthritis. (See page 45)

FIT AND FUNCTIONAL
A low-impact, energetic cardio class infused with strength training and balance work. Emphasis is given to foot, knee, and hip alignment. Safe for everyone and intense enough for all fitness levels. Exercise to 50's, 60's, 70's and 80's music.

GENTLE YOGA
A tranquil, foundation-building practice, designed to introduce new students to yoga, as well as offer regular practitioners a gentle class complement to their Yoga practice.

NIA
Join the fun and passion of NIA, a dynamic workout that combines expressive dance, martial arts, and Asian disciplines. This holistic fitness class is for all ages, relieves stress, and lifts the spirit, promoting flexibility and energy through movement. Feel your joy, and release your passion!

TAI CHI
Learn how to revitalize your body & mind using dynamic, slow-breathing movements. Tai Chi is an ancient Chinese art also known as moving meditation. Traditional Shaolin movements are practiced using animal forms. Some of the benefits of Tai Chi include relaxation, strength, flexibility and balance. This class accommodates beginners as well as advanced students. This class is easily practiced by all ages.

QIGONG
Qigong (气功 or 氣功) (pronounced "chee-gong") is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation. With roots in Chinese medicine, martial arts, and philosophy, qigong is traditionally viewed as a practice to balance qi (chi) or intrinsic life energy. [Typically a qigong practice involves rhythmic breathing, coordinated with slow stylized repetition of fluid movement, and a calm mindful state.

GENTLE YOGA
Ideal for those new to yoga, those who need modifications, or those who want to learn at a nice pace, focusing on basic principles.

THE MEN'S CLUB OF NEW CANAAN
The Men's Club of New Canaan was founded in 1977 by a group of YMCA racquetball players. Today the Club welcomes men 55 years of age and older who are residents of, or own property in, New Canaan. YMCA membership is not necessary, but applications are available at the New Canaan YMCA. See page 47 for additional information.

Come spend time with us! For more information, log on to www.smcnc.org or call Pam Libertiny, VP of Human Resources and Risk Management at the YMCA at 203-920-1628.

Adult Healthy Lifestyles

PHYSICAL THERAPY

We are thrilled to partner with Stamford Health to provide Stamford Health Physical Therapy to New Canaan YMCA members here at the Y!

Located in the newly renovated space next to "My Playroom" on the lower level, these Physical Therapy services are provided by Stamford Hospital licensed physical therapists for most orthopedic rehabilitation needs.

Appointments are now available on Tuesdays and Thursdays, from 7:30am to 5:00pm. At other times, members can access outpatient rehabilitation services at Stamford Health's Tully Health Center located at 32 Strawberry Hill Court in Stamford. Other services offered at the Tully location include occupational and speech therapy.

Services require a referral from your doctor, and most major commercial and government insurances are accepted. Doctor referrals can be faxed to 203-276-8596. Stamford Health will bill your insurance company directly and assist you in verifying your coverage and benefits.

For more information, call 203-276-8597.

HEALTHY EATING MADE EASY FIELD GOODS NOW AVAILABLE AT THE Y!

We are excited to announce that we have partnered with Field Goods, making local produce now available for easy pick-up at our Y!

Field Goods is a local produce delivery service representing over 80 small farms. Each week, your bag of produce will be available for convenient pick up at the Y (pick-up time: Tuesday 2 pm - Wednesday 12 pm). Your bag will feature 5-8 different fruits & vegetables, plus information about the produce and recipes. All produce is non-GMO, much is organic, and all is grown on small farms.

Weekly subscription costs:
$19: Single Size
$24: Small Bag (2 people)
$29: Medium Bag (Family)
$34: Large Bag (Large family)
Subscription is flexible, opt out of a week at any time!

Learn more by visiting www.field-goods.com.

A portion of the proceeds will benefit the LIVESTRONG at the YMCA cancer wellness program.

