



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY BE ACTIVE BELONG

Winter Activities 2021-2022
NEW CANAAN YMCA

Registration begins
Monday, November 15

Classes begin
Monday, November 29



WHERE THE COMMUNITY COMES TOGETHER

NEW CANAAN YMCA MISSION

Enriching all people in spirit, mind, and body...

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



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Contact Information

Phone: 203-966-4528

Fax: 203-972-7738

Address: 564 South Avenue New Canaan, CT 06840

www.newcanaanymca.org

HOURS OF OPERATION

Mon.-Fri...... 5:30 am - 9:00 pm
Sat 7:30 am - 6:30 pm
Sun..... 7:30 am - 5:00 pm

MEMBER SERVICE DESK BUSINESS HOURS

Monday-Thursday: 7:30 am - 7:00 pm
 Friday: 7:30 am - 5:00 pm
 Saturday: 7:30 am - 4:00 pm
 Sunday: 8:00 am - 4:00 pm

Welcome to the Y

The New Canaan YMCA is a non-profit community organization committed to youth development, healthy living, and social responsibility for everyone—regardless of background, interests, ability, or need. When you join the New Canaan YMCA, you become a part of something special. The bonds that are created here go far beyond classes, and when you join our Y, you join a community.

OUR WORK IS ALIGNED AROUND THREE AREAS OF IMPACT:

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



We believe that all kids deserve the opportunity to discover who they are and what they can achieve under the guidance of adults who care about them.

HEALTHY LIVING

Improving the nation's health and well-being



The Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests.

SOCIAL RESPONSIBILITY

Giving back and supporting others



Since 1954, we have been listening and responding to the needs of our community through education, training, motivation, and support.

THE Y EXPERIENCE

- **Weekly Group Exercise Classes** including strength training, cardio, cycling, zumba, yoga, pilates, & more.
- **Large Wellness Center** featuring a vast selection of cardio and weight equipment, including a Sprint 8® cardio zone.
- **State-of-The-Art Zone Training Center** featuring various training equipment including medicine and stability balls, plyometric equipment, TRX, weighted chains, & more.
- **Aquatics Center** with 3 pools for lap swim, therapy swim, free swim, swim lessons, and aquatic group exercise classes.
- **Gymnasium** featuring pickleball, adult pick-up basketball, open gym, and family open gym.
- **ForeverWell** social, physical, and recreational programming free for active older adult members.
- **Childcare** at our full-day Rainbow Station infant-preschool and after-school Kid's Unlimited programs.
- **My Playroom On-Site Babysitting** free with a family membership.
- **Bouncing Bears Open Gym** held in the Kid Zone, free with a family membership.
- **Wide Variety of Youth Programming** including sports, recreation, and wellness.
- **Special Needs Programming** providing an inclusive and welcoming environment for all.
- **Dante's Cafe & Wagner Room** areas available for socializing, working, and connecting.
- **Special Events** throughout the year for kids, teens, adults, seniors, and families.
- **Financial Assistance** available.
- **YMCA360** access to exclusive livestream and on-demand content from Y's across the country.
- **Guest Passes** are available for members ages 18 years and older.

Facility Overview

The New Canaan YMCA features a variety of facility areas for all ages to stay active and connect. For additional information about specific activities and classes taking place in each of our facility areas throughout the week, visit www.newcanaanyymca.org/schedules.

Arrange for a personalized tour and consultation to learn more about the many benefits of membership at our Y.

Contact Mary Coleman, Membership Director, at 203-920-1630 to schedule a convenient meeting time.

AQUATICS CENTER

The New Canaan YMCA's Aquatics Center is comprised of three pools, including the Forese Family Pool, home to our lap and Scooter pools, and our Valles Pool. Aquatics activities and programs include lap swim, free swim, swim lessons, and aquatic group exercise classes, in addition to our three competitive aquatics teams, swimming, diving, and artistic swimming.

CYCLING CENTER

Our 1,400 square foot indoor cycling center features a variety of cycling classes throughout the week.

DANTE'S CAFE & WAGNER ROOM

We have two community areas open to members, including Dante's Cafe and the Wagner Room, each available for socializing, working, and community use.

GROUP EXERCISE CENTER

The New Canaan YMCA's 2,600 square foot Group Exercise Center features a variety of our drop-in cardiovascular and strength training classes throughout the week. Members can also enjoy this space to stretch or work out in when classes are not running.

GYMNASIUM

Our gymnasium is home to youth sports as well as open recreation time including adult pick-up basketball, pickleball, volleyball, open gym, and family open gym.

KID ZONE

The Kid Zone is home to the popular Bouncing Bears gymnastics programs. The unique children's gym environment features classes for ages 12 months and older focused on movement, motor skills, and fun! We often hear life-long friendships are made in Bouncing Bears.

LOCKER ROOMS

Completely rebuilt in 2017, the New Canaan YMCA features five locker rooms, including the Men's, Women's, Girls', Boys', and Dionne Family Locker Room. Locker rooms feature showers, lockers, and changing stalls, plus steam and sauna in the Men's and Women's locker rooms.

MIND BODY CENTER

Our Mind Body Center is a quiet oasis from the hustle and bustle of the rest of our Y. The Center houses all of our mind body based classes like yoga, barre, pilates, and more.

WELLNESS CENTER

Our 4,000 square foot Wellness Center comprises a variety of personal fitness equipment including treadmills, ellipticals, stair climbers, rowers, free weights, squat racks, and selectorized strength training equipment. The center also features a Sprint 8® cardio zone.

THE ZONE

Unique to the New Canaan YMCA, we have a dedicated 2,200 square foot training space for functional training, stretching/plyometrics, sports performance, and rehabilitation-type activities.



Contact Information

YMCA EXECUTIVE DIRECTOR

Margaret Riley,
Executive Director203-920-1624

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

Liz Blau,
Associate Director of Competitive Swimming,
Head Age Group Coach.....203-920-1645

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

Davie Cedela,
V.P. of Family and Youth Development203-920-1641

Mary Coleman,
Membership Director 203-920-1630

Heather Dean,
Rainbow Station Infant – Pre-K/
Childcare Director..... 203-920-1613

Rebecca Evensen
Assistant School-Age Director..... 203-920-1657

Brian Fazzino,
Director of Competitive Swimming/
Head Senior Coach 203-920-1637

Anne Finneson,
Financial Administration Director203-920-1644

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

Pam Liberty,
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

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

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

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

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

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

JOIN OUR TEAM!

Learn how your talents can make a difference at the New Canaan YMCA. Employees who work 10+ hours per week can enjoy benefits including a Y membership, priority registration, program discounts, flexible schedules (as applicable), career development, and a healthy atmosphere! Employment application form and current employment opportunities can be found at www.newcanaanymca.org. Contact Pam Liberty, V.P. of Human Resources and Risk Management, at 203-920-1628, for more information.

VOLUNTEER OPPORTUNITIES

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

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

For more information or to apply online, go to www.newcanaanymca.org or contact Pam Liberty at 203-920-1628 or by email at pliberty@newcanaanymca.org.

Membership Information

MEMBERSHIP RATES

For current membership rates, visit www.newcanaanymca.org/join-the-y.

YOUTH (AGES 0-14)

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

YOUNG ADULT (AGES 15-25)

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

ADULT (AGES 26-64)

- Full access to facility and unlimited Group Exercise Classes.
- Use of locker rooms with steam and sauna. Note: 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 or older to use adult locker rooms).
- Members 14 years and younger enjoy the same membership privileges as youth members.
- Membership package options are offered to families with one, two, three, or four adults age 26+ with all dependents under 26 in the same household.

GUEST PASSES

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

DAY PASSES

NON-MEMBERS MAY PURCHASE A DAY PASS.

- Photo ID is required and a waiver must be signed prior to facility use. For non-members under 18, the waiver must be signed by an accompanying member 18 years or older.
- Day passes do NOT qualify for fee-based activities.

