DISCOVER YOUR PASSION AT THE Y

Spring Activities 2020
NEW CANAAN YMCA

Registration begins
Monday, February 10

Classes begin
Monday, March 9
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.
# Table of Contents

**YOUTH DEVELOPMENT**

- **Hargrove Child Development Center**
  - Rainbow Station Childcare ................................. 8
  - Kids Unlimited ........................................... 9
  - My Playroom ............................................. 9
- **School Vacation Camp** ................................. 10
- **Bouncing Bears & Beyond** ............................. 11-14
- **Youth Sports & Wellness** ......................... 15-17
- **Youth Recreation** .................................. 18
- **YSN Special Needs** ................................. 19-21

**Youth Water Activities**
- Aquatic Info and Policies ......................... 22-23
- Swim Lessons ........................................ 24-26

**Competitive Aquatics & Team Sports**
- Caimans Swim Team .................................. 27
- Whirlwind Diving ..................................... 28
- Aquianas Synchronized Swimming .............. 29

**HEALTHY LIVING**

- **Family Time**
  - Family Programs & Wellness .................. 30
- **Adult Health, Well-Being & Fitness**
  - Wellness Center, Group Fitness, and The Zone .... 31
  - Personal Training .................................. 32
  - Pilates Apparatus .................................. 33
  - ForeverWell Programs ............................. 34
- **Adult Water Activities** .......................... 35

**Adult Healthy Lifestyles**
- Parkinson’s Disease Programming ............. 36
- Livestrong at the YMCA ............................ 36
- HSS Sports Rehab .................................... 37
- Provided by Stamford Health ..................... 37
- Nutritional Counseling ............................. 37

**Social Responsibility**

- **Community Involvement**
  - Volunteering ........................................ 39
  - Community Events ................................ 39
- **World Service** .................................... 40
- **2020 Annual Support Campaign** ............. 41
CONTACT 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

SCHEDULED HOLIDAY HOURS
April 10 (Good Friday) - Open, 5:30 am - 11:30 am
April 12 (Easter) - Closed
May 25 (Memorial Day) - Open, 7:30 am - 11:30 am

MEMBER SERVICE DESK BUSINESS HOURS
Monday-Friday: 7:30 am – 8:00 pm
Saturday: 7:30 am – 4:00 pm
Sunday: 8:00 am – 4:00 pm

Note: The Front Desk will be closed on Easter.

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. Contact Pam Libertiny, V.P. of Human Resources and Risk Management, at 203-920-1628, for more information.

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

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

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

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 Reciprocity 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 22) 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: 4:30 – 6:30 pm
  Saturday: 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,
V.P. of Family & Youth Development .................. 203-920-1641
Mary Coleman,
Membership Director ...................................... 203-920-1630
Brian Fazzino,
Associate Competitive Swimming 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,
V.P. of Facility & Finance ................................ 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,
V.P. of Healthy Living & Membership .................. 203-920-1626
Diana Riolo,
Financial Assistance,
Development & Marketing Administrator ............ 203-920-1653
Josephine Rojas,
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

New Canaan YMCA • 3
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

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Joiner Fee</th>
<th>Monthly Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (Ages 0-14)</td>
<td>$25</td>
<td>$275 annual</td>
</tr>
<tr>
<td>Young Adult (Ages 15-25)</td>
<td>$50</td>
<td>$49</td>
</tr>
<tr>
<td>Adult (Ages 26-64)</td>
<td>$100</td>
<td>$95</td>
</tr>
<tr>
<td>Senior Adult (65+)</td>
<td>$100</td>
<td>$71</td>
</tr>
<tr>
<td>Senior Couple (both 65+)</td>
<td>$100</td>
<td>$112</td>
</tr>
<tr>
<td>Family 1 Adult</td>
<td>$125</td>
<td>$139</td>
</tr>
</tbody>
</table>
| One adult and all dependents (under 26) living in the same household
| Family 2 Adults                  | $125       | $152         |
| Two adults (ages 26+) and all dependents (under 26) living in the same household
| Family 3 Adults                  | $125       | $185         |
| Three adults (ages 26+) and all dependents (under 26) living in the same household
| Family 4 Adults                  | $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 membership has 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 22)
- 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.
- Indiscriminate 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).
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.
**SPRING ACTIVITY REGISTRATION AND SESSION DATES**

Online Registration* and Registration at the Y Front Desk Begins: Monday, February 10, 9:00 am

Classes Begin: Monday, March 9
No Classes: April 10, April 13 - 18, May 25

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

**ONLINE REGISTRATION SYSTEM**

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

**Registration Instructions**

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

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

3. Once you’ve found an activity you would like register for click “Add to Cart”.

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

5. Review and check any required waivers/forms.

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

**WE’RE HERE TO HELP!**

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

**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, 2019 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 January 31 to ensure approval for Spring Activity registration.*

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

Spring registration opens Monday, February 10 at 9:00 am. If you have any questions, contact Diana Riolo at 203-920-1653 or driolo@newcanaanymca.org.
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
MY PLAYROOM

• Drop-in babysitting program for members who are using the YMCA facility:
  Mon.: 8:15 am – 12:15 pm; 2:45 pm – 6:30 pm
  Tue.: 8:15 am – 12:15 pm; 2:45 pm – 6:30 pm
  Wed.: 8:15 am – 12:15 pm; 2:45 pm – 6:30 pm
  Thu. – 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
• My Playroom afternoon hours Monday–Wednesday have a limit of 10 children and are offered only on days that session programs are running.

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

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

"They say it takes a village...and our village absolutely includes the YMCA. Suzy and her team at KU run an outstanding afterschool program that my daughter loves. We know she is in great hands and having fun with friends that have grown to be more like family."

— 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 Week-Long Programs
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@newcanaanymca.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:

**LITTLE BEARS**
12-23 months, with parent

**TOGETHER BEARS**
1-2½ years old, with parent

**BIG BEARS**
24-36 months, with parent

**MIGHTY BEARS**
2½-3½ years old, with parent

**TUMBLEBEARS**
3-4 years old, child only

**DYNAMOS**
3-5 years old, child only

**HOT SHOTS**
4-5 years old, child only

**COMBO CLASSES**

**DANCE JAM GYMNASTICS**
3-5 years old, child only

**TAP & TUMBLE**
K-8 years old, child only

**GYM & SWIM**
3-5 years old, child only

**GRADE SCHOOL**

**NOVAS 1: BEGINNER**
Ages K-7 years

**NOVAS 2:**
Ages 7+

**ADVANCED BEGINNER**
Ages 7+

**SUPERNOVAS:**
Ages 7+

**INTERMEDIATE – ADVANCED** (coach approval required)

**NINJA KIDS GYMNASTICS**
Ages K-7 years

**RHYTHMIC GYMNASTICS**
Ages 4-6, 7+

**DANCE JAM GYMNASTICS:**
Ages K-8 years

**TAP & TUMBLE:**
Ages K-8 years

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 203-920-1639.

