



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COME KICK IT AT THE Y

Winter Activities 2016-2017  
NEW CANAAN YMCA

Registration begins  
Monday, November 14

Classes begin  
Monday, December 5



Participants of Preschool Soccer build an enthusiasm for the game, enhance skills, and have fun with friends!



# 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.newcanaanyca.org/renovation](http://www.newcanaanyca.org/renovation) or pick up an order form at the Front Desk!



## **Our stronger Y will feature:**

- Brand-new locker rooms with more accommodating amenities
- Renovated double gym
- New family activity center
- New and renovated wellness areas
- New café/commons & intergenerational area
- New aquatics center, featuring a renovated competition pool and a brand-new warm pool facility including an 8-lane lap area and recreational pool, supporting families, swim lessons, therapy swim, lap swimming, the Y's competitive teams, and the New Canaan High School swim teams

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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

November 24 – Open, 7:30 am - 11:30 am (Thanksgiving)  
November 25 – Open, 7:30 am - 10:00 pm  
December 24 – Open, 7:30 am - 1:00 pm (Christmas Eve)  
December 25 – Closed (Christmas)  
December 31 – Open, 7:30 am - 3:00 pm (New Year's Eve)  
January 1 – Open, 9:00 am - 3:00 pm (New Year's Day)

## 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

**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

**Note: The Front Desk will be closed on Thanksgiving, Christmas and New Year's Day.**

**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](http://www.newcanaanymca.org). Contact Pam Liberty, 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](http://www.newcanaanymca.org) or contact Nicki Jezairian at 203-920-1657 or by email at [njezairian@newcanaanymca.org](mailto: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  
Healthy Living & Medical Fitness..... 203-920-1626

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

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

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

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

## PRESCHOOL (Ages 0-4)

- With this membership, children 4 and under may participate in all age-appropriate YMCA activities.
- Parents and caregivers with children through age 4: Please use Boy's/Girl's locker rooms.

## YOUTH (Ages 5-14)

- Use of pool during scheduled Family Swim times. (Children under 12 must be accompanied by an adult member in the pool. Valles Pool: Swimmers must be 13 or older to participate in Adult Lap.) See page 15 for complete pool guidelines.
- Use of both gymnasiums during scheduled open times.
- Use of Boys/Girls Locker Room.

## STUDENT (Ages 15-18 and Full-Time Students)

- Young adults ages 15 and up enjoy the same membership privileges as adults!
- Check out the Adult Membership description. (Note: Members under 18 years of age use Boys or Girls locker rooms).
- Student I.D. and dated full-time course schedule required when joining.

## ADULT (Ages 19 and older)

- The Wellness Center and Zone are included in ALL Adult memberships!
- Unlimited group exercise classes in the Y's Group Exercise and Mind-Body Centers, as well as water and Spinning classes.
- Use of pool during scheduled Adult Lap and Family Swim times.
- Use of both gymnasiums during scheduled open times.
- Participation in pick-up basketball games during scheduled times.
- Participation in volleyball games Monday and Thursday evenings.

## FAMILY/SINGLE PARENT FAMILY

- New Canaan YMCA family memberships are defined using IRS guidelines to include head of household, and all dependents under the age of 18.
- Tax return documentation required for children/dependents over the age of 18.
- Single Parent Family memberships are for divorced, single, or widowed parents and their dependents.
- We are no longer able to include au pairs or nannies on a family membership due to IRS guidelines.
- Each family member has membership privileges listed in the Adult or Youth membership descriptions.
- As a special benefit of Family Memberships, use of pool during Family Swims at no additional charge (see page 25 for details).

## GUEST PASSES

Members receive two complimentary guest passes per year, per membership including each family member. Simply register your guest at the Front Desk. Guests must sign a waiver and bring a photo ID for security purposes.

Non-members may purchase a "one day only" guest pass. Driver's license or passport must be copied at the front desk and waiver signed prior to facility usage.

## MONTHLY MEMBERSHIP RATES\*

Membership Type	Joiner Fee	Monthly Fee*
Adult (Ages 19-62)	\$100	\$83
Family	\$100	\$133
Single Parent Family	\$100	\$90

## ANNUAL

Memberships	Joiner Fee	Annual Fee
Preschool (Ages 0-4)	\$25	\$175
Youth (Ages 5-14)	\$25	\$278
Student (Ages 15-18) & Full-Time College	\$50	\$502

\* There is a \$3.00 monthly service fee added for credit cards.

Senior Citizens (Ages 62+): Receive a 25% subsidy. Members are responsible for notifying our Y when qualified for a subsidy.

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

## DAY PASSES

- 14 years & younger: \$5
- 15 years - 21 years: \$15
- 21 years & older: \$20



# 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 programs. 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.newcanaanyymca.org/membership](http://www.newcanaanyymca.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.newcanaanyymca.org](http://www.newcanaanyymca.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 near the Men's Center locker room. 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.

### Participant Withdrawal

- 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. Refund inquiries should be sent to the appropriate activity director.

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





# Registration Instructions

## WINTER ACTIVITY REGISTRATION AND SESSION DATES

**Online Registration and Registration at the Y Front Desk Begins:**  
Monday, November 14, 9:00 am

Classes Begin: Monday, December 5  
Classes End: Saturday, March 11  
No classes: December 23-January 1  
February 20-25

**\*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](http://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, 2015 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 Monday, November 7 to ensure approval for Winter Program registration\*

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

\*Winter registration opens Monday, November 14 at 9:00 am. If you have any questions, contact Diana Riolo at 203-920-1653 or [drriolo@newcanaanymca.org](mailto:drriolo@newcanaanymca.org).

# YOUTH DEVELOPMENT: CHILD DEVELOPMENT

nurturing the potential of every child and teen

## The Anita & G. Thomas Hargrove

### RAINBOW STATION

- Infant-Preschool Childcare
- Ages 6 weeks–5 years
- Hours available Mon. – Fri., 7:30 am – 6:00 pm
- Loving, nurturing staff
- Staff-to-child ratio of at least 1:4 for infants/toddlers and 1:8 for pre-schoolers
- Outdoor walks/play daily
- New toddler playground
- Indoor play area for toddlers
- Developmentally appropriate, theme-based curriculum includes activities to develop the whole child: socially, cognitively, emotionally, and physically.
- Preschoolers enjoy the entire Y facility, including swimming, Bouncing Bears, gym time, and large program spaces
- Music programs offered weekly for toddlers and African drumming/dance for preschoolers.
- Nutrition-based lessons and activities are included in weekly curriculum.

Contact Suzy Pfeifer, at 203-920-1649 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



# YOUTH DEVELOPMENT: CHILD DEVELOPMENT

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## Child Development Center

### KIDS UNLIMITED

- 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

Currently, there is a wait list for the 2016-2017 school year. Contact Suzy Pfeifer.



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 DEVELOPMENT: SCHOOL VACATION CAMP

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## School Vacation Camp

### SCHOOL VACATION CAMP (Grades K-6)

Spend your day off from school having fun with your friends at our Y! In vacation camp, we play in the gym, do arts and crafts, have fun in the pool, and enjoy a special theme activity each day. Theme days include visits from magicians, Lego creations, remote control car racing, inflatable obstacle courses, and more!

\*Due to ratio concerns, Vacation Camp staff cannot transport children to other activities at the Y. Please make other arrangements.

#### School Vacation Day Programs

Monday, January 16, 2017: Dr. Martin Luther King, Jr. Day

**Fees:** 9:00 am - 5:00 pm

Kids Unlimited Students - \$65

Member - \$75

Non-member - \$85

**Extended Hours:** 8:00 - 9:00 am & 5:00 - 6:00 pm

Kids Unlimited Students - FREE

Members & Non-members - \$10 per hour

#### School Vacation Week-Long Programs

February 20-24, 2017 (No vacation camp 2/17)

April 10-13, 2017 (No vacation camp 4/14)

**Fees:** 9:00 am - 5:00 pm

Kids Unlimited Students - \$65

Member - \$80

Non-member - \$90

**Extended Hours:** 8:00 - 9:00 am & 5:00 - 6:00 pm

Kids Unlimited Students - FREE

Members & Non-members - \$10 per hour

Please contact Suzy Pfeifer at 203-920-1649 or at [spfeifer@newcanaanymca.org](mailto:spfeifer@newcanaanymca.org) for additional information.

Registration is required for all programs. Watch for more information as the dates draw near, or inquire at the YMCA Front Desk.

### REFUND POLICY

- Should the participant cancel 5 or more business days (Mon. through Fri.) prior to the first day of Vacation Camp Session, a full refund will be provided less a \$15 per-person, per-session service charge when the space is filled. If the space is not filled, no refund will be issued.
- Should the participant cancel less than 5 business days (Mon. through Fri.) prior to the first day of Vacation Camp Session, a refund less a \$15 per-person, per-session service charge will be prorated according to the date the space is filled. If the space is not filled, no refund will be issued.

### MIDDLE SCHOOL SKI & BOARD CAMP (Grades 5-8)

Feel like using your time away from school to shred some New England powder? We will be hitting three of the best mountains in the area this February Break. Join us for one day or all three!

#### Catamount Ski Area

**Date:** Tuesday, February 21

**Fees:** Member \$146, Non-member \$196

#### Ski Sundown

**Date:** Wednesday, February 22

**Fees:** Member \$121, Non-member \$171

#### Mohawk Ski Mountain

**Date:** Thursday, February 23

**Fees:** Member \$119, Non-member \$169

\*Ski/Board rentals and private lessons can be arranged separately with each participating ski area

Drop-off and pick-up at the New Canaan YMCA.

Please contact Davie Cedela at 203-920-1634 or at [dcedela@newcanaanymca.org](mailto:dcedela@newcanaanymca.org) for additional information.



# YOUTH DEVELOPMENT: YOUTH MUSIC CLASSES

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## Youth Music Classes

### MORE THAN JUST MUSIC

This program includes a structured curriculum that provides music activities to increase your child's developmental learning. Enjoy movement and singing as well as instruments and props for individual creativity and to enhance fine, gross motor, and beat-sense skills. You and your child will be learning and having fun all at the same time!

Great for parents with multiple kids!

#### 12-24 months

Location	Director/Instructor	Session Dates	Day	Time	Fee	Limit
Williams Room	D. Carpenter/H. Dunnigan	12/7-3/8	Wed.	10:45 - 11:30 am	\$216	10 children with adult

#### 25-36 months

Location	Director/Instructor	Session Dates	Day	Time	Fee	Limit
Williams Room	D. Carpenter/H. Dunnigan	12/7-3/8	Wed.	9:45 - 10:30 am	\$216	10 children with adult

\*Must have preschool or family membership to register

No classes: 12/23-1/1, 2/20-2/25



# YOUTH DEVELOPMENT: YOUTH SPORTS & RECREATION

nurturing the potential of every child and teen

## Preschool 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.

### BACKYARD SPORTS (Ages 3-5)

This preschool class is all about fun and introducing some sports skills to our little kids. This class will cover a wide range of games and skills, kids will play kick ball, soccer, t-ball, and many other fun games.

