



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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# MAKE FRIENDS AT THE Y THIS SPRING

**Spring Activities 2023**  
**NEW CANAAN YMCA**

Registration begins  
Monday, February 13

Classes begin  
Monday, March 6

# 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](http://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

- **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 selectorized machines, free weights, and more.
- **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, adult volleyball, 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 Kids Unlimited programs.
- **My Playroom On-Site Babysitting** free with a family membership. Please note: My Playroom plans to reopen Spring 2023.
- **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, dining, 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 Ys 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](http://www.newcanaanyymca.org/schedules).

Arrange for a personalized tour and consultation to learn more about the many benefits of membership at our Y. To schedule a convenient meeting time, contact Mary Coleman, Membership Director, at 203-920-1630 or [mcoleman@newcanaanyymca.org](mailto:mcoleman@newcanaanyymca.org).

## 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 6,000 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 Director .....203-920-1624

## YMCA DIRECTORS

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

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

**Matt Busse,**  
Director of Aquatic Operations & Safety .....203-920-1643

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

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

**Emily Daymonde,**  
Aquatics Director ..... 203-920-1652

**Carol Dowd,**  
Director of Childcare ..... 203-920-1613

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

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

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

**Lenwood Latta,**  
Sports Director .....203-920-1634

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

**Laura Mase,**  
Assistant Director of Artistic Swimming ..... 203-920-1660

**Jen Muzyk,**  
Artistic Swimming Director .....203-920-1648

**Suzy Pfeifer,**  
Sr. Director of Childcare/Camp Mini Director.....203-920-1649

**Bridget Philipp,**  
V.P. of Healthy Living & Membership..... 203-920-1626

**Phil Prout,**  
Youth, Family, & Camp Y-Ki Director..... 203-966-4528 ext. 193

**Diana Riolo,**  
Assistant Director of Development &  
Community Impact..... 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,**  
Director of Marketing & Communications.....203-920-1646

**Carolyn Wolfe,**  
V.P. of Human Resources &  
Risk Management ..... 203-920-1627

## JOIN OUR TEAM!

Learn how your talents can make a difference at the New Canaan YMCA. Employees 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.newcanaanyymca.org/employment](http://www.newcanaanyymca.org/employment). For more information, contact Ida Lupinacci, Assistant Director of Human Resources, at 203-920-1647 or [ilupinacci@newcanaanyymca.org](mailto:ilupinacci@newcanaanyymca.org).

## 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.newcanaanyymca.org](http://www.newcanaanyymca.org) or contact Carolyn Wolfe at 203-920-1627 or by email at [cwolfe@newcanaanyymca.org](mailto:cwolfe@newcanaanyymca.org).

# Membership Information

## MEMBERSHIP RATES

For current membership rates, visit [www.newcanaanyymca.org/join-the-y](http://www.newcanaanyymca.org/join-the-y).

### YOUTH (AGES 0-13)

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

### YOUNG ADULT (AGES 14-25)

- 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 14 years and older enjoy the same membership privileges as adults (must be 18 or older to use adult locker rooms).
- Members 13 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.

### MEMBER 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. Guests must be accompanied by a member.

### 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 cannot be used for fee-based activities.

<b>Day Pass (13 years &amp; younger)</b>	<b>\$5</b>
<b>Day Pass (14-25 years)</b>	<b>\$15</b>
<b>Day Pass (26 years and older)</b>	<b>\$20</b>

### 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.

#### 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.

#### Reciprocity Restrictions

- Nationwide members may not participate in free swim (see page 28)

## 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 the household's last three pay statements and bank statements. 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 spring activity financial assistance, please contact Diana Riolo, Assistant Director of Development & Community Impact, at 203-920-1653 or [driolo@newcanaanyymca.org](mailto:driolo@newcanaanyymca.org). Financial Assistance applications are available at the Front Desk or at [www.newcanaanyymca.org/financial-assistance](http://www.newcanaanyymca.org/financial-assistance).**

# 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](http://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 28).
- 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 COVID-19 protocols at [www.newcanaanymca.org/covid19](http://www.newcanaanymca.org/covid19).

