the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRENGTH TOGETHER

Spring Activities 2021
NEW CANAAN YMCA

Registration begins
Monday, February 8

Classes begin
Monday, March 8

WHERE THE COMMUNITY COMES TOGETHER

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

OUR WORK IS ALIGNED AROUND THREE MAIN AREAS OF FOCUS:

YOUTH DEVELOPMENT

Nurturing the potential of every child

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

HEALTHY LIVING

Improving the community's health and well-being

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

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

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

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General Information

YMCA DIRECTORS

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

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

Matthew Busse,
Director of Pool Operations.....203-920-1643

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

Davie Cedela,
V.P. of Family and Youth Development 203-920-1641

Mary Coleman,
Membership Director 203-920-1630

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

Anne Finneson,
Financial Administration Director 203-920-1644

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

Ida Lupinacci,
Assistant Director of Human Resources.....203-920-1647

Carol Matousek,
V.P. of Facility and 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 and Membership 203-920-1626

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

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

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

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

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

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

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

Membership Descriptions

YOUTH (Ages 0–14)

- Youth members may participate in all age-appropriate YMCA activities.
- Use of Boys/Girls locker room (temporarily closed).

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 (temporarily closed).

ADULT (Ages 26–64)

- Full access to facility and unlimited Group Exercise Classes.
- Use of locker rooms with steam, sauna and free towel service. Note: steam room, sauna, and towel service temporarily unavailable.

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 (26+).

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

MEMBERSHIP RATES

	Joiner Fee	Monthly Fee
Youth (Ages 0–14)	**$25**	**$275 annual**
Young Adult (Ages 15–25)	**$50**	**$49**
Adult (Ages 26–64)	**$100**	**$95**
Senior Adult (65+)	**$100**	**$71**
Senior Coupe (both 65+)	**$100**	**$112**
Family 1 Adult	**$125**	**$139**
One adults 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 membership and to past members whose memberships have lapsed more than 29 days.

Any membership questions related to COVID-19 should be directed to Laura Ryan at lryan@newcanaanymca.org.

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, 2020 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.

FINANCIAL ASSISTANCE APPLICATIONS

To apply for membership and/or Spring activity financial assistance, please contact Diana Riolo, Financial Assistance Administrator. Financial Assistance applications are available at the Front Desk or at www.newcanaanymca.org/financial-assistance.

Diana Riolo
203-920-1653
driolo@newcanaanymca.org

Facility & Membership Information

REOPENING INFORMATION

Temporary Opening Hours:

Monday-Friday:.....5:30am-8:00pm
Saturday:.....7:30am-6:30pm
Sunday:.....7:30am-5:00pm

The safety of our members and staff is our top priority. The Y is following State and CDC guidelines to maintain a healthier environment for all. We will continue to reopen our Y in phases and will be ready to adapt quickly as guidelines evolve in an effort to provide you with a meaningful, supportive, and safer Y experience. View our most up-to-date reopening protocols at www.newcanaanymca.org/reopening.

FACILITY RESERVATIONS

Per state guidelines, our building capacity has been reduced during this current phase of reopening. In order to manage attendance, prevent wait times, and to help you plan accordingly, we have launched a temporary advance reservation system for all classes and all areas of the Y, including individual fitness areas such as the Wellness Center, the Zone, pool lanes, and open gym. Members may make a reservation up to 72 hours in advance on our website or mobile app. To make a facility reservation, visit www.newcanaanymca.org/reservations.

Note: Guest passes remain temporarily suspended during our first phase of reopening.

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.

YMCA POLICY: NO CHILD LEFT ALONE

- Y members in 4th grade and younger must be under the supervision of an adult/guardian at all time while at the YMCA.
- Adult/guardian must be at least 16 years old. (Exception is family swim, see page 18)
- Youth involved in any 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.

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 the Front Desk staff.

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.

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 by abusive behavior, profanity, non-compliance with rules, failure to comply with staff, or other behavior deemed unacceptable and inappropriate. Members are required to carry their ID card or use the Y's mobile app to scan in their ID each and every time they come into the building, and are also required to have their picture taken and linked to their membership account.

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

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-promotional materials.

FOR YOUR SAFETY

The YMCA has 60+ installed surveillance cameras throughout the facility as well as outside for monitoring our public areas, parking lot, playgrounds, entrances, and exits.

CELL PHONE AND PHOTOGRAPHIC DEVICE USE

- Members may not use any photographic or recording devices; i.e. cell phones/smartphones, smart 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 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, their membership is subject to termination.
- All aquatic teams have cell phone policies during practice included in their team handbooks.

Registration Instructions & Refund Policy

SPRING ACTIVITY REGISTRATION AND SESSION DATES

Online Registration* and Registration at the Y Front Desk Begins:
Monday, February 8, 9:00 am

Classes Begin: Monday, March 8
Classes End: Saturday, June 7

No classes: 4/2, 4/5-4/10, 5/31

Please note: the Front Desk will be closed on Easter, April 4.

***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!

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.

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

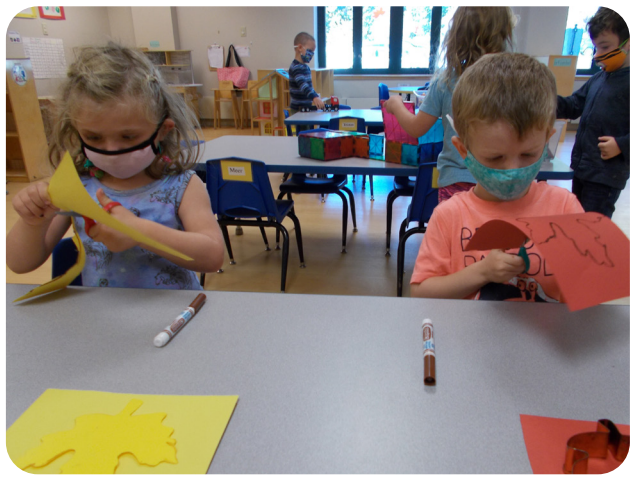
RAINBOW STATION

- Infant-Preschool Childcare
- Ages 6 weeks–5 years
- 7:30 am - 6:00 pm
- Monday - Friday, Full day only
- Loving, nurturing staff
- Staff-to-child ratio of at least 1:4 for infants/toddlers and 1:8 for preschoolers
- 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, including COVID-19 protocols.

"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



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

KIDS UNLIMITED

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

Registration for the 2021 - 2022 school year will begin June 7, 2021

Contact Suzy Pfeifer, at 203-920-1649 for additional information, including COVID-19 protocols.

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.

*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 5-9, 2021 (No vacation camp 4/2)

Vacation Camp Fees: 9:00 am - 5:00 pm
Kids Unlimited Students - $70/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

School Vacation Camp 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.

Participation for all school vacation camp programs requires registration. Watch for more information as the dates draw near, or inquire at the Front Desk.

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

Please contact Suzy Pfeifer at 203-920-1649 or at spfeifer@newcanaanymca.org for additional information.

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

Bouncing Bears & Beyond

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, swimming, balancing, rhythm, and body awareness activities, with gymnastics skills developed along the way. Through our programs, it is our goal to increase each child's physical and creative confidence.

BOUNCING BEARS AND BEYOND

The program is divided into the following levels:

PRESCHOOL CLASSES

LITTLE BEARS	12-23 months, with parent
BIG BEARS	24-36 months, with parent
HOT SHOTS	4-5 years, child only

COMBO CLASSES

DISNEY DANCE & TUMBLE MANIA	3-5 years old, child only
GYM & SWIM	3-5 years old, child only

GRADE SCHOOL

NOVAS 1:	Ages K-7 years (beginner)
NOVAS 2:	Ages 7+ (advanced beginner)
SUPERNOVAS	Ages 7+ (intermediate-adv.)*
RHYTHMIC GYMNASTICS	Ages 4-6, 7+
HIP HOP/TUMBLE COMBO	Ages K-8 years

*Coach approval required

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 be made to offer a make-up class. If a participant cannot attend the make-up class, no credit/refund will be issued.