### 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. Must have a minimum of 5 participants for class to run.

### LIL' LAXERS (Ages 3-5)

The Lil' Laxers lacrosse class is offer 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.



Check out page 17 & 18 for specialized sports programs for children with special needs.

### Backyard Sports (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
TBD	W. Schwartzstein/Staff	12/2-3/10	Fri.	2:30 - 3:15 pm	\$156	12

### Preschool Soccer (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
TBD	W. Schwartzstein/BWK Staff	12/7-3/8	Wed.	1:45 - 2:30 pm	\$230	20
TBD	W. Schwartzstein/BWK Staff	12/9-3/10	Fri.	1:45 - 2:30 pm	\$210	20
TBD	W. Schwartzstein/BWK Staff	12/10-3/11	Sat.	10:30 - 11:15 am	\$210	20
TBD	W. Schwartzstein/BWK Staff	12/10-3/11	Sat.	9:30 - 10:15 am	\$210	20

### Lil' Laxers (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
TBD	W. Schwartzstein/Staff	12/6-3/7	Tue.	1:45 - 2:30 pm	\$275	20
TBD	W. Schwartzstein/Staff	12/8-3/9	Thu.	1:45 - 2:30 pm	\$275	20

No classes: 12/23-1/1, 2/20-2/25

# YOUTH DEVELOPMENT: YOUTH SPORTS & RECREATION

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## Preschool and School-Age Sports

### KARATE KIXX FOR TINY TIGERS (Ages 3-5)

This class teaches young students the basics of karate, as well as how to set and achieve goals. Students will also learn how to overcome various challenges while building social skills. We'll make classes fun and exciting as your child learns the importance of respect and sportsmanship. Program needs a minimum of 3 participants to run.

### KARATE KIXX (Ages 6-10)

Enroll your child now in now in our kickin' kids Karate class and you'll witness a transformation like you've never seen before! We'll make classes fun and exciting as your child learns the importance of respect, maturity, and sportsmanship. Program needs a minimum of 3 participants to run.

#### Karate Kixx For Tiny Tigers (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
TBD	W. Schwartzstein/Kempo Karate Staff	12/5-3/6	Mon.	2:30 - 3:15 pm	\$225	20

#### Karate Kixx (Ages 6-10)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
TBD	W. Schwartzstein/Kempo Karate Staff	12/7-3/8	Wed.	4:15 - 5:00 pm	\$225	20

No classes: 12/23-1/1, 2/20-2/25



# YOUTH DEVELOPMENT: YOUTH SPORTS & RECREATION

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## School-Age & Middle School Sports

### FENCING (Ages 7-Adult)

Looking for something new for your child to try? This program is a great introduction to an Olympic sport that has been around for centuries. Participants will learn the basic footwork, hand positioning, and much more. **Note: Fencing is a beginning-level class. Participants signing up for Advanced Fencing must have completed Fencing and have instructor approval. All first-time participants must purchase the basic 5-piece beginner foil set BFS5 at [www.blue-gauntlet.com](http://www.blue-gauntlet.com) or by calling 201-797-3332.**

### DODGEBALL (Grades 5-8) 9-week session

Middle School Dodgeballers unite! We will be holding competitive dodgeball matches with a referee all winter long and cycle through a series of different rule scenarios to keep you on your toes!

Learn about Athletic Performance Training powered by Parisi Speed School on page 35. New! Total Conditioning available for children ages 7-18.

### PEER BUDDIES FOR UNIFIED SPORTS (Ages 12-16)

Looking for a great volunteer opportunity for your child? We are looking for some typical peer buddies (ages 10-16) to play sports with our kids with special needs. If interested in joining this fun program, please contact Director of Special Needs Programming Carolyn Kaufman at 203-920-1656.

### Special Needs Winter Wildcats Basketball

Thursdays, 5:15 - 6:00 pm

### WINTER OLYMPIAN PROGRAM (Grades 5-8)

#### 9-week session

This winter, do you want to experience what it is like to compete in three different Olympic events? The Winter Olympian Program was designed just for that! Over this nine week program you will get unparalleled access to the awesome sports of Curling, the Snowshoe-Archery Biathlon, and Skiing/Snowboarding. For specific information on each sport and to find out the time of each activity contact Luke Mackenzie at [lmackenzie@newcanaanyca.org](mailto:lmackenzie@newcanaanyca.org)

### 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.

### Fencing (Ages 7-Adult)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
TBD (Boys, Beginner/Intermediate)	W. Schwartzstein/Coach Don	12/6-3/7	Tue.	5:00 - 6:00 pm	\$280	12
TBD (Girls, Beginner/Intermediate)	W. Schwartzstein/Coach Don	12/6-3/7	Tue.	4:00 - 5:00 pm	\$280	12
TBD (Teens/Advanced)	W. Schwartzstein/Coach Don	12/6-3/7	Tue.	6:00 - 7:00 pm	\$280	12

### Dodgeball (Grades 5-8) 9-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
TBD	D. Cedela/L. Mackenzie	1/5-3/9	Thu.	4:00 - 5:00 pm	\$25/\$50	12

### Winter Olympian Program (Grades 5-8) 9-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
Varies	D. Cedela/L. Mackenzie	12/6-2/7	Tue.	Varies	\$405/\$455	16

Contact Luke MacKenzie at [lmackenzie@newcanaanyca.org](mailto:lmackenzie@newcanaanyca.org) for specific location & times.

### Girls Volleyball (Grades 5-8) 9-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Grace Farms	W. Schwartzstein/Coach Lee	12/8-3/9	Thu.	6:30 - 7:30 pm	\$135	24

No classes: 12/23-1/1, 2/20-2/25



# YOUTH DEVELOPMENT: YOUTH SPORTS RECREATION

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## Middle School & High School Programs

### Youth Education & Leadership Youth Recreation

#### RED CROSS BABYSITTING CERTIFICATION

**(Ages 11-15) 8-week program**

Enjoy being with kids? Looking to earn extra cash? Take the Red Cross Babysitting Certification course at the YMCA and be the “best of the best.” You’ll learn specific techniques and skills to become certified in First Aid. Parents will feel reassured when they hear that you have earned this certification. If you want to be a confident, fun, and creative babysitter, sign up now! This is an eight-week course. For additional information contact Luke MacKenzie at 203-920-1634 or [lmackenzie@newcanaanymca.org](mailto:lmackenzie@newcanaanymca.org).

#### MIDDLE SCHOOL SKI & BOARD CAMP (Grades 5-8)

See page 10 for details.

#### CHECKMATE CLUB (Grades 5-8)

Do you castle your rook and king advantageously? Can you decipher when to use the Sicilian Defense instead of the French Defense? Have you ever taken a pawn en passant? Do all of these phrases seem completely foreign to you? If you answered yes to any of these questions then the Checkmate Club is for you!

For over 800 years the game of Chess has remained one of the most beloved ways to flex our intellectual muscles. The New Canaan YMCA’s new Checkmate Club aims to provide all chess players, from rookie to Grandmaster, a place to learn about the game, study the intricacies of different techniques, and most importantly play with a pool of likeminded individuals. At the Checkmate Club we will practice the very important rules of Chess etiquette; win humbly, lose graciously, and always show respect for your opponent.

#### MIDDLE SCHOOL MADNESS (Grades 5-8)

Middle schoolers take over the Y! Middle School Madness is offered one Saturday a month (except in December) during the school year. Middle School Madness offers fun, recreation, and great special events for our community’s youth. Activities include special theme nights, D.J. dance parties, live entertainment, swimming, working out in the Wellness Center, game room, and much more!

**Note: Advance registration and ticket sale available online: Save money and avoid waiting in line the night of the event. Contact Luke MacKenzie at 203-920-1634 or [lmackenzie@newcanaanymca.org](mailto:lmackenzie@newcanaanymca.org).**

#### MIDDLE SCHOOL SKI & BOARD CLUB (Grades 5-8)

Would you like to start your weekend off on the slopes? If so, the YMCA’s new Middle School Ski and Snowboard Club is the place for you! We will be taking a bus every Friday to Thunder Ridge Mountain – we leave after school lets out, drive less than an hour to the mountain, shred the snow for three hours, then return in time to finish any homework and get a good night sleep. Private lessons can be set up separately through Thunder Ridge. Rental equipment can be obtained separately at the mountain as well.

For additional information about our Middle School programs, please contact Luke MacKenzie at 203-920-1634 or [lmackenzie@newcanaanymca.org](mailto:lmackenzie@newcanaanymca.org).

#### Red Cross Babysitting Certification (Ages 11-15) 8-week program

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
YMCA	D. Cedela/L. MacKenzie	12/19-2/13	Mon.	3:30 - 4:30 pm	\$87/\$116	12
YMCA	D. Cedela/L. MacKenzie	12/21-2/15	Wed.	3:30 - 4:30 pm	\$87/\$116	12

#### Middle School Madness (Grades 5-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
YMCA	D. Cedela/L. MacKenzie	12/10, 1/28, 2/11, 3/11	Sat.	7:00 - 9:30 pm	\$12/\$15 (\$18 for all at door)	

#### Middle School Ski & Board Club (Grades 5-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
Thunder Ridge	D. Cedela/L. MacKenzie	12/9, 12/16, 1/13, 1/27, 2/3, 2/10, 2/17	Fri.	3:30 - 8:30 pm	\$630/\$680	16

#### Checkmate Club (Grades 5-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
YMCA	D. Cedela/L. MacKenzie	12/5-3/16	Mon.	5:00 - 6:00 pm	\$25/\$50	16

No classes: 12/23-1/1, 2/20-2/25

# YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

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## YSN Social Recreational Programs

The New Canaan YMCA believes that all children are our children regardless of need or ability. It is the goal of our special needs department to ensure that all members can utilize our Y to the greatest extent of their ability.

Our special needs department provides 1:1 assistance allowing members with special needs to participate in traditional programs within our Y, as ability allows. Additionally, the New Canaan YMCA offers specialized social-recreational and wellness programs intended specifically for those with special needs. Our programs are designed for children who require additional direction and support, but do not require intensive behavioral and/or physical intervention. All requests for assistance must be made to **Director of Special Needs Programming Carolyn Kaufman**, ckaufman@newcanaanymca.org or 203-920-1656 one week prior to registering. Support staff is limited and will be provided on a first-come, first-serve basis as we can accommodate. If new to our Y programs, you must first register with our department of special needs and complete an intake process.

### YSN TEEN SCENE (Ages 13-23) 8-week session

Middle school and high school youth: Looking for something fun to do with other teens during the week? How about evenings out on the town and special events at the Y? Teen Scene is an ideal opportunity for teenagers with special needs to partake in social outings and special events with other teenagers and peers.

### YSN Y TUNES (Ages 10+) 8-week session

Get into the music with us as we explore popular tunes, sign language, rhythms, singing and more. This is a hands on class with emphasis on participation and fun. We will be creating our own music, making instruments and enjoying timeless favorites.