## 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 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

## SPRING ACTIVITY REGISTRATION AND SESSION DATES

Online Registration and Registration at the Y Front Desk Begins  
Monday, February 13, 9:00 am

**Classes Begin: Monday, March 6**

**Classes End: Friday, June 9**

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

## ONLINE REGISTRATION SYSTEM

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

## REGISTRATION INSTRUCTIONS

1. You can access our online registration system by clicking on any of the Online Registration links on the New Canaan YMCA website or by going directly to [www.newcanaanymca.org/registration](http://www.newcanaanymca.org/registration).
2. There are 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 those who cannot attend the make-up date.

### 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 your 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.

### Membership Cancellation

Annual memberships are non-transferable 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](http://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](mailto:lryan@newcanaanymca.org).

# YOUTH DEVELOPMENT: CHILD CARE

Empowering young people to reach their full potential

## 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, 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



For additional information and any questions about the Rainbow Station Infant-Preschool program, contact Carol Dowd, Childcare Director, at 203-920-1613 or [cdowd@newcanaanyca.org](mailto:cdowd@newcanaanyca.org).

### KIDS UNLIMITED AFTER-SCHOOL PROGRAM

Lottery information for the 2023-2024 school year will be available [online](#) on Monday, May 1. The lottery will be drawn on Monday, June 5.

- 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.



For additional information and any questions about the Kids Unlimited after-school program, contact Suzy Pfeifer, Sr. Director of Childcare, at 203-920-1649 or [spfeifer@newcanaanyca.org](mailto:spfeifer@newcanaanyca.org).

# YOUTH DEVELOPMENT: CHILD CARE

Empowering young people to reach their full potential

## 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 escort children to other activities at the Y. Please make other arrangements.

### School Vacation Week-Long Programs

April 10-14, 2023 (No vacation camp 4/7)

### Vacation Camp Fees:

Kids Unlimited Students - \$75/day

Member - \$100/day

Non-member - \$125/day

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

Kids Unlimited Students - FREE

Members & Non-members - \$12 per hour

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

All non-Kids Unlimited participants must complete and submit the Child Information form, Pick-up/Emergency Contacts form, and a Health Assessment Record. These documents can be found online at [www.newcanaanymca.org/vacation-camp](http://www.newcanaanymca.org/vacation-camp).



Registration is required for all programs and is available online at [www.newcanaanymca.org/registration](http://www.newcanaanymca.org/registration) or by calling the Front Desk at 203-966-4528. Keep an eye out for additional information as each vacation date draws near regarding daily activities.

### 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 GYMNASTICS

Empowering young people to reach their full potential

## Bouncing Bears & Beyond

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.

### LITTLE BEARS & BIG BEARS

**(Ages 12-36 Months, with parent)**

Meet new friends at this fun-filled gym class for toddlers and parents! Playtime 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!



#### Little Bears (12-23 months, with parent)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	3/6-6/5	Mon.	9:45 - 10:30 am	\$338	10
Kid Zone	D. Carpenter/Staff	3/7-5/30	Tue.	9:45 - 10:30 am	\$338	10
Kid Zone	D. Carpenter/Staff	3/8-5/31	Wed.	9:45 - 10:30 am	\$338	10
Kid Zone	D. Carpenter/Staff	3/9-6/1	Thu.	9:45 - 10:30 am	\$338	10
Kid Zone	D. Carpenter/Staff	3/10-6/9	Fri.	9:45 - 10:30 am	\$338	10

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

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Staff	3/6-6/5	Mon.	10:30 - 11:15 am	\$338	10
Kid Zone	D. Carpenter/Staff	3/7-5/30	Tue.	10:30 - 11:15 am	\$338	10
Kid Zone	D. Carpenter/Staff	3/8-5/31	Wed.	10:30 - 11:15 am	\$338	10
Kid Zone	D. Carpenter/Staff	3/9-6/1	Thu.	10:30 - 11:15 am	\$338	10
Kid Zone	D. Carpenter/Staff	3/10-6/9	Fri.	10:30 - 11:15 am	\$338	10