PARENT-CHILD CLASSES

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

Little Bears Session 1 (12-23 months, with parent)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Tue.	9:30 - 10:15 am	$154	6
Kid Zone	D. Carpenter/Staff	Wed.	9:30 - 10:15 am	$154	6

Big Bears Session 1 (24-36 months, with parent)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Tue.	10:30 - 11:15 am	$154	6
Kid Zone	D. Carpenter/Staff	Wed.	10:30 - 11:15 am	$154	6

*All parents of participants must wear a face mask.

No Classes: 4/2, 4/5-4/10, 5/31

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

Bouncing Bears & Beyond: Preschool

DISNEY DANCE & TUMBLE MANIA (Ages 3-5)

Perfect for any Disney-loving kid! This structured 60-minute class consists of two, 30-minute segments. The first 30-minute segment features creative and fun dance movements where all music and activities have a Disney flair! The second 30-minute segment will have the kids bouncing their hearts out while learning the basic building blocks of tumbling. Obstacle and skill stations will enhance their strength, coordination, and confidence.

Required: sneakers, water bottle, and mask.

Drop-off in Gymnasium/Pick-up in Kid Zone.

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 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 or dcarpenter@newcanaanymca.org.

HOT SHOTS (Ages 4-5)

Each class incorporates a warm-up, obstacle course, skill & station practice, and group time utilizing fun games, relays, parachute, and more! With an increased attention span and improved strength and flexibility, progression of skills are acquired more easily. Combinations of skills are presented to improve their memory. Social skills, problem solving, and creative thinking are emphasized.

Target skills: tuck, straddle, and straight jumps, run, jump, and roll, inverted hang on rings, hopping on one foot, cartwheels over block, and so much more!

CHILD-ONLY CLASSES

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

Disney Dance & Tumble Mania (Ages 3-5)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Gym/Kid Zone	D. Carpenter/Staff	Thu.	3:00 - 4:00 pm	$176	6

Gym & Swim Combo Class (Ages 3-5)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Wed.	1:45 - 3:15 pm	$331	4

Hot Shots (Ages 4-5)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Wed.	2:45 - 3:30 pm	$171	6

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

Bouncing Bears & Beyond: Gymnastics

Our recreational gymnastics program is designed to be a fun and challenging program that will enhance your child's overall athletic ability. it is a great fit for kids who want to learn gymnastics skills, 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 pace.

NOVAS 2 (Advanced Beginner, Ages 7+)

Some 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 gymastics 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.

HIP HOP/TUMBLE COMBO (Ages K-8 years)

This 75-minute combo class offers 30 minutes of high-energy hip hop, where participants will learn basic hip hop movements while finding their own personal style and expression through movement.

The next 45 minutes will be spent in the Kid Zone learning basic through more challenging tumbling and gymnastics skills to increase strength, coordination, and flexibility. Skill stations will be utilized so that each child can improve at their own pace.

Required: sneakers, water bottle, and mask.

Drop-off in gymnasium/Pick-up in Kid Zone.

RHYTHMIC GYMNASTICS (Ages 4-6, 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, such as balls, ribbons, and hoops. Program led by former Ukrainian professional gymnast and bronze medalist, Julia Sanarova. **Note: class is split by level.**

GYMNASTICS CLASSES

Session 1: 3/8-4/24 (6-week session) *Friday classes meet 5 weeks
Session 2: 4/26-6/7 (6-week session)

Novas 1: Beginner (Ages K-7)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Wed.	4:00 - 4:45 pm	$186	5

Novas 2: Advanced Beginner (Ages 7+)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Mon.	4:00 - 4:45 pm	$186	5

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

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Mon.	5:00 - 5:45 pm	$186	5

Hip Hop/Tumble Combo (Ages K-8 years)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Gym/Kid Zone	D. Carpenter/Staff	Thu.	4:15 - 5:30 pm	$210	6

Rhythmic Gymnastics (Ages 4-6, 7+) 11-week session

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	D. Carpenter/J. Sanarova	3/12-6/4	Fri.	4:30 - 5:30 pm	$341/$370	12
Gymnasium	D. Carpenter/J. Sanarova	3/12-6/4	Fri.	5:30 - 7:00 pm	$389/$418	12

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

Youth Sports & Recreational Programs

BACKYARD SPORTS (Ages 3-5)

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

PRESCHOOL SOCCER (Ages 3-5)

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

LIL' LAXERS (Ages 3-5)

ThIS lacrosse class is offered to boys and girls ages 3-5. Children gain confidence and have fun while learning lacrosse skills. Cradling, throwing, catching, shooting, and game play are all part of this 45-minute program.

GOLF (Grades K-5)

Learn golf in a fun environment with our certified instructors. Swing fundamentals are taught along with basic rules and etiquette. The program is designed to develop a passion for golf while developing and improving motor skills and coordination, helping with focus and boosts self-confidence. 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. All equipment is provided, including softer practice balls.

JUNIOR TENNIS (Ages 6-11)

Presented by Slammer Tennis world, this 6-week program will teach kids 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 light exercises and footwork drills to build stamina. Program is taught by a certified tennis teaching professional.

YOUTH SPORTS & RECREATIONAL CLASSES

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

Backyard Sports (Ages 3-5)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Gymnasium	G. Bennett	Tue.	12:45 - 1:30 pm	$45	8
Gymnasium	G. Bennett	Sat.	1:00 - 1:45 pm	$45	8

Preschool Soccer (Ages 3-5)

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Back Field	G. Bennett/BWK Staff	Wed.	12:45 - 1:30 pm	$250/$325	12
Back Field	G. Bennett/BWK Staff	Sat.	12:00 - 12:45 pm	$250$325	12

Lil' Laxers (Ages 3-5)

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Back Field	G. Bennett/Staff	Thu.	12:45 - 1:30 pm	$215/$280	8

Golf (Grades K-5)

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
YMCA	G. Bennett/Blumenthal	Tue.	4:15 - 5:00 pm	$255$330	12

Junior Tennis (Ages 6-11) 6-week session

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
YMCA	G. Bennett/Slam. Tennis	5/7-6/11	Fri.	3:45 - 4:30 pm	$310/$390	12
YMCA	G. Bennett/Slam. Tennis	5/7-6/11	Fri.	4:30 - 5:15 pm	$310/$390	12

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

YOUTH DEVELOPMENT: YOUTH SPORTS & RECREATION

nurturing the potential of every child and teen

Youth Sports & Recreational Programs

BASEBALL CLINICS (Grades 1-4)

Learn new baseball skills or hone your current skills in this co-ed program. Coach Richard will help you take your game to new heights by developing your individual skills. Participants will work on a variety of baseball skills and techniques. All skill levels welcome!

BASKETBALL CLINICS (Grades 1-12)

Take your basketball game to the next level with Coach Mike, who has over 20 years experience teaching, coaching, instructing, and consulting basketball players from beginners to professionals. In addition to previously coaching Wilton High School's boys and girls basketball teams and earning FCIAC Coach of the Year, Coach Mike has coached over 5,000 youth in Fairfield County. In this co-ed program, participants will develop individual skills including ball handling, shooting, passing, defense, and game play all during a fun and interactive program. All skill levels are welcome!

ARCHERY (Ages 8-13)

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

GIRLS' VOLLEYBALL: BEGINNER (Grades 5-8)

This class for middle school girls (in grades 5-8) is an introduction to the fundamentals of volleyball. No experience necessary!

GIRLS' VOLLEYBALL: INTERMEDIATE (Grades 5-8)

Prerequisite: completed a volleyball basics class. This class is a natural progression after completing a volleyball basics class to help fine-tune players' existing skills. This is **not** a class for proficient volleyball players.