### YSN TEEN & ADULT DRAMA GAMES WORKSHOP (Ages 14+)

Join us for this fun drop in workshop where everyone can participate! This class focuses on social interaction, creative expression and group cooperation. Participants will gather first to have dinner together to socialize. Utilizing different games and exercises, individuals will be actively engaged in learning how to pantomime and use gestures to communicate ideas.

### YSN COMMUNITY HELPERS: HOLIDAY SERIES (Ages 12+) 3-week session

Join us for this 3 week program especially for teens and young adults with special needs. Together we will work on a specific holiday community service project. Emphasis will be on team work, community service and the rewards of giving back to the community. Projects will include – Donation Drive for Facing the Future School in Kenya, making holiday cards for Meals on Wheels and an intergenerational activity with the Schoolhouse Apartments. Meeting dates: 12/6, 12/13, 12/20

### YSN TEEN AND ADULT WINTER ART WORKSHOP (Ages 14+)

Designed specifically for young adults with special needs, these drop-in monthly workshops will provide opportunities to explore various art media. This month, we will gather to socialize for dinner first and then participate in a holiday craft.

Our 1:1 aides are made possible through gifts made to our Annual Support Campaign. To make a contribution, contact Kristina Barrett at kbarrett@newcanaanymca.org.

### YSN Teen Scene (Ages 13-23) 8-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Varies	C. Kaufman/YSN Staff	1/12-3/9	Thu.	6:00 - 7:15 pm	\$330	10

### YSN Y-Tunes Music Program (Ages 10+) 8-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
My Playroom	C. Kaufman/H. Dunnigan	1/11-3/8	Wed.	4:45 - 5:30 pm	\$180	8

### YSN Teen & Adult Drama Games Workshop (Ages 14+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Williams Room	C. Kaufman/YSN Staff	1/5	Thu.	6:00 - 7:15 pm	\$20	8

### YSN Community Helpers: Holiday Series (Ages 12+) 3-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Williams Room	C. Kaufman/YSN Staff	12/6, 12/13, 12/20	Tue.	5:15 - 6:00 pm	\$50	8

### YSN Teen and Adult Winter Art Workshop (Ages 14+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Williams Room	C. Kaufman/YSN Staff	12/15	Thu.	6:00 - 7:15 pm	\$20	8

No classes: 12/23-1/1, 2/20-2/25

# YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

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## YSN Fitness Recreational Programs

### YSN TEEN & YOUNG ADULT YOGA (Ages 12+)

Specifically designed for teens with special needs, this class offers a therapeutic, yet fun, approach to yoga.

### YSN YOUTH FITNESS CLASS (Ages 12+)

This program is led by a certified personal trainer and teaches the basic principles of strength, endurance, and muscle conditioning while having fun exercising and socializing with friends. We offer a variety of workout routines in the Wellness Center and Zone.

### YSN WILDCATS BASKETBALL (Ages 10+)

Unified Sports, a registered program with the Special Olympics, combines individuals with special needs and peer buddies on sports teams for practice and friendly games. Players will participate in basketball practice each week in addition to scrimmages and an end-of-the-season Special Olympics tournament at St. Lukes School in New Canaan. **Please note, due to construction practice will be at south school.**

### YSN CARDIO DANCE (Ages 12+) 11-week session

This modern inspired dance program is an exciting way to exercise while having fun learning to dance! Each class will begin with a warm up of freestyle dance and then work on dance routines to music. The class ends with a cool down and a stretch. Its 45 minutes of fun filled movement!

#### YSN Young Adult & Teen Yoga (Ages 12+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Mind-Body Center	C. Kaufman/Wellness Staff	12/6 - 3/7	Tue.	4:15 - 5:00 pm	\$250	8

#### YSN Youth Fitness (Ages 12+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Group Exercise Studio	C. Kaufman/Wellness Staff	12/7 - 3/8	Wed.	4:00 - 4:45 pm	\$165	6

#### YSN WILDCATS BASKETBALL (Ages 10+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
South School	C. Kaufman/W. Schwartzstein	12/8 - 3/9	Thu.	5:00 - 5:45 pm	\$210	8

#### YSN Cardio Dance (Ages 12+) 11-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Mind/Body Studio	C. Kaufman/M. Zupaniotis	12/9-3/10	Fri.	4:15 - 5:00 pm	\$151	8

No Classes: 12/23-1/1, 2/20-2/25



# YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

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## YSN Recreational Programs

### YSN FAMILY EXPLORER BEARS (Ages 4-12)

9-week session

Supervised by caregiver/parent

This program is designed especially for families with young children with special needs to have fun together in the Higgins Gym. Children will be encouraged to play actively and will have to opportunities to interact with their environment, (i.e. - swings, trampolines, bouncy house) explore their senses, and work on core strength, balance and social skills.

### YSN TEEN GYM AND SWIM (Ages 13+)

A great opportunity for YSN teens to socialize and get exercise with their friends in the Higgins Gym followed by free swim. Teens must be able to swim and dress independently. Note: During the renovation the swim portion of class will utilize the Valles (Cold) Pool.



### NEW! THEATERWORKS PROGRAM

Taught by Arts For Healing in New Canaan (Ages 12+)

TheaterWorks is a 12-week program that integrates therapy and education into a fun theater experience for teens and young adults with special needs. Songs, stories, art, scripts and subjects, will be chosen by the group to match their ability and interests. Through singing, acting and creating scenes with props and costumes, participants will develop, exercise and expand their communication and social skills, while enhancing emotional expression. At the end of the program, there will be a performance for parents, siblings, grandparents and friends, showcasing each individual, and allowing them to shine and be celebrated.

### YSN YOUNG ADULT HEALTHY LIVING (Ages 17-25)

Our Healthy Living program includes yoga, zumba, and strength training in the Wellness Center. After our workout, we learn to prepare and enjoy healthy meals and snacks together.



#### YSN Family Explorer Bears (Ages 4-12) 9-week session Supervised by parent/caregivers

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
Higgins Gym	C. Kaufman/YSN Staff	12/10-3/11	Sat.	11:15 - 12:00 pm	\$150/\$187	8
				Sibling Rate	\$42/\$79	

No Classes: 1/21-1/28

#### YSN Teen Gym and Swim (Ages 13+) 9-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Higgins Gym/Valles Pool	C. Kaufman/YSN Staff	12/10-3/11	Sat.	12:30 - 2:00 pm	\$285	8

#### YSN Theater Works Programs (Ages 12+) 12-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
My Playroom	C. Kaufman/Arts for Healing	12/5-3/6	Mon.	4:30 - 6:00 pm	\$170/\$200	8

#### YSN Young Adult Healthy Living (Ages 17-25)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Wellness Center	C. Kaufman/YSN Staff	12/10-3/11	Sat.	2:15 - 3:30 pm	\$155	8

No Classes: 12/23-1/1, 2/20-2/25

# YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

## Bouncing Bears and Beyond: Preschool

Movement is at the very core of how children develop intellectually, emotionally, socially, and of course, physically. Our movement education program, provides children 12 months through 11 years with a safe, fun, kid-oriented environment where we focus on the total well-being of each child. Our gym is full of challenges for growing muscles and minds. Equipment is set up to enhance gross motor skills and effectively utilized to keep kids productive through their entire class. Through themed lessons plans, the students experience a variety of bouncing, tumbling, swinging, balancing, rhythm, and body awareness activities, with gymnastics skills developed along the way. Through our programs, it is our goal to increase each child's physical and creative confidence.

### BOUNCING BEARS AND BEYOND

The program is divided into the following levels:

<b>LITTLE BEARS</b>	12-24 months, with parent
<b>BIG BEARS</b>	24-36 months, with parent
<b>TUMBLE BEARS</b>	3 years old, child only
<b>HOT SHOTS</b>	4-5 years old, child only
<b>DYNAMOS</b>	3-5 years old, child only

### PRESCHOOL COMBO CLASSES

<b>ZUMBABEARS</b>	3-5 years old, child only
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### GRADE SCHOOL

<b>NOVAS 1: BEGINNER - ADVANCED BEGINNER</b>	Ages K-7
<b>NOVAS 2: INTERMEDIATE - ADVANCED</b>	Ages 8+
<b>NINJA KIDS GYMNASTICS</b>	Ages K-7
<b>RHYTHMIC GYMNASTICS</b>	Ages K-7, 8+
<b>ZUMBANASTICS:</b>	Ages K-8



Learn about our youth synchronized swimming program on page 34.

### OPEN GYM (Ages 5 and Under)

Parents are required to stay and supervise play. FREE to any student registered in a Bouncing Bears class. Fee of \$15 per visit for anyone not enrolled in a class. Mon., Wed., Thu. 3:15 - 4:00 pm, Tue. 11:15 am - 12:00 pm, and Sat. 9:45 - 10:30 am. Please note open gym times vary during vacation weeks. For the safety of all, Open Gym is limited to 20 children at one time on a first-come, first-serve basis. Please pick up pass at the front desk.

**Note: Additional Saturday open gyms will be added based on demand.**

### ZUMBA BEARS COMBO CLASSES

#### Child Only (Ages 3-5)

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

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

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

Drop off in the Mind Body Studio/Pick up in the Higgins Gym.

# YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

## Bouncing Bears and Beyond: Gymnastics

Our recreational gymnastics program is designed to be a fun and challenging program that will enhance your child's overall athletic ability. It is a great fit for kids who want to learn gymnastics skills, stay fit, build strength and flexibility but don't want to commit to long hours in the gym or partake in competitions. It is our goal to help each and every gymnast enjoy the sport of gymnastics and discover their potential in a positive and encouraging environment. Please contact Donna Carpenter at 203-920-1639 with any questions.

### **NOVAS 1 (Beginner-Advanced Beginner, Ages K-7)**

This beginner class is a starting point for those ready for a structured format in our recreational gymnastics program. Our instructors will incorporate a fun, caring environment with a learning atmosphere. Our goal is to instill confidence and help children develop basic gymnastic moves that will help them improve involvement in all sports. This class is taught in a progressive method that allows each child to develop at their own rate.

### **NOVAS 2 (Intermediate-Advanced, Ages 8+)**

This group is for older 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.

### **RHYTHMIC GYMNASTICS (Ages K-7, 8+)**

We have partnered with Sporty Princess Gymnastics School to bring the unique sport of Rhythmic Gymnastics to our Y, providing a special experience for young girls to be active, be creative, and build confidence. Nurturing both body and spirit, Rhythmic Gymnastics is a sport combining gymnastics, ballet, and dance with the use of hand-held apparatus, like balls, ribbons, and hoops. Program led by former Ukrainian professional gymnast and bronze medalist, Julia Sanarova.

### **NINJA KIDS GYMNASTICS (Ages K-7, child only)**

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.

### **ADVANCED RHYTHMIC GYMNASTICS**

**Coach invitation only.** This 90 minute class is for students who have taken at least one session of Rhythmic Gymnastics and are ready to commit and progress at a more intense level. All students must have coach approval prior to registering and be able to attend both Rhythmic classes (regular and advanced) per week. Class will include flexibility and elements, with increased apparatus work including competition style routine. Students in this class are eligible to perform at the year-end show in June. Half shoes (special Rhythmic gymnastics shoes) and rope are required. If interested please contact Donna Carpenter at [dcarpenter@newcanaanyca.org](mailto:dcarpenter@newcanaanyca.org) or 203-920-1639.