If a class is canceled by the Y due to inclement weather or an emergency, every effort will made to offer a make-up class. If a participant cannot attend the make-up class, no credit/refund will be issued.

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 203-920-1639.

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.
**Bouncing Bears & Beyond: Preschool**

**PARENT CHILD CLASSES**
*Little Bears (Ages 12–24 months, with parent)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/9-6/8</td>
<td>Mon.</td>
<td>9:45 - 10:30 am</td>
<td>$298</td>
<td>10</td>
</tr>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>9:45 - 10:30 am</td>
<td>$298</td>
<td>10</td>
</tr>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/11-6/3</td>
<td>Wed.</td>
<td>9:45 - 10:30 am</td>
<td>$298</td>
<td>10</td>
</tr>
</tbody>
</table>

*Together Bears (Ages 1–2½ years, with parent)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/12-6/4</td>
<td>Thu.</td>
<td>9:45 - 10:30 am</td>
<td>$298</td>
<td>10</td>
</tr>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/13-6/12</td>
<td>Fri.</td>
<td>10:30 - 11:15 am</td>
<td>$298</td>
<td>10</td>
</tr>
</tbody>
</table>

*Big Bears (Ages 24–36 months with parent)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/9-6/8</td>
<td>Mon.</td>
<td>10:30 - 11:15 am</td>
<td>$298</td>
<td>10</td>
</tr>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>10:30 - 11:15 am</td>
<td>$298</td>
<td>10</td>
</tr>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/11-6/3</td>
<td>Wed.</td>
<td>10:30 - 11:15 am</td>
<td>$298</td>
<td>10</td>
</tr>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/13-6/12</td>
<td>Fri.</td>
<td>9:45 - 10:30 am</td>
<td>$298</td>
<td>10</td>
</tr>
</tbody>
</table>

*Mighty Bears (Ages 2½–3½ years, with parent)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/12-6/4</td>
<td>Thu.</td>
<td>10:30-11:15 am</td>
<td>$298</td>
<td>10</td>
</tr>
</tbody>
</table>

**CHILD-ONLY CLASSES**

*Tumblebears (Ages 3–4, child only)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/11-6/3</td>
<td>Wed.</td>
<td>2:30 - 3:15 pm</td>
<td>$331</td>
<td>8</td>
</tr>
</tbody>
</table>

*Dynamos (Ages 3–5 years, child only)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>1:45 - 2:30 pm</td>
<td>$331</td>
<td>8</td>
</tr>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/12-6/4</td>
<td>Thu.</td>
<td>2:30 - 3:15 pm</td>
<td>$331</td>
<td>8</td>
</tr>
</tbody>
</table>

*Hot Shots (Ages 4–5, child only)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/9-6/8</td>
<td>Mon.</td>
<td>2:30 - 3:15 pm</td>
<td>$331</td>
<td>8</td>
</tr>
</tbody>
</table>

*Gym & Swim Combo Class (Ages 3–5, child only)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone/Pool</td>
<td>D. Carpenter/Staff</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>2:30 - 4:00 pm</td>
<td>$643</td>
<td>8</td>
</tr>
<tr>
<td>Kid Zone/Pool</td>
<td>D. Carpenter/Staff</td>
<td>3/11-6/3</td>
<td>Wed.</td>
<td>1:30 - 3:00 pm</td>
<td>$643</td>
<td>8</td>
</tr>
</tbody>
</table>

*Dance Jam Gymnastics (Ages 3–5, child only)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mind Body/Kid Zone</td>
<td>D. Carpenter/K. Harshbarger</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>2:45 - 3:45 pm</td>
<td>$361</td>
<td>10</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13–4/18, 5/25
YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND
nurturing the potential of every child and teen

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.

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. Students in this group are eligible to perform in year-end show in June.

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.

NIKITA 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.

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
nurturing the potential of every child and teen

Bouncing Bears & Beyond: Gymnastics

<table>
<thead>
<tr>
<th>Novas 1: Beginner – Advanced Beginner (Ages K–7 years)</th>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>4:00 - 4:45 pm</td>
<td>$361</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/11-6/3</td>
<td>Wed.</td>
<td>4:00 - 4:45 pm</td>
<td>$361</td>
<td>8</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Novas 2: Beginner – Advanced Beginner (Ages 7+) Experience Required</th>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/9-6/8</td>
<td>Mon.</td>
<td>4:00 - 4:45 pm</td>
<td>$361</td>
<td>8</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supernovas: Intermediate – Advanced (Ages 7+) Experience Required</th>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/9-6/8</td>
<td>Mon.</td>
<td>4:45 - 5:30 pm</td>
<td>$361</td>
<td>8</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tap &amp; Tumble (Ages 5–8)</th>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/K. Harshbarger</td>
<td>3/13–6/12</td>
<td>Fri.</td>
<td>4:15 - 5:15 pm</td>
<td>$361</td>
<td>9</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ninja Kids Gymnastics (Ages K–7 years)</th>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone</td>
<td>D. Carpenter/Staff</td>
<td>3/12–6/4</td>
<td>Thu.</td>
<td>4:00 - 4:45 pm</td>
<td>$361</td>
<td>8</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rhythmic Gymnastics (Ages 4+)</th>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non–member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gym (4-6yrs.)</td>
<td>D. Carpenter/J. Sanarova</td>
<td>3/13-6/12</td>
<td>Fri.</td>
<td>4:30 - 5:30 pm</td>
<td>$341/$369</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Gym (7+yrs.)</td>
<td>D. Carpenter/J. Sanarova</td>
<td>3/13-6/12</td>
<td>Fri.</td>
<td>5:30 - 6:30 pm</td>
<td>$341/$369</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Gym (Pre-Team)</td>
<td>D. Carpenter/J. Sanarova</td>
<td>3/13-6/12</td>
<td>Fri.</td>
<td>5:30 - 7:00 pm</td>
<td>$378/$406</td>
<td>12</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Dance Jam Gymnastics (Ages K–8)</th>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mind Body/Kid Zone</td>
<td>D. Carpenter/K. Harshbarger</td>
<td>3/11-6/3</td>
<td>Wed.</td>
<td>4:00 - 5:30 pm</td>
<td>$424</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13–4/18, 5/25
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