NUTRITIONAL COUNSELING AT THE NEW CANAAN YMCA

Are you confused with all the nutrition information available in the media and unsure of how to eat healthy? Healthy Eating is all about finding a balance of foods that will provide your body with what it needs for optimal health and vitality. Kristin Tallodi, RD, CPT, will work with you to discover your healthy balance through nutritional counseling. Goals may include:

- weight loss/weight gain
- sports/exercise performance
- food intolerances/allergies
- digestive issues
- wellness and disease preventions: lowering cholesterol/ triglycerides, managing blood sugar, and lowering blood pressure.

Sample menus, personal goal setting assistance, educational materials, and recipes included.

NUTRITIONAL COUNSELING INITIAL ASSESSMENT - $199

Includes initial 1 hour nutrition assessment to set nutritional goals and analyze current diet and exercise regimen plus 2 - 30 minute individual follow-up sessions.

After Initial Assessment – Packages are available for 30 minute follow up Sessions:
1 Session - $75
3 Sessions - $215
5 Sessions - $325

Adult Healthy Lifestyles

CTAPDA PARKINSON'S SUPPORT GROUP "SHAKERS ANONYMOUS"

The Y provides a space for young onset patients to network and support each other in a safe environment. This group meets at 7pm the third Tuesday of every month. Spouses and significant others are welcome to join. Please RSVP to Lynn Hagerbrant at hagerbrant@gmail.com

For more information about this group, contact Mary Ellen at the American Parkinson's Disease Association CT Chapter at 860-248-9200 or Mthibodeau@outlook.com.

GENTLE YOGA OFFERED FOR PARKINSON'S PATIENTS IN THE COMMUNITY

A new class for Parkinson's patients that will be offered the last Monday of each month(no class in August and Decemeber. Pre-registration required. The class will use yoga poses to improve flexibility and lessen stress. Participants should check with their physician before participating. Signed participant waivers are required, and medical clearances may be requested. Please contact Bridget Philipp with any questions.

Gentle Yoga for Parkinson's Patients

Location	Director/Instructor	Session Start/End	Day	Time	Member/non-member	Limit
Mind Body Center	B. Philipp/M. Risom	6/26	Mon.	7:15pm	$0/$10	20
Mind Body Center	B. Philipp/M. Risom	7/31	Mon.	7:15pm	$0/$10	20

LIVESTRONG AT THE YMCA- FREE CANCER SURVIVOR PROGRAM

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG foundation have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants will work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body. The 12-week program is offered at no cost to any cancer survivor in the community. The program includes two weekly group classes per week, taught by trained LIVESTRONG at the YMCA instructors, as well as full access to the Y for the 12 weeks. To learn more about this program and/or to participate, please contact Bridget Philipp at 203-920-1626 or bphilipp@newcanaanymca.org.

Livestrong at the YMCA

Location	Director/Instructor	Session Start/End	Day	Time	Limit
Wellness	B. Philipp/Staff	TBD	Mon. & Wed.*	12:00 - 1:15 pm	10
Wellness	B. Philipp/Staff	TBD	Wed. & Sun.*	6:00 - 7:15 pm (Wed.) 11:00 am - 12:15 pm (Sun.)	10

*Days and times are subject to change depending on group needs.

Prenatal and Postnatal Yoga

PRENATAL AND POSTNATAL YOGA

Prenatal and Postnatal Yoga classes will help you to build strength, provide stress relief, improve flexibility, and relieve the discomforts before and after pregnancy. The classes are taught by Jessica Outlaw in the Mind Body Center and are a great way to meet and connect with other new mothers and mothers-to-be. Jessica Outlaw has been teaching yoga in the New York City area since 1999. Her teaching approach and personal practice reflect her studies with Shiva Rea, Om Yoga, Laughing Lotus, Kula Yoga Project, Anusara and Iyengar Yoga.

PRENATAL YOGA

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Mind Body Center	B.Philipp/J.Outlaw	6/27-8/15	Tue.	1:15 pm	$88/$141*	20

POSTNATAL YOGA

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Mind Body Center	B.Philipp/J.Outlaw	6/29-8/17	Thu.	1:15 pm	$100/$160	20

*No Classes: 7/4

Men's Club of New Canaan

The Men's Club of New Canaan is a program that has been sponsored by the New Canaan YMCA since 1977. We boast over 400 members, ages from 55 to 94, and host weekly meetings on Fridays at 10:00 am at St. Mark's Church. We meet for fellowship, light refreshment, and to hear a variety of interesting guest speakers.