Day Pass (14 years & younger)	\$5
Day Pass (15-25 years)	\$15
Day Pass (26 years and older)	\$20

LOCAL & NATIONWIDE MEMBERSHIP

Nationwide Membership enables New Canaan YMCA Members to visit any participating Y in the United States through membership at your "home" YMCA.

- Usage may be limited to facility use only (no classes).
- Valid for active, full facility YMCA members; program-only participants and special memberships are not eligible for Nationwide Membership.
- Nationwide member visitors must use their home Y at least 50% of the time (your home location is the facility that enrolled you as a member and that collects your membership dues).
- Your New Canaan YMCA membership card will be honored at most Ys across the country. Policies vary from Y to Y, please call in advance.

Reciprocity Restrictions

- Nationwide members may not participate in free swim (see page 30)

Local Y Reciprocity

Please note that under the Local Y Reciprocal Agreement you are required to be a member of the Y you use most often and limit your reciprocal visits to 8 or less a month.

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

FINANCIAL ASSISTANCE

Our Financial Assistance Program, made possible by generous donor contributions to our Annual Support Campaign, is available for membership and program fees, so that everyone has the opportunity to 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, W2s and/or 1099s and copies of your last three pay stubs. Once reviewed, you will be contacted within 15 business days. The financial assistance application process is based on need and all information provided is kept confidential.

To apply for membership and/or Winter 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, Financial Assistance Administrator: 203-920-1653 | driolo@newcanaanymca.org

General Information & Policies

SERVING EVERYONE

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

MEMBERSHIP CODE OF CONDUCT

The New Canaan YMCA is a non-profit organization and reserves the right to deny membership on a non-discriminatory basis when deemed appropriate. Membership is a privilege which may be suspended or revoked by management for abusive behavior, profanity, 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 at www.newcanaanymca.org/membership, or at our Front Desk.

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 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.

YMCA POLICY: NO CHILD LEFT ALONE

- Y members in 4th grade and younger must be under the supervision of an adult/guardian at all times while at the YMCA.
- Adult/guardian must be at least 16 years old. (Exception is free swim, see page 30).
- 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 for more than 15 minutes before or after their activities.

COVID-19 PROTOCOLS

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 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.

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 included in their team handbooks.

FOR YOUR SAFETY

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

LOST AND FOUND

Any items left at our Y are held in our Lost and Found cabinet which is located in the pool hallway. Smaller items like phones and jewelry are held at the Front Desk. At the end of each month, any remaining unclaimed items are donated to a local charity. Please keep valuables with you or secure valuables in our lockers. **Please note:** The Y is not responsible for lost or stolen items.

Program Registration Instructions & Refund Policy

WINTER ACTIVITY REGISTRATION AND SESSION DATES

Online Registration and Registration at the Y Front Desk Begins:
Monday, November 15, 9:00 am

Classes Begin: Monday, November 29
Classes End: Saturday, March 5

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 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.

Cancellations by the Y

- If the Y cancels a program or event prior to the program commencement or event date, a full refund will be issued. The YMCA reserves the right to cancel any program or event that fails to meet enrollment requirements.
- If the Y cancels a program meeting date or dates, every effort will be made to offer a make-up for the canceled date(s). If a make-up date cannot be scheduled for any canceled date, a credit will be issued. If a make-up date is offered for the canceled date, no credits will be issued. No refunds will be issued for canceled meeting dates.

Participant Withdrawal

- Refund requests after withdrawal from a program must be made at least five business days prior to the program commencement date.
- After a program commences, pro-rated refunds will be issued only for participant withdrawal due to medical reasons, verified in writing by a physician. Refund requests must be submitted to the Y no later than the last day of the session.
- Refunds resulting from participant withdrawal are subject to a \$15 processing fee.
- Refund requests should be sent to the appropriate activity Director.
- 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.

Membership Cancellation

Annual memberships are non-transferrable and, after 30 days, non-refundable. Monthly memberships are continuous unless you request a cancellation. Cancellation forms can be picked up at the Front Desk or found on our website www.newcanaanymca.org/membership Your request must be submitted at least one week prior to your monthly payment date. Please submit the form to the Front Desk or by email to lryan@newcanaanymca.org.

YOUTH DEVELOPMENT: CHILD DEVELOPMENT

nurturing the potential of every child and teen

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

RAINBOW STATION INFANT-PRESCHOOL PROGRAM

- 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, enjoy benefits of the facility including instructional swim lessons, Bouncing Bears time in the Kid Zone, and weekly music and movement classes
- Music and movement offered once a week for toddlers and preschoolers
- Morning/afternoon snacks provided



NEW!

RAINBOW STATION 5'S PRE-K PROGRAM

The Rainbow Station 5's program is specifically designed for children who would benefit from a year of pre-k support, growth, and preparation before entering kindergarten. This program reviews and refines the fundamental skills and play-based learning style taught throughout our Rainbow Station program, with a modified kindergarten curriculum led by a state-certified elementary education teacher.

Daily lessons include pre-reading, pre-writing, math, social studies, and science activities. Participants enjoy benefits of the facility including instructional swim lessons, Bouncing Bears time in the Kid Zone, and weekly music and movement classes, which provide a balance between academics and play.

- Participants must be age 5 by December 31, 2022
- Program Dates: Monday, August 29, 2022 – Monday, June 19, 2023 (follows New Canaan Public Schools academic calendar)
- Monday – Friday from 7:30 am – 2:30 pm (after school care is available through Kids Unlimited until 6:00 pm)
- Staff-to-child ratio of 1 teacher to 8 children (1:8)
- Morning/afternoon snacks provided



For additional information, any questions, and registration, contact Heather Dean at 203-920-1613 or hdean@newcanaanymca.org.

YOUTH DEVELOPMENT: CHILD DEVELOPMENT

nurturing the potential of every child and teen

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

KIDS UNLIMITED

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

There is currently a waitlist for the 2021-2022 school year. Contact Suzy Pfeifer to be added to the waitlist.



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



MY PLAYROOM

- My playroom is temporarily closed due to the lack of staffing. We apologize for any inconvenience and thank you for your understanding as hiring efforts are made to secure staff.
- My Playroom is for children who are 6 months old (and can sit up on their own) and up.
- Caring staff provide an environment for play, games, and arts and crafts. Older children are encouraged to bring their homework.
- My Playroom is free for those with a current family membership.
- 15-hour punch cards can be purchased at the Front Desk for \$95.

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

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

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

YOUTH DEVELOPMENT: SCHOOL VACATION CAMP

nurturing the potential of every child and teen

School Vacation Camp

SCHOOL VACATION CAMP (Grades K-6)

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

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

School Vacation Day Programs

January 17, 2022: Dr. Martin Luther King, Jr. Day

School Vacation Week-Long Programs

February 21-25, 2022 (No vacation camp 2/18)

April 8-14, 2022 (No vacation camp 4/15)

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

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

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



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

REFUND POLICY

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

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

Bouncing Bears & Beyond: Preschool

Movement is at the very core of how children develop intellectually, emotionally, socially, and of course, physically. Our movement education program, Bouncing Bears and Beyond, provides children 12 months and older with a safe, fun, kid-oriented environment where we focus on the total well-being of each child. Held in our unique children's gym, the Kid Zone, we often hear life-long friendships are made in Bouncing Bears.

OPEN GYM (Ages 4 and under)

Monday & Wednesday: 3:15 – 4:00 pm

Parents are required to stay and supervise play. Free with Family Membership or when enrolled in a Bouncing Bears class. \$15.00 for all others. Non-members and local Y reciprocity members may not register for open gym unless they purchase a day pass prior to paying for admission.

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

MAKE-UP POLICY

Missed classes due to illness may be made up in another class during the session, space permitting. Please schedule a make-up class in advance with your class instructor or by contacting Davie Cedela at 203-920-1641 or dcedela@newcanaanymca.org.

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 will be issued.

SESSION DATES

Session: 11/29 - 3/5 (12-week session)

*Thursday and Friday classes meet for 11 weeks.