YOUTH SPORTS CLASSES

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

Baseball Clinics (Grades 1-4)

Location	Director/Instructor	Day	Time	Member Fee	Non-member	Limit
Gym (Grades 1-2)	G. Bennett/Coach Richard	Sat.	12:00 - 1:00 pm	$255	$330	12
Gym (Grades 3-4)	G. Bennett/Coach Richard	Sat.	1:00 - 2:00 pm	$255	$330	12

Basketball Clinics (Grades 1-12)

Location	Director/Instructor	Day	Time	Member Fee	Non-member Fee	Limit
Gym (Grades 1-2)	G. Bennett/Coach Mike	Sat.	4:00 - 5:00 pm	$365	$405	12
Gym (Grades 3-4)	G. Bennett/Coach Mike	Fri.	6:00 - 7:00 pm	$365*	$405*	12
Gym (Grades 5-6)	G. Bennett/Coach Mike	Fri.	7:00 - 8:00 pm	$365*	$405*	12
Gym (Grades 7-8)	G. Bennett/Coach Mike	Thu.	3:00 - 4:00 pm	$365	$405	12
Gym (Grades 9-12)	G. Bennett/Coach Mike	Sat.	3:00 - 4:00 pm	$365	$405	12

*Session 1 prorated to $300 (member)/$345 (non-member)

Archery (Ages 8-13)

Location	Director/Instructor	Day	Time	Member Fee	Non-member	Limit
YMCA	G. Bennett/Staff	Thu.	4:00 - 5:00 pm	$210	$273	8

Girls' Volleyball: Beginner (Grades 5-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member Fee	Limit
YMCA	G. Bennett/J. Lee	3/24-4/21	Wed.	3:30 - 4:30 pm	$170/$220*	12
YMCA	G. Bennett/J. Lee	4/28-6/2	Wed.	3:30 - 4:30 pm	$255/$330	12

*Session 1 prorated to $170 (member)/$220 (non-member) and meets for 4 weeks

Girls' Volleyball: Intermediate (Grades 5-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member Fee	Limit
YMCA	G. Bennett/J. Lee	3/24-4/21	Wed.	4:45 - 5:45 pm	$170/$220*	12
YMCA	G. Bennett/J. Lee	4/28-6/2	Wed.	4:45 - 5:45 pm	$255/$330	12

*Session 1 prorated to $170 (member)/$220 (non-member) and meets for 4 weeks

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

Youth Sports & Recreational Programs

SCHOOLWORK HELPER (Grades 1-8)

At the Y, we are here to help your child with their school and homework. We have dedicated staff to help eliminate struggles with schoolwork at home. Parents may register their child for one or multiple 45-minute schoolwork help meetings throughout the spring session, as best fits their schedule. Maximum of three children per time slot. **Note: Fee refers to each 45-minute meeting time per day.**

NON-TRADITIONAL SPORTS CLUB (Grades 1-8)

Everybody knows the big name traditional sports, but what about the little ones? In this program we will get the chance to explore some of the lesser-known sports, including Gaga, Nine-square, Mat-ball, Dodge-ball, and Ultimate Frisbee. All of these sports are a little out of the ordinary, but are easy to learn and enjoy. Come and play in a friendly and welcoming environment!

YOUTH @ THE Y (Grades 1-4)

Youth at the Y is back and with COVID-19 guidelines in place! Children will be split into two groups no larger than 12 and led around the Y by staff to various activities in the Scooter Pool, Group Exercise Center, Wagner Room, Flex Space, and Kid Zone, in addition to a special activity in the Gymnasium (non-swimming option available). If you would like your child to be grouped with friends, please reach out beforehand. Drop-off is located at our patio by the side lot and pick-up will be from the lobby.

Note: Advance registration is required and available online. Contact George Bennett, at 203-920-1634 or gbennett@newcanaanymca.org.

PRIVATE MIDDLE SCHOOL NIGHT (Grades 5-8)

A special adaptation of one of the New Canaan YMCA's classics! You and 11 other friends can throw your own Middle School Night on a Saturday night of your choosing! Activities include time on our inflatable island pool float, a pizza dinner, and games in the Gymnasium. Program will follow State COVID-19 guidelines. Booking participant must be a New Canaan YMCA member and all participants must complete additional waiver, regardless of membership status.

Note: Events must be booked at least two weeks in advance and are subject to availability. Contact George Bennett, at 203-920-1634 or gbennett@newcanaanymca.org.

Schoolwork Helper (Grades 1-8)

Location	Director/Instructor	Day	Time	Member Fee	Limit
YMCA	G. Bennett/Staff	Wed.	11:00 - 11:45 pm	$35/day	3
YMCA	G. Bennett/Staff	Wed.	12:00 - 12:45 pm	$35/day	3
YMCA	G. Bennett/Staff	Wed.	1:00 - 1:45 pm	$35/day	3

Non-Traditional Sports Club (Grades 1-8)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Grades 1-4	G. Bennett/Staff	Tue.	4:00 - 5:00 pm	$35	12
Grades 5-8	G. Bennett/Staff	Wed.	3:00 - 4:00 pm	$35	12

Youth @ the Y (Grades 1-4)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
YMCA	G. Bennett/Staff	3/27, 4/24, 5/22	Sat.	6:30 - 9:00 pm	$30/$40	24

Private Middle School Night (Grades 5-8)

Location	Director/Instructor	Dates	Day	Time	Y Family Membership/ Y Youth Membership	Limit
YMCA	G. Bennett/Staff	Contact George Bennett to book.	Sat.	7:00 - 9:00 pm	$300/$350	12

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

Youth Sports & Recreational Programs

RED CROSS BABYSITTING CERTIFICATION

(Ages 11–15) 1-day program

Enjoy being with kids? Looking to earn some extra cash? Take the Red Cross Babysitting Certification course at the Y and be the "best of the best" babysitter! You'll learn specific techniques and skills to become a confident babysitter. For additional information, contact George Bennett, at 203-920-1634 or gbennett@newcanaanymca.org.

RED CROSS FIRST AID AND CPR/AED CERTIFICATION COURSE (Ages 15+) 1-day program

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. For additional information, contact George Bennett, at 203-920-1634 or gbennett@newcanaanymca.org.

JUNIOR LIFEGUARDING COURSE (Ages 11–14)

The American Red Cross has introduced a junior lifeguarding course designed to guide and prepare youth ages 11-14 for the American Red Cross Lifeguarding course. Course focuses on building a foundation of knowledge, attitude, and skills for future lifeguards. For additional information, contact Matt Busse at 203-920-1643 or mbusse@newcanaanymca.org.

LIFEGUARD CERTIFICATION COURSE (Ages 15+)

The American Red Cross Lifeguard course is available to those who are interested in becoming a certified lifeguard. This course includes certification in First Aid, CPR for the Professional Rescuer/AED and Lifeguard. Participants must pass a written and practical exam for each certification. This course is pass or fail. A required online blended learning portion will be emailed out by the Monday prior to the course. The blended learning portion must be completed by the end of the last class and must be completed in order to receive the lifeguard certification. All course materials included.

Please bring the following with you to each class: a mask, bathing suit, towel, goggles, notebook, pen or pencil, highlighter, snack and beverage. The water pretest will be held the first day of the course. Anyone who does not pass the pretest will be refunded the course fee minus $35, plus any course materials taken. Minimum of 3 participants for course to run with a maximum of 10.

Registration must be completed before the Monday prior to the course. Cancellation of this course must be done two weeks prior to the start of the course in order to receive a full refund minus a $15 service charge. For additional information, contact Matt Busse, at mbusse@newcanaanymca.org.