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

<table>
<thead>
<tr>
<th>Backyard Sports (Ages 3-5)</th>
<th>Preschool Soccer (Ages 3-5)</th>
<th>Lil’ Laxers (Ages 3-5)</th>
<th>Golf (Grades K-5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>Location</td>
<td>Location</td>
<td>Location</td>
</tr>
<tr>
<td>Gymnasium</td>
<td>Gymnasium</td>
<td>Gymnasium</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>W. Schwartzstein/Staff</td>
<td>W. Schwartzstein/BWK Staff</td>
<td>W. Schwartzstein/Staff</td>
<td>W. Schwartzstein/</td>
</tr>
<tr>
<td>3/13-6/12</td>
<td>3/11-6/3</td>
<td>3/13-6/12</td>
<td>Coach Tom</td>
</tr>
<tr>
<td>Fri.</td>
<td>Wed.</td>
<td>Fri.</td>
<td></td>
</tr>
<tr>
<td>2:30 - 3:15 pm</td>
<td>1:45 - 2:30 pm</td>
<td>10:30 - 11:15 am</td>
<td></td>
</tr>
<tr>
<td>Gymnasium</td>
<td>Gymnasium</td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td>W. Schwartzstein/Staff</td>
<td>W. Schwartzstein/BWK Staff</td>
<td>W. Schwartzstein/Staff</td>
<td></td>
</tr>
<tr>
<td>3/13-6/12</td>
<td>3/13-6/12</td>
<td>3/14-6/6</td>
<td></td>
</tr>
<tr>
<td>Fri.</td>
<td>Fri.</td>
<td>Sat.</td>
<td></td>
</tr>
<tr>
<td>1:45 - 2:30 pm</td>
<td>1:45 - 2:30 pm</td>
<td>10:30 - 11:15 am</td>
<td></td>
</tr>
<tr>
<td>Gymnasium</td>
<td>Gymnasium</td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td>W. Schwartzstein/Staff</td>
<td>W. Schwartzstein/BWK Staff</td>
<td>W. Schwartzstein/Staff</td>
<td></td>
</tr>
<tr>
<td>3/12-6/4</td>
<td>3/10-6/2</td>
<td>3/12-6/4</td>
<td></td>
</tr>
<tr>
<td>Thu.</td>
<td>Tue.</td>
<td>Thu.</td>
<td></td>
</tr>
<tr>
<td>2:30 - 3:15 pm</td>
<td>1:45 - 2:30 pm</td>
<td>1:45 - 2:30 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td>W. Schwartzstein/Staff</td>
<td>W. Schwartzstein/Staff</td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td>3/11-6/3</td>
<td>3/11-6/3</td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td>Wed.</td>
<td>Wed.</td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td>4:15 - 5:00 pm</td>
<td>4:15 - 5:00 pm</td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gymnasium</td>
<td></td>
</tr>
</tbody>
</table>
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.

MIDDLE SCHOOL SOCCER (Grades 5–8)
Presented by Blue Wave Kickers (BWK), fun is the most important thing taught in this soccer class. BWK instructors will provide instruction to help you maintain and improve your soccer skills through building players’ self-esteem and self-confidence in your footwork and individual soccer skills.

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 – 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.

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!

Junior Tennis (Ages 6–15) 6-week program

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasium (Ages 6-10)</td>
<td>W. Schwartzstein/Coach Marvin</td>
<td>4/27-6/8</td>
<td>Mon.</td>
<td>3:45 - 4:30 pm</td>
<td>$300</td>
<td>12</td>
</tr>
<tr>
<td>Gymnasium (Ages 11-15)</td>
<td>W. Schwartzstein/Coach Marvin</td>
<td>4/27-6/8</td>
<td>Mon.</td>
<td>4:45 – 5:30 pm</td>
<td>$300</td>
<td>12</td>
</tr>
</tbody>
</table>

Basketball Skills (Grades 2–8)

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasium (Grades 2-4)</td>
<td>W. Schwartzstein</td>
<td>3/11-6/3</td>
<td>Wed.</td>
<td>5:00 - 6:00 pm</td>
<td>$206</td>
<td>25</td>
</tr>
<tr>
<td>Gymnasium (Grades 5-8)</td>
<td>W. Schwartzstein</td>
<td>3/11-6/3</td>
<td>Wed.</td>
<td>6:00 - 7:00 pm</td>
<td>$206</td>
<td>25</td>
</tr>
</tbody>
</table>

Middle School Soccer (Grades 5–8)

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasium</td>
<td>W. Schwartzstein/BWK</td>
<td>3/11-6/3</td>
<td>Wed.</td>
<td>2:30 - 3:30 pm</td>
<td>$300</td>
<td>10</td>
</tr>
<tr>
<td>Gymnasium</td>
<td>W. Schwartzstein/BWK</td>
<td>3/12-6/4</td>
<td>Thu.</td>
<td>2:30 - 3:30 pm</td>
<td>$300</td>
<td>10</td>
</tr>
</tbody>
</table>

Fencing Fundamentals – Foil (Ages 7–15)

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasium</td>
<td>W. Schwartzstein/Coach Mike</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>5:00 – 6:00 pm</td>
<td>$297</td>
<td>16</td>
</tr>
</tbody>
</table>

YMCA Fencing Team – Foil And Sabre (Ages 7–17)

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasium</td>
<td>W. Schwartzstein/Coach Mike</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>6:00 – 7:00 pm</td>
<td>$297</td>
<td>16</td>
</tr>
</tbody>
</table>

Archery (Ages 8–13)

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back Field</td>
<td>G. Bennett/Staff</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>3:30 – 4:30 pm</td>
<td>$206/309</td>
<td>8</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25
Youth Sports & Wellness

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 Mary Bentley at mary.bentley@girlsontherun.org. Please note, registration for Girls On The Run will be at www.girlsontherunffldcty.org. Program is first come, first served.

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.

ADVANCED BEGINNERS VOLLEYBALL CLINIC (Grade 8)
Learn advanced skills and gain experience in the game of volleyball. This program will focus on teaching the skills necessary and preparing our participants to make high school volleyball teams. Participants must have taken the basic Girls Volleyball class prior to registering. Attendance must be approved by Coach Jack Lee.

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.

YOUTH TOTAL CONDITIONING SMALL GROUP TRAINING (Ages 8-15)
This 4-week small group training program is designed to get youth moving while having fun and getting fit. Each class incorporates fun exercises, equipment, and fundamentals taught by Sports Performance Trainers certified in the principles of Parisi Athletic Performance. A minimum of four participants is necessary for class to run.

Girls on the Run (Grades 3-5) - For more information and to register at www.girlsontherunffldcty.org

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back Field</td>
<td>D. Cedela/M. Bentley</td>
<td>please visit <a href="http://www.girlsontherunffldcty.org">www.girlsontherunffldcty.org</a></td>
<td></td>
<td></td>
<td></td>
<td>15</td>
</tr>
</tbody>
</table>

Girls Volleyball (Grades 5-8)

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasium</td>
<td>W. Schwartzstein/Coach Lee</td>
<td>3/12-6/4</td>
<td>Thu.</td>
<td>6:30 - 7:30 pm</td>
<td>$142/$222</td>
<td>16</td>
</tr>
</tbody>
</table>

Advanced Beginners Volleyball Clinic (Grade 8)