Little Bears (12-23 months, with parent)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Mon.	9:45 - 10:30 am	\$307	10
Kid Zone	D. Carpenter/Staff	Tue.	9:45 - 10:30 am	\$307	10
Kid Zone	D. Carpenter/Staff	Wed.	9:45 - 10:30 am	\$307	10
Kid Zone	D. Carpenter/Staff	Thu.	9:45 - 10:30 am	\$281	10
Kid Zone	D. Carpenter/Staff	Fri.	9:45 - 10:30 am	\$281	10

Big Bears (24-36 months, with parent)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Mon.	10:30 - 11:15 am	\$307	10
Kid Zone	D. Carpenter/Staff	Tue.	10:30 - 11:15 am	\$307	10
Kid Zone	D. Carpenter/Staff	Wed.	10:30 - 11:15 am	\$307	10
Kid Zone	D. Carpenter/Staff	Thu.	10:30 - 11:15 am	\$281	10
Kid Zone	D. Carpenter/Staff	Fri.	10:30 - 11:15 am	\$281	10

*All participants ages 2 and older must wear a face mask and bring their own water bottle.

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

LITTLE BEARS & BIG BEARS

(Ages 12-36 Months, with parent)

Meet new friends at this fun-filled gym class for toddlers and parents! Play time in our Kid Zone will foster your child's coordination and motor development in swinging, balancing, climbing, running, jumping, rolling and more. The class is set up with exploration time, circle time including the incorporation of songs and weekly themes using a variety of props such as puppets, ribbons, instruments, parachute, and more. This program has plenty of action, music, and fun!

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

Bouncing Bears & Beyond: Preschool

SESSION DATES

Session: 11/29 - 3/5 (12-week session)

*Thursday and Friday classes meet for 11 weeks.

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 Davie Cedela, at 203-920-1641 or dcedela@newcanaanyymca.org.

MOVE & GROOVE GYMNASTICS (Ages 3-5)

Have your little one move and groove in this energy-filled 60-minute class! The first 30 minutes will focus on building rhythm connections to a variety of music and dance styles; exploring creativity and using imagination and self-expression to build confidence. Class will finish with 30 minutes of gymnastics, building fundamental movement skills.

DYNAMOS (Ages 3-5)

Your independent child will enhance their motor development by exploring a wide variety of movement concepts and skills in a safe and positive environment through the use of obstacle courses, skill stations, and a variety of games and activities! During our 45 minutes of fun and development, we will work on basic gymnastics skills (forward and backward roll) and progressions for more challenging skills (handstands and cartwheels), basic sequencing, staying with a group and following directions, as well as social interaction skills. Children are challenged at their own ability levels and praised for their interaction and efforts.

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!

Gym & Swim Combo Class (Ages 3-5)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone/Forese Family Pool	D. Carpenter/Staff	Tue.	2:30-4:00pm	\$616*	8
Kid Zone/Forese Family Pool	D. Carpenter/Staff	Wed.	1:30-3:00pm	\$672	8

Move & Groove Gymnastics (Ages 3-5) 10-week session

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Thu.	2:45 - 3:45 pm	\$310*	8

Dynamos (Ages 3-5)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Tue.	1:45 - 2:30 pm	\$313*	8
Kid Zone	D. Carpenter/Staff	Fri.	3:15-4:00pm	\$284*	8

Hot Shots (Ages 4-5)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Wed.	2:30 - 3:15 pm	\$341	8

*Class does not meet 2/14/22-2/18/22

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

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

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Bouncing Bears & Beyond: Gymnastics

SESSION DATES

Session: 11/29 - 3/5 (12-week session)

*Thursday and Friday classes meet for 11 weeks.

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.

KINDERBEARS (Ages K-6.5)

This class is designed as a bridge between our preschool and grade school programs for children who need more of a challenge and can follow directions. Students will work on tumbling skills similar to our Novas 1 class and more equipment-specific skills, as well as fun games and activities each week.

NOVAS: LEVEL 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: LEVEL 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 gymnastics skills.

Kinderbears (Ages K-6.5 years)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Tue.	4:00 - 4:45 pm	\$341*	8

Novas Level 1: Beginner (Ages K-7 years)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Wed.	4:00 - 4:45 pm	\$372	8

Novas Level 2: Advanced Beginner (Ages 7+)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Mon.	4:00 - 4:45 pm	\$372	8

Supernovas Level 3: Intermediate-Advanced (Ages 7+) Experience Required

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Mon.	4:45 - 5:30 pm	\$372	8

Move & Groove Gymnastics (Ages K-8 years) 10-week session

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Thu.	4:00 - 5:30 pm	\$365*	8

Tap & Tumble (Ages K-8 years)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	Fri.	4:15 - 5:15 pm	\$310*	8

*Class does not meet 2/14/22-2/18/22

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

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

YOUTH DEVELOPMENT: YOUTH SPORTS

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Youth Sports

BACKYARD SPORTS (Ages 3-5)

This preschool class is all about fun while introducing sports skills to our little kids! This class covers a wide range of games and skills, including kickball, soccer, t-ball, and more! Please note: minimum of 3 participants necessary to run class.

PRESCHOOL SOCCER (Ages 3-5)

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

THE 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, Dodgeball, 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!

SESSION DATES

Session 1: 11/30 - 1/15

Session 2: 1/17 - 3/5

Backyard Sports (Ages 3-5)

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Gymnasium	G. Bennett/Staff	Wed.	1:45 - 2:30 pm	\$155/\$230	12
Gymnasium	G. Bennett/Staff	Thu.	1:45 - 2:30 pm	\$155/\$230	12

Preschool Soccer (Ages 3-5)

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Gymnasium	G. Bennett/BWK	Wed.	12:45 - 1:30 pm	\$258/\$333	14
Gymnasium	G. Bennett/BWK	Sat.	2:00 - 2:45 pm	\$258/\$333	14

*Saturday classes meet for 5 weeks in session 1 and are prorated to \$215/\$278

The Non-Traditional Sports Club (Grades 1-8)

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Grades 1-4	G. Bennett/Staff	Tue.	4:00 - 5:00 pm	\$155/\$230	12
Grades 5-8	G. Bennett/Staff	Wed.	3:30 - 4:30 pm	\$155/\$230	12

Girls' Volleyball: Beginner & Intermediate (Grades 5-8)

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Beginner	G. Bennett/Staff	Wed.	4:30 - 5:30 pm	\$263/\$338	10
Intermediate	G. Bennett/Staff	Wed.	5:45 - 6:45 pm	\$263/\$338	10

High School Ultimate Frisbee (Grades 9-12)

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Gymnasium	G. Bennett/Staff	Thu.	3:00 - 4:00 pm	\$155/\$230	20

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

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

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.

HIGH SCHOOL ULTIMATE FRISBEE (Grades 9-12)

Come enjoy the great game of Ultimate in a non-competitive and fun environment! Over the course of six weeks, players will learn and perfect their frisbee-throwing skills and come to love the game of Ultimate. No prior experience necessary and teams will change throughout the six weeks!

YOUTH DEVELOPMENT: YOUTH WELLNESS & MINDFULNESS

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Youth Wellness & Mindfulness

YOUTH STRENGTH TRAINING (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 from 2:00-5:00pm Monday-Sunday, 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 winter session will be conducted as a hybrid course. The first week of each session is held remotely, followed by four in-person classes including testing. Youth can also earn a F.I.T. pass by completing three sessions with a personal trainer and with successful completion of the Youth Strength Training exam, extra fees apply.

FREE with Family Membership!

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	11/29-12/15	Mon./Wed.	3:45 - 4:45 pm	\$84	6
Remote/Wellness Center	E. Saint/Staff	1/3-1/19	Mon./Wed.	3:45 - 4:45 pm	\$84	6
Remote/Wellness Center	E. Saint/Staff	1/24-2/9	Mon./Wed.	3:45 - 4:45 pm	\$84	6

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

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

TOTAL YOUTH CONDITIONING

(Ages 8-11 & 12-14)

This small group outdoor training program is designed to get kids moving while having fun and getting fit. Each one-hour class incorporates fun exercises and principles taught by a Personal Trainer certified in strength and conditioning. Spots are limited to eight participants and four participants are necessary for class to run. In the event of inclement weather, class will be held in the Group Exercise Center.

