



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

# **A FUN FALL FOR ALL**

**Fall Activities 2019  
NEW CANAAN YMCA**

Registration begins  
Monday, August 12

Classes begin  
Wednesday, September 4



# WHERE THE COMMUNITY COMES TOGETHER

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living, and social responsibility.

## OUR WORK IS ALIGNED AROUND THREE MAIN AREAS OF FOCUS:

### YOUTH DEVELOPMENT

Nurturing the potential of every child

We believe all kids deserve the opportunity to discover who they are and what they can achieve. That's why, at the New Canaan Y, 5,000 kids in our community each year are cultivating the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement.



### HEALTHY LIVING

Improving the community's health and well-being

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests.



### SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The New Canaan YMCA has been listening to, and responding to our community's needs since 1954. Whether developing skills or emotional well-being through education and training, preventing chronic disease and building a healthier community, or reaching across borders through our World Service Initiative, the New Canaan Y empowers members of our community to be healthy, confident, connected, and secure.



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# General Information

**Phone:** 203-966-4528

**Fax:** 203-972-7738

## HOURS OF OPERATION

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

## 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

## HOLIDAY HOURS

September 2 (Labor Day): 7:30 am - 11:30 am

November 28 (Thanksgiving): 7:30 am-11:30 am

November 29: 7:30 am-10:00 pm

The front desk will be closed for transactions on Labor Day and Thanksgiving

## NEW CANAAN YMCA MISSION

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

## SERVING EVERYONE

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

## PROVIDING AID

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



## 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).

## NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues).

- Usage may be limited to facility use only (no classes).
- Valid for active, full facility YMCA members; program-only participants and special memberships are not eligible for Nationwide Membership.
- Nationwide member visitors must use their home Y at least 50% of the time.
- Your New Canaan YMCA membership card will be honored at most Ys across the country. Policies vary by Y to Y, so call ahead to confirm.

## Local Y Reciprocity

Please note that under the Local Y Reciprocal Agreement we ask that you belong to the Y you use most often and limit your reciprocal visits to 8 or less a month.

Local Y's in this agreement include: The Westport Weston Family YMCA, the Greenwich YMCA, the Stamford YMCA, the CT Coast Regional YMCA, the Riverbrook Regional - Wilton YMCA, and the Darien YMCA.

## Reciprocity Restrictions

- Nationwide members may not participate in Family Swim (see page 23) during peak periods (Weekends, Holidays, and School Vacation Days)
- Nationwide reciprocity is restricted at the New Canaan YMCA during the following blackout periods:
  - Monday - Friday from 4:30 - 6:30 pm
  - Saturday from 7:30 am - 1:00 pm

# General Information

## YMCA DIRECTORS

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

George Bennett,  
Asst. Youth & Camp Y-Ki Director .....203-920-1634

Matthew Busse,  
Assistant Aquatics Director.....203-920-1643

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

Davie Cedela,  
Senior Director of Family & Youth Development .....203-920-1641

Joann Cerretani,  
Chief Operating Officer ..... 203-920-1633

Mary Coleman,  
Membership Director ..... 203-920-1630

Brian Fazzino,  
Associate Competitive Swim Director/  
Head Senior Coach ..... 203-920-1637

Anne Finneson,  
Financial Administration Director .....203-920-1644

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

Michael Jordan,  
Associate Competitive Swimming Director/  
Head Age Group Coach..... 203-920-1638

Krista Karwosky,  
Assistant Director of Synchronized Swimming ..... 203-920-1660

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

Suzanne Lancey,  
Competitive Swimming Director .....203-920-1645

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

Carol Matousek,  
Chief Financial Officer ..... 203-920-1625

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

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

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

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

Diana Riolo,  
Financial Assistance,  
Development & Marketing Administrator..... 203-920-1653

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

Eva Saint,  
Wellness Director. .... 203-920-1623

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

Will Schwartzstein,  
Sports Director ..... 203-920-1652

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

Kristin Schnitzler,  
Group Wellness Director ..... 203-920-1636

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

Liz Whitney,  
Assistant Director of Financial  
Development & Marketing .....203-920-1646



# Membership Descriptions

## YOUTH (Ages 0-14)

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

## YOUNG ADULT (Ages 15-25)

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

## ADULT (Ages 26-64)

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

## SENIOR ADULT/SENIOR COUPLE (Ages 65+)

- Senior Adults enjoy the same membership privileges as adults.

## FAMILIES

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

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

## GUEST PASSES

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

## DAY PASSES

Non-members may purchase a day pass.

- Photo ID is required and a waiver must be signed prior to facility use. For non-members under 18, the waiver must be signed by an accompanying customer/member 18 years or older.
- Day Passes do NOT qualify for fee-based activities.
  - 14 years & younger: \$5
  - 15 – 25 years: \$15
  - 26 years and older: \$20

## MEMBERSHIP RATES

	Joiner Fee	Monthly Fee
<b>Youth (Ages 0-14)</b>	\$25	\$275 annual
<b>Young Adult (Ages 15-25)</b>	\$50	\$49
<b>Adult (Ages 26-64)</b>	\$100	\$95
<b>Senior Adult (65+)</b>	\$100	\$71
<b>Senior Couple (both 65+)</b>	\$100	\$112
<b>Family 1 Adult</b>	\$125	\$139
One adult and all dependents (under 26) living in the same household		
<b>Family 2 Adults</b>	\$125	\$152
Two adults (ages 26+) and all dependents (under 26) living in the same household		
<b>Family 3 Adults</b>	\$125	\$185
Three adults (ages 26+) and all dependents (under 26) living in the same household		
<b>Family 4 Adults</b>	\$125	\$215
Four adults (ages 26+) and all dependents (under 26) living in the same household		

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

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



# Membership Information

## FACILITY TOURS

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

## WAIVER OF LIABILITY/PRIVACY POLICY

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

## YMCA POLICY: NO CHILD LEFT ALONE

- Y members in 4th grade and younger must be under the supervision of an adult/guardian at all times while at the YMCA.
- Adult/guardian must be at least 16 years old. (Exception is family swim; see page 23)
- Youth involved in an activity or sport at the YMCA are under the supervision of the activity director or coach and are not considered unsupervised.
- The YMCA reserves the right to contact a guardian if a child is left unattended more than 15 minutes before or after their activities.

## MEMBERSHIP CODE OF CONDUCT

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

To review all of our Y's policies, view our policy manual online at [www.newcanaanymca.org/membership](http://www.newcanaanymca.org/membership), or a copy may be viewed at our Front Desk.

## CAREGIVERS & NANNIES

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

## WIFI AVAILABLE

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

## 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.

## FOR YOUR SAFETY

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

## LOST AND FOUND

Any items left at our Y are held in our Lost and Found cabinet which is located in the pool hallway. At the end of each month, any remaining unclaimed items are donated to a local charity.

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

## CELL PHONE AND PHOTOGRAPHIC DEVICE USE

- Members may not use any photographic or recording devices; i.e. cell phones/smart phones, Apple watches, tablets, computers, cameras, etc. in bathrooms, locker rooms, pools, or any activity areas while in use.
- Device-friendly areas are available throughout the YMCA: first and second floor lobbies, meeting rooms, activity areas not in use, and outside premises.
- Indiscriminant picture taking on any photographic or recording devices within and outside the entire YMCA facility is prohibited.
- If a member is found to be violating this policy, his/her membership is subject to termination.
- In support of the New Canaan YMCA cell phone policy, all aquatic teams have instituted cell phone policies during practice included in their team handbooks (see NCY Policy Manual).

**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 Cancellation 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. Policy Exceptions by Directors or documented in activity/class handbooks/flyers supersede the following.

### Activities canceled 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 canceled 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

- Refund inquiries should be sent to the appropriate activity director.
- If the Refund Request is received by the YMCA at least 1 week prior to the activity start date, a 100% refund/credit will be issued.
- If an activity participant withdraws due to 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.
- All refunds are less a \$15 processing fee per participant per activity.
- All outstanding balances including YMCA charges and bank fees must be resolved before refunds will be issued.

### Our 30-day membership guarantee

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

### Monthly membership bank draft

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



# Registration Instructions

## FALL ACTIVITY REGISTRATION AND SESSION DATES

**Online Registration\* and Registration at the Y Front Desk Begins:** Monday, August 12, 9:00 am

Classes Begin: Wednesday, September 4

Classes End: Tuesday, November 26

**\*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, 2018 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 August 2 to ensure approval for Fall Activity registration.\*

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

\*Fall registration opens Monday, August 12 at 9:00 am. If you have any questions, contact Diana Riolo at 203-920-1653 or [driolo@newcanaanymca.org](mailto:driolo@newcanaanymca.org).

# YOUTH DEVELOPMENT: CHILD DEVELOPMENT

nurturing the potential of every child and teen

## The Tom Hargrove & Anita Grover, M.D. Child Development Center

### RAINBOW STATION

- Infant-Preschool Childcare
- Ages 6 weeks–5 years
- 7:30 am - 6:00 pm
- Monday - Friday, Full day only
- 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
- Developmentally appropriate, theme-based curriculum includes activities to develop the whole child: socially, cognitively, emotionally, and physically.
- Preschoolers enjoy the entire Y facility, including instructional swim lessons, Bouncing Bears, and large program spaces.
- Music and movement offered once a week for toddlers and preschoolers.
- Morning/afternoon snacks provided.

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



**“ We absolutely love Rainbow Station. The love that the teachers have for these children is palpable. It’s such a small daycare that all of the teachers know your children, even if they are not technically in their classroom. Daycare in the infant room really got us on a routine – which we were so thankful for. Now in the 1’s classroom, our oldest is learning nonstop. He comes home every day chatting about things he has learned or singing the alphabet. It is amazing to watch him grow in this community. Safety is paramount and every decision made keeps that in mind.”**

– New Canaan YMCA Childcare Parent



# YOUTH DEVELOPMENT: CHILD DEVELOPMENT

nurturing the potential of every child and teen

## The Tom Hargrove & Anita Grover, M.D. 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

There is currently a wait list for the 2019-2020 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 – 12:15 pm
  - Sat.: 8:15 am – 12:15 pm
  - Sun.: 9:00 am – 12:15 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.
- My Playroom is free for those with a current family membership.
- 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.