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasium</td>
<td>W. Schwartzstein/Coach Lee</td>
<td>3/9-6/8</td>
<td>Mon.</td>
<td>6:30 - 7:30 pm</td>
<td>$147/$227</td>
<td>10</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Non-Family Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness Center</td>
<td>E. Saint/Staff</td>
<td>3/9-3/25</td>
<td>Mon. &amp; Wed.</td>
<td>4:00 - 5:00 pm</td>
<td>$84</td>
<td>12</td>
</tr>
<tr>
<td>Wellness Center</td>
<td>E. Saint/Staff</td>
<td>4/27-5/13</td>
<td>Mon. &amp; Wed.</td>
<td>4:00 - 5:00 pm</td>
<td>$84</td>
<td>12</td>
</tr>
<tr>
<td>Wellness Center</td>
<td>E. Saint/Staff</td>
<td>5/18-6/8</td>
<td>Mon. &amp; Wed.</td>
<td>4:00 - 5:00 pm</td>
<td>$84</td>
<td>12</td>
</tr>
</tbody>
</table>

Youth Total Conditioning Small Group Training (Ages 8-15)

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Zone</td>
<td>E. Saint/A. Patterson</td>
<td>3/10-4/2</td>
<td>Tue. &amp; Thu</td>
<td>3:30 – 4:30 pm</td>
<td>$240/$340</td>
<td>8</td>
</tr>
<tr>
<td>The Zone</td>
<td>E. Saint/A. Patterson</td>
<td>4/21-5/14</td>
<td>Tue. &amp; Thu</td>
<td>3:30 – 4:30 pm</td>
<td>$240/$340</td>
<td>8</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25

WATER POLO CLINICS RETURNING THIS SPRING! Open to ages 8-18 and all abilities!
Contact Joe Somma at jsomma@newcanaanymca.org or 203-920-1659 for additional information.
**Youth Recreational Programs**

For additional information about Youth Recreational Programs, contact George Bennett at 203-920-1634 or gbennett@newcanaanymca.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.

**ADVENTURE CLUB (Grades 5-8) 6-week program**
Outdoor adventure is calling! Over the course of six 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.

**LEADERS CLUB (Grades 6-12)**
This is a program for those who are passionate about making a difference in their community. Through partnerships with the New Canaan YMCA’s Togetherhood program in addition to other group-chosen projects, this club seeks to make a meaningful impact in this community and surrounding areas. The club typically meets at the New Canaan YMCA on specific dates, but also includes several off-site meetings on other specific meetings dates, depending on group decision. Transportation is not included to off-site meetings and events. This program will include community service hours.

**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.

**RED CROSS FIRST AID AND CPR/AED CERTIFICATION COURSE (Ages 15+)**
If you are interested in learning life-saving skills and are passionate about safety, this is the course for you! All enrollees must be able to pass several skill sessions in order to be certified. Class will have a 60-minute break in the middle of the day for lunch.

---

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA</td>
<td>G. Bennett/Staff</td>
<td>3/14, 4/4, 5/16</td>
<td>Sat.</td>
<td>6:30 - 9:00 pm</td>
<td>$22/$37</td>
<td>40</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA</td>
<td>G. Bennett/Staff</td>
<td>3/28, 4/25, 5/30</td>
<td>Sat.</td>
<td>7:00 - 9:30 pm</td>
<td>$11/$19 ($25 for all at door)</td>
<td>150</td>
</tr>
</tbody>
</table>

**Adventure Club (Grades 5-8) 6-week session**

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA</td>
<td>G. Bennett</td>
<td>4/24-6/5*</td>
<td>Fri.</td>
<td>3:30 - 7:00 pm</td>
<td>$398/$504</td>
<td>20</td>
</tr>
</tbody>
</table>

*There will be no class on Friday, 5/1*

**Leaders Club (Grades 6-12) 6-week session**

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA</td>
<td>G. Bennett/Staff</td>
<td>4/30-6/4</td>
<td>Thu.</td>
<td>3:30 - 4:30 pm</td>
<td>Free for all</td>
<td>20</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA</td>
<td>G. Bennett</td>
<td>4/25</td>
<td>Sat.</td>
<td>8:30 - 4:30 pm</td>
<td>$98/$134</td>
<td>12</td>
</tr>
<tr>
<td>YMCA</td>
<td>G. Bennett</td>
<td>6/6</td>
<td>Sat.</td>
<td>8:30 - 4:30 pm</td>
<td>$98/$134</td>
<td>12</td>
</tr>
</tbody>
</table>

**Red Cross First Aid and CPR/AED Certification Course (Ages 15+)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA</td>
<td>G. Bennett</td>
<td>4/18, 5/30</td>
<td>Sat.</td>
<td>9:30 - 4:30 pm</td>
<td>$108/$144</td>
<td>6</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25
**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-served basis as we can best accommodate. 1:1 aides are made possible through gifts made to our Annual Support Campaign. To make a contribution, contact Kristina Barrett at: kbarrett@newcanaanymca.org.

Additionally, the New Canaan YMCA offers specialized social-recreational and wellness programs intended specifically for those with special needs. Our programs are designed for participants who require additional direction and support, but do not require a 1:1 intensive behavioral and/or physical intervention. For more information, see the programs in this brochure.

If your child is new to our Y programs, we invite you to first meet with our director of special needs, tour our facility, and complete an intake process to meet your child’s individual needs.

All inquiries and requests for assistance must be made to: Director of Special Needs Programming, Carolynn Kaufman, 203-920-1656 or ckaufman@newcanaanymca.org

**YSN SOCIAL RECREATIONAL PROGRAMS**

**YSN TEEN SCENE (Ages 13+) 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.

**YSN Y-TUNES DRUMMING (Ages 10+) 8-week program**
Get into the rhythm with music therapist Phyllis Bethel as we explore popular tunes, rhythms, drums, 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.

**YSN SOCIAL RECREATIONAL PROGRAMS**

**RHYTHM HEARTS THEATER (Ages 10+) 8-week program**
Led by music therapist Matt Hennessy, this program provides 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+) 8-week program**

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>C. Kaufman/YSN Staff</td>
<td>4/2-6/4*</td>
<td>Thu.</td>
<td>5:30 – 7:00 pm</td>
<td>$345</td>
</tr>
</tbody>
</table>

*No Class 4/9

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wagner Room</td>
<td>C. Kaufman/P. Bethel</td>
<td>3/10-5/5</td>
<td>Tue.</td>
<td>4:15 – 5:00 pm</td>
<td>$170/$200</td>
</tr>
</tbody>
</table>

**Rhythm Hearts Theater (Ages 10+) 8-week program**

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wagner Room</td>
<td>C. Kaufman/M. Hennessy</td>
<td>3/30-6/1</td>
<td>Mon.</td>
<td>4:30 – 6:00 pm</td>
<td>$200/$230</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25
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)
Our Healthy Living program includes yoga, zumba, and strength training in the Wellness Center led by a certified personal trainer. After our workout, we learn to prepare and enjoy healthy meals and snacks together.

YSN STRIDERS CLUB: WALK/RUN CLUB (Ages 12+)
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.

CARDIO DANCE (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. The class ends with a cool down and a stretch. It’s 45 minutes of fun-filled movement!