SESSION DATES

Session 1: 11/29 - 1/14

Session 2: 1/17 - 3/4

*Thursday classes meet for 5 weeks

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

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Inside/Outside (Ages 8-11)	E. Saint/Ania	Mon./Wed.	4:00 - 5:00 pm	\$360/\$460	8
Inside/Outside (Ages 12-14)	E. Saint/Ania	Mon./Wed.	3:00 - 4:00 pm	\$360/\$460	8

Youth Yoga (Ages 10-13)

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Mind Body Center	K. Schnitzler/Ania	Tue./Thu.	3:15 - 4:00 pm	\$192*/\$242*	8

*Thursday classes are prorated to *176/\$221.

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

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

YOUTH YOGA (Ages 10-13)

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. 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, meditation, relaxation techniques, stretching, and strengthening poses, all using fun-filled music and games.

YOUTH DEVELOPMENT: YOUTH WELLNESS & MINDFULNESS

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Youth Recreation

YOUTH @ THE Y (Grades 1-4)

Elementary schoolers will be divided into groups and led around the Y by staff to various stations where events will be run by specialist staff. Activities will include use of the Forese Family Pool, Group Exercise Center, Wagner Room, Gym, Kid Zone, and a different special activity each month (to be announced before the event).

Note: Advance registration is mandatory and available online.

MIDDLE SCHOOL NIGHT (Grades 5-8)

One Saturday a month middle schoolers get the Y all to themselves! Middle schoolers have access to the Wellness Center, Group Ex, Basketball Gym, Forese Pool, and Wagner Room. Not only will there be plenty of fun games and activities but also a concession stand with snacks, drinks and pizza for purchase!

Note: Advance registration is mandatory and available online

SKI AND BOARD CLUB FRIDAYS (Grades 5-8) 6-week session

It doesn't matter if you are an advanced skier/snow boarder or someone who is just starting to learn. Participants will be bussed from the Y to Thunder Ridge Mountain in New York, and will be joined by two Y staff members, one in the lodge and one on the mountain. Lessons and equipment are available for a fee at the mountain.

Youth @ the Y (Grades 1-4)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	G. Bennett/Staff	12/11, 1/22, 2/12	Sat.	6:30 – 9:00 pm	\$30/\$40	40

Middle School Night (Grades 5-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	G. Bennett/Staff	12/18, 1/29, 2/26	Sat.	7:00 – 9:30 pm	\$15/\$25	65

Ski and Board Club Fridays (Grades 5-8) 6-week session

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
Thunder Ridge	G. Bennett/Staff	1/14-2/18	Fri.	3:30 – 9:30 pm	\$620/\$695	20

Junior Lifeguarding (Ages 11-14) 12-week session

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	M. Busse/Staff	11/30-3/1	Tue.	5:25 – 6:25 pm	\$225/\$275	6

Red Cross Babysitting Certification (Ages 11-15)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	G. Bennett/Staff	12/4	Thu.	8:30 am – 4:30 pm	\$100/\$140	12
New Canaan YMCA	G. Bennett/Staff	1/29	Sat.	8:30 am – 4:30 pm	\$100/\$140	12
New Canaan YMCA	G. Bennett/Staff	2/26	Mon.	8:30 am – 4:30 pm	\$100/\$140	12

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

JUNIOR LIFEGUARDING (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.

RED CROSS BABYSITTING CERTIFICATION (Ages 11-15) 1-day program

Enjoy being with kids? Looking to earn extra cash? Take the Red Cross Babysitting Certification course at the YMCA and be the "best of the best." You'll learn specific techniques and skills to become a confident babysitter as well as certified in First Aid.

YOUTH DEVELOPMENT: FAMILY PROGRAMS

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Family Programs

ADVENTURE GUIDES (Grades K-4, Father/Child Program)

Our popular Adventure Guides program strengthens bonds between fathers and children and creates lasting memories and family friendships. Organized into "communities" based on elementary school, group activities are led by volunteer fathers with the guidance of Y staff and include hiking, crafts, games, plus special weekend adventure outings. Please see below for community group designations. For additional information, visit www.newcanaanymca.org/family-time or contact George Bennett at 203-920-1634 or gbennett@newcanaanymca.org.

Adventure Guides 2021-2022

Registration	Parent Fee	Child Fee
Y Family Membership	\$30/family	Free
Y Adult or Youth Membership	Free	\$54
Non-members	\$116	\$216

COMMUNITY LOCATIONS:

- Waveny (suggested for South School families)
- Kiwanis Park (suggested for East School families)
- Irwin Park (suggested for West School families)
- Mead Park (suggested for Non-NCPS families)

FREE DROP-IN SPORTS (All Ages, Family Membership Benefit)

Join us monthly for drop-in organized sports on Saturdays from 1:00-3:00pm at the Y. Monthly sports include floor hockey, kickball, and capture the flag. These events are geared toward family members who have younger school-age children and open to all ages. Free with a family membership.

Sport	Director/Instructor	Dates	Day	Time	Family Member Fee
New Canaan YMCA	G. Bennett	12/11	Sat.	1:00 – 3:00 pm	Free
New Canaan YMCA	G. Bennett	1/22	Sat.	1:00 – 3:00 pm	Free
New Canaan YMCA	G. Bennett	2/12	Sat.	1:00 – 3:00 pm	Free

PLAN YOUR BIRTHDAY PARTY AT THE Y (Age 2-Grade 8, Family Membership Benefit)

Throw a party at the Y and create an event that you, your friends, and your family will love! You bring the decorations, and we'll provide the fun! Birthday parties are a special benefit for those with a New Canaan YMCA Family membership. Hosts must have a current New Canaan YMCA Family membership to plan a party. All parties must be booked at least three weeks in advance. Host parent/guardian must be on-site for all parties. Contact George Bennett to book at 203-920-1634 or gbennett@newcanaanymca.org.

Kid Zone Takeover (Ages 2-Grade 4)

Bounce around in the Kid Zone with friends! Enjoy pizza (optional), your cake and decorations in our party room. Please note: Parents/guardians of guests are required to attend for preschool-age parties.

Gymnasium Games Galore (Grades 1-8)

Have one of our staff run a fun game in our gymnasium! Enjoy pizza (optional), your cake and decorations in our party room.

Kid Zone Takeover Birthday Party Package (Ages 2-Grade 4)

Location	Director/Instructor	Duration	Day	Family Member Fee	Limit
Kid Zone	G. Bennett	2 hours	Sat.	\$250 (with pizza) \$200 (without pizza)	10

Gymnasium Games Galore Birthday Party Package (Grades 1-8)

Location	Director/Instructor	Duration	Day	Family Member Fee	Limit
Kid Zone	G. Bennett	2 hours	Sat.	\$250 (with pizza) \$200 (without pizza)	20

YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

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Y Special Needs Programs

YSN JUNIOR SENSORY GYM EXPLORERS

(Ages 5-9, with supervision of a parent/caregiver)

This program is specially-designed for families with young children with special needs in the Kid Zone. Participants are encouraged to explore different stations (i.e. ball pits, swings, inflatables, trampolines, climbing structures). Taught by a gymnastics instructor, children will be encouraged to play actively and will have opportunities to interact with their environment, explore using their senses, learn basic gymnastics positions, and work on core strength, balance, and social skills. Parents/caregivers are required to stay to supervise and may join in to play along.

YSN FIT CLUB & DRUMMING (Ages 12+)

Join us for an afternoon of fitness games and a guided workout with a certified personal trainer where participants will focus on building strength, endurance, and balance. The class is followed by music, movement, and drumming with music therapist Phyllis Bethel.