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

### BOUNCING BEARS REFUND & MAKE-UP POLICY

Refund requests will be handled in accordance with the Y's policy. Refer to page 7 for additional information. 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 Donna Carpenter at 203-920-1639 or [dcarpenter@newcanaanyca.org](mailto:dcarpenter@newcanaanyca.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.

# YOUTH DEVELOPMENT: BOUNCING BEARS GYMNASTICS

Empowering young people to reach their full potential

## Bouncing Bears & Beyond

### TUMBLEBEARS (Ages 3-4)

Our movement education program provides children with a safe, fun, kid-oriented environment where we focus on the total well-being of each child. Through themed lesson plans, the students experience a variety of bouncing, tumbling, swinging, balancing, rhythm, and body awareness activities, with gymnastics skills developed along the way.

### 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. Drop-off in Mind Body Center, Pick-up in Kid Zone. Please bring sneakers and a water bottle.

### DYNAMOS (Ages 3-5)

Your child will explore a wide variety of movement concepts and skills through the use of obstacle courses, skill stations, and a variety of games and activities! During our 45 minutes of fun, 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.

### Tumblebears (Ages 3-4)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Liz A.	3/6-6/5	Mon.	2:30 - 3:15 pm	\$376	8

### Move & Groove Gymnastics (Ages 3-5) 6-week session

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Mind Body Center/Kid Zone	D. Carpenter/Kelly H.	5/10-6/14	Wed.	2:45 - 3:45 pm	\$199	8

### Dynamos (Ages 3-5)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Kelly H.	5/9-6/13	Tue.	3:15 - 4:00 pm	\$188*	8
Kid Zone	D. Carpenter/Liz A.	3/9-6/1	Thu.	3:15 - 4:00 pm	\$376	8

\*Tuesday class meets for 6 weeks.

### Hot Shots (Ages 4-5)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Liz A.	3/6-6/5	Mon.	3:15 - 4:00 pm	\$376	8

### Move & Groove Gymnastics (Ages K-8) 6-week session

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Mind Body Center/Kid Zone	D. Carpenter/Kelly H.	5/10-6/14	Wed.	4:00 - 5:30 pm	\$241	8

### Tap & Tumble (Ages K-8) 6-week session

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	D. Carpenter/Kelly H.	5/9-6/13	Tue.	4:15 - 5:15 pm	\$205	8

No Classes: 4/7/23-4/15/23; 5/29/23

### 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!

### MOVE & GROOVE GYMNASTICS (Ages K-8 years)

This 90-minute class features two specialties in one class! Each class features 45 minutes of aerobic exercise incorporating a mix of fun dance styles, followed by 45 minutes of structured gymnastics. Please bring sneakers and a water bottle.

**All classes start in the Mind Body Studio with pick up in the Kid Zone.**

### TAP & TUMBLE COMBO CLASS (Ages K-8 years)

This combo class offers children the chance to explore tap movements as we work on rhythms, coordination, and tumbling. Tap Segment: 30 minutes of basic tap to more complex moves with great music! Gymnastics Segment: 30 minutes of tumbling and gymnastics progressions. Tap shoes are required. The Y has a limited amount of spare tap shoes if you would like to try a pair before buying new.

# YOUTH DEVELOPMENT: YOUTH SPORTS

Empowering young people to reach their full potential

## 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!



### GOLF (Ages 5-8)

Learn golf in a fun environment with our certified instructors who balance fun and fundamentals! Learn swing skills with basic rules, etiquette, and develop a passion for golf. Hone and improve motor skills and coordination, improving focus and boosting self-confidence. Our program advances children through all aspects of the game and prepares them to go out and play on the golf course. All equipment is provided, including softer practice balls.