YSN SPRING GOLF CLINIC (Ages 10+) 4-week program
Learn golf in a safe, fun environment with our certified golf pro. Swing fundamentals are taught along with basic rules and etiquette. This program is designed introduce participants to golf while developing and improving motor skills and coordination, helping with focus, and boosting self-confidence. All equipment is provided, including softer practice balls.

YSN Young Adult & Teen Yoga (Ages 12+)
Location  Director/Instructor  Session Start/End  Day  Time  Member/Non-member  Limit
Mind-Body Center  C. Kaufman/Wellness Staff  3/12-6/4  Thu.  4:30-5:15 pm  $190/$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  3/14-6/6  Sat.  2:15-3:30 pm  $160  10

YSN Striders Club (Ages 12+)
Location  Director/Instructor  Session Start/End  Day  Time  Member  Limit
Varies  C. Kaufman/S. Skykes  3/10-6/2  Tue.  5:00-5:45 pm  $160  6

YSN Cardio Dance (Ages 12+)
Location  Director/Instructor  Session Start/End  Day  Time  Member/Non-member  Limit
Group Ex. Center  C. Kaufman/E. Aikler  3/13-6/12  Fri.  4:15-5:00 pm  $160/$190  8

YSN Golf Clinic (Ages 10+) 4-week program
Location  Director/Instructor  Session Start/End  Day  Time  Member/Non-member  Limit
Gymnasium  C. Kaufman/Coach Tom  5/12-6/2  Tue.  4:15-5:00 pm  $80/$110  8

No Classes: 4/10, 4/13–4/18, 5/25
YSN RECREATIONAL AQUATICS PROGRAMS

**YSN TEEN GYM AND SWIM (Age 13+)**
A great opportunity for YSN teens to socialize and get exercise with their friends in the KidZone followed by free swim in the Forese Family Pool: Scooter Pool. Teens must be able to swim and dress independently.

**YSN TLC SALAMANDER (Ages 10+)**
This is a “bridging” class especially for children with special needs who are ready to be introduced to a regular swim lesson format. The class ratio will be 1 instructor to 3 children. First-time registration requires Director’s approval.

**YSN AQUATICS CLUB (Ages 13+)**
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.

---

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kid Zone/Forese Family Pool</td>
<td>C. Kaufman/YSN Staff</td>
<td>3/14-6/6</td>
<td>Sat</td>
<td>12:30 - 2:00 pm</td>
<td>$295</td>
<td>6</td>
</tr>
</tbody>
</table>

**YSN TLC Salamander (Age 10+)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/S. Sykes</td>
<td>3/14-6/6</td>
<td>Sat</td>
<td>11:30 - 12:15 pm</td>
<td>$340</td>
<td>6</td>
</tr>
</tbody>
</table>

**YSN Aquatics Club (Ages 13+)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/L. Warfield</td>
<td>3/11-6/3</td>
<td>Wed</td>
<td>4:30 - 5:15 pm</td>
<td>$240</td>
<td>6</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>C. Kaufman/S. Sykes</td>
<td>3/14-6/6</td>
<td>Sat</td>
<td>1:00 - 2:00 pm</td>
<td>$160</td>
<td>6</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25
YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES
nurturing the potential of every child and teen

Aquatic Info and Policies

MEMBER SWIM OFFERINGS
THE YMCA LIFEGUARDS HAVE THE RIGHT TO ASK ANYONE NOT ABIDING THE POOL RULES, AND/OR PUTTING OTHER MEMBERS AT RISK, TO LEAVE THE POOL AREA. 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. A child can be retested at any time if deemed necessary by the lifeguard. 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 at jrojas@newcanaanymca.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, by calling 203-920-1650. All medical make-ups 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 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
nurturing the potential of every child and teen

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

<table>
<thead>
<tr>
<th>Age Groups Offered</th>
<th>水平</th>
<th>水平</th>
<th>水平</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Child 6 mos - 3 yrs</td>
<td>Parent/Child 16 mos - 3 yrs</td>
<td>Preschool (3-5)</td>
<td>Preschool (3-5)</td>
</tr>
<tr>
<td>1 Water Discovery</td>
<td>2 Water Acclimation</td>
<td>3 Water Movement</td>
<td>4 Stroke Introduction</td>
</tr>
<tr>
<td>Introduces</td>
<td>Increases</td>
<td>Encourages</td>
<td>Develops</td>
</tr>
</tbody>
</table>
infants and toddlers to the aquatic environment | comfort with underwater exploration and introduces basic self-rescue skills performed with assistance | forward movement in water and basic self-rescue skills performed independently | intermediate self-rescue skills performed at longer distances than in previous stages | basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and sidestroke | technique on all major competitive strokes & encourages swimming as |
| Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills | 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 sidestroke | Refines technique on all major competitive strokes & encourages swimming as |
| Level Overview | Level Overview | Level Overview | Level Overview | Level Overview | Level Overview |
| 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. | 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. | 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. | 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. | 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. | 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. |

New Canaan YMCA • 23
Swim Lessons

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

SIX-WEEK SESSIONS MEETING ONCE A WEEK
Session 1: 3/9-4/25
Session 2: 4/27-6/8

Level A: Water Discovery (Ages 6 months to 3 years)
Introduces infants and toddlers to the aquatic environment.

<table>
<thead>
<tr>
<th>Location</th>
<th>Director</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>9:30 - 10:00 am</td>
<td>$134</td>
<td>min. 3 max. 6</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>9:30 - 10:00 am</td>
<td>$134</td>
<td>min. 3 max. 6</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>9:30 - 10:00 am</td>
<td>$134</td>
<td>min. 3 max. 6</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>9:05 - 9:35 am</td>
<td>$134</td>
<td>min. 3 max. 6</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25

Level B: Water Exploration (Ages 16 months to 3 years)
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatics skills.

<table>
<thead>
<tr>
<th>Location</th>
<th>Director</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>10:05 - 10:35 am</td>
<td>$134</td>
<td>min. 3 max. 6</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>10:05 - 10:35 am</td>
<td>$134</td>
<td>min. 3 max. 6</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>10:05 - 10:35 am</td>
<td>$134</td>
<td>min. 3 max. 6</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>8:30 - 9:00 am</td>
<td>$134</td>
<td>min. 3 max. 8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>9:40 - 10:10 am</td>
<td>$134</td>
<td>min. 3 max. 6</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25
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
Classes meet once a week for six weeks
Session 1: 3/9-4/25; Friday classes: 3/13-5/1
Session 2: 4/27-6/8; Friday classes: 5/8-6/12