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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member	Limit
YMCA	G. Bennett/Staff	3/6, 4/17, 5/15	Sat.	8:30 am - 4:30 pm	$100/$140	6

Red Cross First Aid and CPR/AED Certification Course (Ages 15+) 1-day program

Location	Director/Instructor	Dates	Day	Time	Member/Non-member	Limit
YMCA	G. Bennett/Staff	5/1, 6/5	Sat.	Contact George Bennett	$110/150	6

Junior Lifeguarding Course (Ages 11–14) 11-week session

Location	Director/Instructor	Dates	Day	Time	Member/Non-member	Limit
Forese Family Pool	M. Busse/E. Daymond	3/10-6/2	Wed.	5:10 - 6:10 pm	$225/$275	6
Forese Family Pool	M. Busse/Staff	3/11-6/3	Thu.	5:25 - 6:25 pm	$225/$275	6

Lifeguard Certification Course (Ages 15+) 11-week session

Location	Director/Instructor	Dates	Day	Time	Member/Non-member	Limit
Forese Family Pool	M. Busse/Staff	3/10-6/2	Wed.	12:30 - 2:30 pm	$425/$475	6

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5–4/10, 5/31

YOUTH DEVELOPMENT: YOUTH WELLNESS & MINDFULNESS

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Youth Wellness

YOUTH STRENGTH TRAINING

FREE with Family Membership!

(F.I.T. Pass, Ages 12-14)

The F.I.T. (Families In Training) program is designed to strengthen families by providing opportunities to exercise together in safe and fun environment. The F.I.T. pass allows youth ages 12-14 to use the Wellness Center by themselves during the 2:45pm or 3:45pm reservation times Monday-Sunday during the school year, or at any time with a parent.

In order to earn a F.I.T. Pass, youth ages 12-14 must complete the Youth Strength Training class, which teaches sound principles of strength training, aerobic endurance, muscle conditioning, as well as Wellness Center safety. Note: F.I.T. pass privileges do not include use of the Zone. The Spring session will be conducted as a hybrid course. The first three classes of each session are held remotely. The last three in-person practice days will be assigned prior to testing. Youth can also earn a F.I.T. pass by completing 3 sessions with a personal trainer and with successful completion of the Youth Strength Training exam.

Please note: times below refer to the last three in-person classes. For additional information, contact Eva Saint at 203-920-1623 or esaint@newcanaanymca.org.

Temporary Facility Reservation System:
Individual reservations for Wellness Center use are required. F.I.T. pass reservations must be made by calling the Front Desk at 203-966-4528. Limit of two F.I.T. pass holders per reservation time slot.

TOTAL YOUTH CONDITIONING

(Ages 8-11 & 12-14)

This 6-week small group indoor/outdoor training program is designed to get youth moving while having fun and getting fit. Each one-hour class incorporates fun exercises and principles taught by certified strength and conditioning trainers. Spots are limited to 8 participants and 4 participants are necessary for class to run. One make-up class will be offered at a designated date and time, no other make-up sessions are allowed.

In case of inclement weather, class will be taught in the Group Exercise Center ensuring social distancing by using individual pods. Please bring a filled water bottle to class.

Disclaimer: Total Youth Conditioning meets twice a week per each six-week session and cannot accommodate a once-a-week option.

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

Location	Director/Instructor	Dates	Day	Time	Youth Member Fee (Free with Family Membership)	Limit
Remote/Wellness Center	E. Saint/Staff	3/8-3/24	Mon./Wed.	3:45 - 4:45 pm	$84	4
Remote/Wellness Center	E. Saint/Staff	4/19-5/5	Mon./Wed.	3:45 - 4:45 pm	$84	4
Remote/Wellness Center	E. Saint/Staff	5/10-5/26	Mon./Wed.	3:45 - 4:45 pm	$84	4

Total Youth Conditioning (Ages 8-11 & 12-14)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member	Limit
Inside/Outside (Ages 8-11)	E. Saint/Priscilla	3/8-4/21	Mon./Wed.	4:15 - 5:15 pm	$360/$510	8
Inside/Outside (Ages 12-14)	E. Saint/Priscilla	3/9-4/22	Tue./Thu.	3:15 - 4:15 pm	$360/$510	8
Inside/Outside (Ages 8-11)	E. Saint/Priscilla	4/26-6/7	Mon./Wed.	4:15 - 5:15 pm	$360/$510	8
Inside/Outside (Ages 12-14)	E. Saint/Priscilla	4/27-6/3	Tue./Thu.	3:15 - 4:15 pm	$360/$510	8

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

YOUTH DEVELOPMENT: YOUTH WELLNESS & MINDFULNESS

nurturing the potential of every child and teen

Youth Mindfulness

Join Ania, RYT 300 Yoga Flow instructor, for fun, age-appropriate, small group yoga classes designed for kids and teens to discover yoga, unwind after school, and recover better from their sports. Location: Mind Body Center or outside as weather and space allow.

YOGA FOR ELEMENTARY SCHOOL (Ages 8-10)

During our 45-minute yoga practice, students will be introduced to yoga poses from the beginner level with proper instructions and progressions. These classes will include breathing instructions, relaxation techniques, stretching and strengthening poses, all using fun-filled music and games.

YOGA FOR MIDDLE SCHOOL (Ages 11-13)

During our 45-minute yoga practice, students will be introduced to yoga poses from the beginner level to intermediate level. These classes will include breathing instructions, relaxation techniques, stretching and strengthening poses, all using fun-filled music and games. Students will also experience longer times in meditation.

YOGA FOR HIGH SCHOOL (Ages 14-18)

During this 60-minute practice, students will be taught the principles of yoga practice including breathing instructions, relaxation techniques, stretching, and strengthening poses with a connection to breath.

YOUTH MINDFULNESS

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

Yoga for Elementary School (Ages 8-10)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Mind Body Center	K. Schnitzler/Ania	Mon./Wed.	4:15 - 5:00 pm	$192	8

Yoga for Middle School (Ages 11-13)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Mind Body Center	K. Schnitzler/Ania	Tue./Thu.	3:15 - 4:00 pm	$192	8

Yoga for High School (Ages 14-18)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Mind Body Center	K. Schnitzler/Ania	Mon./Wed.	2:30 - 3:30 pm	$192	8

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

YSN Special Needs After-School Programs

YSN FUN AND FIT CLUB & Y-TUNES DRUMMING (Ages 12+)

Join us for an afternoon of outdoor fitness games with a certified personal trainer while focusing on balance, building strength and endurance followed by music, drumming and movement led by our Music Therapist, Phyllis Bethel.

YSN SWIM CLUB

(Ages 13+, must be independent swimmer)

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 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. Each participant can request a favorite song for our playlist! The class ends with a cool down and a stretch. It's 45 minutes of fun-filled movement!

YSN TEEN SCENE/ROARING 20'S HANGOUTS

(Ages 13+)

Join the fun at Teen Scene Hangouts with peer buddies where teens and young adults to gather for dinner, enriching nights and special events at the Y. Schedule changes each session.

YSN GYM GAMES & GOLF (Ages 10+)

Session 1: A non-competitive active class with peer buddies that will offer a variety of sports and games. Each week a new game will be taught and played with friends in the gym. Games include pickleball, baseball, volleyball, golf, floor hockey, basketball, and more!
Session 2: Join us for a fun golf clinic with a golf pro held outside (weather permitting). Learn all the basics of golf! Equipment provided.

YSN SPECIAL NEEDS AFTER-SCHOOL PROGRAMS

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

YSN Fun and Fit Club & Y-Tunes Drumming (Ages 12+)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Group Ex./Wagner Room	C. Kaufman/C. Werning & P. Bethel	Tue.	4:30 - 6:00 pm	$190	8

YSN Swim Club (Ages 13+)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	C. Kaufman/S. Sykes	Wed.	4:15 - 5:00 pm	$150	6

YSN Cardio Dance (Ages 12+)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Patio/Wagner Room	C. Kaufman/L. Aikler	Wed.	5:15 - 6:00 pm	$90	8

YSN Teen Scene/Roaring 20's Hangouts (Ages 13+)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Patio/Wagner Room	C. Kaufman/YSN Staff	Thu.	5:00 - 6:30 pm	$190	8

YSN Gym Games (Ages 10+) Session 1: Gym Games/Session 2: Golf Clinic

Location	Director/Instructor	Day	Time	Member Fee	Limit
Gymnasium (Gym Games)	C. Kaufman/Staff	Thu.	4:00 - 4:45 pm	$90	8
Back Field (Golf)	C. Kaufman/Staff	Thu.	4:00 - 4:45 pm	$90	8

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

YSN Special Needs Weekend Programs

YSN TEEN/YOUNG ADULT FREE SWIM (Ages 13+)

Join us for a free swim social hour with friends and get some exercise in the Forese Family Pool: Scooter Pool (warm pool).