### GIRLS' VOLLEYBALL PROGRAMS (Grades 5-8)

**Beginner:** This class is an introduction to the fundamentals of volleyball. No experience necessary!

**Intermediate:** 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

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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	P. Prout/M. Capozza	3/8-4/19	Wed.	2:00 - 2:45 pm	\$170/\$220	12
Gymnasium	P. Prout/M. Capozza	4/26-5/31	Wed.	2:00 - 2:45 pm	\$170/\$220	12
Gymnasium	P. Prout/M. Capozza	3/9-4/20	Thu.	2:00 - 2:45 pm	\$170/\$220	12
Gymnasium	P. Prout/M. Capozza	4/27-6/1	Thu.	2:00 - 2:45 pm	\$170/\$220	12

#### Golf (Ages 5-8) 8-week session

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	L. Latta/Tom B.	3/23-5/18	Thu.	4:15 - 5:00 pm	\$400/\$480	12

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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium (Beginner)	L. Latta/Jack L.	3/8-4/19	Wed.	5:30 - 6:30 pm	\$300/\$385	10
Gymnasium (Beginner)	L. Latta/Jack L.	4/26-5/31	Wed.	5:30 - 6:30 pm	\$300/\$385	10
Gymnasium (Intermediate)	L. Latta/Jack L.	3/9-4/20	Thu.	5:30 - 6:30 pm	\$300/\$385	10
Gymnasium (Intermediate)	L. Latta/Jack L.	4/27-6/1	Thu.	5:30 - 6:30 pm	\$300/\$385	10

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

# YOUTH DEVELOPMENT: YOUTH RECREATION

Empowering young people to reach their full potential

## Preschool & Youth Recreation

### NEW! MAKE A MESS ARTS & CRAFTS (Ages 3-5)

Age-appropriate, carefully supervised, and messier than a mob of monkeys in an art supply store, these classes offer a structured environment for kids to get their hands dirty while making new friends and wild creations. We'll make projects using everything from bubbles, paint, mud, shaving cream, and more.

### NEW! GROWING WITH STEM (Ages 3-5)

Do you have a preschooler who is interested in clouds, or why they have a shadow? This program is for them! Growing with STEM will launch your preschooler into STEM (Science, Technology, Engineering, and Math) with age-appropriate activities and games.

### 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 have the Y all to themselves! Middle schoolers get access to the Wellness Center, Group Ex, Basketball Gym, Forese Pool, and Wagner Room. Not only will there be plenty of fun games and activities but also a concession stand with snacks, drinks and pizza! **Note: Advance registration is mandatory and available online.**



### NEW! Make a Mess Arts & Crafts (Ages 3-5)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Kids Unlimited	P. Prout/M. Capozza	3/7-5/30	Tue.	2:00 – 2:30 pm	\$150/\$175	12

### NEW! Growing with STEM (Ages 3-5)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Kids Unlimited	P. Prout/M. Capozza	3/10-4/28	Fri.	2:00 – 2:30 pm	\$175/\$200	12
Kids Unlimited	P. Prout/M. Capozza	5/5-6/9	Fri.	2:00 – 2:30 pm	\$175/\$200	12

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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
New Canaan YMCA	P. Prout/M. Capozza	3/18, 4/22, 5/6	Sat.	6:30 – 8:00 pm	\$40/\$50	40

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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
New Canaan YMCA	P. Prout/M. Capozza	3/25, 4/29, 5/13	Sat.	6:30 – 9:00 pm	\$25/\$40	100

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

# YOUTH DEVELOPMENT: YOUTH WELLNESS

Empowering young people to reach their full potential

## Youth Wellness

### YOUTH STRENGTH TRAINING (F.I.T. Pass, Ages 12-13)

FREE with Family Membership!

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 12-13 to use the Wellness Center without a parent from 2:00-5:00pm daily, or at any time with a parent.