YSN CARDIO DANCE (Ages 12+)

This modern inspired dance program is an exciting way to exercise while having fun learning how to dance! Each class will begin with a warm-up of freestyle dance and then work on dance routines to music and ends with a cool down and stretch. Each participant can request a favorite song to be added to our playlist for 45 minutes of fun-filled music and movement!

YSN RHYTHM HEARTS THEATER (Ages 13+)

Rhythm Hearts Theater is back! Join us for a program designed especially for individuals with special needs, incorporating music, art, and theater. This program adapts stories from a wide variety of mediums (short stories, classic rhymes, movies, Disney, Broadway, cartoons, etc.) into plays, which provide opportunities for peer socialization, and self-expression. Led by Music Therapist, Matt Hennessey, session will conclude with a theater production compiling all the original works of the session.

YSN SWIM CLUB

(Ages 13+, must be an independent swimmer)

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

Please note: first-time registration requires Director's approval.

YSN Junior Sensory Gym Explorers (Ages 5-9, with supervision of a parent/caregiver)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	C. Kaufman/L. Aikler	12/1 - 3/2	Wed.	5:15 - 6:00 pm	\$160/\$190	6

YSN Fit Club & Drumming (Ages 12+) 8-week session

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	C. Kaufman/C. Werning & P. Bethel	12/14 - 2/8	Tue.	4:30 - 6:00 pm	\$220/\$250	10

YSN Cardio Dance (Ages 12+) 8-week session

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Wagner Room	C. Kaufman/L. Aikler	12/1 - 3/2	Wed.	4:15 - 5:00 pm	\$160	10

YSN Rhythm Hearts Theater (Ages 13+) 8-week session

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	C. Kaufman/M. Hennessey	12/13 - 2/14	Mon.	4:15 - 5:30 pm	\$220/\$250	10

YSN Swim Club (Ages 13+, must be an independent swimmer)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Forese Family Pool	C. Kaufman/S. Sykes	12/1 - 3/2	Wed.	5:15 - 6:00 pm	\$220	6

No Classes: 12/23/21-1/1/22, 1/17/22, 2/21/22-2/26/22

YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

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Y Special Needs Programs

YSN WILDCATS BASKETBALL

(Ages 12+)

Unified Sports, a registered program with the Special Olympics, combines individuals with special needs and peer buddies on sports teams for practice each week in addition to scrimmages, and a tentative end-of-season Special Olympics tournament.

YSN TEEN SCENE & ROARING 20'S HANGOUTS

(Ages 14+)

Join the fun at Teen Scene/Roaring 20's Hangouts with peer buddies while teens and young adults gather for enriching nights and special events at the Y. Schedule changes each session.

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 Scooter Pool (warm pool).

YSN HEALTHY LIVING: FITNESS & COOKING

(Ages 17+)

Our healthy living program is designed specifically for young adults. Each session consists of warm-up/stretch, workout in Wellness Center, and a cool down including yoga. Great for all fitness levels! The class concludes with preparing and sharing a healthy snack with friends.

YSN Wildcats Basketball (Ages 12+)

Location	Director/Instructor	Session Dates	Day	Time	Member Fee/ Non-member	Limit
Gymnasium	C. Kaufman/J. Walsh	12/2 – 3/3	Thu.	4:30 – 5:15 pm	\$180/\$210	8

YSN Teen Scene & Roaring 20's Hangouts (Ages 14+) 8-week session

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Wagner Room	C. Kaufman/YSN Staff	12/16 – 2/17	Thu.	5:30 – 7:00 pm	\$250	10

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

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Scooter Pool	C. Kaufman/YSN Staff	12/4 – 3/5	Sat.	12:30 – 1:30 pm	\$160	8

YSN Healthy Living: Fitness & Cooking (Ages 17+)

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Wagner Room/ Wellness Center	C. Kaufman/Staff	12/4 – 3/5	Sat.	1:30 – 3:00 pm	\$220	10

No Classes: 12/23/21-1/1/22, 1/17/22, 2/21/22-2/26/22

YOUTH DEVELOPMENT: SWIM LESSONS

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Swim Lessons: Program Overview

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 eight levels and your child is assigned to a level at the beginning of each session. Class schedule is organized by age group and level. If you are unsure of the appropriate level for your child, please refer to the below overview or contact Matt Busse at 203-920-1643 or mbusse@newcanaanymca.org to schedule an evaluation. **Please note:** requests for instructors are not guaranteed for group, private, and semi-private lessons.

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
LEVELS A–B



3 years–5 years
PRESCHOOL:
LEVELS 1–4



5 years–12 years
SCHOOL AGE:
LEVELS 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH LEVELS IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE MECHANICS

YOUTH DEVELOPMENT: SWIM LESSONS

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Swim Lessons: Level Descriptions

SWIM STARTERS

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.

A / WATER DISCOVERY
Parents accompany children in level A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
In level B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in level 1. This stage lays the foundation that allows for a student's future progress in swimming.

2 / WATER MOVEMENT
In level 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA
In level 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

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.

4 / STROKE INTRODUCTION
Students in level 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in level 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In level 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Please contact Matt Busse, Director of Pool Operations, at 203-920-1643 or mbusse@newcanaanymca.org.

YOUTH DEVELOPMENT: SWIM LESSONS

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Swim Lessons & Policies

SWIM LESSONS

The New Canaan YMCA offers swim lessons for youth ages 6 months to 12 years. Please refer to pages 20-21 for detailed information about swim lesson levels at the Y. Adult swim lesson information can be found on page 31.

Please note: requests for instructors are not guaranteed for group, private, and semi-private lessons.

PARENT/CHILD LESSONS: Classes will be held in the Forese Family Scooter Pool. Ratio is 1:2 – 1:6. 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. Ratio is 1:2 – 1:4. 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. Ratio is 1:2 – 1:4. Registration is available at the Front Desk or online at www.newcanaanymca.org/registration.

ONE-ON-ONE PRIVATE & SEMI-PRIVATE LESSONS: Classes will be held in the Forese Family Scooter Pool. Register through Matt Busse at mbusse@newcanaanymca.org.

Private & Semi-Private Swim Lessons	Member/Non-member Fee	Duration
Private one-on-one	\$57/\$72	30-minute lesson
Semi-private	\$49*/\$64*	30-minute lesson

*Per participant.

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.

Registration for Winter session 1 begins November 15.

Registration for Winter session 2 begins January 3.

Winter session 2 has a later registration date to allow all swimmers the opportunity to register for the appropriate level.

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-ups are made up within the session and cannot be carried over. If a class is canceled by the Y due to inclement weather or an emergency, every effort will be made to offer a make-up class. If a participant cannot attend the make-up class, no credit will be issued. If the Y cannot offer a make-up class, a credit will be issued.

REFUND POLICY

- If the Y cancels a swim lesson program prior to the program commencement date, a full refund will be issued. The YMCA reserves the right to cancel any swim lesson program that fails to meet enrollment requirements.
- Refund requests after withdrawal from a swim lesson program must be made at least five business days prior to the program commencement date.
- After a swim lesson program commences, pro-rated refunds will be issued only for participant withdrawal due to medical reasons, verified in writing by a physician. Refund requests must be submitted to the Y no later than the last day of the session.
- Refunds resulting from participant withdrawal are subject to a \$15 processing fee.
- All outstanding balances including YMCA charges and bank fees must be resolved before refunds will be issued.

ADDITIONAL INFORMATION

- Parents and/or guardians of children who are in 4th grade or younger must remain in Dante's Cafe or second floor viewing area during swim lessons. Please note: no parents/guardians on deck during swim lessons.

YOUTH DEVELOPMENT: SWIM LESSONS

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Swim Lessons

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

SESSION DATES

Session 1: 11/29-1/15 (6-week session) *Thursday, Friday, and Saturday classes meet for 5 weeks.