YSN HEALTHY LIVING: RUN CLUB/ Y STRIDERS & COOKING (Ages 18+)

Our healthy living program is designed just for young adults. The first portion of the program is Y Striders, an instructional class for those who enjoy walking/running for fitness. Each session consists of warm-up/stretch, workout, walk/run ratios, and a cool down. Great for all fitness levels! The class concludes with preparing and sharing a healthy snack with friends outdoors when possible.

YSN SPECIAL NEEDS WEEKEND PROGRAMS

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

YSN Teen/Young Adult Free Swim (Ages 13+)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	C. Kaufman/YSN Staff	Sat.	12:30 - 1:30 pm	$90	8

YSN Healthy Living: Run Club/Y Striders & Cooking (Ages 18+)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Outdoors/KU	C. Kaufman/S. Sykes	Sat.	1:30 - 3:00 pm	$150	8

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

Aquatic Information & Policies

MEMBER SWIM OFFERINGS

New Canaan YMCA lifeguards have the right to ask anyone not abiding by pool rules, and/or putting other members at risk, to leave the pool area. All pools have set schedules, view New Canaan YMCA pool schedules at www.newcanaanymca.org/schedules or on the New Canaan YMCA mobile app. Only swimmers are allowed past double doors, no spectators allowed in pool area. Spectators may view Forese Family Lap and Scooter Pools in Dante's Cafe or the second-floor viewing hallway.

ADULT LAP: For members 13 and older looking to swim for leisure and exercise. Please follow guidelines posted throughout the pool areas so as to not interfere with another swimmer's workout. Children under 13 years old are not permitted in the Forese Family Lap Pool or Valles Lap Pool during this period.

THERAPY SWIM: An open time for members needing water therapy. Please refer to the Forese Family Lap Pool and Scooter Pool schedules. Please note: no instructor present.

FAMILY SWIM: For New Canaan YMCA members; must have a valid New Canaan YMCA membership or be a guest of a valid member to participate in family swim. Family swim ratio comprises 1 adult to no more than 6 children (no more than 2 non-swimmers). In order to participate in family swim, children under 12 years and non-swimmers of any age **MUST** be accompanied by an adult 18+, in a bathing suit, and in the pool, who is responsible for the child at all times. All children 15 years and under must be swim tested in order to participate in family swim. Each child will be graded as red-beginner, yellow-intermediate, and green-advanced. Children must wear band to swim. Please refer to the Forese Family Scooter Pool schedule.

Please note: non-swimmers of any age and children using a swim aid must have a parent in the pool no more than an arm's length away at all times. The New Canaan YMCA does not allow any inflatable toys or swim aids in our pools.

FISH PASSES: Fish passes are required to participate in family swim and are available at the Front Desk. There is a 25 fish pass maximum.

AQUATIC GROUP EXERCISE CLASSES: Classes are offered in the Forese Family Scooter Pool and Valles Pool. Advance registration required at www.newcanaanymca.org/reservations. More information about aquatic group exercise class offerings can be found on page 32.

SWIM LESSONS

The New Canaan YMCA offers swim lessons to youth ages 6 months to 12 years. Please refer to page 21 for detailed information about swim lesson levels at the Y.

PARENT/CHILD LESSONS: Classes will be held in the Forese Family Scooter Pool. Registration is available at the Front Desk or online at www.newcanaanymca.org/registration.

PRESCHOOL LESSONS: Classes will be held in the Forese Family Scooter Pool. Registration is available at the Front Desk or online at www.newcanaanymca.org/registration.

SCHOOL-AGE LESSONS: Classes will be held in the Forese Family Scooter and Lap Pools. Registration is available at the Front Desk or online at www.newcanaanymca.org/registration.

ONE-ON-ONE PRIVATE LESSONS: Classes will be held in the Forese Family Scooter Pool. Registration is available at the Front Desk or online at www.newcanaanymca.org/registration.

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 Matt Busse, by calling 203-920-1643. All medical make-up are made up within the session and cannot be carried over. If a class is canceled by the Y due to inclement weather or an emergency, every effort will be made to offer a make-up class. If a participant cannot attend the make-up class, no credit/refund will be issued. If the Y cannot offer a make-up class, a credit will be issued.

REFUND POLICY

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

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

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

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

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

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

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

REGISTRATION DEADLINE

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

ADDITIONAL COVID-19 INFORMATION

- Participants should arrive in their bathing suit.
- Participants must bring their own towel and are required to wear a face mask outside of the water. Instructors will wear a face shield while teaching.
- Parents and/or guardians of children who are in 4th grade or younger must remain on the pool deck or Dante's Cafe during swim lessons. Please remember to take off your shoes and always wear a mask while on deck.

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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Swim Lessons

NEW CANAAN YMCA SWIM LESSON PROGRAM OVERVIEW

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

REGISTRATION PROCESS

Simply sign up for the appropriate age group and desired class schedule. If you are unsure of the appropriate level for your child, please contact Matt Busse at 203-920-1643 or mbusse@newcanaanymca.org to schedule an evaluation. This brief evaluation allows for each child to be placed accordingly to ensure success and growth within the program.

LEVEL OVERVIEW

A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
Age Groups Offered							
Parent/Child 6 mos - 3 yrs	Parent/Child 16 mos - 3 yrs	Preschool (3-5) School Age (5-12) Teen/Adult (12+)	Preschool (3-5) School Age (5-12) Teen/Adult (12+)	Preschool (3-5) School Age (5-12) Teen/Adult (12+)	Preschool (3-5) School Age (5-12) Teen/Adult (12+)	School Age (5-12) Teen/Adult (12+)	School Age (5-12) Teen/Adult (12+)
Level Overview							
Introduces infants and toddlers to the aquatic environment	Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Encourages forward movement in water and basic self-rescue skills performed independently	Develops intermediate self-rescue skills performed at longer distances than in previous stages	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke	Refines technique on all major competitive strokes & encourages swimming as part of a healthy lifestyle
Level Outcomes							
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.		

Swim Lessons

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

SESSION DATES

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

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

Introduces infants and toddlers to the aquatic environment.

Location	Director	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Mon.	9:30 - 10:00 am	$134	4
Forese Family Pool	M. Busse/Staff	Tue.	9:30 - 10:00 am	$134	4
Forese Family Pool	M. Busse/Staff	Thu.	9:30 - 10:00 am	$134	4
Forese Family Pool	M. Busse/Staff	Sat.	8:30 - 9:00 am	$134	4
Forese Family Pool	M. Busse/Staff	Sat.	9:05 - 9:35 am	$134	4

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

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

Location	Director	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Mon.	10:05 - 10:35 am	$134	4
Forese Family Pool	M. Busse/Staff	Tue.	10:05 - 10:35 am	$134	4
Forese Family Pool	M. Busse/Staff	Thu.	10:05 - 10:35 am	$134	4
Forese Family Pool	M. Busse/Staff	Sat.	9:05 - 9:35 am	$134	4
Forese Family Pool	M. Busse/Staff	Sat.	10:15 - 10:45 am	$134	4

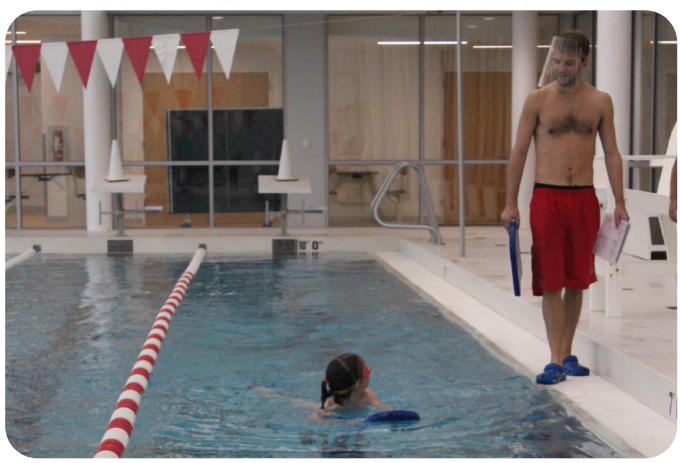
ADDITIONAL COVID-19 INFORMATION

Participants should arrive in their bathing suit.