### **ZUMBANASTICS COMBO CLASS (Ages K-8)**

This 90-minute class features two specialties in one class! ZumbaNastics is a non-competitive way to increase your child's metabolism, boost self-confidence, and increase mental focus while enhancing coordination. Each class features 45 minutes of Zumba and 45 minutes of Gymnastics. It's the perfect combination of fun and fitness!

**Zumba segment:** Designed exclusively for kids to get them motivated and moving! These classes feature rockin', high energy, specially-choreographed, and kid-friendly dance routines set to the 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, balance beam, bars, and tumbletrak.

Note: All classes start in the Mind Body Studio. Pick up is in the Higgins Gym.



# YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

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## Bouncing Bears and Beyond

Due to construction and upcoming completion of the NEW Family Activity Center, the winter session will consist of two mini sessions.

**Session 1:** Higgins Gym, 12/5-1/20

**Session 2:** Family Activity Center, 1/30-3/11

### LITTLE BEARS (12-24 months, with parent)

**Session 1: 12/5-1/20 (Mon-Thu: 6 weeks; Fri: 5 weeks)**

Location	Director/Instructor	Day	Time	Member	Limit
Higgins Gym	D. Carpenter/Staff	Mon.	9:45 - 10:30 am	\$134	12
Higgins Gym	D. Carpenter/Staff	Tue.	9:45 - 10:30 am	\$134	12
Higgins Gym	D. Carpenter/Staff	Wed.	9:45 - 10:30 am	\$134	12
Higgins Gym	D. Carpenter/Staff	Thu.	9:45 - 10:30 am	\$134	12
Higgins Gym	D. Carpenter/Staff	Fri.	10:30 - 11:15 am	\$112	12

**Session 2: 1/30-3/11 (5 weeks)**

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D. Carpenter/Staff	Mon.	9:45 - 10:30 am	\$112	8
Family Activity Center	D. Carpenter/Staff	Tue.	9:45 - 10:30 am	\$112	8
Family Activity Center	D. Carpenter/Staff	Wed.	9:45 - 10:30 am	\$112	8
Family Activity Center	D. Carpenter/Staff	Thu.	9:45 - 10:30 am	\$112	8
Family Activity Center	D. Carpenter/Staff	Fri.	10:30 - 11:15 am	\$112	8

### BIG BEARS (24-36 months with parent)

**Session 1: 12/5-1/20 (Mon-Thu: 6 weeks; Fri: 5 weeks)**

Location	Director/Instructor	Day	Time	Member	Limit
Higgins Gym	D. Carpenter/Staff	Mon.	10:30 - 11:15 am	\$134	12
Higgins Gym	D. Carpenter/Staff	Tue.	10:30 - 11:15 am	\$134	12
Higgins Gym	D. Carpenter/Staff	Wed.	10:30 - 11:15 am	\$134	12
Higgins Gym	D. Carpenter/Staff	Thu.	10:30 - 11:15 am	\$134	12
Higgins Gym	D. Carpenter/Staff	Fri.	9:45 - 10:30 am	\$112	12

**Session 2: 1/30-3/11 (5 weeks)**

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D. Carpenter/Staff	Mon.	9:45 - 10:30 am	\$112	8
Family Activity Center	D. Carpenter/Staff	Tue.	9:45 - 10:30 am	\$112	8
Family Activity Center	D. Carpenter/Staff	Wed.	9:45 - 10:30 am	\$112	8
Family Activity Center	D. Carpenter/Staff	Thu.	9:45 - 10:30 am	\$112	8
Family Activity Center	D. Carpenter/Staff	Fri.	10:30 - 11:15 am	\$112	8

### TUMBLE BEARS (3 years, child only)

**Session 1: 12/5-1/20 (6 weeks)**

Location	Director/Instructor	Day	Time	Member	Limit
Higgins Gym	D. Carpenter/Staff	Mon.	1:45 - 2:30 pm	\$149	8

**Session 2: 1/30-3/11 (5 weeks)**

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D. Carpenter/Staff	Mon.	1:45 - 2:30 pm	\$124	8

No Classes: 12/23-1/1, 1/21-1/29, 2/20-2/25

# YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

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## Bouncing Bears and Beyond

### HOT SHOTS

#### Session 1: 12/5-1/20 (6 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Higgins Gym	D. Carpenter/Staff	Mon.	2:30 - 3:15 pm	\$149	8
Higgins Gym	D. Carpenter/Staff	Wed..	2:30 - 3:15 pm	\$149	8

#### Session 2: 1/30-3/11 (5 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D. Carpenter/Staff	Mon.	2:30 - 3:15 pm	\$124	8
Family Activity Center	D. Carpenter/Staff	Wed.	2:30 - 3:15 pm	\$124	8

### DYNAMOS

#### Session 1: 12/5-1/20 (6 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Higgins Gym	D. Carpenter/Staff	Tue.	2:30 - 3:15 pm	\$149	8
Higgins Gym	D. Carpenter/Staff	Thu..	2:30 - 3:15 pm	\$149	8

#### Session 2: 1/30-3/11 (5 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D. Carpenter/Staff	Tue.	2:30 - 3:15 pm	\$124	8
Family Activity Center	D. Carpenter/Staff	Thu.	2:30 - 3:15 pm	\$124	8

### ZUMBABEARS COMBO

#### Session 1: 12/5-1/20 (6 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Higgins Gym	D. Carpenter/K.Harshbarger	Tue.	2:45 - 3:45 pm	\$162	8

#### Session 2: 1/30-3/11 (5 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D. Carpenter/K.Harshbarger	Tue.	2:45 - 3:45 pm	\$135	8

### NOVAS 1

#### Session 1: 12/5-1/20 (6 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Higgins Gym	D. Carpenter/Staff	Tue.	4:00 - 4:45 pm	\$162	12
Higgins Gym	D. Carpenter/Staff	Wed.	4:00 - 4:45 pm	\$162	12

#### Session 2: 1/30-3/11 (5 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D. Carpenter/Staff	Tue.	4:00 - 4:45 pm	\$135	8
Family Activity Center	D. Carpenter/Staff	Wed.	4:00 - 4:45 pm	\$135	8

### NOVAS 2

#### Session 1: 12/5-1/20 (6 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Higgins Gym	D. Carpenter/Staff	Mon.	4:00 - 4:45 pm	\$162	12

#### Session 2: 1/30-3/11 (5 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D. Carpenter/K.Harshbarger	Tue.	4:00 - 4:45 pm	\$135	8



# YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

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## Bouncing Bears and Beyond

Due to construction and upcoming completion of the NEW Family Activity Center, the winter session will consist of two mini sessions.

**Session 1:** Higgins Gym, 12/5-1/20

**Session 2:** Family Activity Center, 1/30-3/11

### NINJA KIDS

#### Session 1: 12/5-1/20 (6 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Higgins	D.Carpenter/Staff	Mon.	4:00 - 4:45 pm	\$162	8
Higgins	D.Carpenter/Staff	Thu.	4:00 - 4:45 pm	\$162	8

#### Session 2: 1/30-3/11 (5 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D.Carpenter/Staff	Mon.	4:00 - 4:45 pm	\$135	8
Family Activity Center	D.Carpenter/Staff	Thu.	4:00 - 4:45 pm	\$135	8

### RHYTHMIC GYMNASTICS

#### Session 1: 12/5-1/20 (Mon-Thu: 6 weeks; Fri: 5 weeks)

Location	Director/Instructor	Day	Time	Member/Non-Member	Limit
Higgins (Ages K-7 yr)	D.Carpenter/J. Sanarova	Fri.	4:30 - 5:30 pm	\$135/\$165	8
Higgins (Ages 8+)	D.Carpenter/J. Sanarova	Fri.	5:30 - 6:30 pm	\$135/\$165	8
Higgins (Advanced)	D.Carpenter/J. Sanarova	Mon.	5:30 - 7:00 pm	\$197/\$227	6

#### Session 2: 1/30-3/11 (5 weeks)

Location	Director/Instructor	Day	Time	Member/Non-Member	Limit
Family Activity Center (Ages K-7 yr)	D.Carpenter/J. Sanarova	Fri.	4:30 - 5:30 pm	\$135/\$165	8
Family Activity Center (Ages 8+)	D.Carpenter/J. Sanarova	Fri.	5:30 - 6:30 pm	\$135/\$165	8
Family Activity Center (Advanced)	D.Carpenter/J. Sanarova	Mon.	5:30 - 7:00 pm	\$164/\$194	6

### ZUMBANASTICS

#### Session 1: 12/5-1/20 (6 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Higgins	D.Carpenter/K.Harshbarger	Wed.	4:00 - 5:30 pm	\$191	8

#### Session 2: 1/30-3/11 (5 weeks)

Location	Director/Instructor	Day	Time	Member	Limit
Family Activity Center	D.Carpenter/K.Harshbarger	Wed.	4:00 - 5:30 pm	\$159	8

No Classes: 12/23-1/1, 1/21-1/29, 2/20-2/25

# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

nurturing the potential of every child and teen

## 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.

**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.

**VALLES DEEP WATER WELL:** This space is open to adults during Adult Lap Time only. It is used primarily for deep water walking and overflow from lap lanes. Lane lines will be put in by the lifeguard upon member request.

**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). FAMILY SWIM WILL BE HELD IN LANES 5 AND 6 ONLY. 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 in lanes 5 and 6.

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.

**PARENT/CHILD CLASSES** During our renovation, classes will be offered through our Y at Dolce Conference Center in Norwalk. Registration may be completed at the front desk or online.

**PRESCHOOL CLASSES** During our renovation, classes will be offered through our Y at Dolce Conference Center in Norwalk. Registration may be completed at the front desk or online.

**GROUP EXERCISE CLASSES** During our renovation, classes will be moved to the Valles Pool, and we will be offering additional land classes with similar benefits. We will be offering Arthritis Swim with our instructors at the Darien Y.

**PRIVATE LESSONS** During our renovation, lessons will be offered at Dolce Conference Center in Norwalk. To register, please contact Kim Rojas at [krojas@newcanaanymca.org](mailto:krojas@newcanaanymca.org).

**SCHOOL-AGE AQUATICS CLUB** is a swim program for children, and will be offered at Dolce Conference Center in Norwalk. It is a non-competitive program that is designed to be instructional.

**SCHOOL-AGE PRE-CAIMANS** is a swim program that is held in the Valles Pool. It is a stroke developmental class designed to prepare children for the Caimans swim team. Pre-Caimans is a three day per week commitment.

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 week of the session. After week one, there will be no changes or moving of participants.

#### ONE-ON-ONE SWIM LESSONS

Private one on one swim lessons are available. Please contact Kim Rojas, Assistant Aquatics Director at [krojas@newcanaanymca.org](mailto:krojas@newcanaanymca.org) for further details.

# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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## Swim Lessons: Parent/Child: 6-36 Months

The New Canaan YMCA Aquatics program offers a fun, safe, and enjoyable experience for parents and young children. Under the direction of trained and certified staff, your child will participate in a combination of water-adjustment skills, songs, and games geared for their age group and swim level. Y-Swim Lessons for preschoolers are divided into two-groups: 6-36 month olds with parent, and 3-5 year olds independent with an instructor.

Swim lesson policies: Page 24



### SESSION DATES:

Session 1: 12/5-1/21

Session 2: 1/23-3/11

**Shrimp/Kipper/Inia** - Children between the ages of 6-18 months. Children can control head and sit with or without support of hands.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Mon.	10:30 - 11:00 am	\$125	6
Dolce	J. Rojas/Staff	Thu.	10:30 - 11:30 am	\$125	6
Dolce	J. Rojas/Staff	Sat.*	10:00 - 10:30 am	\$104/\$125	6

**Perch 1 & 2** - Children between the ages of 19-36 months. Child can run, jump, and is beginning to speak using words and phrases.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Mon.	10:00 - 10:30 am	\$125	6
Dolce	J. Rojas/Staff	Tue.	10:30 - 11:00 am	\$125	6
Dolce	J. Rojas/Staff	Wed.	10:30 - 11:00 am	\$125	6
Dolce	J. Rojas/Staff	Sat.*	9:30 - 10:00 pm	\$104/\$125	6

**Perch 2 Plus** - Child should be at least 33 months old. This is a parent/child class for children who have completed the Perch 2 level and who are able to progress to this advanced class at the instructor's recommendation. This is a bridge class to the preschooler levels for children who do not meet the age requirement but are ready for more of a challenge. Child must be at least 32 months at start of session. Parent participation in the water and instructor's recommendation are required for this class.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Wed.	9:30 - 10:00 am	\$125	5
Dolce	J. Rojas/Staff	Sat.*	11:00 - 11:30 am	\$104/\$125	5

\*Prorated for session 1 as there will be only 5 classes

No classes: 12/23-1/1, 2/20-2/25

### 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 yrs 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.

# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

nurturing the potential of every child and teen

## Swim Lessons: 3-5 Years old

### SESSION DATES:

**Session 1:** 12/5-1/21

**Session 2:** 1/23-3/11

### CHILD-ONLY CLASS EMPHASIZING SKILL DEVELOPMENT

**Pike 1 POWERPACK** - Child cannot swim independently. Apprehensive/first-time experience. Basic swimming and water safety skills are begun.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Mon.	10:30 - 11:00 am	\$222	3
Dolce	J. Rojas/Staff	Mon.	3:30 - 4:00 pm	\$222	3
Dolce	J. Rojas/Staff	Tue.	10:30 - 11:00 am	\$222	3
Dolce	J. Rojas/Staff	Tue.	5:00 - 5:30 pm	\$222	3
Dolce	J. Rojas/Staff	Thu.	10:30 - 11:00 am	\$222	3
Dolce	J. Rojas/Staff	Fri.*	3:30 - 4:00 pm	\$185/\$222	3
Dolce	J. Rojas/Staff	Sat.*	10:00 - 10:30 am	\$185/\$222	3
Dolce	J. Rojas/Staff	Sat.*	11:00 - 11:30 am	\$185/\$222	3

**Pike 2 POWERPACK** - Child can swim independently with back float, is not apprehensive, and may be trying to paddle stroke. Basic swimming without flotation and water safety skills are the focus.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Mon.	3:30 - 4:00 pm	\$222	3
Dolce	J. Rojas/Staff	Mon.	4:00 - 4:30 pm	\$222	3
Dolce	J. Rojas/Staff	Tue.	10:00 - 10:30 am	\$222	3
Dolce	J. Rojas/Staff	Tue.	4:00 - 4:30 pm	\$222	3
Dolce	J. Rojas/Staff	Wed.	10:30 - 11:00 am	\$222	3
Dolce	J. Rojas/Staff	Wed.	3:00 - 3:30 pm	\$222	3
Dolce	J. Rojas/Staff	Wed.	4:00 - 4:30 pm	\$222	3
Dolce	J. Rojas/Staff	Thu.	4:00 - 4:30 pm	\$222	3
Dolce	J. Rojas/Staff	Fri.*	3:00 - 3:30 pm	\$185/\$222	3
Dolce	J. Rojas/Staff	Sat.*	10:00 - 10:30 am	\$185/\$222	3
Dolce	J. Rojas/Staff	Sat.*	11:30 am - 12:00 pm	\$185/\$222	3

\*Prorated for session 1 as there will be only 5 classes

No classes: 12/23-1/1, 2/20-2/25

# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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## Swim Lessons: 3-5 Years old

The New Canaan YMCA Aquatics program offers a fun, safe, and enjoyable experience for parents and young children. Under the direction of trained and certified staff, your child will participate in a combination of water-adjustment skills, songs, and games geared for their age group and swim level. Y-Swim Lessons for preschoolers are divided into two-groups: 6-36 month olds with parent, and 3-5 year olds independent with an instructor.



### SESSION DATES:

**Session 1:** 12/5-1/21

**Session 2:** 1/23-3/11

**Eel POWERPACK** - Child can swim independently at least five feet on their front and back in a horizontal position. Emphasis at this level is putting face in the water, so child should be comfortable submerging underwater. This class also concentrates on back floating independently and kicking on back while finning. Dives and diving safety are introduced.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Mon.	10:00 - 10:30 am	\$222	3
Dolce	J. Rojas/Staff	Mon.	5:00 - 5:30 pm	\$222	3
Dolce	J. Rojas/Staff	Mon.	4:00 - 4:30 pm	\$222	3
Dolce	J. Rojas/Staff	Tue.	4:00 - 4:30 pm	\$222	3
Dolce	J. Rojas/Staff	Wed.	3:30 - 4:00 pm	\$222	3
Dolce	J. Rojas/Staff	Thu.	10:00 - 10:30 am	\$222	3
Dolce	J. Rojas/Staff	Thu.	4:30 - 5:00 pm	\$222	3
Dolce	J. Rojas/Staff	Fri.*	4:30 - 5:00 pm	\$185/\$222	3
Dolce	J. Rojas/Staff	Sat.*	9:50 - 10:20 am	\$185/\$222	3
Dolce	J. Rojas/Staff	Sat.*	10:40 - 11:10 am	\$185/\$222	3

**Ray/Starfish POWERPACK** - Child can swim 20 feet in prone position with face in the water, is able to begin over arm recovery while swimming front crawl, and back floats independently. Rotary breathing is introduced and emphasized. Continued challenge in diving, elementary backstroke, and survival skills are begun in this level.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Mon.	4:30 - 5:00 pm	\$222	3
Dolce	J. Rojas/Staff	Tue.	3:30 - 4:00 pm	\$222	3
Dolce	J. Rojas/Staff	Wed.	5:00 - 5:30 pm	\$222	3
Dolce	J. Rojas/Staff	Fri.*	4:00 - 4:30 pm	\$185/\$222	3

\*Prorated for session 1 as there will be only 5 classes

No classes: 12/23-1/1, 2/20-2/25

# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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## Swim Lessons: Grades K and Up

### CHILD-ONLY CLASSES EMPHASIZING SKILL DEVELOPMENT

Classes are taught using YMCA of the USA National Aquatics Program guidelines and focus on personal safety, stroke development, water sports and games, personal growth, and rescue. Required Membership: Youth or Family.



#### SESSION DATES:

Session 1: 12/5-1/21

Session 2: 1/23-3/11

**Pollywog 1 POWERPACK** - Powerpack lessons are smaller classes of only three participants. These classes are concentrated like our one-on-one lessons, but still have the group/peer environment.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Tue.	5:00 - 5:45 pm	\$222	3
Dolce	J. Rojas/Staff	Thu.	4:30 - 5:15 pm	\$222	3

**Pollywog 2 POWERPACK** - Beginning to swim independently and comfortable in the water. Front and back glides introduced. Concentration is on endurance and strength to accomplish 25 yds. on front and back. Rhythmic breathing is introduced.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Mon.	5:15 - 6:00 pm	\$222	3
Dolce	J. Rojas/Staff	Tue.	3:45 - 4:30 pm	\$222	3
Dolce	J. Rojas/Staff	Tue.	5:15 - 6:00 pm	\$222	3
Dolce	J. Rojas/Staff	Wed.	4:30 - 5:15 pm	\$222	3
Dolce	J. Rojas/Staff	Wed.	5:15 - 6:00 pm	\$222	3
Dolce	J. Rojas/Staff	Thu.	5:15 - 6:00 pm	\$222	3
Dolce	J. Rojas/Staff	Sat.*	9:00 - 9:45 am	\$185/\$222	3
Dolce	J. Rojas/Staff	Sat.*	11:15 - 12:00 pm	\$185/\$222	3

**Guppy POWERPACK** - Beginning front crawl with overarm recovery. Child is able to swim 25 yds. on front and back in a horizontal position. Concentration is on rotary breathing and backstroke. Symmetrical arms introduced.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Mon.	4:30 - 5:15 pm	\$222	3
Dolce	J. Rojas/Staff	Tue.	4:30 - 5:15 pm	\$222	3
Dolce	J. Rojas/Staff	Wed.	5:15 - 6:00 pm	\$222	3
Dolce	J. Rojas/Staff	Thu.	4:30 - 5:15 pm	\$222	3
Dolce	J. Rojas/Staff	Thu.	5:15 - 6:00 pm	\$222	3
Dolce	J. Rojas/Staff	Fri.*	5:15 - 6:00 pm	\$185/\$222	3
Dolce	J. Rojas/Staff	Sat.*	9:00 - 9:45 am	\$185/\$222	3

\*Prorated for session 1 as there will be only 5 classes

No classes: 12/23-1/1, 2/20-2/25

# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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## Swim Lessons: Grades K and Up

### SESSION DATES:

**Session 1:** 12/5-1/21

**Session 2:** 1/23-3/11

**Minnow POWERPACK** - Concentration on front crawl with coordinated overarm recovery and rotary breathing. Can swim front crawl and backstroke 25 yards without stopping. Symmetrical strokes are introduced.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Mon.	5:15 - 6:00 pm	\$222	3
Dolce	J. Rojas/Staff	Tue.	5:15 - 6:00 pm	\$222	3
Dolce	J. Rojas/Staff	Wed.	4:00 - 4:45 pm	\$222	3
Dolce	J. Rojas/Staff	Thu.	3:45 - 4:30 pm	\$222	3
Dolce	J. Rojas/Staff	Thu.	4:30 - 5:15 pm	\$222	3
Dolce	J. Rojas/Staff	Fri.*	4:30 - 5:15 pm	\$185/\$222	3
Dolce	J. Rojas/Staff	Sat.*	9:00 - 9:45 am	\$185/\$222	3

**Youth Aquatics Club** - Youth Aquatics Club: This club is for swimmers fish level and up. Swimmers work on stroke mechanics and endurance. Team building, lifesaving skills, and some aquatic sports will be introduced as well. Must know four major strokes.