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>10:35 – 11:05 am</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>2:55 – 3:25 pm</td>
<td>$161</td>
<td>12</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>4:05 – 4:35 pm</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>4:40 – 5:10 pm</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>5:25 – 5:55 pm</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>10:35 – 11:05 am</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>11:10 – 11:40 am</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>2:55 – 3:25 pm</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>4:05 – 4:35 pm</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>5:25 – 5:55 pm</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Wed.</td>
<td>4:05 – 4:35 pm</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Wed.</td>
<td>5:25 – 5:55 pm</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>10:35 – 11:05 am</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>11:10 – 11:40 am</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>2:55 – 3:25 pm</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>4:05 – 4:35 pm</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>5:15 – 5:45 pm</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Fri.*</td>
<td>11:00 – 11:30 am</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Fri.*</td>
<td>2:55 – 3:25 pm</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Fri.*</td>
<td>3:30 – 4:00 pm</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Fri.*</td>
<td>4:05 – 4:35 pm</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>9:00 – 9:30 am</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>9:35 – 10:05 am</td>
<td>$161</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>10:10 – 10:40 am</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>10:45 – 11:15 am</td>
<td>$161</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>11:20 – 11:50 am</td>
<td>$161</td>
<td>8</td>
</tr>
</tbody>
</table>

*Due to NCPS vacation days, Friday classes have the following dates: Session 1: 3/13-5/1, Session 2: 5/8-6/12
No Classes: 4/10, 4/13-4/18, 5/25
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
Classes meet once a week for six weeks
Session 1: 3/9–4/25; Friday classes: 3/13–5/1
Session 2: 4/27–6/8; Friday classes: 5/8–6/12

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>3:45 - 4:30 pm</td>
<td>$174</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>4:35 - 5:20 pm</td>
<td>$174</td>
<td>12</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Mon.</td>
<td>5:25 - 6:10 pm</td>
<td>$174</td>
<td>16</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>3:45 - 4:30 pm</td>
<td>$174</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>4:35 - 5:20 pm</td>
<td>$174</td>
<td>12</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Tue.</td>
<td>5:25 - 6:10 pm</td>
<td>$174</td>
<td>16</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Wed.</td>
<td>3:45 - 4:30 pm</td>
<td>$174</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Wed.</td>
<td>4:35 - 5:20 pm</td>
<td>$174</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Wed.</td>
<td>5:25 - 6:10 pm</td>
<td>$174</td>
<td>16</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>3:45 - 4:30 pm</td>
<td>$174</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>4:35 - 5:20 pm</td>
<td>$174</td>
<td>12</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Thu.</td>
<td>5:25 - 6:10 pm</td>
<td>$174</td>
<td>16</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Fri.*</td>
<td>3:45 - 4:30 pm</td>
<td>$174</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Fri.*</td>
<td>4:35 - 5:25 pm</td>
<td>$174</td>
<td>4</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>9:00 - 9:45 am</td>
<td>$174</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>9:50 - 10:35 am</td>
<td>$174</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>10:40 - 11:25 am</td>
<td>$174</td>
<td>12</td>
</tr>
</tbody>
</table>

*Due to NCPS vacation days, Friday classes have the following dates: Session 1: 3/13–5/1, Session 2: 5/8–6/12
No Classes: 4/10, 4/13–4/18, 5/25

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
Session 1: 3/9–4/25
Session 2: 4/27–6/8

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Wed.</td>
<td>3:45 - 4:30 pm</td>
<td>$128</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Wed.</td>
<td>4:35 - 5:20 pm</td>
<td>$128</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>9:00 - 9:45 am</td>
<td>$128</td>
<td>8</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>Sat.</td>
<td>9:50 - 10:35 am</td>
<td>$128</td>
<td>8</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13–4/18, 5/25
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 Director of Competitive Swimming/Head Senior Coach
Michael Jordan - Associate Director of Competitive Swimming/Head Age Group Coach
Ashley Lancey - Head Pride Coach

PRE-CAIMANS (Ages 6–10)
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 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
The highest level of commitment in the Caimans program, Seniors concentrate on training for competition, in addition to stroke refinement. Swimmers will learn advanced race and training techniques in an effort to qualify for National level competition. Swimmers are expected to attend practice six days a week. Double practices are encouraged for high school age swimmers, and are offered on Monday and Wednesday mornings.

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

Learn more about our program online at www.newcanaanymca.org/caimans
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**
Joe Somma – Competitive Diving Director/Head Coach  
Adam Vance – Associate Diving Director  
Kyle O’Donnell – Assistant Diving Coach  
Jeanine Oburchay – Assistant Diving Coach

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.

**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 (Ages 10–13)**  
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 (Ages 12–18)**  
These levels are designed for the athlete whose top priority is high school diving. Training will focus on one meter diving. This level is a school year program.

**Levels 7 & 8 (Ages 14–18)**  
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 (Ages 14–18)**  
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, 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, to schedule a session or evaluation.

**FRIDAY FUN DIVE RETURNS THIS SPRING!**
Open to ages 7+ and all abilities! Join us on March 27 from 5:30–6:30 pm in the Valles Pool. Fees: $15/member, $20/non-member. Register online or at the Front Desk by 12:00 pm on the day of the event. For more information, contact Adam Vance at 203-920-1658 or avance@newcanaanymca.org.
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. To learn more about the program, including intermediate and advanced teams, contact Jen Muzyk at jmuzyk@newcanaanymca.org

COACHING STAFF
Jen Muzyk – Director of Synchronized Swimming/Head Coach
Krista Karwosky – Assistant Synchronized Swimming Director/
12/under Program Head Coach
Kimmy Robrock – Jr. Program Head Coach

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.

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

SYNCHRONIZED SWIMMING CAMP REGISTRATION NOW OPEN!
Open to boys and girls ages 6–12. View the Summer Camp brochure at www.newcanaanymca.org.

Fish (Ages 5–10)
<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instruction</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>K. Karwosky/Staff</td>
<td>3/13-6/12</td>
<td>Fri</td>
<td>4:30 - 6:00 pm</td>
<td>$450</td>
<td>12</td>
</tr>
</tbody>
</table>

“I feel NCA has played an important part in my daughter’s life. It has had such a positive influence on her. The coaches are good role models who she looks up to. She is learning to be disciplined and focused, she is learning how to get along with others and to be reliable. NCA also helps my daughter to be emotionally and physically healthy. She loves being in the program and thinks of the coaches and girls as a family.”

— Parent of New Canaan YMCA Aquianas Synchronized Swimmer
ADVENTURE GUIDES (A Parent/Son and Parent/Daughter program: Kindergarten – 4th Grade)
The Adventure Guides program instills closer family relationships between parents and children. Our program fosters togetherness by doing seasonal outings, specific girl and boy expedition events, plus group pricing at local events! 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 2020–2021 PROGRAM

<table>
<thead>
<tr>
<th></th>
<th>Parent</th>
<th>Child</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y Family Membership</td>
<td>$27/family</td>
<td></td>
</tr>
<tr>
<td>Y Adult or Youth</td>
<td>Free</td>
<td>$54</td>
</tr>
<tr>
<td>Membership</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Members</td>
<td>$116</td>
<td>$216</td>
</tr>
</tbody>
</table>

Registration for new and current members currently available.

Spring Outing: Frost Valley YMCA, May 1–3 (All Communities)

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 three 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.

ADVENTURE GUIDES SPRING OPEN HOUSE:
Join us for an open house to learn more about the Adventure Guides program and what it has to offer for your family.