Participants must bring their own towel and are required to wear a face mask outside of the water. Instructors will wear a face shield while teaching.

Parents and/or guardians of children who are in 4th grade or younger must remain on the pool deck or Dante's Cafe during swim lessons. Please remember to take off your shoes and always wear a mask while on deck.

No Classes: 4/2, 4/5-4/10, 5/31



YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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Swim Lessons

PRESCHOOL SWIM LESSONS (Ages 3-5)

SESSION DATES

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

Preschool levels: 1-4

- See page 19 for an overview of levels.
- Class ratio is 1:4

Preschool Swim Lessons: Levels 1 & 2

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Mon.	10:40 - 11:10 am	$161	4
Forese Family Pool	M. Busse/Staff	Mon.	3:25 - 3:55 pm	$161	4
Forese Family Pool	M. Busse/Staff	Mon.	4:00 - 4:30 pm	$161	4
Forese Family Pool	M. Busse/Staff	Wed.	3:25 - 3:55 pm	$161	4
Forese Family Pool	M. Busse/Staff	Sat.	9:40 - 10:10 am	$161	4

Preschool Swim Lessons: Level 3

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Mon.	5:10 - 5:40 pm	$161	4
Forese Family Pool	M. Busse/Staff	Tue.	10:40 - 11:10 am	$161	4
Forese Family Pool	M. Busse/Staff	Wed.	4:00 - 4:30 pm	$161	4
Forese Family Pool	M. Busse/Staff	Wed.	4:35 - 5:05 pm	$161	4
Forese Family Pool	M. Busse/Staff	Thu.	10:40 - 11:10 am	$161	4
Forese Family Pool	M. Busse/Staff	Sat.	9:40 - 10:10 am	$161	4
Forese Family Pool	M. Busse/Staff	Sat.	10:50 - 11:20 am	$161	4

Preschool Swim Lessons: Level 4

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Mon.	4:35 - 5:05 pm	$161	4
Forese Family Pool	M. Busse/Staff	Sat.	10:15 - 10:45 am	$161	4

ADDITIONAL COVID-19 INFORMATION

Participants should arrive in their bathing suit.

Participants must bring their own towel and are required to wear a face mask outside of the water. Instructors will wear a face shield while teaching.

Parents and/or guardians of children who are in 4th grade or younger must remain on the pool deck or Dante's Cafe during swim lessons. Please remember to take off your shoes and always wear a mask while on deck.

No Classes: 4/2, 4/5-4/10, 5/31

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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Swim Lessons

SCHOOL-AGE SWIM LESSONS (Ages 5-12)

SESSION DATES

Session 1: 3/8-4/24 (6-week session) *Friday classes meet 5 weeks
Session 2: 4/26-6/7 (6-week session)

School-age swim levels: 1-6

- See page 19 for an overview of levels.
- Class ratio is 1:4

School-Age Swim Lessons: Levels 1 & 2

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Tue.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Thu.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Thu.	5:25 - 6:10 pm	$174	4
Forese Family Pool	M. Busse/Staff	Sat.	9:00 - 9:45 am	$174	4

School-Age Swim Lessons: Level 3

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Mon.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Tue.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Tue.	4:35 - 5:20 pm	$174	4
Forese Family Pool	M. Busse/Staff	Tue.	5:25 - 6:10 pm	$174	4
Forese Family Pool	M. Busse/Staff	Thu.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Sat.	9:00 - 9:45 am	$174	4

School-Age Swim Lessons: Level 4

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Mon.	4:35 - 5:20 pm	$174	4
Forese Family Pool	M. Busse/Staff	Mon.	5:25 - 6:10 pm	$174	4
Forese Family Pool	M. Busse/Staff	Wed.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Wed.	4:35 - 5:20 pm	$174	4
Forese Family Pool	M. Busse/Staff	Wed.	5:25 - 6:10 pm	$174	4
Forese Family Pool	M. Busse/Staff	Thu.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Fri.	3:45 - 4:30 pm	$174*	4
Forese Family Pool	M. Busse/Staff	Fri.	4:35 - 5:30 pm	$174*	4
Forese Family Pool	M. Busse/Staff	Sat.	9:50 - 10:35 am	$174	4

*Session 1 prorated to $145

ADDITIONAL COVID-19 INFORMATION

Participants should arrive in their bathing suit.

Participants must bring their own towel and are required to wear a face mask outside of the water. Instructors will wear a face shield while teaching.

Parents and/or guardians of children who are in 4th grade or younger must remain on the pool deck or Dante's Cafe during swim lessons. Please remember to take off your shoes and always wear a mask while on deck.

No Classes: 4/2, 4/5-4/10, 5/31

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

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Swim Lessons

SCHOOL-AGE SWIM LESSONS (Ages 5-12)

SESSION DATES

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

School-age swim levels: 1-6

- See page 19 for an overview of levels.
- Class ratio is 1:4

School-Age Swim Lessons: Level 5

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Tue.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Tue.	4:35 - 5:20 pm	$174	4
Forese Family Pool	M. Busse/Staff	Thu.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Thu.	4:35 - 5:20 pm	$174	4
Forese Family Pool	M. Busse/Staff	Sat.	10:40 - 11:25 am	$174	4

School-Age Swim Lessons: Level 6

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Tue.	3:45 - 4:30 pm	$174	4
Forese Family Pool	M. Busse/Staff	Tue.	4:35 - 5:20 pm	$174	4
Forese Family Pool	M. Busse/Staff	Thu.	4:35 - 5:20 pm	$174	4
Forese Family Pool	M. Busse/Staff	Thu.	5:25 - 6:10 am	$174	4
Forese Family Pool	M. Busse/Staff	Sat.	10:40 - 11:25 am	$174	4

SCHOOL-AGE AQUATICS CLUB (Ages 10-14)

A non-competitive program that is designed to be instructional 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.** For additional information, contact Matt Busse, at mbusse@newcanaanymca.org.

Session 1: 3/8-4/24 (6-week session)
Session 2: 4/26-6/7 (6-week session)

Location	Director	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Tue.	5:25 - 6:10 pm	$128	4
Forese Family Pool	M. Busse/Staff	Thu.	4:35 - 5:30 pm	$128	4
Forese Family Pool	M. Busse/Staff	Sat.	9:50 - 10:35 am	$128	4

ADDITIONAL COVID-19 INFORMATION

Participants should arrive in their bathing suit.

Participants must bring their own towel and are required to wear a face mask outside of the water. Instructors will wear a face shield while teaching.

Parents and/or guardians of children who are in 4th grade or younger must remain on the pool deck or Dante's Cafe during swim lessons. Please remember to take off your shoes and always wear a mask while on deck.

No Classes: 4/2, 4/5-4/10, 5/31

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS TEAMS

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Caimans Swim Team

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

CAIMANS COACHING STAFF

Suzanne Lancey: Competitive Swimming Director/ Head Coach
Brian Fazzino: Associate Director of Competitive Swimming/ Head Senior Coach
Ashley Lancey: Lead Developmental Coach

PRE-CAIMANS (Ages 6-10) 12-week session

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

Age Group Program

PRIDE (Ages 8 & under)*

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

STARS (Ages 9-10)*

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

JUNIOR OLYMPIANS (Ages 11+)*

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

Senior Program

SENIOR (Ages 13+)*

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

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

2021 TRY-OUTS

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. Visit www.newcanaanymca.org/caimans to learn more.