**“Kids Unlimited has become our extended family and place of comfort where our children get to spend extra time socializing, playing outdoors and making new friends. The various activities and lovely counselors contribute to all the fun happening at KU.”**

— New Canaan YMCA Childcare Parent

# YOUTH DEVELOPMENT: SCHOOL VACATION CAMP

nurturing the potential of every child and teen

## 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, trips, 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

September 30, 2019: Rosh Hashanah

October 9, 2019: Yom Kippur

November 5, 2019: Election Day

January 20, 2020: Dr. Martin Luther King, Jr. Day

#### School Vacation Week-Long Programs

February 17-21, 2020 (No vacation camp 2/14)

April 13-17, 2020 (No vacation camp 4/10)

#### Vacation Camp Fees: 9:00 am - 5:00 pm

Kids Unlimited Students - \$65 /day

Member - \$85 /day

Non-member - \$100 /day

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

Kids Unlimited Students - FREE

Members & Non-members - \$12 per hour

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

All non-Kids Unlimited participants must complete and submit the Child Information, Pick-up/Emergency Contact forms and a Health Assessment Record.



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.

# YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

## Bouncing Bears & 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 and older 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 lesson 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.

\*Please use our babysitting service, My Playroom, for all siblings over 12 months of age. Parent/child classes are limited to registered participants only.

### 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>HOT SHOTS</b>	4-5 years old, child only
<b>DYNAMOS</b>	3-5 years old, child only

### COMBO CLASSES

<b>DANCE JAM GYMNASTICS</b>	3-5 years old, child only
<b>TAP &amp; TUMBLE</b>	K-8 years old, child only
<b>GYM &amp; SWIM</b>	3-5 years old, child only

### GRADE SCHOOL

<b>NOVAS 1:</b>	Ages K-7 years
<b>BEGINNER</b>	
<b>NOVAS 2:</b>	Ages 7+
<b>ADVANCED BEGINNER</b>	
<b>SUPERNOVAS:</b>	Ages 7+
<b>INTERMEDIATE - ADVANCED</b>	<b>(coach approval required)</b>
<b>NINJA KIDS GYMNASTICS</b>	Ages K-7 years
<b>RHYTHMIC GYMNASTICS</b>	Ages 4-6, 7+
<b>DANCE JAM GYMNASTICS:</b>	Ages K-8 years
<b>TAP &amp; TUMBLE:</b>	Ages K-8 years

### GYM & SWIM COMBO CLASS (Ages 3-5)

This 90-minute class features two specialties in one class! In the first 45 minutes children will develop their skills, learning basic tumbling and preschool gymnastics through stations, circuits and games.

The second half of class features a 30-minute swim class taught by a YMCA swim instructor. Children will be accompanied to the pool by their gym instructor and **MUST** come prepared with their bathing suit on under their gym clothes.

Drop off in Kid Zone/Pick up in the Forese Family Pool.

Those interested in participating in the gym portion only of this class may do so, space permitting.

Please contact Donna Carpenter at 203-966-4528x175.

### OPEN GYM (Ages 4 and Under)

Tue.: 11:15 am - 12:00 pm  
Mon., Wed. & Thu.: 3:15 - 4:00 pm  
Sat.: 9:45 - 10:30 am & 10:30 - 11:15 am

Parents are required to stay and supervise play. Free with Family Membership, or when enrolled in a Bouncing Bears class. \$15 for all others. Non-members/Y-AWAY members may not register for open gym unless they purchase a day pass prior to paying for admission.

Please note open gym times are subject to change and will vary during vacation weeks. For the safety of all, Open Gym is limited to 12 children at one time on a first-come, first-serve basis. Please pick up pass at the Front Desk.

### MAKE-UP POLICY

Missed classes due to illness may be made up in another class during the session, space permitting. Please schedule a make-up class in advance with your class instructor or by calling Donna Carpenter at 203-966-4528x175.

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.

### DANCE JAM GYMNASTICS

(Ages 3-5, child only)

This 60-minute class features two specialties in one class! Each class features 30 minutes of aerobic exercise incorporating a mix of different dance styles (hip hop, country, Zumba, etc.), followed by 30 minutes of structured gymnastics, learning skills on floor tumble trak, bar, and beam. Children will get fit, rock out, and have extreme fun! All classes start in the Mind Body Studio.

# YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

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## Bouncing Bears & Beyond: Preschool

### PARENT CHILD CLASSES

#### Little Bears (12-24 months, with parent)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	9/9-11/25	Mon.	9:45 - 10:30 am	\$289	10
Kid Zone	D. Carpenter/Staff	9/10-11/26	Tue.	9:45 - 10:30 am	\$289	10
Kid Zone	D. Carpenter/Staff	9/4-11/20	Wed.	9:45 - 10:30 am	\$289	10
Kid Zone	D. Carpenter/Staff	9/5-11/21	Thu.	9:45 - 10:30 am	\$289	10
Kid Zone	D. Carpenter/Staff	9/6-11/22	Fri.	10:30 - 11:15 am	\$289	10

#### Big Bears (24-36 months with parent)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	9/9-11/25	Mon.	10:30 - 11:15 am	\$289	10
Kid Zone	D. Carpenter/Staff	9/10-11/26	Tue.	10:30 - 11:15 am	\$289	10
Kid Zone	D. Carpenter/Staff	9/4-11/20	Wed.	10:30 - 11:15 am	\$289	10
Kid Zone	D. Carpenter/Staff	9/5-11/21	Thu.	10:30 - 11:15 am	\$289	10
Kid Zone	D. Carpenter/Staff	9/6-11/22	Fri.	9:45 - 10:30 am	\$289	10

### CHILD-ONLY CLASSES

#### Hot Shots (Ages 4-5, child only)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	9/9-11/25	Mon.	2:30 - 3:15 pm	\$321	8
Kid Zone	D. Carpenter/Staff	9/4-11/20	Wed.	2:30 - 3:15 pm	\$321	8

#### Dynamos (3-5 years, child only)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	9/10-11/26	Tue.	1:45 - 2:30 pm	\$321	8
Kid Zone	D. Carpenter/Staff	9/5-11/21	Thu.	2:30 - 3:15 pm	\$321	8

#### Gym & Swim Combo Class (Ages 3-5, child only)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone/Pool	D. Carpenter/Staff	9/10-11/26	Tue.	2:30 - 4:00 pm	\$624	8
Kid Zone/Pool	D. Carpenter/Staff	9/4-11/20	Wed.	1:30 - 3:00 pm	\$624	8

#### Dance Jam Gymnastics (Ages 3-5, child only)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
MindBody/Kid Zone	D. Carpenter/K. Harshbarger	9/10-11/26	Tue.	2:45 - 3:45 pm	\$350	8

# YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

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## Bouncing Bears & Beyond: Grade School

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, 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, Ages K-7 years)**

This class is for those ready for a structured format in our recreational gymnastics program. 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 with a strong emphasis on tumbling and allows each child to develop at their own rate.

### **NOVAS 2 (Advanced Beginner, Ages 7+)**

#### **Experience required.**

Focus is on learning and improving basic skills including cartwheels, handstands, backbends, rolls, kickovers, back handsprings, and bar and beam moves. We will challenge athletes individually to help improve their gymnastics skills.

### **SUPERNOVAS (Intermediate-Advanced, Ages 7+)**

#### **Experience required.**

This intermediate-advanced class is for those who have mastered the basics, including back rolls, cartwheels and handstands. We will focus on refinement and more difficult moves and combinations.

### **RHYTHMIC GYMNASTICS (Ages 4-6 years, Ages 7+)**

We have partnered with Sporty Princess Gymnastics School to bring the unique sport of Rhythmic Gymnastics to our Y. 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 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 (Ages 7+)**

**Coach invitation only.** This 90-minute class is for students who have experience in 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 Fri. & Mon. Rhythmic classes (advanced plus Friday regular or Friday preteam) per week. Class will include flexibility and elements, with increased apparatus work including competition style routine.

### **PRE-TEAM RHYTHMIC GYMNASTICS**

#### **Coach approval required**

The pre-team program is designed for our advanced students to prepare them for future competition and requires discipline and commitment.

Only those students registered in the Advanced Rhythmic Gymnastics class from 5:30-7:00 pm on Mondays may enroll in our pre-team program.

### **DANCE JAM GYMNASTICS (Ages K-8 years)**

This 90-minute class features two specialties in one class! Each class features 45 minutes of aerobic exercise incorporating a mix of different dance styles (hip hop, country, Zumba, etc), followed by 45 minutes of structured gymnastics. All classes start in the Mind Body Studio.

### **TAP & TUMBLE COMBO CLASS**

#### **(Ages K-8, child only)**

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

Tap Segment: 30 minutes of basic tap to more complex moves, to great music! Tap shoes required.

Gymnastics Segment: 30 minutes of tumbling and gymnastics progressions.

# YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

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## Bouncing Bears & Beyond: Gymnastics



### Novas 1: Beginner - Advanced Beginner (Ages K-7 years)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	9/10-11/25	Tue.	4:00 - 4:45 pm	\$350	12
Kid Zone	D. Carpenter/Staff	9/4-11/20	Wed.	4:00 - 4:45 pm	\$350	8

### Novas 2: Beginner - Advanced Beginner (Ages 7+) Experience Required

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	9/9-11/25	Mon.	4:00 - 4:45 pm	\$350	8

### Supernovas: Intermediate - Advanced (Ages 7+) Experience Required

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	9/9-11/25	Mon.	4:45 - 5:30 pm	\$350	8

### Tap & Tumble (Ages 5-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/K. Harshbarger	9/6-11/22	Fri.	4:00 - 5:00 pm	\$350	8

### Ninja Kids Gymnastics (Ages K-7 years)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone	D. Carpenter/Staff	9/5-11/21	Thu.	4:00 - 4:45 pm	\$350	8

### Rhythmic Gymnastics

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
Gym (4-6yrs.)	D. Carpenter/J. Sanarova	9/6-11/22	Fri.	4:30 - 5:30 pm	\$371/\$402	12
Gym (7+yrs.)	D. Carpenter/J. Sanarova	9/6-11/22	Fri.	5:30 - 6:30 pm	\$371/\$402	12
Gym (Advanced)	D. Carpenter/J. Sanarova	9/9-11/25	Mon.	5:30 - 7:00 pm	\$412/\$443	12
Gym (Pre-Team)	D. Carpenter/J. Sanarova	9/6-11/22	Fri.	5:30 - 7:00 pm	\$412/\$443	12

Coach approval needed for advanced rhythmic gymnastics and pre-team.