When: Thursday, May 14
Where: Wagner Room
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).

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!

New Canaan YMCA • 31
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

<table>
<thead>
<tr>
<th>Sessions (55 min.)</th>
<th>One person (one trainer/one client) Member/Non-member Fees</th>
<th>Two person (one trainer of same 2 clients) Member/Non-member Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$80/$100</td>
<td>$60 per person/$75 per person</td>
</tr>
<tr>
<td>3 Motivation Package</td>
<td>$207/$270</td>
<td>N/A</td>
</tr>
<tr>
<td>5</td>
<td>$390/$490</td>
<td>$290 per person/$365 per person</td>
</tr>
<tr>
<td>10</td>
<td>$760/$960</td>
<td>$560 per person/$710 per person</td>
</tr>
<tr>
<td>20</td>
<td>$1,460/$1,860</td>
<td>$1,060 per person/$1,360 per person</td>
</tr>
</tbody>
</table>

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. 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.

Spring Session 1: 3/10-4/3
Spring Session 2: 4/21-5/15

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/ Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Member/ Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Zone [Strength Circuit Training]</td>
<td>E. Saint/Kelly</td>
<td>Tue./Thu.</td>
<td>8:30 am</td>
<td>$240/$340</td>
</tr>
<tr>
<td>The Zone [Strength Circuit Training]</td>
<td>E. Saint/Ginger</td>
<td>Wed./Fri.</td>
<td>9:00 am</td>
<td>$240/$340</td>
</tr>
</tbody>
</table>

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 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! Registration is available online and at the Front Desk.

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

Priority Registration Participants in the Winter Session 2 Pilates Apparatus classes may register one week in advance of registration (beginning 2/3) for the same day/time in Spring Sessions 1 and/or 2.

Pilates Apparatus Spring 2020 groups
Spring Session 1*: 3/9-4/23 (6 weeks); (Friday classes 3/13-5/1)
Spring Session 2*: 4/27-6/4 (6 weeks); (Friday classes 3/13-5/1)
No Classes: 4/10, 4/13-4/18, 5/25

Some classes may not be offered every session, additional sections may be added. Check online registration portal for most accurate offerings.

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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Leslie</td>
<td>Mon.</td>
<td>9:30 am</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Leslie</td>
<td>Mon.</td>
<td>10:30 am</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Leslie</td>
<td>Mon.</td>
<td>11:30 am</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Madelaine</td>
<td>Mon.</td>
<td>7:00 pm</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Madelaine</td>
<td>Tue.</td>
<td>10:00 am</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Madelaine</td>
<td>Tue.</td>
<td>11:00 am</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Madelaine</td>
<td>Wed.</td>
<td>9:00 am</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Leslie</td>
<td>Wed.</td>
<td>10:00 am</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Madelaine</td>
<td>Wed.</td>
<td>11:00 am</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Madelaine</td>
<td>Wed.</td>
<td>5:00 pm</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Karen</td>
<td>Thu.</td>
<td>12:00 pm</td>
<td>$186</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Madelaine</td>
<td>Fri.</td>
<td>9:00 am</td>
<td>$186*</td>
<td>4</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>Kristin/Madelaine</td>
<td>Fri.</td>
<td>10:00 am</td>
<td>$186*</td>
<td>4</td>
</tr>
</tbody>
</table>

*Due to NCPS vacation days, Friday classes have the following dates: Session 1: 3/13–5/1, Session 2: 5/8–6/12

Private & Semi-Private Fees

<table>
<thead>
<tr>
<th>Sessions</th>
<th>1 session 50 MINUTES</th>
<th>Semi-private (2 clients)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Private (one client)</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>$87</td>
<td>$57</td>
</tr>
<tr>
<td>Packages</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3*(member rate)</td>
<td>$200 “The Right Start” Package</td>
<td>$258</td>
</tr>
<tr>
<td>3 (Non-member rate)</td>
<td>$261 “The Right Start” Package</td>
<td>$348</td>
</tr>
<tr>
<td>5</td>
<td>$425</td>
<td>$270</td>
</tr>
<tr>
<td>10</td>
<td>$820</td>
<td>$515</td>
</tr>
<tr>
<td>20</td>
<td>$1,540</td>
<td>$920</td>
</tr>
</tbody>
</table>

*Must be your first experience with Pilates apparatus at our YMCA. You can only purchase this package one time.
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 35)

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.

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.

CHAIR PILATES
From the chair to the mat, you will simultaneously strengthen and elongate all muscles of the body focusing on the powerhouse (core) using your own body weight for a healthy spine.

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 Front Desk. Open to members and non-members.

Friday, March 27
Friday, April 24
Friday, May 29
Friday, June 26

POP-UP TRIVIA AT DANTE’S
Pop-up trivia will take place in Dante’s Café at the Y on select days throughout the year. 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.
HEALTHY LIVING: ADULT WATER ACTIVITIES
improving the nation’s health and well-being

Adult Water Activities

ADULT SWIM LESSONS (6-week session)
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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>3/9-4/20</td>
<td>Mon.</td>
<td>11:10 - 11:55 am</td>
<td>$184</td>
<td>6</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>3/9-4/20</td>
<td>Mon.</td>
<td>7:00 - 7:45 pm</td>
<td>$184</td>
<td>6</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>4/27-6/8</td>
<td>Mon.</td>
<td>11:10 - 11:55 am</td>
<td>$184</td>
<td>6</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>4/27-6/8</td>
<td>Mon.</td>
<td>7:00 - 7:45 pm</td>
<td>$184</td>
<td>6</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25

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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>S. Lancey/Staff</td>
<td>3/9-6/12</td>
<td>Mon., Wed., Fri.</td>
<td>5:30 - 6:45 am</td>
<td>$242/$325</td>
<td>14</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25

ARTHRITIS EXERCISE
Come have fun while you exercise in a class specifically designed for people with Arthritis. Classes will be taught by a certified AFYAP instructor.

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-Member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>3/9-6/8</td>
<td>Mon.</td>
<td>6:10 - 6:55 pm</td>
<td>FREE/$254</td>
<td>10</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>3/10-6/2</td>
<td>Tue.</td>
<td>12:10 - 12:55 pm</td>
<td>FREE/$254</td>
<td>10</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>3/12-6/4</td>
<td>Thu.</td>
<td>12:10 - 12:55 pm</td>
<td>FREE/$254</td>
<td>10</td>
</tr>
<tr>
<td>Forese Family Pool</td>
<td>J. Rojas/Staff</td>
<td>3/12-6/4</td>
<td>Thu.</td>
<td>6:10 - 6:55 pm</td>
<td>FREE/$254</td>
<td>10</td>
</tr>
</tbody>
</table>

No Classes: 4/10, 4/13-4/18, 5/25

FREE MEMBER CLASSES:
Schedules available at front desk, online, and on the New Canaan YMCA mobile app.

- **Ai Chi**
  Water exercise using breathing techniques and slow, broad based movements to promote mind-body connection.