In order to earn a F.I.T. Pass, youth ages 12-13 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.

Each three-week session will be conducted as a hybrid course. The first week of each session is held remotely on Google Classroom, followed by four in-person classes. Participants may complete online assignments at their own pace. Kids 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.



### Youth Strength Training (Ages 12-13) Free with Family Membership!

Location	Director/Instructor	Dates	Day	Time	Family Member/ Youth Member Fee	Limit
Remote/Wellness Center	E. Saint/Staff	3/6-3/22	Mon./Wed.*	4:00 - 5:00 pm	Free/\$92	12
Remote/Wellness Center	E. Saint/Staff	4/17-5/3	Mon./Wed.*	4:00 - 5:00 pm	Free/\$92	12
Remote/Wellness Center	E. Saint/Staff	5/8-5/24	Mon./Wed.*	4:00 - 5:00 pm	Free/\$92	12

\*Please note: times above refer to the four in-person classes. For additional information, contact Eva Saint at 203-920-1623 or [esaint@newcanaanyca.org](mailto:esaint@newcanaanyca.org).

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

### YOUTH YOGA (Grades 6-8)

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. 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.

### Youth Yoga (Grades 6-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Mind Body Center	K. Schnitzler/Ania	3/9-4/20	Thu.	4:15 - 5:00 pm	\$108/\$164	15
Mind Body Center	K. Schnitzler/Ania	4/27-6/1	Thu.	4:15 - 5:00 pm	\$108/\$164	15

### Total Youth Conditioning (Grades 7-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Zone	E. Saint/Staff	3/8-4/26	Wed./Fri.	3:00 - 4:00 pm	\$384/\$504	8
Zone	E. Saint/Staff	4/28-6/9	Wed./Fri.	3:00 - 4:00 pm	\$384/\$504	8

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

### TOTAL YOUTH CONDITIONING (Grades 7-8)

This small group 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.

# YOUTH DEVELOPMENT: EDUCATION & LEADERSHIP

Empowering young people to reach their full potential

## Red Cross Certification Courses

### 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.

### RED CROSS WILDERNESS FIRST AID (Ages 15+)

#### 1-day program

Designed for active hikers, skiers, and snowboarders, scouts and scout leaders, outdoor enthusiasts, and anyone who works or spends time in remote environments. This course teaches and certifies participants in advanced skills to be used in emergencies when help from professional first responders may be far away.

#### Junior Lifeguarding (Ages 11-14)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	E. Daymonde/Staff	3/8-5/31	Tue.	5:25 - 6:25 pm	\$225/\$275	6

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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	M. Busse/Staff	3/25, 4/22, 5/20	Sat.	9:00 am - 2:00 pm	\$126/\$176	12

#### Red Cross Wilderness First Aid (Ages 15+) 1-day program

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	M. Busse/Staff	6/10	Sat.	10:00 am - 4:00 pm	\$200/\$250	12

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

# YOUTH DEVELOPMENT: Y SPECIAL NEEDS (YSN)

Empowering young people to reach their full potential

## Y Special Needs Programs

### YSN JUNIOR SENSORY GYM FITNESS

(Ages 5-10, with supervision of a parent/caregiver)

This Kid Zone program is specially-designed for families with young children with special needs. 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 and will have opportunities to actively interact with their environment, explore their senses, and work on core strength, balance, and social skills. Parents/caregivers are required to stay to supervise and may join in to play along. Private therapists welcome! Siblings ages 5-10 are welcome to join the fun for an additional fee.

### NEW! YSN JUNIOR SWIM INSTRUCTION

(Ages 5-12)

Instructional swim program that is designed to focus on body position, control, water safety skills, and fundamental swim strokes. Participants should be comfortable in a body of water.

### YSN CARDIO DANCE (Ages 12+)

This dance program is an exciting way to exercise while having fun dancing with friends. Each class will begin with a warm-up of freestyle dance and then work on dance routines to music and end 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 Y-TUNES DRUMMING & YOGA STRETCH

(Ages 20+)

Join us for an afternoon of music and drumming with music therapist Phylis Bethel, followed by a soothing, 30-minute yoga stretch.