### Dance Jam Gymnastics (Ages K-8 years)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Mind Body/Kid Zone	D. Carpenter/K. Harshbarger	9/4-11/20	Wed.	4:00 - 5:30 pm	\$412	10

# YOUTH DEVELOPMENT: YOUTH SPORTS & WELLNESS

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## Youth Sports & Wellness

### 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.

\*Need a minimum of 3 participants to run class

#### 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.

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

Basketball skill development taught in a fun environment with special emphasis on ball handling, passing, floor spacing, footwork, and shooting mechanics. All designed for beginners who want to learn and improve their basketball skills.

\*Need a minimum of 3 participants to run class

#### 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.

\*Need a minimum of 3 participants to run class

#### Backyard Sports (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium	W. Schwartzstein/Staff	9/6-11/22	Fri.	2:30 - 3:15 pm	\$180	12

#### Preschool Soccer (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium	W. Schwartzstein/BWK Staff	9/4-11/20	Wed.	1:45 - 2:30 pm	\$242	20
Gymnasium	W. Schwartzstein/BWK Staff	9/6-11/22	Fri.	1:45 - 2:30 pm	\$242	20
Gymnasium	W. Schwartzstein/BWK Staff	9/7-11/23	Sat.	10:30 - 11:15 am	\$242	20

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

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium	W. Schwartzstein/Staff	9/5-11/21	Thu.	2:30 - 3:15 pm	\$180	15

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

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium	W. Schwartzstein/Staff	9/10-11/26	Tue.	1:45 - 2:30 pm	\$284	20
Gymnasium	W. Schwartzstein/Staff	9/5-11/21	Thu.	1:45 - 2:30 pm	\$284	20

# YOUTH DEVELOPMENT: YOUTH SPORTS & WELLNESS

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## Youth Sports & Wellness

### **GOLF (Grades K-5)**

Learn golf in a safe, fun environment with our certified instructors. Swing fundamentals are taught along with basic rules and etiquette. This program is designed to develop a passion for golf while developing and improving motor skills and coordination, helping with focus, and boosting self-confidence. All equipment is provided, including softer practice balls. Our 5-level program will advance children through all aspects of the game and prepare them to go out and play on the golf course. Our instructors create the right balance between fun and fundamentals.

\*Need a minimum of 3 participants to run class

### **JUNIOR TENNIS (Ages 6-15) 7-week program**

Presented by Slammer Tennis World! Kids will learn the basics of tennis in a fun-filled atmosphere. Strokes covered include ground strokes and volleys, the overhead, and the serve. The class will also incorporate some light exercises and footwork drills to build stamina. Lessons taught by a certified tennis teaching professional.

**Note: All students must bring their own tennis racquet to class.**

### **BASKETBALL SKILLS (Grades 2-8)**

Learn and sharpen your basketball skills in this coed class. Our coach will help you take your game to new heights by developing your individual skills. Participants will work on ball handling, shooting, passing, defense, and game play all in this fun and interactive program. All skill levels are welcome. A minimum of 10 participants is needed for the program to begin.

### **Golf (Grades K-5)**

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium	W. Schwartzstein/Coach Tom	9/4-11/20	Wed.	4:15 - 5:00 pm	\$237	12

### **Junior Tennis (Ages 6-15) 7-week program**

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium (Ages 6-10)	W. Schwartzstein/Coach Marvin	9/9-10/28	Mon.	3:45 - 4:30 pm	\$309	12
Gymnasium (Ages 11-15)	W. Schwartzstein/Coach Marvin	9/9-10/28	Mon.	4:45 - 5:30 pm	\$309	12

\*There will be no class on Monday, 9/16

### **Basketball Skills (Grades 2-8)**

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium (Grades 2-4)	W. Schwartzstein	9/4-11/20	Wed.	5:00 - 6:00 pm	\$200	25
Gymnasium (Grades 5-8)	W. Schwartzstein	9/4-11/20	Wed.	6:00 - 7:00 pm	\$200	25

### **Fencing Fundamentals - Foil (Ages 7-15)**

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium	W. Schwartzstein/Coach Mike	9/10-11/26	Tue.	5:00 - 6:00 pm	\$288	16

### **YMCA Fencing Team - Foil And Sabre (Ages 7-17)**

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium	W. Schwartzstein/Coach Mike	9/10-11/26	Tue.	6:00 - 7:00 pm	\$288	16

### **FENCING FUNDAMENTALS - FOIL (Ages 7-15)**

Get started with this introductory hands-on course designed for new and emerging swashbucklers. Students will have the option to compete under the YMCA banner against other kids in their age classification. All classes require a \$10 equipment rental fee payable to Way of the Sword at the start of the first class. All fencing programs are provided by Way of the Sword Fencing Academy.

### **YMCA FENCING TEAM YMCA - FOIL AND SABRE (Ages 7-17)**

Ready to take your game to the next level? This course will help prepare you for local competitive youth fencing. Students will have the option to compete under the YMCA banner against other kids in their age classification. All classes require a \$10 equipment rental fee payable to Way of the Sword at the start of the first class. All fencing programs are provided by Way of the Sword Fencing Academy.

# YOUTH DEVELOPMENT: YOUTH SPORTS & WELLNESS

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## Youth Sports & Wellness

### ARCHERY (Ages 8-13)

Come learn a unique sport that has been around for centuries but continues to excite! The class will be a mix of skill games and competitive shooting to carefully track the progress of each archer. Experience the joy of becoming a master archer in a safe and welcoming environment!

### GIRLS ON THE RUN (Grades 3-5)

The program is a life-changing, experiential learning program for girls combining training for a 3.1 mile run event with self-esteem enhancing, uplifting workouts. This program is not a running program, but a program that encourages positive emotional, social, mental, spiritual, and physical development. The objective of Girls On The Run is to educate and empower girls at an early age in order to prevent the display of at-risk activities in the future. For more information, contact Davie Cedela at 203-920-1641. Please note, registration for Girls On The Run will be at [www.girlsontherunfldcty.org](http://www.girlsontherunfldcty.org). Program is first come, first serve.

### 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.

### YOUTH STRENGTH TRAINING

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

The pass allows 12-14 year olds to use the Wellness Center from 2-5 pm Monday through Sunday. F.I.T. Pass holders may also work out in the Wellness Center with a parent at any time. F.I.T. pass privileges do not include use of the Zone. Teens can also earn a F.I.T. Pass by completing 3 sessions with a Y Personal Trainer and successfully completing the Youth Strength Training Exam.

FREE with Family Membership!

### HIGH SCHOOL COMPETITIVE FENCING

#### (Ages 13-17)

Did you know that in CT you do NOT have to have a varsity program at your school to compete in High School fencing? Join us and start training to compete this season. Foil or Sabre options. All skill levels will compete in an appropriate tournament.

**WATER POLO CLINICS RETURNING THIS FALL! Open to ages 8-18 and all abilities!**  
Contact Joe Somma at [jsomma@newcanaanyymca.org](mailto:jsomma@newcanaanyymca.org) or 203-920-1659 for additional information.

### Archery (Ages 8-13)

Location	Director/ Instructor	Session Start/ End	Day	Time	Member/ Non-member	Limit
Back Field	G. Bennett/A. Moor	9/10-11/26	Tue.	3:30 - 4:30 pm	\$206/309	8

### Girls on the Run (Grades 3-5) - For more information and to register at [www.girlsontherunfldcty.org](http://www.girlsontherunfldcty.org)

Location	Director/ Instructor	Session Start/ End	Day	Time	Member	Limit
Back Field	D. Cedela/M.Bentley					15
please visit <a href="http://www.girlsontherunfldcty.org">www.girlsontherunfldcty.org</a>						

### Girls Volleyball (Grades 5-8)

Location	Director/ Instructor	Session Start/ End	Day	Time	Member/ Non-member	Limit
Gymnasium	W. Schwartzstein/Coach Lee	9/5-11/21	Thu.	6:30 - 7:30 pm	\$142/222	16

### Youth Strength Training - Free with Family Membership! (Ages 12-14)

Location	Director/ Instructor	Session Start/ End	Day	Time	Non-Family Member	Limit
Wellness Center	E. Saint/Staff	9/4-9/23	Mon. & Wed.	4:00 - 5:00 pm	\$84	12
Wellness Center	E. Saint/Staff	9/30-10/16	Mon. & Wed.	4:00 - 5:00 pm	\$84	12
Wellness Center	E. Saint/Staff	10/21-11/6	Mon. & Wed.	4:00 - 5:00 pm	\$84	12

### High School Competitive Fencing (Ages 13-17)

Location	Director/ Instructor	Session Start/ End	Day	Time	Member	Limit
Gymnasium	W. Schwartzstein/Coach Mike	9/10-11/26	Tue.	3:30 - 5:00 pm	\$432	16

# YOUTH DEVELOPMENT: YOUTH RECREATION

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## Youth Recreational Programs

For additional information about Youth Recreational Programs, contact George Bennett at 203-920-1634 or [gbennett@newcanaanyymca.org](mailto:gbennett@newcanaanyymca.org).

### YOUTH @ THE Y (Grades 1-4)

Elementary schoolers will be broken up into groups and led around the Y by staff to various stations where events will be run by specialist staff. Activities will include use of the Forese Pool, Group Exercise Center, Wagner Room, Gym, Kid Zone, and different special activity each month (to be announced before the event). Note: Advance registration is mandatory and available online.

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

One Saturday a month middle schoolers get the Y all to themselves! Middle schoolers get access to the Wellness Center, Group Ex, Basketball Gym, Forese Pool, and Wagner Room. Not only will there be plenty of fun games and activities but also a concession stand with snacks, drinks and pizza! Note: Advance registration is highly recommended and available online: Save money and avoid waiting in line the night of the event.