- **Aquamates**
  Water exercise combining cardiovascular and strength training.

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

- **Deep Water Core**
  Gain abdominal and low back strength through a series of free-flowing, safe movements while suspended in deep water. A great option for those looking to retain core strength while rehabilitating an injury due to the non-weight bearing nature of each exercise.

- **Hydrofit**
  Water exercise workout focused on cardiovascular endurance, muscular strength and endurance, and flexibility taking place mostly in the shallow water.

- **Hydro Circuit**
  Aquatic-based circuit class challenges you in all aspects of fitness by working your way through various exercise stations under the motivation and guidance of your instructor.

- **Hydro Intervals**
  High-energy cardio and resistance training in a fun aquatic environment using a variety of equipment and exercises.
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 7:00 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.

Spring/Summer Meeting Dates: April 21, May 19, June 16, August 18

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 at 203-920-1626 or bphilipp@newcanaanymca.org

Gentle Yoga for Parkinson’s Patients

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Member/Non-member</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mind Body Center</td>
<td>K. Schnitzler/M. Risom</td>
<td>4/27</td>
<td>Mon.</td>
<td>7:00 pm</td>
<td>FREE/$10</td>
<td>20</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>K. Schnitzler/M. Risom</td>
<td>5/18</td>
<td>Mon.</td>
<td>7:00 pm</td>
<td>FREE/$10</td>
<td>20</td>
</tr>
<tr>
<td>Mind Body Center</td>
<td>K. Schnitzler/M. Risom</td>
<td>6/29</td>
<td>Mon.</td>
<td>7:00 pm</td>
<td>FREE/$10</td>
<td>20</td>
</tr>
</tbody>
</table>

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@newcanaanymca.org.

Livestrong at the YMCA

<table>
<thead>
<tr>
<th>Location</th>
<th>Director/Instructor</th>
<th>Session Start/End</th>
<th>Day</th>
<th>Time</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness</td>
<td>E. Saint/Staff</td>
<td>4/13-7/6</td>
<td>Mon. &amp; Wed.*</td>
<td>12:00 - 1:15 pm</td>
<td>10</td>
</tr>
<tr>
<td>Wellness</td>
<td>E. Saint/Staff</td>
<td>4/14-7/7</td>
<td>Tue. &amp; Sun.*</td>
<td>6:00 - 7:15 pm (Tue.)</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:00 am - 12:15 pm (Sun.)</td>
<td></td>
</tr>
</tbody>
</table>

*Days and times are subject to change depending on group needs.
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 7:00 am 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.

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: 7:00 am - 3:00 pm
Tuesday: 7:00 am - 2:00 pm
Thursday: 7:00 am - 1:30 pm

You can also set up an appointment by calling Anne at 203-920-1642 or emailing her at AGoebel@stamhealth.org.

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 (Member) / $250 (Non-Member)
Includes initial 1-hour nutrition assessment to set nutritional goals and analyze current diet and exercise regimen two 30-minute individual follow-up sessions.

After Initial Assessment – Packages are available for 30-minute follow-up sessions:
1 Session – $75 (Member)/$95 (Non-Member)
3 Sessions – $215 (Member)/$270 (Non-Member)
5 Sessions – $325 (Member)/$410 (Non-Member)

For more information please contact Kristin Schnitzler, RD, Group Wellness Director at kschnitzler@newcanaanymca.org or 203-920-1636.

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 2:00 pm – Wednesday 12:00 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. Subscription is flexible, opt out of a week at any time! Learn more by visiting www.field-goods.com. A portion of the proceeds will benefit the LIVESTRONG at the YMCA cancer wellness program.

Weekly Subscription Costs:
$19: Single Size
$24 Small Bag (2 people)
$29: Medium Bag (Family)
$34: Large Bag (Large Family)
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@newcanaanymca.org.

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
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

*To participate in adult sports you must be at least 18 years of age and out of high school.
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.

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 to discuss your cause and availability.

Community Events & Programs

FAMILY VOLUNTEER DAY OF SERVICE

Sunday, April 5
1:00 – 3:00 pm
Help the Y kick off Global Volunteer Month with our family-friendly day of service. Enjoy spending time together with family and friends while assisting in a variety of service projects positively impacting our community.

If you would like to help but cannot attend, sign up to transport our goods to the benefiting organizations.

The event is free, but registration is required and can be completed at www.newcanaanymca.volunteermatters.org. For more information, contact Nicki Jezairian at 203-920-1657 or njezairian@newcanaanymca.org.

Looking for more opportunities to volunteer? Check out our website at www.newcanaanymca.org
To learn more about volunteering with our Y, visit our website, or contact Nicki Jezairian, Director of Community Engagement at njezairian@newcanaanymca.org or 203-920-1657.
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

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 included with your special gifts

Sponsorship Options:
- A one-year commitment with an option to continue
  - One sponsorship $360 per year
  - Split a sponsorship $180 per sponsor, per year
  (Two committed participants required at time of registration)
Sponsorship will be transferred to fellow non-profit and FAFU partner, Crossing Thresholds, when child enters seventh grade.

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 without committing to maintaining contact with a child at FAFU, we would welcome your donation.

ANNUAL LEMONAID STAND PROJECT FOR KIBERA

Get your LemonAID on this summer and help us help children across the globe learn, grow, and thrive. Over the past 13 years we have assisted FAFU with building a school, feeding their children, and funding for well-needed supplies and equipment to keep to center running efficiently. Grab your family, friends, and camp buddies to LemonAID for a good cause this summer!

- Host your LemonAID stand between June 1 and August 21.
- Sign up and receive your LemonAID stand kit beginning June 1 at the Y Front Desk (while supplies last)

Sponsored children from Facing the Future Skyping with their 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
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.

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

- **$65**: provides a senior with the opportunity to stay active, healthy, and connected at the Y for one month.

- **$185**: teaches a child the life-saving skill of learning to swim.

- **$400**: funds an unforgettable field trip for teens with special needs in our Teen Scene program.

- **$800**: allows five cancer survivors in our community to participate in LIVESTRONG at the YMCA at no charge.

www.newcanaanymca.org/support-our-y
NEW CANAAN YMCA  The Y. So Much More™
SAVE THE DATE

23rd ANNUAL CHARITY GOLF TOURNAMENT

Monday, May 18
The Country Club of Fairfield

Tournament benefits the Y’s Special Needs Initiative, which presently provides programming and support to more than 130 kids, teens, and young adults with special needs.

To reserve a foursome, contact the Development Office at 203-920-1654 or kbarrett@newcanaanymca.org

SUMMER CAMP 2020

Camp Mini: Ages 3–5 (Pre-K)
Camp Y-Ki: Completed Grades K–7
Sports Camp: Completed Grades K–7
Special Cares Camp: Ages 3–15
Leaders-In-Training: Completed
Grades 6–7 *Camp Y-Ki only
Counselor-In-Training: Ages 14–15
Synchro Camp: Ages 6–12
REGISTRATION IS NOW AVAILABLE