Our guests have ranged from beekeepers to undercover FBI agents, a documentary film producer to authors, artists, CEOs of major multinational companies, diplomats, historians, politicians, financial wizards, health experts, submarine commanders, and organists.

In addition to weekly meetings, we have very active sub-groups including golfers, amateur chefs, tennis/paddleball players, a bicycle team, an investment club, bridge and poker players, a mystery book club, and hikers.

Our other scheduled activities include cultural trips to NYC and Connecticut locations. We have attended Broadway plays, Goodspeed Opera, and The NY Philharmonic. We have taken walks on the Brooklyn Bridge, visited to Governor's Island and New York Highline, as well as gone cycling down the Westside of Manhattan.

Many of our members are very active outside of our club in the greater New Canaan community. The New Canaan Community Foundation, Schoolhouse Apartments, Getabout, Staying Put, Community Emergency Response Team, local churches, New Canaan Police Commission, Telehealth Project, and various other short-term advisory groups supporting the town all benefit from the active participation of our members.

Membership is open to male New Canaan residents age 55 and older. You can learn more about us and apply for membership by going to our website: www.smcnc.org. Come join your fellow experienced, interested, active and engaged senior citizens who make up our club.

Please contact Kevin Faughnan at 203-966-5702 to learn more about the Men's Club of New Canaan.

Adult Sports and Recreation

SIT & KNIT (AND CROCHET TOO!)

The Sit and Knit Group meets every Wednesday 1:30 – 3:00 pm. All levels, including non-knitters who wish to learn how, are welcome. The sessions are an opportunity to hone your skills, learn new ones, help others, show off your work, or simply sit and knit. Not only will you meet members who share your interest in this ancient craft, but also you will discover new fibers, see new patterns, learn how knitters around the world use Ravelry—all while you indulge in some time for yourself to exercise this wonderful hobby. For more information, call or e-mail Mary Coleman at 203-920-1630 or mcoleman@newcanaanymca.org.

OPEN PING PONG:

Monday: 8:00-10:00 am
Wednesday: 8:00-10:00 am

ADULT BASKETBALL:

Tues., Wed., Fri.: 6:30-8:00 AM
Saturday: 7:30-9:00 PM
Sunday: 9:00-11:00 AM

MEN'S ADULT BASKETBALL:

Mon., Tues., Thu., Fri.: 12:00-2:00 PM

PICKLEBALL:

Mon. & Fri.: 8:00-10:00 AM
Tue. & Thu.: 10:00 AM-12:00 PM
Wed.: 11:30 AM-2:00 PM
Sat.: 11:30 AM-1:00 PM
Sun.: 11:30 AM-1:30 PM

ADULT VOLLEYBALL:

Mon. & Thu.: 8:00-10:00 PM

TABLE TENNIS:

Mon. & Wed.: 8:00-10:00 AM

Adult Water Activities

ADULT SWIM LESSONS

The goal of this program is to give adults the opportunity to either learn to swim or master whatever skills they may already have. Beginners—Uncomfortable in the water? This class is for you. Intermediate to advanced swimmers—brush up on your skills and enhance your techniques. A minimum of three participants is needed for class to run.

Adult Swim Lessons (8-week session)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Family Aquatic Center	J. Rojas/Staff	6/29-8/17	Thu.	6:00 - 6:45 pm	$288	4

No classes: 7/4

MASTERS SWIM

Masters Swim is aimed toward active adults looking to improve their endurance and strokes in the pool, whether for triathlons, Masters Competition, or personal well-being.

Master Swim (Ages 18/over)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
Waveny Pool	S. Lancey/Staff	6/12-8/4	Mon.-Fri.	5:15 - 6:45 am		14

No classes: 7/4

ARTHRITIS EXERCISE

Come have fun while you exercise in a class specifically designed for people with Arthritis. Classes will be taught by a certified AFYAP instructor and will be held at the Darien YMCA during our renovation of the Rec. Pool. Minimum of six participants for class offering to run.