### COOKING COMMUNITY (Grades 5-8) 8-week program

Are you tired of soggy cereal for breakfast? Does the thought of another sandwich for lunch frustrate you? Have you ever wanted to make more than microwave mac and cheese? Then this is the club for you! Over the course of eight weeks we will learn exciting and easy recipe options for breakfast, lunch, and dinner! Children will get the chance to prepare and enjoy different meals each week.

### ADVENTURE CLUB (Grades 5-8) 7-week program

Outdoor adventure is calling! Over the course of seven weeks, we will work together on an intense team building event, two hiking excursions, two ropes courses, and a trip to RPM Raceway! Our team-building events will take place at the beginning of the program and will be held at the Y. Our hiking trips will be to Saugatuck Falls Natural Area and Montgomery Pinetum Park, our ropes course trip will be to Boundless Adventures, and our last trip will be go karting at RPM Raceway!

### RED CROSS BABYSITTING CERTIFICATION

#### (Ages 11-15) 1-day 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 a confident babysitter as well as certified in First Aid.

#### Youth @ The Y (Grades 1-4)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
YMCA	G. Bennett/Staff	9/14, 10/19, 11/9	Sat.	6:30 - 9:00 pm	\$21/\$36	40

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

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
YMCA	G. Bennett/Staff	9/21, 10/26, 11/16	Sat.	7:00 - 9:30 pm	\$10/\$18 (\$25 for all at door)	150

#### Cooking Community (Grades 5-8) 8-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
YMCA	G. Bennett	10/3-11/21	Thu.	3:30 - 5:00 pm	\$206/\$309	10

#### Adventure Club (Grades 5-8) 7-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
YMCA	G. Bennett	9/27-11/8	Fri.	3:30 - 7:00 pm	\$375 /\$475	20

#### Red Cross Babysitting Certification (Ages 11-15) 1-day program

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
YMCA	G. Bennett	9/21	Sat.	8:30 - 4:30 pm	\$95/\$130	12
YMCA	G. Bennett	10/9	Wed.	8:30 - 4:30 pm	\$95/\$130	12
YMCA	G. Bennett	11/5	Tue.	8:30 - 4:30 pm	\$95/\$130	12

# YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

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## YSN SPECIAL NEEDS

The Y's Special Needs Department serves over 130 children, teens, and young adults with special needs through inclusive and specialized programming, special events, employment, and volunteer opportunities.

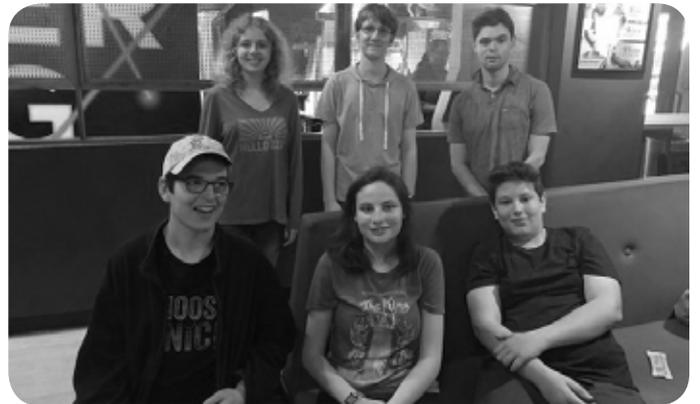
It is our goal to ensure that all members can utilize our Y to the greatest extent of their ability. Our special needs department provides 1:1 assistance allowing members with special needs to participate in traditional programs within our Y, as ability allows. Requests must be made one week prior to registration. Support staff is limited and will be provided on a first-come, first-serve basis as we can accommodate.

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 a 1:1 intensive behavioral and/or physical intervention. For more information, see our programs in this brochure.

If your child is new to our Y programs, to best meet individual needs we invite you to first register with our department of special needs, have a tour of our facility, and complete an intake process.

All inquiries and requests for assistance must be made to:

Director of Special Needs Programming,Carolynn Kaufman,  
203-920-1656 or [ckaufman@newcanaanymca.org](mailto:ckaufman@newcanaanymca.org).



**YSN SUPPORT IS MADE POSSIBLE THROUGH GIFTS TO OUR ANNUAL SUPPORT CAMPAIGN.**

To make a contribution, contact Kristina Barrett at [kbarrett@newcanaanymca.org](mailto:kbarrett@newcanaanymca.org).

# YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

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## YSN Social Recreational Programs



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

Join the fun at teen scene with peer buddies where teens and young adults gather for enriching nights at the Y, field trips and dinner outings around town. Science nights, magic show, bowling, and more. Each night includes dinner and a special event. Schedule changes each session.

### Y-TUNES DRUMMING (Ages 10+) 8-week program

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

### THEATERWORKS PROGRAM

#### (Ages 10+) 8-week program

Arts for Healing therapists provide a fun theater experience for teens and young adults with special needs. 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 Teen Scene (Ages 13-23) 8-week program

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Varies	C. Kaufman/YSN Staff	10/3-11/21	Thu.	5:30 - 7:00 pm	\$345	10

#### Y-Tunes Drumming (Ages 10+) 8-week program

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
My Playroom	C. Kaufman/Staff	10/8-11/26	Tue.	4:15 - 5:00 pm	\$170/\$200	8

#### TheaterWorks (Ages 10+) 8-week program

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
Williams Room	C. Kaufman/YSN Staff	10/7-11/25	Mon.	4:30 - 6:00 pm	\$200/\$230	8

# YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

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

Join us for our Healthy Living program designed specifically for young adults (Ages 18-25) with special needs. This exciting class combines fitness training and food preparation.

The first portion of the program will focus on a fitness routine, alternating weekly between the wellness center, zone workouts led by a certified personal trainer, and a monthly Zumba class.

After the fitness portion, participants will then have an opportunity to socialize with friends and prepare and eat a healthy snack together.

### YSN FRIDAY DANCE JAM (Ages 12+)

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. Participant song requests are encouraged. The class ends with a cool down and a stretch. It's 45 minutes of fun-filled movement!

### YSN STRIDERS CLUB: WALK/RUN CLUB

This new run/walk program is designed for all abilities! It is an instructional class for YSN teens who want to run (and walk) for fitness to improve endurance and strength. Each session will consist of a warm-up, stretch, workout, walk/run ratios and cool down. Classes will take place in the back field (weather permitting), and in the Wellness Center during rain or other inclement weather.

\*Participants are welcome to register for the Healthy Living swim add-on in the scooter (warm) pool for therapy swim before the class. Limited spaces available. (see Healthy Living Swim add-on)

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

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Mind-Body Center	C. Kaufman/Wellness Staff	9/12-11/21	Thu.	4:30 - 5:15 pm	\$220	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	9/7-11/23	Sat.	2:15 - 3:30 pm	\$160	8

### YSN Healthy Living Swim Add-on (Ages 19+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Forese Family Pool	C. Kaufman/YSN Staff	9/7-11/23	Sat.	1:00 - 2:00 pm	\$160	4

### YSN Friday Dance Jam (Ages 12+)

Location	Director/Instructor	Session Start/End	Day	Time	Member / Non-Member	Limit
Group Ex. Center	C. Kaufman/L. Aikler	9/6-11/22	Fri.	4:15-5:00 pm	\$160/\$190	8

### YSN Striders: Walk/Run Club

Location	Director/Instructor	Session Start/End	Day	Time	Member / Non-Member	Limit
Gymnasium	C. Kaufman/S. Sykes	9/10-11/26	Tue.	5:00-5:45 pm	\$160/\$190	6

# YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

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## YSN Recreational Aquatics Programs

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

A great opportunity for YSN teens to socialize and get exercise with their friends in the Kid Zone followed by free swim in the NEW Forese Family Pool: Warm Pool. Teens must be able to swim and dress independently.

### YSN TLC SALAMANDER (Age 10+)

This is a "bridging" class especially for children with special needs who are ready to be introduced to a regular swim lesson format. All children must be evaluated by the Aquatics Department prior to registering to determine if this is the appropriate class for them. The class ratio will be 1 instructor to 3 children. **First-time registration requires Director's approval.**

### YSN Teen Gym and Swim (Ages 13+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Kid Zone/Forese Family Pool	C. Kaufman/YSN Staff	9/7-11/23	Sat.	12:30 - 2:00 pm	\$295	8

### YSN TLC Salamanders (Age 10+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Forese Family Pool	J. Rojas/S. Sykes	9/4-11/20	Wed.	5:00-5:45 pm	\$340	8

### YSN Aquatics Club (Ages 10+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Forese Family Pool	J. Rojas/S. Sykes	9/4-11/20	Wed.	4:15 - 5:00 pm	\$240	8

### YSN Healthy Living Swim Add-On (Ages 19+)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Forese Family Pool	C. Kaufman/YSN Staff	9/7-11/23	Sat.	1:00 - 2:00 pm	\$160	4

### YSN AQUATICS CLUB (Ages 10+)

A non-competitive program that is designed to be instructional for YSN teens who want to swim for fitness and improve fitness endurance and skills. Participants must be able to swim 25 yards of freestyle, backstroke and breast stroke. Participants must also be able to swim 50 yards continually. Class is held in the Forese Family Pool: Lap Pool.

**Note: First-time registration requires Director's approval.**

### YSN HEALTHY LIVING SWIM ADD-ON (Ages 19+)

Participants must be enrolled in Healthy Living program. Join this fun opportunity to socialize and get some exercise in the warm pool with friends, before Healthy Living class. Must be able to dress independently.



# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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## Aquatic Info and Policies

### MEMBER SWIM OFFERINGS

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

ALL POOLS HAVE SET SCHEDULES. PLEASE PICK UP A COPY OF THE SCHEDULE AT THE MEMBERSHIP DESK OR BY CHECKING THE APP OR WEBSITE. ONLY SWIMMERS PAST DOUBLE DOORS. NO SPECTATORS IN 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 Valles Lap Pool or Forese Family Lap Pool during this period.

**THERAPY SWIM:** Is an open time for older adults, handicapped individuals, and those needing water therapy. Please refer to the schedule for the Forese Family Pool: Scooter Pool. No instructor present.