Session 2: 1/17-3/5 (6-week session)

Parent/child levels: A-B

- See page 20-21 for an overview of levels.
- Class Ratio is 1:2 - 1:6

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

Introduces infants and toddlers to the aquatic environment

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Mon.	9:30 - 10:00 am	\$139	6
Forese Family Pool	M. Busse/Staff	Tue.	9:30 - 10:00 am	\$139	6
Forese Family Pool	M. Busse/Staff	Thu.	9:30 - 10:00 am	\$139*	6
Forese Family Pool	M. Busse/Staff	Sat.	8:30 - 9:00 am	\$139*	6
Forese Family Pool	M. Busse/Staff	Sat.	9:05 - 9:35 am	\$139*	6

*Thursday, Friday, and Saturday classes are prorated to \$116 in session 1.

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/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Mon.	10:05 - 10:35 am	\$139	6
Forese Family Pool	M. Busse/Staff	Tue.	10:05 - 10:35 am	\$139	6
Forese Family Pool	M. Busse/Staff	Thu.	10:05 - 10:35 am	\$139*	6
Forese Family Pool	M. Busse/Staff	Sat.	9:05 - 9:35 am	\$139*	6
Forese Family Pool	M. Busse/Staff	Sat.	10:15 - 10:45 am	\$139*	6

*Thursday, Friday, and Saturday classes are prorated to \$116 in session 1.

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

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

YOUTH DEVELOPMENT: SWIM LESSONS

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Swim Lessons

PRESCHOOL SWIM LESSONS (Ages 3-5)

SESSION DATES

Session 1: 11/29-1/15 (6-week session) *Thursday, Friday, and Saturday classes meet for 5 weeks.

Session 2: 1/17-3/5 (6-week session)

Preschool levels: 1-4

- See page 20-21 for an overview of levels.
- Class ratio is 1:2 - 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	\$166	4
Forese Family Pool	M. Busse/Staff	Mon.	3:25 - 3:55 pm	\$166	4
Forese Family Pool	M. Busse/Staff	Mon.	4:00 - 4:30 pm	\$166	4
Forese Family Pool	M. Busse/Staff	Wed.	3:25 - 3:55 pm	\$166	4
Forese Family Pool	M. Busse/Staff	Sat.	9:40 - 10:10 am	\$166*	4

*Thursday, Friday, and Saturday classes are prorated to \$139 in session 1.

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	\$166	4
Forese Family Pool	M. Busse/Staff	Tue.	10:40 - 11:10 am	\$166	4
Forese Family Pool	M. Busse/Staff	Wed.	4:00 - 4:30 pm	\$166	4
Forese Family Pool	M. Busse/Staff	Wed.	4:35 - 5:05 pm	\$166	4
Forese Family Pool	M. Busse/Staff	Thu.	10:40 - 11:10 am	\$166*	4
Forese Family Pool	M. Busse/Staff	Sat.	9:40 - 10:10 am	\$166*	4
Forese Family Pool	M. Busse/Staff	Sat.	10:50 - 11:20 am	\$166*	4

*Thursday, Friday, and Saturday classes are prorated to \$139 in session 1.

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	\$166	4
Forese Family Pool	M. Busse/Staff	Sat.	10:15 - 10:45 am	\$166*	4

*Thursday, Friday, and Saturday classes are prorated to \$139 in session 1.

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

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

YOUTH DEVELOPMENT: SWIM LESSONS

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Swim Lessons

SCHOOL-AGE SWIM LESSONS (Ages 5-12)

SESSION DATES

Session 1: 11/29-1/15 (6-week session) *Thursday, Friday, and Saturday classes meet for 5 weeks.

Session 2: 1/17-3/5 (6-week session)

School-age swim levels: 1-6

- See page 20-21 for an overview of levels.
- Class ratio is 1:2 - 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	\$180	4
Forese Family Pool	M. Busse/Staff	Thu.	4:35 - 5:20pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Thu.	5:25 - 6:10 pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Sat.	10:40 - 11:25 am	\$180*	4

*Thursday, Friday, and Saturday classes are prorated to \$150 in session 1.

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	\$180	4
Forese Family Pool	M. Busse/Staff	Tue.	4:35 - 5:20 pm	\$180	4
Forese Family Pool	M. Busse/Staff	Tue.	5:25 - 6:10 pm	\$180	4
Forese Family Pool	M. Busse/Staff	Thu.	3:45 - 4:30 pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Sat.	10:40 - 11:25 am	\$180*	4

*Thursday, Friday, and Saturday classes are prorated to \$150 in session 1.

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	\$180	4
Forese Family Pool	M. Busse/Staff	Mon.	5:25 - 6:10 pm	\$180	4
Forese Family Pool	M. Busse/Staff	Wed.	3:45 - 4:30 pm	\$180	4
Forese Family Pool	M. Busse/Staff	Wed.	4:35 - 5:20 pm	\$180	4
Forese Family Pool	M. Busse/Staff	Wed.	5:25 - 6:10 pm	\$180	4
Forese Family Pool	M. Busse/Staff	Thu.	3:45 - 4:30 pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Fri.	3:45 - 4:30 pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Fri.	4:35 - 5:30 pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Sat.	9:50 - 10:35 am	\$180*	4

*Thursday, Friday, and Saturday classes are prorated to \$150 in session 1.

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

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

YOUTH DEVELOPMENT: SWIM LESSONS

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Swim Lessons

SCHOOL-AGE SWIM LESSONS (Ages 5-12)

SESSION DATES

Session 1: 11/29-1/15 (6-week session) *Thursday, Friday, and Saturday classes meet for 5 weeks.

Session 2: 1/17-3/5 (6-week session)

School-age swim levels: 5-6

- See page 20-21 for an overview of levels.
- Class ratio is 1:2 - 1:4

School-Age Swim Lessons: Levels 5

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	M. Busse/Staff	Tue.	3:45 - 4:30 pm	\$180	4
Forese Family Pool	M. Busse/Staff	Tue.	4:35 - 5:20 pm	\$180	4
Forese Family Pool	M. Busse/Staff	Thu.	3:45 - 4:30 pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Thu.	4:35 - 5:20 pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Sat.	9:00 - 9:45 am	\$180*	4

*Thursday, Friday, and Saturday classes are prorated to \$150 in session 1.

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	\$180	4
Forese Family Pool	M. Busse/Staff	Tue.	4:35 - 5:20 pm	\$180	4
Forese Family Pool	M. Busse/Staff	Thu.	4:35 - 5:20 pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Thu.	5:25 - 6:10 pm	\$180*	4
Forese Family Pool	M. Busse/Staff	Sat.	9:00 - 9:45 am	\$180*	4

*Thursday, Friday, and Saturday classes are prorated to \$150 in session 1.

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

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

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Aquianas Artistic Swimming

The New Canaan YMCA Aquianas Artistic Swim Team, formerly synchronized swimming, was founded on the belief that artistic 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 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.

JOIN US FOR THE AQUIANAS' HOLIDAY SHOWS AT THE Y!

Date: Saturday, December 11
Times: 2:00pm & 5:00pm
Location: Valles Pool

COACHING STAFF

Director of Artistic Swimming; Head Coach: Jen Muzyk

NON-COMPETITIVE ARTISTIC PROGRAM

FISH (Ages 5-10)

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

Practice Commitment: 1 day per week

Prerequisites: Must be a strong swimmer, able to practice in deep water.



Fish (Ages 5-10)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Forese Family Pool	J. Muzyk	12/3-3/5	Fri.	5:00 - 6:15 pm	\$476	12

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

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

AQUIANAS COMPETITIVE TEAMS

AQUIANAS INTERMEDIATE* (Ages 10 & Under) September-June

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

AQUIANAS AGE GROUP* (Ages 8-12, 13+) Invitation only

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

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

TEAM HIGHLIGHTS 2021

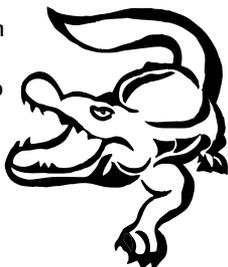
- 13-15 National Team Member, Aubrey Shen
- Senior U.S. Nationals Duet, Bronze Medal
- Senior U.S. Nationals Solo, Gold Medal
- 13-15 U.S. Nationals Combo, Silver Medal
- 13-15 Junior Olympics Team, Bronze Medal

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS TEAMS

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Caimans Swim Team

The New Canaan YMCA Caimans Swim Team provides a supportive, instructive, and fun environment for swimmers of all abilities to grow. Under an experienced and dedicated coaching staff, we provide competitive and non-competitive programs for all ages, from developing strokes to competing nationally—all while gaining confidence and learning the importance of teamwork.