Arthritis Exercise

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Family Aquatic Center	J. Rojas /Staff	6/27-8/15	Tue.	12:10 - 12:55 pm	$35/$42	10
Family Aquatic Center	J. Rojas /Staff	6/29-8/17	Thu.	12:10 - 12:55 pm	$40/$48	10

No classes: 7/4

FREE MEMBER CLASSES:

Schedules available at front desk and online.

Aqua ZUMBA FITNESS

The "pool party" workout for all ages! Safe, effective, and challenging water-based workouts that integrate traditional water fitness moves with Latin dance rhythms.

Aquamates

Water exercise combining cardiovascular and strength training.

Hydrofit

This complete water exercise program is taught mostly in the shallow water. The workout focuses on cardiovascular endurance, muscular strength and endurance, as well as flexibility.

Community Events & Programs

VOLUNTEER AND MAKE A DIFFERENCE WITH OUR Y

Here at the Y, we strive to always be here for our community. Thanks to the 900 volunteers who contribute their time and talents to the New Canaan YMCA, we are able to positively impact the lives of so many in our community through youth development, healthy living, and social responsibility.

To learn more about volunteering with our Y, visit our website or contact Nicki Jezairian, Director of Community Engagement at njezairian@newcanaanymca.org or 203-910-1657.

TOGETHERHOOD

At the Y, we are making an impact on our community together! We are a member-led committee who has helped hundreds of people in many different capacities—from collecting and distributing shoes, feeding the homeless in Norwalk, Stamford and NYC, hosting service dinners, and spreading our mission of social responsibility throughout our community.

Many hands make light work—lend us your hands and heart, and we will give you the gift of helping others in need. Together, we can achieve so much more!

SUMMER VOLUNTEER OPPORTUNITIES

YSN Teen Camp (14+ years)
Monday-Friday, 3:00 - 5:00 pm

Rainbow Station Summer Readers (13+ years)
Monday-Friday, between 9:30 am - 12:00 pm
(times may vary to accommodate childcare schedule)

Summer Camp Greeters (16+ years)
June 26-28; July 10-12; July 24-26; August 7-9, 8:30 - 9:45 am

Pool Deck Monitors (18+ years)
June 26-August 18, Mon.-Fri., 9:15 am - 12:15 pm &
1:30 pm - 6:00 pm

Camp Mini Helpers (14+ years)
Monday-Friday, June 26-August 18, 1:15 - 4:15 pm

Sports Camp Extended Day Helper (14+ years)
Monday-Friday, June 27-August 19, 3:30 - 5:30 pm

The Clean Sweep Team (13+ years)
(schedule varies based on Kid Zone class times)

Please visit www.newcanaanymca.org/volunteer for additional information about volunteer opportunities with the Y.

Looking for more opportunities to volunteer? Visit www.newcanaanymca.volunteermatters.org

ADOPT-A-BOX

In February the Togetherhood Committee collected 15 boxes of items for our US marines for our Adopt-a-Box program. The New Canaan High School National Charity league helped us pack it all up to send out. Thank you to all of those who purchased a box for our brave servicemen and women.

OPEN DOOR SHELTER

In March the Togetherhood Committee and volunteers took on a full day of feeding the homeless at the Open Door Shelter in Norwalk. This was a great way to get out into the community and lend a helping hand.

BREAKFAST RUN

Our Togetherhood Committee and volunteers took a ride to NYC to feed the homeless. More than forty people walked away with a full belly and a meal for later. Thank you to Dunkin Donuts, Y volunteers and community members for supporting this effort by donating clothes, food and funds.

SOCIAL RESPONSIBILITY: WORLD SERVICE

giving back and providing support to our neighbors

Kibera

KIBERA CONNECTIONS

The Playground is in!!!!

Thank you to all of our Y Board, members, staff and community members. Because of you, our Y was able to provide the children and staff at Facing the Future with an amazing playground to develop gross motor skills by climbing, swinging and sliding with their classmates. This Playground is the only one of its kind in Kibera.