Location	Director/Instructor	Day	Time	Member	Limit
Dolce	J. Rojas/Staff	Tue.	4:30 - 5:15 pm	\$112	6
Dolce	J. Rojas/Staff	Thu.	4:30 - 5:15 pm	\$112	6
Dolce	J. Rojas/Staff	Sat.*	12:00 - 12:45 pm	\$93/\$112	6
Dolce	J. Rojas/Staff	Sat.*	12:00 - 12:45 pm	\$93/\$112	6

\*Prorated for session 1 as there will be only 5 classes



## DOLCE NORWALK

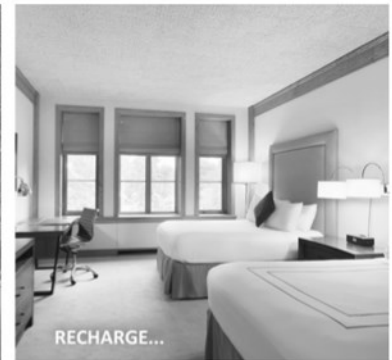
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# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

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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](mailto:slancey@newcanaanymca.org).

Learn more about our program online at [www.newcanaanymca.org/caimans](http://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

nurturing the potential of every child and teen

## Caimans Swim Team

### PRE-CAIMANS

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Valles Pool (Ages 6-10)	S. Lancey/Staff	12/5-3/11	Mon. & Wed. Sat.	5:00 - 5:45 pm 11:00 am - 12:00pm	\$585	24
Valles Pool (Ages 11-14)	S. Lancey/Staff	12/6-3/11	Tue. & Thu Sat.	3:15 - 4:00pm 11:00 am - 12:00pm	\$585	15

No Classes: 12/23-1/1, 2/20-2/25



# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

## Whirlwind Diving Team

### YMCA NATIONAL DIVING CHAMPIONS 2016

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.

#### TEAM HIGHLIGHTS 2015-2016

- Five High School All-Americans
- 2016 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 Championships
- USA Diving Zone Championships
- USA Diving National Championships
- YMCA National Championship
- AAU Red White and Blue National Championship

The coaching staff will determine readiness for each competition.



# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

## Whirlwind Diving Team

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

### DEVELOPMENT ONE

#### 3-Month Sessions

This group is designed for both the beginner with no background in the sport of diving, and perfect for the diver who has a limited skill set. Participants will not attend meets.

**Commitment:** 2 days a week for 1 hour

### DEVELOPMENT TWO (Invitation Only)

#### 3 Month Session

This group is designed for divers who have mastered the skills in Development One. The diver will need an evaluation from the coaching staff if they were not enrolled in Development One for the Fall Session.

**Commitment:** 2 days a week for 1 hour

### TRI-STATE LEAGUE TEAM

#### 3 Month Sessions

Perfect for divers with limited list of dives and who want to compete in dual meets. This level prepares athletes for competitions in a less stressful environment. Athletes will not be required to travel out of the tri-state area. Participants will need to know how to perform front dive, back dive, inward dive, front or back somersault. Athletes must also have no fear of learning dives from the three-meter board.

\$100 Fee (To cover membership for the league and competitions) is due at REGISTRATION.

**Commitment:** 2 or 3 days a week for 1 ½ hours

### JO TEAM (Invitation Only)

Athletes must have a JO list of dives in order to be in this group. This group is designed for participants who need a more exclusive practice setting. Athletes in this level will travel out of state for competitions: invitationals, regionals, east nationals, YMCA nationals, and JO summer nationals.

**Dates:** September–August

**Commitment:** Varies by JO level



# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

## Synchronized Swimming

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 levels is offered to those who qualify.

### SYNCHRO PRE-TEAM

This full year program teaches synchro skills in a non-competitive environment. Working together from September to June allows the children to learn teamwork and build friendships. The athletes will spend the fall learning basic synchronized swimming skills, and the spring combining them into a routine to perform in the NC YMCA Aquianas' end of the year watershow. Both beginners and individuals with some synchro class experience will enjoy this program.

**Practice Commitment:** 2 days per week

**Prerequisites:** For strong swimmers as practice will be in the deep well.



### SYNCHRO STARS TEAM

An entry-level team that introduces the competitive synchronized swimming program to swimmers who have advanced through pre-team or synchro camp. This team will focus on skill development for intermediate competition, including compulsory figures, extension, flexibility, and routine elements. Routines will be offered in solo, duet, trio, and team. Competitive opportunities are available for those who qualify.

**Practice Commitment:** Three days per week.

"My husband and I feel so grateful that our daughter has become a part of the synchronized swimming team. Respect, independence, team work, and consideration of others have been shared with my daughter. The building of positive self-esteem that is encouraged to each of these girls is just priceless. The coaches are the MOST caring, thoughtful, driven, kind women that I have ever met. Their tireless and complete effort to this team truly amazes me. I am a proud mother of a 13-year old Aquiana."

- Synchronized Swimming Parent

#### Synchro Pre-Team

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Valles Pool	J. Muzyk/V. Jolibois	12/5-6/12	Mon.	4:00 - 5:30 pm	\$893	12
Valles Pool			Fri.	4:00 - 5:30 pm		

#### Synchro Stars Team (Ages 10/under)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Valles Pool	J. Muzyk/V. Jolibois	12/5-6/12	Mon.	5:30 - 8:00 pm	\$1,428	12
Valles Pool			Wed.	4:00 - 6:30 pm		
Valles Pool			Sat.	9:00 - 11:30 am		

#### Synchro Stars Team (Ages 11-12)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Valles Pool	J. Muzyk/V. Jolibois	12/5-6/12	Mon.	5:30 - 8:00 pm	\$1,428	10
Valles Pool			Wed.	6:00 - 8:30 pm		
Valles Pool			Sat.	9:00 - 11:30 am		

#### Synchro Stars Team (Ages 13/over)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Valles Pool	J. Muzyk/V. Jolibois	12/5-6/12	Mon.	5:30 - 8:00 pm	\$1,428	10
Valles Pool			Wed.	6:00 - 8:30 pm		
Valles Pool			Sat.	9:00 - 11:30 am		

# HEALTHY LIVING: YOUTH WELLNESS

nurturing the potential of every child and teen

## Youth Wellness

### YOUTH STRENGTH TRAINING

**(F.I.T. Class, Ages 12-14)**

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.

FREE with Family Membership!



### 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	12/5-12/21	Mon. & Wed.	4:00 - 5:00 pm	\$84	12
Wellness Center	M. Spellman/Staff	12/6-12/22	Tue. & Thu.	2:15 - 3:15 pm	\$84	12
Wellness Center	M. Spellman/Staff	1/9-1/25	Mon. & Wed.	4:00 - 5:00 pm	\$84	12
Wellness Center	M. Spellman/Staff	1/10-1/26	Tue. & Thu.	2:15 - 3:15 pm	\$84	12
Wellness Center	M. Spellman/Staff	1/30-2/15	Mon. & Wed.	4:00 - 5:00 pm	\$84	12
Wellness Center	M. Spellman/Staff	1/31-2/16	1Tue. & Thu.	2:15 - 3:15 pm	\$84	12

No classes: 12/23-1/1, 2/20-2/25

### 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 (Ages 7-18)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Family	Limit
The Zone (Ages 7+)	M. Spellman/Staff	12/5-1/18	Mon. & Wed.	4:30 pm	\$150/\$225	20
The Zone (Ages 12+)	M. Spellman/Staff	12/6-1/19	Tue. & Thu.	2:30 pm	\$150/\$225	20
The Zone (Ages 7+)	M. Spellman/Staff	1/23-3/8	Mon. & Wed.	4:30 pm	\$150/\$225	20
The Zone (Ages 12+)	M. Spellman/Staff	1/24-3/9	Tue. & Thu.	2:30 pm	\$150/\$225	20

No classes: 12/23-1/1, 2/20-2/25

# HEALTHY LIVING: YOUTH WELLNESS

nurturing the potential of every child and teen

## 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: 12-18)

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@newcanaanyymca.org](mailto:mspellman@newcanaanyymca.org) for more information about these specialized programs.

### 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

In order to participate in Jump Start and Total Performance, children must have an evaluation. Evaluations will be held on an ongoing basis and must be scheduled by contacting Mark Spellman at [mspellman@newcanaanyymca.org](mailto:mspellman@newcanaanyymca.org) or 203-920-1627. Evaluations are held on an ongoing basis. A fee of \$25 will be charge for an evaluation.

### Total Conditioning (Ages 7-18)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
The Zone	M. Spellman/Staff	12/5-1/18	Mon. & Wed.	4:30 pm	\$150/\$225	20
The Zone	M. Spellman/Staff	12/6-1/19	Tue. & Thu.	2:30 pm	\$150/\$225	20
The Zone	M. Spellman/Staff	12/23-3/8	Mon. & Wed.	4:30 pm	\$150/\$225	20
The Zone	M. Spellman/Staff	1/24-3/9	Tue. & Thu.	2:30 pm	\$150/\$225	20

### Jump Start\* (Ages 7-11)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
The Zone	M. Spellman/Staff	12/5-1/18	Mon. & Wed.	2:30 pm	\$180/\$255	8
The Zone	M. Spellman/Staff	12/5-1/18	Mon. & Wed.	3:30 pm	\$180/\$255	8
The Zone	M. Spellman/Staff	12/6-1/19	Tue. & Thu.	3:30 pm	\$180/\$255	8
The Zone	M. Spellman/Staff	12/6-1/19	Tue. & Thu.	4:30 pm	\$180/\$255	8
The Zone	M. Spellman/Staff	12/9-1/20	Fri.	3:30 pm	\$90/\$165	8
The Zone	M. Spellman/Staff	12/9-1/20	Fri.	4:30 pm	\$90/\$165	8
The Zone	M. Spellman/Staff	12/10-1/21	Sat.	8:30 am	\$90/\$165	8
The Zone	M. Spellman/Staff	12/10-1/21	Sat.	9:30 am	\$90/\$165	8

No Classes: 12/23-1/1, 2/20-2/25

# HEALTHY LIVING: YOUTH WELLNESS

nurturing the potential of every child and teen

## Parisi Speed School

### Jump Start\* (Ages 7-11)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
The Zone	M. Spellman/Staff	1/23-3/8	Mon. & Wed.	2:30 pm	\$180/\$255	8
The Zone	M. Spellman/Staff	1/23-3/8	Mon. & Wed.	3:30 pm	\$180/\$255	8
The Zone	M. Spellman/Staff	1/24-3/9	Tue. & Thu.	3:30 pm	\$180/\$255	8
The Zone	M. Spellman/Staff	1/24-3/9	Tue. & Thu.	4:30 pm	\$180/\$255	8
The Zone	M. Spellman/Staff	1/27-3/10	Fri.	3:30 pm	\$90/\$165	8
The Zone	M. Spellman/Staff	1/27-3/10	Fri.	4:30 pm	\$90/\$165	8
The Zone	M. Spellman/Staff	1/28-3/11	Sat.	8:30 am	\$90/\$165	8
The Zone	M. Spellman/Staff	1/28-3/11	Sat.	9:30 am	\$90/\$165	8