Pre-Caimans (Ages 6-10) 12-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Valles Pool	Staff	3/8-6/7	Mon.	5:00-5:45	$658	8
			Wed.	5:00-5:45		
			Fri.	7:35-8:20		

To learn more about the Caimans program, contact Suzanne Lancey at slancey@newcanaanymca.org

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS TEAMS

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Whirlwind Diving Team

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
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 his guidance, the team has earned 14 YMCA National Titles, 50 + All-Americans, 50 + All-State divers, 3 Junior Olympic Champions, and one age group champion.

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

TEAM HIGHLIGHTS

Congratulations to our 2020 High School All-Americans!

- Jackson Camporin
- Emma Gravgaard
- Elisabeth Katz
- Katie Laverty
- James Ragusa

Congratulations to the 2020 Whirlwind High School Seniors Diving at Division 1 Schools!

- Jackson Camporin – Trinity College
- Katelyn Cerulli – College of the Holy Cross
- Emma Gravgaard – University of Pittsburgh
- Emma Hunter – Denison University
- Elisabeth Katl – University of Connecticut
- Katie Laverty – Harvard University
- George Moore – United States Naval Academy
- James Ragusa – University of Massachusetts
- Julia Servas – University of Delaware
- Farrah Volpintesta – University of Southern California
- Marra Woodring – Pennsylvania State University

NON-COMPETITIVE WHIRLWIND PROGRAMS

LEVEL 1: BRONZE (Ages 11 & under)
A non-competitive group designed for beginners who have no background or a limited skill set in diving. Participants do not attend competitions. This level is for divers ages 11 and under, and new to the sport of diving.

LEVEL 2: SILVER (Ages 11 & under)
A non-competitive group designed for divers who have mastered basic diving skills through Level 1 or elsewhere.

LEVEL 3: GOLD (Ages 11+)
For divers who have competed in a summer league program and are looking for a friendly competitive environment to improve on their skills. New divers will need an evaluation from the coaching staff to begin at this level.

WHIRLWIND COMPETITIVE PROGRAMS

LEVEL 4
This level is for divers on track to becoming part of our Junior Olympic squad. Divers at this level will attend competitions with the team.

LEVELS 5 & 6
These levels are designed for the athlete whose top priority is high school diving. Training will focus on their one meter diving. This level is a school year program.

LEVELS 7 & 8
These levels are our YMCA/AAU National Team, and is for divers who attend the YMCA and/or AAU National Championship. Divers in this level will have the opportunity to attend a USA Diving regional championship as well.

LEVELS 9 & 10
These levels are our elite levels for divers who have qualified for USA Diving Junior National events, have been selected to an All-American team, and have a competitive junior platform list.

Levels 4-10 need an evaluation from the coaching staff prior to beginning the program. Please contact Adam Vance at 203-920-1658, or avance@newcanaanymca.org, 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.

To learn more about the Whirlwind program, contact Joe Somma at jsomma@newcanaanymca.org

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS TEAMS

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Aquianas Synchronized Swimming

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

COACHING STAFF

Jen Muzyk: Director of Synchronized Swimming; Head Coach

Krista Karwosky: Assistant Director of Synchronized Swimming; Head Coach, 12/under program

Kimmy Robrock: Head Coach, Jr. Program

NON-COMPETITVE SYNCHRONIZED SWIMMING PROGRAM

FISH (Ages 5-10)

This program teaches synchro skills in a non-competitive environment. 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 youth with some synchro class experience will enjoy this program.

Prerequisites: must be a strong swimmer as practice will be in deep water.

SYNCHRONIZED SWIMMING CAMP REGISTRATION NOW AVAILABLE!

Open to boys and girls ages 6-12. View the Summer Camp brochure at www.newcanaanymca.org/current-brochure

TEAM HIGHLIGHTS 2019-2020

- 2019 12/under U.S. National Team Member, Viola Li
- 2019 Jr. National Team Member, Olivia Li
- 2019 12/under Junior Olympics Silver Medalist in Figures & Bronze Medalist in Solo, Aubrey Shen
- 13-15 Team earned Bronze at 2019 U.S. Nationals & 2019 Jr. Olympics
- Jr. Team earned Bronze at 2019 U.S. Nationals
- 15 Swimmers recognized as Zone Allstars
- 3 Swimmers representing U.S. at the 2019 UANA Pan American Championships
- 2nd Place in the 2020 UANA Worldwide Virtual Skills Competition. Sophia Shen
- 2020 13-15 East Zone Highpoint
- 2020 Jr./Sr. East Zone Highpoint
- Laura Mase named 2020 12/under National Team Head Coach

"This program is something that has inspired my daughters to push themselves and realize they're capable of more than they imagined. Synchro combines really nice traditions with empowerment... technical and artistic... strength and flexibility."

– Parent of New Canaan YMCA Aquianas Synchronized Swimmers

Fish (Ages 5-10) 11-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member Fee	Limit
Forese Family Pool	K. Karwosky	3/12-6/4	Fri.	5:00-6:15 pm	$463/$513	10

No Classes: 4/2, 4/5-4/10, 5/31

To learn more about the program, including intermediate and advanced teams, contact Jen Muzyk at jmuzyk@newcanaanymca.org

Wellness Center, Group Fitness, The Zone & Virtual Y

FACILITY RESERVATIONS

Advanced reservations are required for use in the Wellness Center, the Zone, and to participate in indoor and outdoor group exercise classes at the Y. Members may make a facility reservation 72 hours in advance online or on our mobile app. To make a facility reservation, visit www.newcanaanymca.org/reservations.

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 a variety of cardio equipment options including treadmills, ellipticals, and bikes, Matrix weight circuit, many free weight options, and a newly expanded space featuring a large multi-use stretching 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. Per State and CDC guidelines, all equipment has been spaced 6-12 feet apart and some machines are closed to maintain proper social distancing. For a complete list of protocols, visit www.newcanaanymca.org/reopening.

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

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 balls and kettle bells, training for a sport or event, or just looking to stretch, the Zone is a place that can help everyone turn their goals-whatever they may be-into accomplishments. Per state and CDC guidelines, all Zone equipment has been spaced 6-12 feet apart to accomodate proper social distancing. For a complete list of protocols, visit www.newcanaanymca.org/reopening.

This space is open to all YMCA members ages 15 and older.

GROUP FITNESS

Following State and CDC guidelines, the Y has several dedicated areas for group exercise classes operating at limited capacity to maintain proper social distancing. Indoor group exercise classes take place in the Group Exercise Center and the Gymnasium and include marked exercise pods 12 feet apart to accommodate social distancing. Outdoor classes take place on the Patio or the back field located behind the Y. For a complete list of protocols, visit www.newcanaanymca.org/reopening.

Group exercise classes are open to all Y members ages 15 and older: 12-14 year olds may attend classes with a parent (excluding Strength Train Together).

VIRTUAL Y

Access New Canaan YMCA classes anywhere, anytime. As a benefit of your New Canaan YMCA membership, members have access to live and on-demand classes led by our very own New Canaan YMCA Instructors!

Take the Y's group fitness classes from home! Follow along to your favorite MOSSA classes, pilates, bootcamp, yoga, & more!

Get fit with on-demand workouts from your favorite New Canaan YMCA Instructors! Choose from high-intensity interval training (HIIT), yoga, cycling, conditioning, & more!

Log in with the email associated with your Y membership to access the New Canaan YMCA's Virtual Y. If you have any trouble accessing Virtual Y, please contact our Front Desk at 203-966-4528.

Personal Training

PERSONAL TRAINING

Personal Attention, Personal Space

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.
- 1-10 session packages must be used within six months and 20 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.

WELCOME BACK PACKAGE

Take advantage of our one-time special offer Welcome Back Package, including 3 personal training sessions offered at a special price!