CAIMANS COACHING STAFF

Brian Fazzino: Director of Competitive Swimming/
Head Senior Coach/Head Coach

Liz Blau: Associate Director of Competitive Swimming/
Head of Age Group Coach

Michael Jordan: Assistant Coach/Head Development Coach

Ashley Lancey: Assistant Coach

Eve Johansson: Assistant Coach

Kat Munson: Masters Coach

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

Runs Fall through Spring. 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.



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 attend 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.**

2021-2022 TRY-OUTS

Swimmers must meet additional criteria for placement in all the above competitive levels. To schedule a try-out, please contact Brian Fazzino at 203-920-1637 or bfazzino@newcanaanyymca.org. Visit www.newcanaanyymca.org/caimans to learn more.

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

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Valles Pool	B. Fazzino/Staff	11/29 - 2/28	Mon., Wed., Fri.	5:00 - 5:45 pm	\$678	12

To learn more about the Caimans program, contact Brian Fazzino at bfazzino@newcanaanyymca.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.



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 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@newcanaanyymca.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@newcanaanyymca.org, to schedule a session or evaluation.



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

HEALTHY LIVING: ADULT HEALTH, WELL-BEING & FITNESS

improving the nation's health and well-being

Aquatic Information & Policies

MEMBER SWIM OFFERINGS

All pools have set schedules, view New Canaan YMCA pool schedules at www.newcanaanymca.org/schedules or on the New Canaan YMCA mobile app.

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 for members ages 15 and older.

FREE SWIM: A valid New Canaan YMCA membership is required to participate in free swim. Free swim ratio comprises 1 adult to no more than 6 children (no more than 2 non-swimmers). To participate in free 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. Each child will be graded as red-beginner, yellow-intermediate, and green-advanced. Children must wear band. Reservations can be made online at www.newcanaanymca.org/registration.

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 only permits Coast Guard approved personal floatation devices during free swim and therapy swim.

AQUATIC GROUP EXERCISE CLASSES: Classes are offered in the Forese Family Scooter Pool and Valles Pool. Refer to page 31 for additional information.

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. Only swimmers are allowed past double doors, no spectators allowed in pool area unless accompanying a swimmer in 4th grade or younger. Spectators may view Forese Family Lap and Scooter Pools in Dante's Cafe or the second-floor viewing hallway.



HEALTHY LIVING: ADULT WATER ACTIVITIES

improving the nation's health and well-being

Adult Water Activities

ADULT SWIM LESSONS

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

SESSION DATES

Session 1: 11/30-1/13

Session 2: 1/18-3/3

*Thursday classes meet for 5 weeks.

Adult Swim Lessons (Ages 18+)

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

*Thursday classes are prorated to \$158

MASTERS SWIM

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.

ARTHRITIS SWIM

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.

Masters Swim (Ages 18+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Forese Pool	B. Fazzino/Staff	11/29-2/28	Mon., Wed., Fri.	5:15 – 6:30 am	\$273/\$375	15

Arthritis Swim (Ages 18+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Scooter Pool	M. Busse/Ginger	11/29-2/28	Mon.	1:30 – 2:15 pm	Free/\$254	8
Scooter Pool	M. Busse/Cheryl	11/30-3/1	Tue.	12:00 – 12:45 pm	Free/\$254	8
Scooter Pool	M. Busse/Ginger	12/1-3/2	Wed.	1:30 – 2:15 pm	Free/\$254	8
Scooter Pool	M. Busse/Cheryl	12/2-3/3	Thu.	12:00 – 12:45 pm	Free/\$254*	8

*Thursday classes are prorated to \$233

AQUATIC FITNESS CLASSES (Free for Members)

View schedules for these classes online at

www.newcaanymca.org/schedules

Deep Water Fitness: This aquatic-based fitness class will challenge your strength while suspended in deep water. Swimmers must be comfortable in deep water and able to exit the pool via a pool ladder.

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.



HEALTHY LIVING: ADULT HEALTH, WELL-BEING & FITNESS

improving the nation's health and well-being

Wellness Center, The Zone, & Group Fitness

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.

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



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.

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



GROUP FITNESS CLASSES

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

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).



YMCA360

YMCA360 is an exclusive collection of on-demand and livestream classes, all on your devices in cinematic 4K. As a benefit of your New Canaan YMCA membership, YMCA360 gives you access to live and on-demand content from Y's throughout the country. Enjoy a wide variety of fitness classes for all different ages, abilities, and interests, plus on-demand sports, fitness, cooking, dance, and STEAM classes for kids and families to enjoy together.

Login by visiting www.ymca360.org, click login and enter your zip code, click New Canaan YMCA, and enter the email address associated with your membership account. The YMCA360 platform can be accessed online, via mobile app for Apple and Android, AppleTV devices, and will soon be available on AndroidTV and Roku devices.

If you have any trouble accessing YMCA360, please contact our Front Desk at 203-966-4528.

*The Y adheres to all current State COVID-19 guidelines. For an up-to-date list of protocols, visit www.newcanaanymca.org/reopening.



HEALTHY LIVING: ADULT HEALTH, WELL-BEING & FITNESS

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Personal Training

PERSONAL TRAINING: INDOORS OR OUTDOORS!

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 Policies

- Make-up sessions are only available for appointments cancelled at least 24 hours in advance.
- 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 Fee
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 six-week small group training sessions that combine the expertise of a personal trainer with the energy and motivation you feel from working out in a group. Each six-week, small group training session will feature a different fitness specialty geared to bust boredom out of your workout routine. Six participants are needed for a session to run.

SESSION DATES

Session 1: 12/1 - 1/14 (Friday class meet 5 times)

Session 2: 1/19 - 3/4

Small Group Training

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Zone (Strength Circuit)	E. Saint/Ginger	Wed./Fri.	9:00 am	\$360/\$460	8

*Friday classes meet for 5 weeks in session 1 and is prorated to \$330/member, \$430/non-member.

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.

*The Y adheres to all current State COVID-19 guidelines. For an up-to-date list of protocols, visit www.newcanaanymca.org/reopening.

*Some classes may not be offered every session, additional sessions may be added, and rates are subject to change at any time. Check the Y's online registration portal at www.newcanaanymca.org/registration for the most up-to-date personal and small group training offerings.

HEALTHY LIVING: ADULT HEALTH, WELL-BEING & FITNESS

improving the nation's health and well-being

Adult Pilates Apparatus Classes

INTRODUCTION TO PILATES APPARATUS

New to pilates apparatus? Learn the basic movements and principles of pilates using the reformer in this introductory class with a certified apparatus instructor.

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.



SESSION DATES

Session 1: 11/30 - 1/13 (6-week session)

*Thursday classes meet for 5 weeks

Session 2: 1/18 - 3/3 (6-week session)

Introduction to Pilates Apparatus

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Pilates Apparatus Studio	K. Schnitzler/Maryann	Wed.	10:30 AM	\$186/\$282	4
Pilates Apparatus Studio	K. Schnitzler/Maryann	Fri.	10:00 AM	\$186/\$282	4

Small Group Pilates Apparatus

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Mind Body Ctr	K. Schnitzler/Madelaine	Tue.	9:00 am	\$186/\$282	3
Mind Body Ctr	K. Schnitzler/Madelaine	Tue.	10:00 am	\$186/\$282	3
Mind Body Ctr	K. Schnitzler/Madelaine	Thu.	9:00 am	\$186/\$282	3
Mind Body Ctr	K. Schnitzler/Madelaine	Thu.	10:00 am	\$186/\$282	3

*Thursday classes are prorated to \$155/\$235 in session 1.