**FAMILY SWIM:** Intended for those members with family memberships, everyone must have a valid New Canaan YMCA membership in order to swim. When participating in Family Swim, the ratio is 1 adult to no more than 6 children (no more than 2 non-swimmers). Children under 12yrs. and non-swimmers of any age MUST have an adult (Age 18+) in a bathing suit in the pool responsible for the child at all times in order to participate in family swim. All children 15 years and under must be swim tested in order to participate in family swim. Each child will be graded as a red-beginner, yellow-intermediate, green-advanced. Child must wear band to swim. Please refer to the schedule for the Forese Family Pool: Scooter Pool.

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

**FISH PASS PROCEDURE:** Fish passes are required to participate in Family Swim and are available at the Front Desk. There is a 25 Fish Pass Maximum. Only swimmers are allowed in the pool area.

**PARENT/CHILD CLASSES:** Classes will be held in the Forese Family Pool: Scooter Pool. Registration may be completed at the front desk or online.

**PRESCHOOL CLASSES:** Classes will be held in the Forese Family Pool: Scooter Pool. Registration may be completed at the front desk or online.

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

**ONE-ON-ONE PRIVATE LESSONS:** Classes will be held in the Forese Family Pool: Scooter Pool. To register, please contact Josephine Rojas-Einstman at [jrojas@newcanaanyymca.org](mailto:jrojas@newcanaanyymca.org).

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 Josephine Rojas-Einstman, by calling 203-920-1650. All medical make-up are made up within the session and cannot be carried over. If a class is canceled 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 canceled by the Y due to inclement weather or an emergency, every effort will be made to offer a make-up class. If the YMCA is unable to do this, credit for the missed class will be issued.

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

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

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

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

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

#### REGISTRATION DEADLINE

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

# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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## Swim Lessons

### NEW CANAAN YMCA SWIM LESSON PROGRAM OVERVIEW

The National Y swim lesson program is designed to teach safety, confidence, and strength in the water in a supportive and nurturing environment. The program is organized into 8 levels and your child is assigned to a level at the beginning of each session.

### REGISTRATION PROCESS

Simply sign up for the appropriate age group and desired class schedule. On the first day of class, swimmers will be evaluated and placed into the appropriate level. This brief evaluation allows for each child to be placed accordingly to ensure success and growth within the program.

### LEVEL OVERVIEW

A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
<b>Age Groups Offered</b>							
Parent/Child 6 mos - 3 yrs	Parent/Child 16 mos - 3 yrs	Preschool (3-5)  School Age (5-12)  Teen/Adult (12+)	Preschool (3-5)  School Age (5-12)  Teen/Adult (12+)	Preschool (3-5)  School Age (5-12)  Teen/Adult (12+)	Preschool (3-5)  School Age (5-12)  Teen/Adult (12+)	School Age (5-12)  Teen/Adult (12+)	School Age (5-12)  Teen/Adult (12+)
<b>Level Overview</b>							
Introduces infants and toddlers to the aquatic environment	Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Encourages forward movement in water and basic self-rescue skills performed independently	Develops intermediate self-rescue skills performed at longer distances than in previous stages	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke	Refines technique on all major competitive strokes & encourages swimming as
<b>Level Outcomes</b>							
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.	Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:  1. Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit  2. Jump, push, turn, grab		Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.				

# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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## Swim Lessons

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

**SIX-WEEK SESSIONS MEETING ONCE A WEEK \*Fall sessions start on a Wednesday**

Session 1: 9/4/19 - 10/15/19

Session 2: 10/16/19 - 11/26/19

#### Level A: Water Discovery (Ages 6 months to 3 years)

Introduces infants and toddlers to the aquatic environment.

Location	Director	Day	Time	Fee	Limit
Forese Family Pool	J. Rojas/Staff	Mon.	9:30 - 10:00 am	\$130	min. 3 max. 6
Forese Family Pool	J. Rojas/Staff	Tue.	9:30 - 10:00 am	\$130	min. 3 max. 6
Forese Family Pool	J. Rojas/Staff	Thu.	9:30 - 10:00 am	\$130	min. 3 max. 6
Forese Family Pool	J. Rojas/Staff	Sat.	9:05 - 9:35 am	\$130	min. 3 max. 6

#### Level B: Water Exploration (Ages 16 months to 3 years)

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatics skills.

Location	Director	Day	Time	Fee	Limit
Forese Family Pool	J. Rojas/Staff	Mon.	10:05 - 10:35 am	\$130	min. 3 max. 6
Forese Family Pool	J. Rojas/Staff	Tue.	10:05 - 10:35 am	\$130	min. 3 max. 6
Forese Family Pool	J. Rojas/Staff	Thu.	10:05 - 10:35 am	\$130	min. 3 max. 6
Forese Family Pool	J. Rojas/Staff	Sat.	8:30 - 9:00 am	\$130	min. 3 max. 8
Forese Family Pool	J. Rojas/Staff	Sat.	9:40 - 10:10 am	\$130	min. 3 max. 6



# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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## Swim Lessons

### PRESCHOOL SWIM LESSONS (Ages 3-5)

#### How preschool class registration works:

- Swimmers register for classes simply based on their age and the preferred day/time for classes.
- All swimmers are evaluated on the first day of class and placed into the appropriate level based on his/her swimming abilities.

#### Preschool levels: 1-4

- See page 23 for an overview of levels.
- Class ratio is 1:4

#### PRESCHOOL SIX-WEEK SESSIONS \*Fall sessions start on a Wednesday

##### Classes meet once a week for six weeks

Session 1: 9/4/19 - 10/15/19

Session 2: 10/16/19 - 11/26/19

Location	Director/Instructor	Day	Time	Fee	Limit
Forese Family Pool	J. Rojas/Staff	Mon.	10:35 - 11:05 am	\$156	4
Forese Family Pool	J. Rojas/Staff	Mon.	2:55 - 3:25 pm	\$156	12
Forese Family Pool	J. Rojas/Staff	Mon.	4:05 - 4:35 pm	\$156	8
Forese Family Pool	J. Rojas/Staff	Mon.	4:40 - 5:10 pm	\$156	8
Forese Family Pool	J. Rojas/Staff	Mon.	5:25 - 5:55 pm	\$156	4
Forese Family Pool	J. Rojas/Staff	Tue.	10:35 - 11:05 am	\$156	4
Forese Family Pool	J. Rojas/Staff	Tue.	11:10 - 11:40 am	\$156	4
Forese Family Pool	J. Rojas/Staff	Tue.	2:55 - 3:25 pm	\$156	8
Forese Family Pool	J. Rojas/Staff	Tue.	3:30 - 4:00 pm	\$156	8
Forese Family Pool	J. Rojas/Staff	Tue.	4:05 - 4:35 pm	\$156	8
Forese Family Pool	J. Rojas/Staff	Tue.	5:25 - 5:55 pm	\$156	4
Forese Family Pool	J. Rojas/Staff	Wed.	4:05 - 4:35 pm	\$156	8
Forese Family Pool	J. Rojas/Staff	Wed.	5:25 - 5:55 pm	\$156	4
Forese Family Pool	J. Rojas/Staff	Thu.	10:35 - 11:05 am	\$156	4
Forese Family Pool	J. Rojas/Staff	Thu.	11:10 - 11:40 am	\$156	4
Forese Family Pool	J. Rojas/Staff	Thu.	2:55 - 3:25 pm	\$156	8
Forese Family Pool	J. Rojas/Staff	Thu.	4:05 - 4:35 pm	\$156	8
Forese Family Pool	J. Rojas/Staff	Thu.	4:40 - 5:10 pm	\$156	8
Forese Family Pool	J. Rojas/Staff	Thu.	5:15 - 5:45 pm	\$156	4
Forese Family Pool	J. Rojas/Staff	Fri.	2:55 - 3:25 pm	\$156	4
Forese Family Pool	J. Rojas/Staff	Fri.	3:30 - 4:00 pm	\$156	4
Forese Family Pool	J. Rojas/Staff	Fri.	4:05 - 4:35 pm	\$156	4
Forese Family Pool	J. Rojas/Staff	Sat.	9:00 - 9:30 am	\$156	4
Forese Family Pool	J. Rojas/Staff	Sat.	9:35 - 10:05 am	\$156	4
Forese Family Pool	J. Rojas/Staff	Sat.	10:10 - 10:40 am	\$156	8
Forese Family Pool	J. Rojas/Staff	Sat.	10:45 - 11:15 am	\$156	8
Forese Family Pool	J. Rojas/Staff	Sat.	11:20 - 11:50 am	\$156	8

# YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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## Swim Lessons

### SCHOOL-AGE SWIM LESSONS (Ages 5-12)

#### How school-age class registration works:

- Swimmers register for classes simply based on their age and the preferred day/time for classes.
- All swimmers are evaluated on the first day of class and placed into the appropriate level based on his/her swimming abilities.