Personal Training Fees

Sessions (55 min.)	One person (one trainer/one client) Member/Non-member Fees	Two person (one trainer of same 2 clients) Member/Non-member Fees
1	$80/$100	$60 per person/$75 per person
3 Welcome Back Package	$165/$225	N/A
5	$390/$490	$290 per person/$365 per person
10	$760/$960	$560 per person/$710 per person
20	$1,460/$1,860	$1,060 per person/$1,360 per person

SMALL GROUP TRAINING

The Y offers 6-week small group training sessions that combine the expertise of a personal trainer with the energy and motivation from working out in a group. Each 6-week small group training will feature different fitness specialties geared to change up your workout routine and train your muscles in new ways. Some examples include circuit training, high intensity agility, and power training. Social distancing guidelines will remain effect. Please bring your own water bottle and mat to each session. Four participants are necessary to run the class and spots are limited to eight. One make-up class will be offered at a designated date and time, no other make-up sessions are allowed.

New! The Y is offering a 6-week small group training TRX class that meets once a week on Saturdays.

Spring Session 1: 3/10-4/24 (6-week session) *Friday classes meet 5 weeks
Spring Session 2: 4/8-6/5 (6-week session)

Small Group Training

Location	Director/ Instructor	Day	Time	Member/Non-member Fee	Limit
Group Exercise Center (Strength Circuit)	E. Saint/Ginger	Wed./Fri.	9:00 am	$330/$480*	8
Zone (TRX)	E. Saint/Ginger	Sat.	9:00 am	$180/$255	8

*Session 2 member/non-member fees: $360/$510

Note: one make-up class will be offered at the end of each session.

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.

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

Adult Pilates Apparatus Classes

SMALL GROUP PILATES APPARATUS CLASSES

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

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

Spring Session 1: 3/8-4/24 (6 weeks)
Spring Session 2: 4/26-6/7 (6 weeks)

Pilates Apparatus Spring 2021 Schedule

Location	Director/Instructor	Day	Time	Member Fee	Limit
Mind Body Ctr	K. Schnitzler/Madelaine	Tue.	9:00 am	$276	2
Mind Body Ctr	K. Schnitzler/Madelaine	Tue.	10:30 am	$276	2
Mind Body Ctr	K. Schnitzler/Madelaine	Tue.	11:30 am	$276	2
Mind Body Ctr	K. Schnitzler/Madelaine	Thu.	9:00 am	$276	2
Mind Body Ctr	K. Schnitzler/Madelaine	Thu.	10:30 am	$276	2

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

*All participants must wear a face mask and bring their own water bottle.

No Classes: 4/2, 4/5-4/10, 5/31

PRIVATE APPARATUS CLASSES:

Private Fees	1 session = 50 MINUTES
Session	**Private (one client)**
1	$87
Packages	
3 (member rate)*	$200 "The Right Start" Package
3 (non-member rate)	$261 "The Right Start" Package
5	$425
10	$820
20	$1,540

*Must be your first experience with Pilates apparatus at our YMCA. This package may only be purchased one time.

Active Older Adults Virtual Classes

ACTIVE OLDER ADULTS VIRTUAL CLASSES

Join group exercise instructors, Deb, Cheryl, and Sarina. for these exclusive chair fitness classes designed for the active older adult, conducted in a comfortable and virtual environment.

VIRTUAL CHAIR FITNESS WITH DEB

Days: Mondays and Wednesdays
Time: 12:45 pm
Fee: Free to New Canaan YMCA members

VIRTUAL CHAIR YOGA WITH CHERYL

Days: Tuesdays and Thursdays
Time: 11:00 am
Fee: Free to New Canaan YMCA members

VIRTUAL CHAIR PILATES WITH SARINA

Day: Fridays
Time: 11:00AM
Fee: Free to New Canaan YMCA members

Spring Session Class Dates: 3/8 - 6/7

Registration

Advance registration is required to participate and is available on a rolling basis.
Please register at least one week in advance of beginning classes.
A Zoom meeting link and password will be emailed to you with be emailed to you prior to your first class.

Adult Water Activities

FREE MEMBER CLASSES:

Schedules available online at www.newcanaanymca.org/schedules.

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

Hydro Circuit
This aquatic-based circuit class will challenge you by improving all aspects of your fitness. Work your way through various exercises 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. This class is suitable for all fitness levels and injury-free individuals.

Adult Water Activities

ADULT SWIM LESSONS

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

Session 1: 3/8–4/24 (6-week session)
Session 2: 4/24–6/7 (6-week session)

Adult Swim Lessons

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Tue.	5:25 - 6:10 pm	$190	4
Forese Family Pool	M. Busse/Staff	Thu.	5:25 - 6:10 pm	$190	4

Note: Participants should arrive ready in their bathing suit. Participants must bring their own towel and are required to wear a face mask outside of the water. Instructors will wear a face shield while teaching.

No Classes: 4/2, 4/5–4/10, 5/31

MASTERS SWIM (12-week session)

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

Master Swim (Ages 18/over)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Forese Family Pool	S. Lancey/Staff	3/8-6/7	Mon., Wed., Fri.	5:15 - 6:20 am	$265/$350	15

Note: Participants should arrive ready in their bathing suit. Participants must bring their own towel and are required to wear a face mask outside of the water. Instructors will wear a face shield while teaching.

No Classes: 4/2, 4/5–4/10, 5/31

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. Advance registration required at www.newcanaanymca.org/registration.

Arthritis Exercise (Ages 18/over)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member Fee	Limit
Scooter Pool	M. Busse/Ginger	3/8-4/19	Mon.	11:15 am - 12:00 pm	Free/$254	4
Scooter Pool	M. Busse/Cheryl	3/9-4/20	Tue.	12:00 - 12:45 pm	Free/$254	4
Scooter Pool	M. Busse/Cheryl	4/29-6/3	Thu.	12:00 - 12:45 pm	Free/$254	4

Note: Participants should arrive ready in their bathing suit. Participants must bring their own towel and are required to wear a face mask outside of the water. Instructors will wear a face shield while teaching.

No Classes: 4/2, 4/5–4/10, 5/31

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-7:00 pm and Friday from 7:00am-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 through Friday. 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
Includes initial 1-hour nutrition assessment to set nutritional goals and analyze current diet and exercise regimen plus two 30-minute individual follow-up sessions. NEW! Virtual sessions available.

After Initial Assessment, packages are available for 30-minute follow-up sessions:

1 Session – $75
3 Sessions – $215
5 Sessions – $325

For more information please contact Kristin Schnitzler, RD, Group Wellness Director at kschnitzler@newcanaanymca.org 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 pm-Wednesday 12 pm). Your bag will feature 5-8 different fruits & vegetables, plus information about the produce and recipes. All produce is non-GMO, much is organic, and all is grown on small farms.

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)

SOCIAL RESPONSIBILITY: COMMUNITY INVOLVEMENT

giving back and providing support to our neighbors

Volunteering

VOLUNTEER AND MAKE A DIFFERENCE AT OUR Y

Volunteers are vital to our Y, and by opening up your heart and extending your hand to the New Canaan YMCA community, you will change 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 or ongoing help, each of our volunteers make a difference at the Y and in our community.

For more information or to apply online, visit www.newcanaanymca.org/volunteer or contact Davie Cedela at 203-920-1641 or dcedela@newcanaanymca.org.

CREATING STRONG FAMILIES

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

Nurturing Relationships

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

Establishing Routines

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

Maintaining Expectations

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

Adapting to Challenges

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

Connecting to Community

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

For information on the research behind the family assets, visit www.search-institute.org/familyassets

THE COMMUNITY CAN ALWAYS

COUNT ON THE Y.

Support the Y and make a difference today!

Annual Support Campaign donations provide:

Financial Assistance

Each year, we award approximately $275,000 in financial assistance, 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, serving over 20 cancer survivors annually.

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 special event 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/donate

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

www.newcanaanymca.org

SAVE THE DATE

24TH ANNUAL CHARITY GOLF TOURNAMENT

Monday, May 24, 2021
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 2021

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

Camp Y-Ki: Completed Grades K-5

Sports Camp: Completed Grades 3-8

Leaders-In-Training: Grades 6 & 7

Counselors-In-Training: Ages 14 & 15

YSN Camp Jam: Ages 13+

REGISTRATION NOW AVAILABLE