



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN TIMES WITH GOOD FRIENDS

YSN WINTER PROGRAMS 2016 NEW CANAAN YMCA

Join us at the Y for exciting social and recreational opportunities designed especially for children, teens and young adults with special needs.

SESSION: NOVEMBER 30 – MARCH 12

Mondays : Teen Yoga (ages 12+) 4:00-4:45pm

Tuesdays :

Youth Fitness (ages 12+) 4:30 -5:15pm

No-Bake Cooking (**8 weeks** Dates: 1/12-3/18 /ages 12+) 5:15-6:00pm

Wednesdays :

Y-Jam Music (**8 weeks** Dates: 1/13-3/19/ages 10+) 4:15 - 5:00pm

Fencing/Tai Chi (**8 weeks** Dates: 1/13-3/19/ ages 10+) 5:00-5:45pm

Thursdays :

Wildcats Basketball 5:15-6pm

Young Adult Creative Art Workshops **Date:** 12/3 (ages 17-25) 6:15-7:00pm

Evening Theater Games **Date:** 12/10 (ages 12+) 6:15-7:30pm

Teen Scene (**8 weeks** Dates: 1/14-3/10/ages 12+) 6:15-7:30pm

Fridays : Cardio Dance/ Zumba (**8 weeks** Dates: 1/15-3/11/ages 12+) 4:15-5:00pm

Saturdays :

Family Open Gym (ages 5-12) 10:45-11:30am

Teen Gym and Swim (ages 13+) 12:30-2:00pm

Young Adult Healthy Living Class (ages 18-25) 2:15-3:30pm

Winter Session Dates: November 30 – March 12

For more information about registration and program descriptions please visit us on line at newcanaanymca.org or contact the Director of Special Needs Programming: Carolynn Kaufman at 203-920-1656 or ckaufman@newcanaanymca.org