#### School-age swim levels: 1-6

- See page 23 for an overview of levels.
- Class ratio is 1:4

### SCHOOL-AGE SIX-WEEK SESSIONS \*Fall sessions start on a Wednesday

#### Classes meet once a week for six weeks

Session 1: 9/4/19 - 10/15/19

Session 2: 10/16/19 - 11/26/19

Location	Director/Instructor	Day	Time	Fee	Limit
Forese Family Pool	J. Rojas/Staff	Mon.	3:45 - 4:30 pm	\$169	4
Forese Family Pool	J. Rojas/Staff	Mon.	4:35 - 5:20 pm	\$169	12
Forese Family Pool	J. Rojas/Staff	Mon.	5:25 - 6:10 pm	\$169	16
Forese Family Pool	J. Rojas/Staff	Tue.	3:45 - 4:30 pm	\$169	4
Forese Family Pool	J. Rojas/Staff	Tue.	4:35 - 5:20 pm	\$169	12
Forese Family Pool	J. Rojas/Staff	Tue.	5:25 - 6:10 pm	\$169	16
Forese Family Pool	J. Rojas/Staff	Wed.	3:45 - 4:30 pm	\$169	4
Forese Family Pool	J. Rojas/Staff	Wed.	4:35 - 5:20 pm	\$169	8
Forese Family Pool	J. Rojas/Staff	Wed.	5:25 - 6:10 pm	\$169	16
Forese Family Pool	J. Rojas/Staff	Thu.	3:45 - 4:30 pm	\$169	4
Forese Family Pool	J. Rojas/Staff	Thu.	4:35 - 5:20 pm	\$169	12
Forese Family Pool	J. Rojas/Staff	Thu.	5:25 - 6:10 pm	\$169	16
Forese Family Pool	J. Rojas/Staff	Fri.	3:45 - 4:30 pm	\$169	4
Forese Family Pool	J. Rojas/Staff	Fri.	4:35 - 5:25 pm	\$169	4
Forese Family Pool	J. Rojas/Staff	Sat.	9:00 - 9:45 am	\$169	8
Forese Family Pool	J. Rojas/Staff	Sat.	9:50 - 10:35 am	\$169	8
Forese Family Pool	J. Rojas/Staff	Sat.	10:40 - 11:25 am	\$169	12

### SCHOOL-AGE AQUATICS CLUB (Ages 10-14)

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

#### Classes meet once a week for 6 weeks \*Fall sessions start on a Wednesday

Session 1: 9/4/19 - 10/15/19

Session 2: 10/16/19 - 11/26/19

Location	Director	Day	Time	Fee	Limit
Forese Family Pool	J. Rojas/Staff	Wed.	3:45 - 4:30 pm	\$124	8
Forese Family Pool	J. Rojas/Staff	Wed.	4:35 - 5:20 pm	\$124	8
Forese Family Pool	J. Rojas/Staff	Sat.	9:00 - 9:45 am	\$124	8
Forese Family Pool	J. Rojas/Staff	Sat.	9:50 - 10:35 am	\$124	8

### WATER POLO CLINICS RETURNING THIS FALL!

Open to ages 8-18 and all abilities!

Contact Joe Somma at [jsomma@newcanaanyymca.org](mailto:jsomma@newcanaanyymca.org) or 203-920-1659 for additional information.

# 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  
**Brian Fazzino** - Associate Swimming Director / Head Senior Coach  
**Michael Jordan** - Associate Swimming Director / Head Age Group Coach  
**Ashley Lancey** - Head Pride Coach  
**Andrew Faugano-Fusci** - Assistant Coach

### PRE-CAIMANS (12-Week Sessions Sept. - June)

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.



## 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 (Ages 13+)\*

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 required to attend practice six days a week. Double practices are encouraged for high school age swimmers, and are offered on Monday and Wednesday mornings.

**\*Age ranges are the average age per group, but group placement is not based on age alone.**

### 2019-2020 TRY-OUTS

**August 28, 29, 30; 3:00-5:00pm**

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 [slancey@newcanaanyymca.org](mailto:slancey@newcanaanyymca.org) or you may sign up at the front desk.

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

# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

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## Whirlwind Diving Team

### YMCA NATIONAL MEN'S DIVING CHAMPIONS 2018

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:** Kyle O'Donnell

**Assistant Diving Coach:** Jeanine Oburchay

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 2018-2019

- 2018 Girls High School State Open Champion- Farrah Volpintesta
- 2019 Boys High School State Open Champion- Kevin Bradley

#### Congratulations to the 2019 Whirlwind High School Seniors Diving at Division 1 Schools in the Fall!

- Kevin Bradley-University of Michigan
- Loni Foodman-West Point Military Academy
- Samanth Ho-Yale University
- Caitlin Inall-George Washington University
- Claire Ross-Boston College
- Elena Savas-Claremont McKenna College



#### NON-COMPETITIVE WHIRLWIND PROGRAMS

##### LEVEL 1: BRONZE (Ages 11 & under)

A non-competitive group designed for beginners who have no background or a limited skill set in diving. Participants do not attend competitions. This level is for divers ages 11 and under, and new to the sport of diving.

##### LEVEL 2: SILVER (Ages 11 & under)

A non-competitive group designed for divers who have mastered basic diving skills through Level 1 or elsewhere.

##### LEVEL 3: GOLD (Ages 11+)

For divers who have competed in a summer league program and are looking for a friendly competitive environment to improve on their skills. New divers will need an evaluation from the coaching staff to begin at this level.

#### WHIRLWIND COMPETITIVE PROGRAMS

##### Level 4

This level is for divers on track to becoming part of our Junior Olympic squad. Divers at this level will attend competitions with the team.

##### Levels 5 & 6

These levels are designed for the athlete whose top priority is high school diving. Training will focus on their one meter diving. This level is a school year program.

##### Levels 7 & 8

These levels are our YMCA/AAU National Team, and is for divers who attend the YMCA and/or AAU National Championship. Divers in this level will have the opportunity to attend a USA Diving regional championship as well.

##### Levels 9 & 10

These levels are our elite levels for divers who have qualified for USA Diving Junior National events, have been selected to an All-American team, and have a competitive junior platform list.

\*Levels 4-10 need an evaluation from the coaching staff prior to beginning the program. Please contact Adam Vance at 203-920-1658, or [avance@newcanaanymca.org](mailto:avance@newcanaanymca.org), to schedule an evaluation.\*

#### DIVING LESSONS

Diving Lessons are 45 minute sessions for children interested in trying out the sport of diving before committing to a full session. Please contact Adam Vance at 203-920-1658, or [avance@newcanaanymca.org](mailto:avance@newcanaanymca.org), to schedule a session or evaluation.

# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

## Synchronized Swimming

### NC YMCA AQUIANAS SYNCHRONIZED SWIM TEAM

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 swimmer. 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 solo, duet, trio, and team events, as well as compulsory figures, based on the recommendations of coaches. Competition on the local, regional, zone, national, and international levels is offered to those who qualify.

### COACHING STAFF

**Director of Synchronized Swimming; Head Coach:** Jen Muzyk  
**Assistant Director of Synchronized Swimming; Head Coach, 12/under program:** Krista Karwosky  
**Head Coach, Jr. Program:** Kimmy Robrock

### TEAM HIGHLIGHTS 2019

- 12/under U.S. National Team Member, Viola Li
- Jr. National Team Member, Olivia Li
- 12/under Silver Medalist in Figures & Bronze Medalist in Solo at Jr. Olympics, Aubrey Shen
- 13-15 Team earned Bronze at U.S. Nationals & Jr. Olympics
- Jr. Team earned Bronze at U.S. Nationals
- 15 Swimmers recognized as Zone Allstars
- 3 Swimmers representing U.S. at the 2019 UANA Pan American Championships



### NON-COMPETITIVE SYNCHRONIZED SWIMMING PROGRAM

#### FISH (Ages 5-10)

This program teaches synchro skills in a non-competitive environment. The athletes will learn basic synchronized swimming skills, an introduction to flexibility training, and enjoy new ways to move in the water with friends. Both beginners and individuals with some synchro class experience will enjoy this program.

**Practice Commitment:** 1 day per week

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

### AQUIANAS COMPETITION PROGRAMS

#### SYNCHRO STARS (AGES 7+) SEPTEMBER-JUNE

An entry-level team that introduces the competitive synchronized swimming program. 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 to those who qualify.

Participants may sign up for a full year or for a 12-week trial (Fall only).

#### SYNCHRO STARS TEAM BREAKDOWN!

Ages 7-10

Ages 11-12

Ages 13+

#### SYNCHRO TEAM AGE GROUP (AGES 8+)

Our age group teams compete in local, regional, and international meets each year. Participants develop their synchronized swimming skills while becoming confident, goal-setting, team-oriented athletes. Graduates of this program often continue their synchro careers in college. Recent alumni have swam for Stanford University, Ohio State University, College of William and Mary, Wheaton College, University of Florida, and more.

#### AGE GROUP TEAM BREAKDOWN!

Ages 8-12

Ages 13+

\*All competitive programs require coaches' approval prior to registering for the program.

To learn more about the program, including intermediate and advanced teams, contact Jen Muzyk at [jmuzyk@newcanaanyymca.org](mailto:jmuzyk@newcanaanyymca.org)

# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

## Synchronized Swimming



### Fish (Ages 5-10)

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Forese Family Pool	K. Karwosky	9/6-11/22	Fri.	4:00 - 5:30 pm	\$450	12

### 12-Week Trial of Stars Team (Ages 10/under) Program meets 3 times a week

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Forese Family Pool	K. Karwosky	9/7-11/23	Tue.	5:00 - 7:30 pm	\$842	10
			Thu.	5:00 - 7:30 pm		
			Sat.	1:00 - 3:30 pm		

### 12-Week Trial of Stars Team (Ages 11-12) Program meets 3 times a week

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Forese Family Pool	K. Karwosky	9/7-11/23	Mon.	5:00 - 7:30 pm	\$842	10
			Wed.	5:00 - 7:30 pm		
			Sat.	1:00 - 3:30 pm		

### 12-Week Trial of Stars Team (Ages 13/over) Program meets 3 times a week

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Forese Family Pool	K. Karwosky	9/7-11/23	Mon.	5:00 - 7:30 pm	\$842	10
			Wed.	5:00 - 7:30 pm		
			Sat.	1:00 - 3:30 pm		

# 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.

### **REGISTRATION FOR THE 2019-2020 PROGRAM**

Program registration will open on Monday, August 26.

	<b>Dad</b>	<b>Child</b>
<b>Y Family Membership</b>	\$26/family	
<b>Y Adult or Youth Membership</b>	Free	\$52
<b>Non-Members</b>	\$113	\$210

Registration for new and current members currently available.

**Fall Outing:** Camp Mohawk

**Father/Daughter:** 9/28-9/29

**Father/Son:** 10/5-10/6

### **FREE MEMBER CLASSES**

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

#### **CYCLE 30 TOGETHER**

Cycle 30 Together will get you moving and feeling better in only 30 minutes. It's a cardio workout as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness. Open to families with kids ages 10 or older with a minimum leg length of 30 inches from the top of the hip bone to the bottom of foot.

#### **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. F.I.T. Pass privileges do not include use of the zone. 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.

#### **FAMILY FUNDAY!**

A special event benefit for New Canaan YMCA Family Members: Y members with a family membership are invited to an afternoon of fun activities at the Y, including family gym activities, arts and crafts, and Kid Zone fun!