### Total Performance\* (Ages 11-18)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
The Zone	M. Spellman/Staff	12/5-1/19	Mon.-Thu.	3:30 pm	\$280/\$355**	8
The Zone	M. Spellman/Staff	12/5-1/19	Mon.-Thu.	4:30 pm	\$280/\$355**	8
The Zone	M. Spellman/Staff	1/23-3/9	Mon.-Thu.	3:30 pm	\$280/\$355**	8
The Zone	M. Spellman/Staff	1/23-3/9	Mon.-Thu.	4:30 pm	\$280/\$355**	8

### Total Performance - Bonus Speed Training\*\* (Ages 11-18)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
The Zone	M. Spellman/Staff	12/9-1/20	Fri.	3:30 pm	\$120/\$195	8
The Zone	M. Spellman/Staff	12/10-1/21	Sat.	8:30 am	\$120/\$195	8
The Zone	M. Spellman/Staff	1/27-3/10	Fri.	4:30 pm	\$140/\$215	4
The Zone	M. Spellman/Staff	1/28-3/11	Sat.	8:30 am	\$120/\$195	8

### Total Performance - Bonus Strength Training\*\* (Ages 11-18)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
The Zone	M. Spellman/Staff	12/9-1/20	Fri.	4:30 pm	\$140/\$215	4
The Zone	M. Spellman/Staff	12/10-1/21	Sat.	9:30 am	\$140/\$215	4
The Zone	M. Spellman/Staff	1/27-3/10	Fri.	4:30 pm	\$140/\$215	4
The Zone	M. Spellman/Staff	1/28-3/11	Sat.	9:30 am	\$140/\$215	4

Classes: 12/23-1/1, 2/20-2/25

\*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@newcanaanyymca.org](mailto:mspellman@newcanaanyymca.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.



# HEALTHY LIVING: FAMILY TIME

improving the nation's health and well-being

## 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 2016-2017 PROGRAM

	Y Members	Non-members
1st Child	\$90	\$170
Additional Child	\$74	\$155
Dad	Free	\$80

Limit: 20 families per tribe.

### OUTING INFORMATION

#### Winter (Camp Jewell, Colebrook, CT)

Princess: 1/7-1/9

Guide: 1/20-1/22

#### Spring (Frost Valley, Claryville, NY)

Guide & Princess: 4/21-4/23



### 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.

**"I can tell you that Y Guides and Princesses has been terrific. It is such a great opportunity to spend time with my kids in nature and with other kids/dads. The outings allow us to participate in awesome outdoor activities that tend not to happen in our busy lives. It is great for dads too. I know of no other activity that has just dads and kids like this. I have made some great friendships over the years"**

– Jason, Adventure Guides Dad



# HEALTHY LIVING: ADULT HEALTH, WELL-BEING, & FITNESS

improving the nation's health and well-being

## 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 38). 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, 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](http://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".**

### INDOORWALKING GROUP ELLIPTICAL CLASSES

Indoorwalking group elliptical cardio classes are extremely low impact and very high calorie burning. It is a 45-minute total body workout using an elliptical machine specifically designed for group fitness. The class is choreographed by energetic instructors with motivating music, and similar to Spinning, can be adjusted based on ability.

### 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.



# HEALTHY LIVING: ADULT HEALTH, WELL-BEING, & FITNESS

improving the nation's health and well-being

## 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.

**Director: Mark Spellman**



### SMALL GROUP TRAINING: FIT-TRAXX

Receive the attention, motivation, and expertise of one of our Personal Trainers in a small group training setting. FIT-traxx is our four-week, small group training option for those looking for the benefits of a personal trainer in a small group setting and at a lower cost. See page 41 for additional details.

#### 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 41 for session times and fees.

# HEALTHY LIVING: ADULT HEALTH, WELL-BEING, & FITNESS

improving the nation's health and well-being

## Personal Training: FIT-traxx

The New Canaan YMCA is proud to be the first in the area to offer 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!

### FIT-TRAXX DEMOS

Week of 1/2-1/6

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. Learn more at our complimentary demo sessions held prior to every 4 week session. More information available at [www.newcanaanymca.org/FIT-traxx](http://www.newcanaanymca.org/FIT-traxx).

### FIT-traxx

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
The Zone	M. Spellman/Mel	12/5-12/21	Mon. & Wed.	6:00 am	\$126/\$186	10
The Zone	M. Spellman/Mel	12/5-12/21	Mon. & Wed.	9:45 am	\$126/\$186	10
The Zone	M. Spellman/Mel	12/6-12/22	Tue. & Thu.	10:30 am	\$126/\$186	10
The Zone	M. Spellman/Deb H.	12/6-12/22	Tue. & Thu.	12:15 pm	\$126/\$186	10
The Zone	M. Spellman/Mel	12/9-12/23	Fri.	6:00 am	\$63/\$93	10
The Zone	M. Spellman/Mel	12/9-12/23	Fri.	9:45 am	\$63/\$93	10
The Zone	M. Spellman/Mel	1/9-2/15*	Mon. & Wed.	6:00 am	\$249/\$369	10
The Zone	M. Spellman/Mel	1/9-2/15*	Mon. & Wed.	9:45 am	\$249/\$369	10
The Zone	M. Spellman/Mel	1/10-2/16*	Tue. & Thu.	10:30 am	\$249/\$369	10
The Zone	M. Spellman/Deb H.	1/10-2/16*	Tue. & Thu.	12:15 pm	\$249/\$369	10
The Zone	M. Spellman/Mel	1/13-2/17*	Fri.	6:00 am	\$125/\$185	10
The Zone	M. Spellman/Mel	1/13-2/17*	Fri.	9:45 am	\$125/\$185	10

\*Special 6-week "New Year, New You" Fitraxx offering

# HEALTHY LIVING: ADULT HEALTH, WELL-BEING, & FITNESS

improving the nation's health and well-being

## TRX® Suspension® Training

### WHAT IS TRX® ZONE?

Now a free offering to 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.

Look for TRX Zone offered as part of the drop in Zone schedule.



### MASSAGE THERAPY

Relax After a Good Workout or Busy Week with a Massage at our Y.

	Y member	Non-member
30 min.	\$60	\$110
45 min.	\$65	\$115
60 min.	\$75	\$125

#### Female clients

Kerry Ford (flexible schedule) at 203-247-3078

Massages may be purchased at the Front Desk and your receipt presented to the therapist at the time of your massage.

# HEALTHY LIVING: ADULT HEALTH, WELL-BEING, & FITNESS

improving the nation's health and well-being

## Adult Pilates Apparatus Classes

### PILATES APPARATUS CLASSES

Pilates apparatus exercise is a versatile, accessible movement system for everyone, and anyone from beginner to advanced will enhance their mind-body connection with their core muscles to work better and faster to change the body. Last but not least, working on the equipment is fun!

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

**Instructors:** Madelaine Hane, Jeannene McMurphy, and Karen Jordan

### PILATES APPARATUS DEMOS:

Days/times will be listed in the sign-up binder at the Front Desk.

### SMALL GROUP PILATES APPARATUS CLASSES

**Winter Session 1: 12/5-1/20**

**Winter Session 2: 1/23-3/10**

Location	Director/Instructor	Day	Time	Member/Non-member	Limit
Mind Body Rm	B. Philipp/Madelaine	Mon	9:00 am	\$186	4
Mind Body Rm	B. Philipp/Madelaine	Mon	10:00 am	\$186	4
Mind Body Rm	B. Philipp/Madelaine	Mon	5:00 pm	\$186	4
Mind Body Rm	B. Philipp/Madelaine	Mon	7:00 pm	\$186	4
Mind Body Rm	B. Philipp/Madelaine	Wed	9:00 am	\$186	4
Mind Body Rm	B. Philipp/Madelaine	Wed	11:00 am	\$186	4
Mind Body Rm	B. Philipp/Madelaine	Wed	5:00 pm	\$186	4
Mind Body Rm	B. Philipp/Madelaine	Fri	9:00 am	\$186	4
Mind Body Rm	B. Philipp/Madelaine	Fri	10:00 am	\$186	4
Mind Body Rm	B. Philipp/Madelaine	Fri	11:00 am	\$186	4

To sign up for a group class, fill out the green class registration form and waiver. Forms will be available online or at the YMCA; return your form starting on the first day of registration. You will be placed in a class on a first-come, first-served basis. Every effort will be made to place you according to level. After the start of session 1 all class registration can be done online or at the front desk. Class days and times to be found online.

### 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
<b>Packages</b>		
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.

# HEALTHY LIVING: ADULT HEALTH, WELL-BEING, & FITNESS

improving the nation's health and well-being

## 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 advanced sign-up.

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

### CHAIR FITNESS

Chair Fitness is a fun filled exercise class that incorporates cardiovascular, 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 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 48)

### 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 Senior 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](http://www.smcnc.org) or call Pam Libertiny, VP of Human Resources and Risk Management at the YMCA at 203-920-1628.

# HEALTHY LIVING: HEALTHY LIFESTYLES

improving the nation's health and well-being

## Adult Healthy Lifestyle

### 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.



### CTADPAD PARKINSON'S SUPPORT GROUP "SHAKERS ANONYMOUS"

The New Canaan YMCA is proud to be able to provide space for young onset patients to network, get together and provide support in a safe environment. This group meets the third Tuesday of every month at 7pm. Spouses and significant others are welcome to join. Please RSVP to Lynn Hagerbrant at [hagerbrant@gmail.com](mailto:hagerbrant@gmail.com)

For more information about this group or Parkinson's Disease, contact Mary Ellen at the American Parkinson's Disease Association CT Chapter at 860-248-9200 or [Mthibodeau@outlook.com](mailto:Mthibodeau@outlook.com). If you are interested in finding out how and if you can host a support group here at our Y, contact Nicki Jezairian at 203-920-1657 or [njezairian@newcanaanymca.org](mailto:njezairian@newcanaanymca.org)

### 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](http://www.field-goods.com).

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

# HEALTHY LIVING: HEALTHY LIFESTYLES/ ADULT SPORTS AND RECREATION

improving the nation's health and well-being

## Adult Healthy Lifestyles

### 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.

The New Canaan YMCA is proud to offer this program to the community. Participants will work with Y staff trained insupportive 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](mailto:bphilipp@newcanaanymca.org).

#### Livestrong at the YMCA

Location	Director/Instructor	Session Start/End	Day	Time	Limit
Wellness	B. Philipp/Staff	12/5-3/8	Mon. & Wed.	12:00 - 1:15 pm	10
Wellness	B. Philipp/Staff	12/7-3/12	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. Please apply even if the current schedule does not fit your needs, as it can be adjusted to accommodate all candidates.