**Some classes may not be offered every session, additional sections may be added, and rates are subject to change at any time. Check the Y's online registration portal at www.newcanaanyymca.org/registration for the most up-to-date pilates apparatus offerings. If you have a group that is interested in a particular day or time that you do not see listed, please contact kschnitzler@newcanaanyymca.org.

No Classes: 12/23/21-1/1/22, 2/21/22-2/26/22

PRIVATE APPARATUS CLASSES:

Private Fees

Session

1 session = 50 MINUTES

Private (one client)

Semi-private (two clients)

1	\$87	\$57 (per client)
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Packages

3 (member rate)*	\$200 "The Right Start" Package	\$129 (per client)
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3 (non-member rate)	\$261 "The Right Start" Package	\$174 (per client)
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5	\$425	\$270 (per client)
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10	\$820	\$515 (per client)
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20	\$1,540	\$920 (per client)
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*Must be your first experience with Pilates apparatus at our YMCA. This package may only be purchased one time.

HEALTHY LIVING: ADULT HEALTH, WELL-BEING & FITNESS

improving the nation's health and well-being

ForeverWell Programs

The New Canaan YMCA's ForeverWell program is designed to benefit the total health of our active older adult members through a variety of opportunities to get active, stay fit, and be social at the Y.

GET ACTIVE

From Pickle Ball to Table Tennis, our sports department has many ways to keep you active and engaged. If you have a competitive spirit and dread hitting the gym, our sports department has other ways to keep you moving and fit. If you are someone who likes to take control and give strategic direction, there are also opportunities to share your talents and skills by volunteering as a coach or a program assistant.

View up-to-date gymnasium schedules at www.newcanaanyymca.org/schedules. For additional information and any questions about the Y's sports department, contact George Bennett at 203-920-1634 or gbennett@newcanaanyymca.org.

STAY FIT

If you're after wellness combining mind, body, and spirit, check out our list of opportunities to help you stay fit. Whether you want to work out in the Wellness Center, stretch your body and mind through pilates and yoga, join our group classes or engage in aquatic therapy, the Y has something for you.

ForeverWell Group Fitness Classes:

Aquamates: This water exercise class is specifically designed for active, older adults. High-energy, fun class is great for improving physical, social, and mental well-being!

Chair Fitness: Improve your cardio, core, balance, and strength while seated in an upright chair. Fun music and great instructors!

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

Chair Pilates: From the chair to the mat, this pilates class will simultaneously strengthen and elongate all the muscles of the body, focusing on the powerhouse (core) while using your own body weight for a healthy spine.

View up-to-date group exercise schedules at www.newcanaanyymca.org/schedules. For additional information and any questions about group exercise classes at the Y, contact Kristin Schnitzler at 203-920-1636 or kschnitzler@newcanaanyymca.org.

BE SOCIAL

The Y offers monthly enrichment activities free to active adult members. These events are an opportunity to meet and greet one another, tell stories, talk about your favorite book, learn something new or just hang out, share your skills, and give back by volunteering your time and talents or share your talents with people you love.

Upcoming Enrichment Event Dates:

Tuesday, December 14, 12:15-1:15pm

Tuesday, January 18, 12:15-1:15pm

Tuesday, February 15, 12:15-1:15pm

Learn more about upcoming events at www.newcanaanyymca.org/foreverwell-programs. RSVP for an event by calling our Front Desk at 203-966-4528. For additional information and any questions about ForeverWell social opportunities, contact Carolynn Kaufman at 203-920-1656 or ckaufman@newcanaanyymca.org.

HEALTHY LIVING: ADULT SPORTS & RECREATION

improving the nation's health and well-being

Adult Sports and Recreation

DROP-IN SPORTS

ADULT BASKETBALL:

Monday & Wednesday: 6:30 - 8:00am, 12:00 - 2:00pm
Tuesday & Thursday: 8:00 - 9:00am, 12:00 - 2:00pm
Friday: 6:30 - 9:00am, 12:00 - 2:00pm
Saturday & Sunday: 7:30 - 9:30am

ADULT PICKLEBALL:

Monday & Wednesday: 8:00 - 9:00am
Tuesday & Thursday: 9:30 - 11:30am
Saturday & Sunday: 8:30am - 12:00pm

*Times subject to change. View updated schedules at www.newcanaanyca.org/schedules.

*To participate in adult sports you must be at least 18 years of age or have graduated high school.

SIT & KNIT (AND CROCHET TOO!)

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



HEALTHY LIVING: ADULT HEALTHLY LIFESTYLES

improving the nation’s health and well-being

Adult Healthy Lifestyles

LIVESTRONG AT THE YMCA: FREE CANCER SURVIVOR PROGRAM

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

Participants will work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body. The 12-week program is offered at no cost to any cancer survivor in the community. The program includes two group classes per week, taught by trained LIVESTRONG at the YMCA instructors, as well as full access to the Y for the 12 weeks. To learn more about this program and/or to participate, please contact Eva Saint at 203-920-1623 or esaint@newcanaanymca.org.



Livestrong at the YMCA 12-week session

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Wellness Center	E. Saint/Staff	2/7-4/27	Mon. & Wed.	12:00 - 1:15 pm	Free	10
Wellness Center	E. Saint/Staff	2/8-4/28	Tue. & Thu.	6:00 - 7:15 pm	Free	10

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

EXERCISE FOR PARKINSON’S

Evidence exists that regular exercise can improve the lives of those living with Parkinson’s disease. This exercise program is taught in a small group setting under the direction of a Personal Trainer who holds a nationally recognized certification in Parkinson’s Exercise Instruction, formerly known as Delay the Disease. In this weekly class, participants will be instructed through a physical and cognitive exercise program that in some cases has shown to slow disease progression, boost mood, build independence, and improve strength, mobility, gait, and balance. Please note: Medical clearance is required to participate.

*If a participant requires assistance from a caregiver to perform activities of daily living, the caregiver must be available to assist participant as needed in class.

For additional information and any questions, please contact Eva Saint at 203-920-1623 or esaint@newcanaanymca.org.

Exercise for Parkinson’s

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Cycling Center	E. Saint/Staff	1/11-3/1	Tue.	11:30 am – 12:30 pm	\$60/\$120	8

HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

improving the nation's health and well-being

Adult Healthy Lifestyles

HSS SPORTS REHAB PROVIDED BY STAMFORD HEALTH

We are proud 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, physical therapy services are provided by HSS/Stamford Hospital licensed physical therapists for most orthopedic rehabilitation needs.

Appointments are available Monday, Wednesday, and Friday from 8:00am-3:00pm and Tuesday and Thursdays from 10am-5pm. At other times, members can access outpatient rehabilitation services at Stamford Health's Tully Health Center located at 32 Strawberry Hill Court in Stamford. Other services offered at the Tully location include occupational and speech therapy.

Services require a referral from your doctor, and most major commercial and government insurances are accepted. Doctor referrals can be faxed to 203-276-8596. Stamford Health will bill your insurance company directly and assist you in verifying your coverage and benefits.

For more information, call 203-276-8597.

NUTRITIONAL COUNSELING AT THE NEW CANAAN YMCA

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



Goals may include:

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

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

Nutritional Counseling Initial Assessment - \$199/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.

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 Pam Liberty at 203-920-1628 or pliberty@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.NEWCANAAANYMCA.ORG/DONATE



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

YMCA360

YMCA360 is an exclusive collection of on-demand and livestream classes, all on your devices in cinematic 4K. As a benefit of your New Canaan YMCA membership, YMCA360 gives you access to live and on-demand content from Y's throughout the country. Enjoy a wide variety of fitness classes for all different ages, abilities, and interests, plus on-demand sports, fitness, cooking, dance, and STEAM classes for kids and families to enjoy together.



Scan to access
YMCA360