Family Funday Dates: September 15; November 12

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

improving the nation's health and well-being

## Wellness Center, Group Fitness & The Zone

### WELLNESS CENTER

With a beautifully expanded floor plan, new equipment, and a qualified, caring staff, the Y's Wellness Center is here to support your healthy living goals. The Center has over 60 cardio equipment options including treadmills, ellipticals, bikes and much more. We also have a new Matrix weight circuit, many free weight options, plus a newly expanded area featuring a large multi-use stretch area, and our Sprint 8® Zone. The science-based Sprint 8® cardio workout program has been proven to boost energy, reduce body fat, promote lean muscle mass and improve cholesterol in just eight weeks.

The Wellness Center is open to members 15 and older (F.I.T. Pass training is available for 12-14 year olds; see page 17).



### 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.



### GROUP CLASSES: FIND STRENGTH IN NUMBERS

We have 4 dedicated centers for Group Classes: the Group Exercise Center (recently expanded and renovated), the Mind Body Center, the Cycling Center, and the Zone. We also offer a number of Water Fitness classes in our Scooter and Valles Pools. Whether you are looking to improve endurance, build strength, increase flexibility, or reduce stress, you're bound to find it in the over 100 classes per week that are included as part of your Y membership.

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

### A MORE CONNECTED FITNESS EXPERIENCE

#### Your xID is unique to you!

Choose a 10-digit number and a 4-digit pin to log in each time you use a Matrix machine & connect to the New Canaan YMCA app.

**If you forget your xID login information, you can retrieve it from your mobile app account, or visit: <https://newcanaanymca.netpulse.com/#/signin>**

#### With an xID on our equipment & app you can...

- Create personal goals
- Record and track your workouts
- Earn rewards
- Create personal playlists for your workouts
- Automatically log in to access your other accounts while working out, including Netflix, Facebook, and more!

# 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.

#### Personal Training Rules

- Appointments must be canceled 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.

### MOTIVATION PACKAGE

For first-time clients only. This package includes three personal training sessions to get you started at a special introductory rate.

\*Blood pressure screening and body composition available upon request.

#### Personal Training Fee

Sessions (55 min.)	One person (one trainer/one client) Member/Non-member Fees	Two person (one trainer of same 2 clients) Member/Non-member Fees
1	\$79/\$99	\$59 per person/\$74 per person
3 Motivation Package	\$204/\$264	N/A
5	\$385/\$485	\$285 per person/\$360 per person
10	\$750/\$950	\$550 per person/\$700 per person
20	\$1,440/\$1,840	\$1,040 per person/\$1,340 per person

### SMALL GROUP TRAINING

The Y offers limited edition 4-week small group trainings that combine the expertise from a personal trainer with the energy and motivation you feel from working with a group. Each 4-week small group training will feature a different fitness specialty geared to bust boredom out of your workout routine. Some examples include: flexibility foam roller and kettlebell training. Four participants are needed for class to run. One make-up class will be offered at a designated date and time, no other make-up session is allowed.

**Fall Session 1: 9/9-10/4**

**Fall Session 1: 10/14-11/8**

Location	Director/ Instructor	Day	Time	Member/ Non-Member
The Zone (Strength Circuit Training)	E. Saint/Kelly	Tue./Thu.	8:30 am	\$240/\$340
The Zone (Strength Circuit Training)	E. Saint/Ginger	Wed./Fri.	9:00 am	\$240/\$340
The Zone (Kettlebell Training)	E. Saint/Tamara	Mon./Thu.	9:15 am	\$240/\$340
The Zone (Foam Roller Training)	E. Saint/Ania	Tue./Thu.	12:15 pm	\$240/\$340

### PRIVATE CUSTOM SMALL GROUP TRAINING

Form your own group of 4 or more people and design a training program to meet your needs.

Contact Eva Saint, 203-920-1623, [esaint@newcanaanymca.org](mailto:esaint@newcanaanymca.org) for additional information regarding programs and fees.

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

improving the nation's health and well-being

## Adult Pilates Apparatus Classes

### SMALL GROUP 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.

**Fall Session 1: 9/4-10/15 (6-weeks), Fee \$186**

**Fall Session 2: 10/16-11/26 (6-weeks), Fee \$186**

To sign up for a fall 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-serve basis. Every effort will be made to place you according to level. After September 1, all class registration can be done online or at the front desk. Class days and times on grid below.

### Pilates Apparatus Fall 2019 groups

Location	Director/Instructor	Day	Time	Member	Limit
Mind Body Ctr	K. Schnitzler/Leslie	Mon.	9:30 am	\$186	4
Mind Body Ctr	K. Schnitzler/Leslie	Mon.	10:30 am	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Mon.	7:00 pm	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Tue.	10:00 am	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Tue.	11:00 am	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Wed.	9:00 am	\$186	4
Mind Body Ctr	K. Schnitzler/Leslie	Wed.	10:00 am	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Wed.	11:00 am	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Wed.	5:00 pm	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Thu.	11:00 am	\$186	4
Mind Body Ctr	K. Schnitzler/Karen	Thu.	12:00 pm	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Fri.	9:00 am	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Fri.	10:00 am	\$186	4
Mind Body Ctr	K. Schnitzler/Madelaine	Fri.	11:00 am	\$186	4

\*Some classes may not be offered every session, additional sections may be added. Check online registration portal for most accurate offerings. If have a group that is interested in a particular day or time that you do not see please contact [bphilipp@newcanaanyymca.org](mailto:bphilipp@newcanaanyymca.org)

### 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	\$258
3 (Non-member rate)	\$261 "The Right Start" Package	\$348
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

## ForeverWell Programs

### Get Active • Stay Fit • Be Social

Our goal at the New Canaan YMCA is to help active older adults stay "Forever Well." We offer many fitness options that meet the needs of this age group. Check out the list below for classes that the active older adult might enjoy.

#### FITNESS CLASSES:

##### 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 37)

##### 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.

##### CHAIR YOGA

With the support of a chair, this gentle yoga class will help you improve postural alignment, maintain pelvic mobility, reduce muscle tension and gain strength through flowing movements and focused breathing

#### RECREATIONAL & SOCIAL ACTIVITIES:

##### POP-UP LUNCH SERIES

Lunch is on us or bring your own! Join us once per month for a pop-up topic, activity, speaker and more. This is a great opportunity to meet new friends, have fun, and maybe even learn something new. Attendees must RSVP at the Fronk Desk. Open to members and non-members.

Friday, September 27

Friday, October 25

Friday, November 22

#### FITNESS CLASSES:

##### 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.

##### TRIVIA TUESDAYS

Pop-up trivia will take place in Dante's Café at the Y on select Tuesdays. This is a great way to be social, test your skills, and expand your mind. Get ready to win some fun prizes! Open to members and non-members.

If you have an idea for a new program please contact Nicki Jezairian at [njezairian@newcanaanymca.org](mailto:njezairian@newcanaanymca.org).

# 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 skills they may already have. Beginners—Uncomfortable in the water? This class is for you. Intermediate to advanced swimmers—brush up on your skills and enhance your techniques. A minimum of three participants is needed for class to run.

**Session 1: 9/9-10/14**

**Session 2: 10/15-11/26**

#### Adult Swim Lessons

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Forese Family Pool	J. Rojas/Staff	9/9-10/14	Mon.	11:10 - 11:55 am	\$178	6
Forese Family Pool	J. Rojas/Staff	9/5-10/10	Thu.	7:00 - 7:45 pm	\$178	6
Forese Family Pool	J. Rojas/Staff	10/21-11/25	Mon.	11:10 - 11:55 am	\$178	6
Forese Family Pool	J. Rojas/Staff	10/17-11/21	Thu.	7:00 - 7:45 pm	\$178	6

### MASTERS SWIM (12-week session)

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

#### Master Swim (Ages 18/over)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Forese Family Pool	S. Lancey/Staff	9/9-11/25	Mon., Wed., Fri.	5:30 - 6:45 am	\$235	12

### 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.

#### Arthritis Exercise (12-week session)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Forese Family Pool	J. Rojas /Staff	9/9-11/25	Mon.	6:15 - 7:00 pm	FREE/\$247	10
Forese Family Pool	J. Rojas /Staff	9/10-11/26	Tue.	12:10 - 12:55 pm	FREE/\$247	10
Forese Family Pool	J. Rojas /Staff	9/5-11/20	Thu.	12:10 - 12:55 pm	FREE/\$247	10
Forese Family Pool	J. Rojas /Staff	9/5-11/20	Thu.	6:15 - 7:00 pm	FREE/\$247	10

### FREE MEMBER CLASSES:

Schedules available at front desk and online.

#### 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.

# HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

improving the nation's health and well-being

## Adult Healthy Lifestyles

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

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

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

**Fall Meeting Dates: September 17, October 15, November 19, December 17**

### GENTLE YOGA OFFERED FOR PARKINSON'S PATIENTS IN THE COMMUNITY

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

#### Gentle Yoga for Parkinson's Patients

Location	Director/Instructor	Date	Day	Time	Member/Non-member	Limit
Mind Body Center	K. Schnitzler/M. Risom	9/30	Mon.	7:00 pm	FREE/\$10	20
Mind Body Center	K. Schnitzler/M. Risom	10/28	Mon.	7:00 pm	FREE/\$10	20
Mind Body Center	K. Schnitzler/M. Risom	11/25	Mon.	7:00 pm	FREE/\$10	20

### LIVESTRONG AT THE YMCA- FREE CANCER SURVIVOR PROGRAM

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

Participants will work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body. The 12-week program is offered at no cost to any cancer survivor in the community. The program includes two weekly group classes per week, taught by trained LIVESTRONG at the YMCA instructors, as well as full access to the Y for the 12 weeks. To learn more about this program and/or to participate, please contact Nick Jezairian at 203-920-1657 or njezairian@newcanaanyymca.org



#### Livestrong at the YMCA

Location	Director/Instructor	Session Start/End	Day	Time	Limit
Wellness	E. Saint/Staff	9/16-12/11	Mon. & Wed.*	12:00 - 1:15 pm	10
Wellness	E. Saint/Staff	9/17-12/15	Tue. & Sun.*	6:00 - 7:15 pm (Tue.) 11:00 am - 12:15 pm (Sun.)	10

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

\*There will be no classes the week of 11/25-11/29

# HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

improving the nation's health and well-being

## Adult Healthy Lifestyles

### HSS SPORTS REHAB PROVIDED BY STAMFORD HEALTH

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

Located in the 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 available on Monday - Thursday from 7:00 am to 7:00 pm and Friday from 7:00am to 2:30 pm. 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.