Two members of our Kibera Connections Committee, Nicki Jezairian and Carolynn Kaufman presented to the East and West school fourth graders this past spring. The elementary schools study Africa this time of year and were able to get an inside glimpse of the Kibera slum and learn about Facing the Future school and students. The sessions were interactive as our New Canaan students asked a lot of questions and Nicki and Carolynn shared their hands on experience in the slum, school, at the elephant orphanage, and on safari.

PHILANTHROPIC OPPORTUNITY FOR THE WHOLE FAMILY

Lemon Aiding Kibera's Facing the Future Child Development Center

Become a Y Lemon Aider this summer and help your Y raise funds to purchase the items needed for our kids at Facing the Future. Host a Y lemon aid stand in your neighborhood between Monday June 26 and Friday August 18, 2017. All proceeds will be sent to purchase items needed for our kids across the globe.

This is a great way for the whole family, group of friends, teammates, clubs and organizations to get together and make an impact.

Y Lemon Aider packets will be available in June. Keep an eye out for more details and packet availability dates.

WE'RE MORE THAN A GYM WE'RE A CAUSE.

Support the Y and make a difference today!

Annual Support Campaign donations provide:

Financial Assistance

In 2016, we awarded the equivalent of $250,000 ensuring no one is ever turned away.

Special Needs Programs

Gifts to our Y allow us to serve over 100 children, teens, and young adults in our community with special needs.

Mission-Based Programs

Donations help support life-changing programs such as LIVESTRONG at the YMCA and more.

World Service Initiatives

Make a difference around the world through our partnership with Facing the Future, in Africa's largest slum, Kibera.

Every gift, no matter the size, makes a difference!

$65

provides a senior with the opportunity to stay active, healthy, and connected at the Y for one month.

$185

teaches a child the life-saving skill of learning to swim.

$400

funds an unforgettable field trip for teens with special needs in our Teen Scene program.

$800

allows five cancer survivors in our community to participate in LIVESTRONG at the YMCA at no charge.

www.newcanaanymca.org/support-our-y

NEW CANAAN YMCA The Y. So Much More™

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOMETHING FUN FOR EVERYONE

Summer Camp 2017
NEW CANAAN YMCA

Whether it's making new friends, learning to swim, or gaining self-confidence, each child grows at New Canaan YMCA camps, developing skills and memories that last far beyond the summer.

Camp Mini: Ages 3-5 (Pre-K)
Your child's first summer camp experience. Held at the Y, Camp Mini provides a safe and comfortable camp experience for children to play, grow, and make friends.

Camp Y-Ki: Completed Grades K-7
An exciting outdoor camp experience for school-age children, offering a variety of activities such as swimming, archery, sports, crafts, and more helping campers build self-esteem, confidence, independence, and responsibility.

Sports Camp: Completed Grades K-7
An exciting and sports-filled experience, including baseball, soccer, tennis, golf, hockey, wiffleball, kickball, lacrosse, and more. Campers have fun with each sport, regardless of their ability or experience.

YSN Camp Programs: Ages 3–25
The Y's special needs camp programs offer children and young adults with varying limitations an inclusive and traditional summer camp experience within our three day camps, as well as specialized camp program at the Y.

Leaders-in-Training: Completed Grades 6–7
(Camp Y-KI only)

Counselors-in-Training: Ages 14–15

Synchro Camp: Ages 6–12
Boys & Girls

NEW CANAAN YMCA
564 South Avenue
New Canaan, CT 06840-6322
203-966-4528

www.newcanaanymca.org

SUMMER CAMP 2017

Camp Mini: Ages 3-5 (Pre-K)

Camp Y-Ki: Completed Grades K-7

Sports Camp: Completed Grades K-7

Special Cares Camp: Ages 3-15

Leaders-In-Training: Completed Grades 6-7 *Camp Y-Ki only

Counselor-In-Training: Ages 14-15

Synchro Camp: Ages 6-12

REGISTRATION IS NOW AVAILABLE

STAMFORD HEALTH PHYSICAL THERAPY AT THE NEW CANAAN YMCA

Hours:
Tuesdays & Thursdays
7:30 AM – 5:00 PM

To schedule an appointment call
203-276-8597