## Adult Sports and Recreation

### OPEN VOLLEYBALL

Day & Time: TBD

Location: Grace Farms

### OPEN ADULT MEN'S BASKETBALL

Tuesday: 12:00 - 2:00 pm

Thursday: 12:00 - 2:00 pm

Friday: 12:00 - 2:00 pm

Location: Grace Farms

### OPEN PICKLEBALL

Wednesday: 10:00 - 11:30 am & 1:00 - 2:30 pm

Location: Grace Farms

### OPEN PING PONG

Tue: 8:00 - 10:00 am

Thu: 8:00 - 10:00 am

Location: New Canaan YMCA

\*Please check the Grace Farms calendar for additional basketball and pickleball times.

### SIT & KNIT (AND CROCHET TOO!)

The Sit and Knit Group, now in its third year, 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](mailto:mcoleman@newcanaanymca.org).





# HEALTHY LIVING: ADULT SPORTS & RECREATION

improving the nation's health and well-being

## 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](http://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.**



# HEALTHY LIVING: ADULT WATER ACTIVITIES

improving the nation's health and well-being

## 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 skill 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.

#### Adult Swim Lessons - 12-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Valles Pool	J. Rojas/Staff	12/8-3/9	Thu.	7:15 - 8:00 pm	\$273	8

No class: 12/23-1/1, 2/20-2/25

### 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
Darien YMCA	J. Rojas /Staff	11/29-2/28	Tue.	12:05 - 12:50 pm	\$56/\$68	20
Darien YMCA	J. Rojas /Staff	12/1-3/2	Thu.	12:05 - 12:50 pm	\$56/\$68	20

No classes: 12/22-1/1, 2/16-2/21, 3/6-3/12

### FREE MEMBER CLASSES:

Schedules available at front desk and online.

#### Therapy Swim (No Instructor)

For older adults, handicapped individuals, and those members needing warm water therapy. In order to have a lane put in a doctor's note must be on file with Josephine Rojas-Aquatic Director. Only 1 lane line will be put in during therapy swim.

#### Aqua

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.



# SOCIAL RESPONSIBILITY: COMMUNITY INVOLVEMENT

giving back and providing support to our neighbors

## Get Involved

### VOLUNTEER AND MAKE A DIFFERENCE WITH OUR Y

Here at the Y, we strive to always be here for our community. Thanks to the 850 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.

There are plenty of ongoing volunteer opportunities here at our Y whether you are interested in reading to children, being a basketball buddy mentor or help to make the Y's surrounding nice and neat for our members. Check out our website to find out what your niche is and come join us for an hour, a day a session or a whole year. We could use someone like you!

**Check out current and upcoming volunteer opportunities at <https://newcanaanymca.volunteermatters.org/project-catalog>**

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

### ASSET #9 SERVICE TO OTHERS

You do an hour or more of community service each week  
50% of youth the Search institute surveyed have this asset in their lives

Do's and Don't of Successful Volunteering from [volunteermatch.org](http://volunteermatch.org)

- ✓ Be flexible. It is rare to find the "perfect" fit right away. Keep an open mind, you might discover something new that interests you.
- ✓ Be persistent. Volunteer coordinators are often busy so don't assume they are not interested in you if they don't call you right away
- ✓ Attend orientation meetings. Keep in mind that informed volunteers are the best volunteers. These meetings will help you do the best job possible.
- ✓ Take necessary training classes. Ask about them before you decide to get involved and be prepared to learn what will be needed.
- ✓ Be responsible. Show up on time and follow through with your commitments. People will be depending on you.
- ✗ Expect to start at the top. You have to work hard and prove your worth before you are given more responsibility
- ✗ Think that volunteering has to be a group effort? You can start on your own volunteer program and do it on your own time.
- ✓ Expect to get plenty of personal enjoyment and satisfaction from your volunteer experiences.

### TOGETHERHOOD

The Togetherhood Committee is a member-led volunteer group within the Y, and has helped hundreds of people in a variety of ways—from hosting service events, to sending packages to our troops, to caring for the homeless. Togetherhood is sharing the Y's mission of social responsibility and having a lasting impact on our community.

#### Transportation Drive

Together, the Y and volunteers in our community were able to collect approximately 400 pairs of men's, women's, and children's shoes for our neighbors at the Open Door Homeless Shelter in Norwalk. The Togetherhood Committee and volunteers sorted, displayed, and assisted the residents of the shelter to find shoes to fit their feet. It was a joyous occasion and there were many smiles on the faces of the shoe and sock recipients!

A special thank you to the community partners—The Athletic Shoe Factory, New Balance of New Canaan, and Connec-to-Talk.

The next Togetherhood Project coming soon...



# SOCIAL RESPONSIBILITY: COMMUNITY INVOLVEMENT

giving back and providing support to our neighbors

## Community Events & Programs

### INTERESTED IN VOLUNTEERING FOR ONE OF OUR EVENTS?

See page 49 for volunteer information, or visit <https://newcanaanymca.volunteermatters.org/register>.

### HAVE YOU HEARD OF THE 40 DEVELOPMENTAL ASSETS???

Do you know what kids need to succeed???

Search Institute has identified building blocks of healthy development that help young people grow up healthy, caring and responsible.

### ASSET #1 FAMILY SUPPORT

64% of youth feel loved and supported in their families

#### Here's how it's done:

- Give more hugs and verbal reinforcement. Don't assume that your kids know how much you love them, tell them.
- Let your love for your child show in a way you look at them, the words that you say, your tone of voice and your body language.
- It's not true that all kids want their parents to stop hugging and kissing them once they become teenager. Ask your children to tell you what feels comfortable for them and respect their boundaries.
- Eat at least one meal together every day.
- Set aside at least one evening per week for family activities. Brain storm, as family, things you might like to do then agree on which ones to try. Be open to ideas from all family members and be willing to share your children's interests.
- Spend time with each of your children individually. Try to make this a daily event – 120 minutes afterschool, a half hour in the evening, an hour on Saturday morning. Let them know that your time together is important to you.
- Talk with your kids about what would make your home more comfortable and inviting for them and their friends. Take steps to address any concerns.
- Be loving toward yourself, your spouse or partner. Children learn to love by example.
- Be your children's biggest fan.

(The above information was cited from the book; What Kids Need To Succeed: Proven Practical Ways to Raise Good Kids by Peter L. Benson Ph.D., Judy Galbraith. M.A. and Pamela Espeland).

## Project Adventure

### TEAM BUILDING!

Let us bring our bag of tricks to you with PA on Wheels!

Team building is great for boosting morale and strengthening teamwork within organizations businesses, school groups, alternative classrooms, out-of-school programs, religious youth groups, sports teams, camps, and clubs.

Project Adventure can be hosted at the Y or can come to you and helps your group figure out problems, overcome obstacles, and work as a team with fun & challenging activities.

Our schedules are flexible; please contact us about availability.

Contact Davie Cedela, 203-920-1641, for more information regarding program and fees and to schedule your group's activity.

## REACHING OUT TO HELP OTHERS IN NEED IN OUR COMMUNITY

### DROP BOX DONATIONS

If you are part of a club or a group that needs a drop-off location for goods for other organizations in need, the Y can help. Please contact Nicki Jezairian, Director of Community Engagement at [njezairian@newcanaanymca.org](mailto:njezairian@newcanaanymca.org) to discuss your cause and availability.



# SOCIAL RESPONSIBILITY: WORLD SERVICE

giving back and providing support to our neighbors

## World Service

### KIBERA

Our Kibera Connections Committee is spreading the word about Facing the Future Center (FAFU) in Kibera Kenya. The school provides nearly 330 students with the opportunity to grow and thrive through education. In sharing the mission of FAFU, as well as their own experiences, the Kibera Connections Committee is empowering our youth to empower the children at FAFU.

If your youth group or organization is looking for a volunteer project, please consider helping us fundraise for FAFU in Kibera, Kenya. Your support is providing this children with quality education, nutrition, and a caring environment. Help have a meaningful impact on the lives of children across the world.

### MEET THE FACES OF FAFU



**Hello my name is Sherin.**

I am a girl from Kibera, Kenya.

I am in 4th Grade.

When I grow up I want to be a pilot.

My favorite things are chicken and rice, the color pink, mathematics, skipping rope, the book *The Pride Girl*, and my teacher, Faith, at FAFU

My favorite thing about school is the library.

I would like to change the world by teaching young children to be responsible.



We are so proud of the children at Facing the Future for winning 1st place at the Kenya National Music Festival! Our partnership with the school continues to be a constant source of inspiration and joy. We wish the students and staff continued success!

# CREATING STRONG FAMILIES

The Y promotes the Search Institutes' developmental assets for families and youth. Below are the key qualities that the Search Institute recognizes as helping all kinds of families be strong.

## Nurturing Relationships

- **Positive communications**—Family members listen attentively and speak in a respectful ways
- **Affection**—Family members regularly show warmth to each other.
- **Emotional openness**—Family members can be themselves and are comfortable sharing their feelings.
- **Support for sparks**—Family members encourage each other in pursuing their talents and interests.

## Establishing Routines

- **Family meals**—Family members eat meals together most days in a typical week.
- **Shared activities**—Family members regularly spend time doing everyday activities together.
- **Meaningful traditions**—Holidays, rituals, and celebrations are part of family life.
- **Dependability**—Family members know what to expect from one another day-to-day.

## Maintaining Expectations

- **Openness about tough topics**—Family members openly discuss sensitive issues, such as sex and substance use.
- **Fair rules**—Family rules and consequences are reasonable.
- **Defined boundaries**—The family sets limits on what young people can do and how they spend their time.
- **Clear expectations**—The family openly articulates its expectations for young people.
- **Contributions to family**—Family members help meet each other's needs and share in getting things done.

## Adapting to Challenges

- **Management of daily commitments**—Family members effectively navigate competing activities and expectations at home, school, and work.
- **Adaptability**—The family adapts well when faced with changes
- **Problem solving**—Family members work together to solve problems and deal with challenges
- **Democratic decision making**—Family members have a say in decisions that affect the family.

## Connecting to Community

- **Neighborhood cohesion**—Neighbors look out for one another.
- **Relationships with others**—Family members feel close to teachers, coaches, and others in the community.
- **Enriching activities**—Family members participate in programs and activities that deepen their lives.
- **Supportive resources**—Family members have people and places in the community they can turn to for help.

For information on the research behind the family assets, visit [www.search-institute.org/familyassets](http://www.search-institute.org/familyassets)

# 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 2015, we awarded the equivalent of nearly \$305,000 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](http://www.newcanaanymca.org/support-our-y)  
**NEW CANAAN YMCA The Y. So Much More™**

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

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

# COMMIT TO FIT 2017

Make it your resolution and commit to get fit this new year! Complete 39 workouts or more between January 2 and April 17.

## THE PROGRAM

Track your workouts: All group fitness classes, Personal training sessions, or individual workouts count!

## THE REWARD

Make a commitment to wellness while feeling great, getting in shape, and building a routine to keep you motivated all year long.

## THE BONUS:

Complete 39 workouts and qualify for our April raffle of great prizes!

Registration begins December 12, 2016 and ends January 11, 2017 Fee \$10.