### NUTRITIONAL COUNSELING AT THE NEW CANAAN YMCA



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

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

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

#### Nutritional Counseling Initial Assessment - \$199

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

After Initial Assessment - Packages are available for 30 minute follow up Sessions:

- 1 Session - \$75
- 3 Sessions - \$215
- 5 Sessions - \$325

For more information please contact Kristin Schnitzler, RD, Group Wellness Director at [kschnitzler@newcanaanymca.org](mailto:kschnitzler@newcanaanymca.org) or 203-920-1636.

### WELLNESS NURSE AT THE NEW CANAAN YMCA

Anne Goebel, R.N., our Wellness Nurse, is at the Y through our partnership with Stamford Health. Anne is a valuable and ongoing resource for our members and is available to discuss your medical or health-related concerns. She can provide referrals to Stamford Health primary care physicians and specialists, depending on your needs. Anne also provides education, motivation, guidance and support to help you meet your health and wellness goals. We are proud to be the first partnership of its kind between a health system and a YMCA in the state of Connecticut.

Stop by Anne's office on the second floor, Monday through Friday. You can also set up an appointment by calling Anne at 203-920-1642 or emailing her at [AGoebel@stamhealth.org](mailto:AGoebel@stamhealth.org).

### HEALTHY EATING MADE EASY FIELD GOODS AT THE 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: ADULT SPORTS & RECREATION

improving the nation's health and well-being

## Adult Sports and Recreation

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

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

### ADULT FENCING AND FITNESS BOOTCAMP

Learn the art of swordplay with low impact, high results-oriented workout that will engage and thrill you like nothing you have ever experienced. All age and skill levels are welcome. All classes require a \$10 equipment rental fee payable to Way of the Sword at the start of the first class. All fencing programs are provided by Way of the Sword Fencing Academy.

### OPEN PING PONG:

Monday: 8:00 – 10:00 am  
Wednesday: 8:00 – 10:00 am

### ADULT BASKETBALL:

Mon.: 12:00 – 2:00 pm  
Tue.: 6:30 – 8:00 am, 12:00 – 2:00 pm  
Wed.: 6:30 – 8:00 am  
Thu.: 12:00 – 2:00 pm  
Fri.: 6:30 – 8:00 am, 12:00 – 2:00 pm

### PICKLEBALL:

Mon.: 8:00 – 10:00 am  
Wed.: 8:00 – 10:00 am, 12:00 – 2:00 pm  
Thu.: 10:00 – 12:00 pm  
Fri.: 10:00 – 12:00 pm  
Sat.: 11:30 – 1:00 pm  
Sun.: 11:00 – 1:30 pm

\*Times subject to change

### ADULT VOLLEYBALL:

Mon. & Thu.: 8:00 – 10:00 pm

### Adult Fencing and Fitness Bootcamp

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Gymnasium	W. Schwartzstein/Coach Mike	9/10-11/26	Tue.	10:00-11:00 am	\$288	16



# SOCIAL RESPONSIBILITY: COMMUNITY INVOLVEMENT

giving back and providing support to our neighbors

## Volunteering

### 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. Check our website for a list of opportunities, and come join us for an hour, a day, a session, or a whole year.

### 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 and caring for the homeless. Togetherhood is sharing the Y's mission of social responsibility and having a lasting impact on our community.

To learn about volunteering at the Y or the Togetherhood Committee and the work that we do, please contact Nicki Jezairian at [njezairian@newcanaanymca.org](mailto:njezairian@newcanaanymca.org).

### TOGETHERHOOD UPCOMING PROJECTS:

Specific details for each project will be announced.

#### Togetherhood's Veterans Day Luncheon Saturday, November 2

Join your fellow Veterans and their families as we celebrate the service efforts of so many brave soldiers with lunch a presentation and conversation at the Y. Registration is required through the Y front desk or at [www.newcanaanymca.org](http://www.newcanaanymca.org)

### VOLUNTEER OPPORTUNITIES

Check out the events listed below for great ways to give back with friends, family, or on your own! For volunteer registration, go to [www.newcanaanymca.org](http://www.newcanaanymca.org) for details.

Family Community Dinner Night: Friday, September 27

Family Fun Obstacle Run: Sunday, October 20

Family Volunteer Day of Service: Saturday, November 16

### 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.

#### Toys for Tots

Extend your hand to assist Toys for Tots and bring joy to each little girl and boy this season.

The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December.

Collection dates to be announced.



# SOCIAL RESPONSIBILITY: COMMUNITY INVOLVEMENT

giving back and providing support to our neighbors

## Community Events & Programs

### FAMILY COMMUNITY DINNER NIGHT

**Friday, September 27**

New Canaan YMCA

Join your friends and family for a night of fun, food, family, and friends here at the Y.

Free and open to the community!

### VETERAN'S DAY CELEBRATION

**Saturday, November 2**

New Canaan YMCA

### FAMILY VOLUNTEER DAY OF SERVICE

**Save the Date!**

**Saturday, November 16**

Kick off the holiday season and celebrate world kindness week with giving and service. Gather your family together to support our neighbors and neighborhoods to make the world a kinder place.

**Interested in Volunteering for one of our events?**

Go to [newcanaanymca.volunteermatters.org](http://newcanaanymca.volunteermatters.org) or email

### PROJECT ADVENTURE

**Teaming Building!**

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.

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

## Family Fun Obstacle Run

**Sunday, October 20**

**11:30am-2:30pm**



**Meet us at the Y for a family adventure! Tackle the family-friendly obstacle course of climbing, running, sliding, and crawling through fun inflatable and man-made obstacles. Plus, enjoy games, music, and more!**

**Event is free and open to the community!**

# SOCIAL RESPONSIBILITY: WORLD SERVICE

giving back and providing support to our neighbors

## World Service: Kibera

The New Canaan YMCA partnership with Facing the Future, a child development center serving the Kenyan slum of Kibera, began in 2007. Through our partnership with Facing the Future, we are helping to educate, feed, and support over 380 children in Kibera, Kenya. Thanks to donations from our community members, we have assisted in purchasing land, building multiple structures, and building a playground. We have provided the children with school supplies, food, mosquito netting, plus additional monetary and hands-on support throughout the years. We also provide support and tools to help FAFU become self-sufficient in serving the youth of Kibera.

### THE CRAIG PANZANO FAFU HIGH SCHOOL SCHOLARSHIP FUND

Since 2015, 32 children from FAFU have passed grade 8 National Exam and are now attending high school either in private, boarding, or public high schools. It is with great pleasure that we have created the Panzano FAFU High School Scholarship Fund, which each year will pay the expenses for kids from Kibera to leave their wretched living conditions and go to high school.

Donations to support the Craig Panzano FAFU High School Scholarship Fund can be made online at [www.newcanaanymca.org](http://www.newcanaanymca.org)

### SPONSOR A CHILD

Making personal connections with those across the globe makes a huge impact. This is a perfect opportunity for you and your family and/or friends to make a difference in a child's life, make a new friend, and feel confident in the difference you are making.

**For less than a dollar a day, you can provide one FAFU student with:**

- One year of education and school supplies
- Two meals per day
- School uniform
- Medical supplies and check ups

**As a sponsor, you will have the opportunity to provide your FAFU child with two special gifts throughout the year.**

**These include:**

- A pencil box filled with goodies purchased by the sponsor
  - A t-shirt you wish to share from your home
- The Y will make sure your gifts are hand delivered

**As a sponsor you will receive:**

- Two scheduled Skype calls per year with your child
- Letter exchange two times per year

**Sponsorship Options:**

- A one-year commitment with an option to continue
  - One sponsorship \$360 per year
  - Split a sponsorship \$180.00 per sponsor, per year
- (Two committed participants required at time of registration)  
Each child can be continuously sponsored through grade eight.

**The sponsorship program allows our donors to foster a relationship with a child at FAFU for the duration of one year. If you would prefer to make a one-time donation of \$360.00 without committing to maintaining contact with a child at FAFU, we would welcome your donation.**

### SPECIAL THANKS

**Thank you to all participants who have helped us enhance the lives of the children of Kibera.**

- Our child sponsor families
- The West School fourth grade class
- All of our families who participated in the summer LemonAid Stand project.
- The New Canaan High School interns and participants of Buckets or Kibera



**Sponsored children from Facing the Future receiving gifts from their New Canaan YMCA family sponsors**

**For additional information about our partnership with Facing the Future, contact Nicki Jezairian at ext. 157. To make a donation to Facing the Future through our Y's Annual Support Campaign, contact Kristina Barrett at 203-920-1654.**



# 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 2018, we awarded the equivalent of nearly \$270,000 ensuring no one is ever turned away.



Special Needs Programs

Gifts to our Y allow us to serve over 130 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.

[www.newcanaanymca.org/support-our-y](http://www.newcanaanymca.org/support-our-y)  
**NEW CANAAN YMCA The Y. So Much More™**

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.

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

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

## **COMING THIS FALL!**

# **FAMILY FUN OBSTACLE RUN**

**Meet us at the Y for a family adventure!  
Tackle the family-friendly obstacle course  
of climbing, running, sliding, and crawling  
through fun inflatable obstacles and other  
fun challenges. Plus, enjoy games, music, &  
more! Free community event open to all!**

**SUNDAY, OCTOBER 20  
11:30AM – 2:30PM**

## **GET IN THE GAME!**

**2019-2020  
YOUTH BASKETBALL LEAGUE**

The New Canaan YMCA community youth basketball league is open to boys and girls in grades Kindergarten through 12th grade and promotes teamwork and participation, while developing basketball skills, self-confidence, and a love for the game.

For additional information, call 203-920-1652.

**REGISTRATION BEGINS  
OCTOBER 1**