### YSN TEEN RHYTHM HEARTS THEATER

(Ages 12-19)

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 media (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, each session will conclude with a theater production compiling all the original works of the session.

### YSN SWIM CLUB

(Recommended for Ages 12+, 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 (deep water).

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

### YSN Junior Sensory Gym Fitness (Ages 5-10, with supervision of a parent/caregiver)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Kid Zone	C. Kaufman/L. Aikler	3/9-6/1	Thu.	4:30 – 5:15 pm	\$160/\$190	6

### YSN Junior Swim Instruction (Ages 5-12)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Forese Family Pool	C. Kaufman/S. Sykes	3/8-4/26	Wed.	4:30 – 5:15 pm	\$180	6

### YSN Cardio Dance (Ages 12+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Patio/Wagner Room	C. Kaufman/L. Aikler	3/8-5/31	Wed.	4:15 – 5:00 pm	\$160/\$190	10

### YSN Y-Tunes Drumming & Yoga Stretch (Ages 20+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	C. Kaufman/P. Bethel	3/21-5/16	Tue.	4:00 – 5:15 pm	\$220/\$250	10

### YSN Rhythm Hearts Theater (Ages 12-19)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	C. Kaufman/M. Hennessey	4/3-6/5	Mon.	4:15 – 5:30 pm	\$220/\$250	8

### YSN Swim Club (Recommended for Ages 12+, must be an independent swimmer)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Forese Family Pool	C. Kaufman/S. Sykes	3/8-5/31	Wed.	5:15 – 6:00 pm	\$220	8

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

# YOUTH DEVELOPMENT: Y SPECIAL NEEDS (YSN)

Empowering young people to reach their full potential

## Y Special Needs Programs

### YSN TEEN SCENE HANGOUTS (Ages 12-19)

Join the fun at Teen Scene with peer buddies while teens and young adults gather for enriching nights and special events at the Y. Dinner included each evening.

### YSN ROARING 20'S HANGOUTS (Ages 20+)

Community outings, dinner field trips, and enriching evening activities at the Y specially designed for YSN young adults. Dinner included each evening.

### YSN SPRING SPORTS & GOLF (Ages 12+)

Join us for a non-competitive sports class with friends that will offer a variety of sports and games. Spring sports such as kickball and baseball on the back field and gym games (during inclement weather) will include golf and more!

### 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: FUN FITNESS CLUB (Ages 13+)

Our healthy living program is designed specifically for teens and young adults. This is an instructional class for those who enjoy fitness with friends. Each session consists of warm-up/stretch, workout, walk/run ratios, and a cool down. Great for all fitness levels! The class concludes with preparing and sharing a healthy snack with friends.



#### YSN Teen Scene (Ages 12-19)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	C. Kaufman/YSN Staff	3/21-5/16	Tue.	5:15 – 6:30 pm	\$220/\$250	8

#### YSN Roaring 20's Hangouts (Ages 20+)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Wagner Room	C. Kaufman/YSN Staff	3/23-5/18	Thu.	5:30 – 7:00 pm	\$250	8

#### YSN Spring Sports & Golf (Ages 12+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	C. Kaufman/YSN Staff	3/9-6/1	Thu.	4:30 – 5:15 pm	\$160/\$190	10

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

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Scooter Pool	C. Kaufman/YSN Staff	3/11-6/3	Sat.	12:15 – 1:15 pm	\$160	10

#### YSN Healthy Living: Fun Fitness Club (Ages 13+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Rm./Wellness Ctr.	C. Kaufman/K. Morant	3/11-6/3	Sat.	1:15 – 2:30 pm	\$180/\$210	10

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## 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 Emily Daymonde at 203-920-1652 or [edaymonde@newcanaanymca.org](mailto:edaymonde@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?

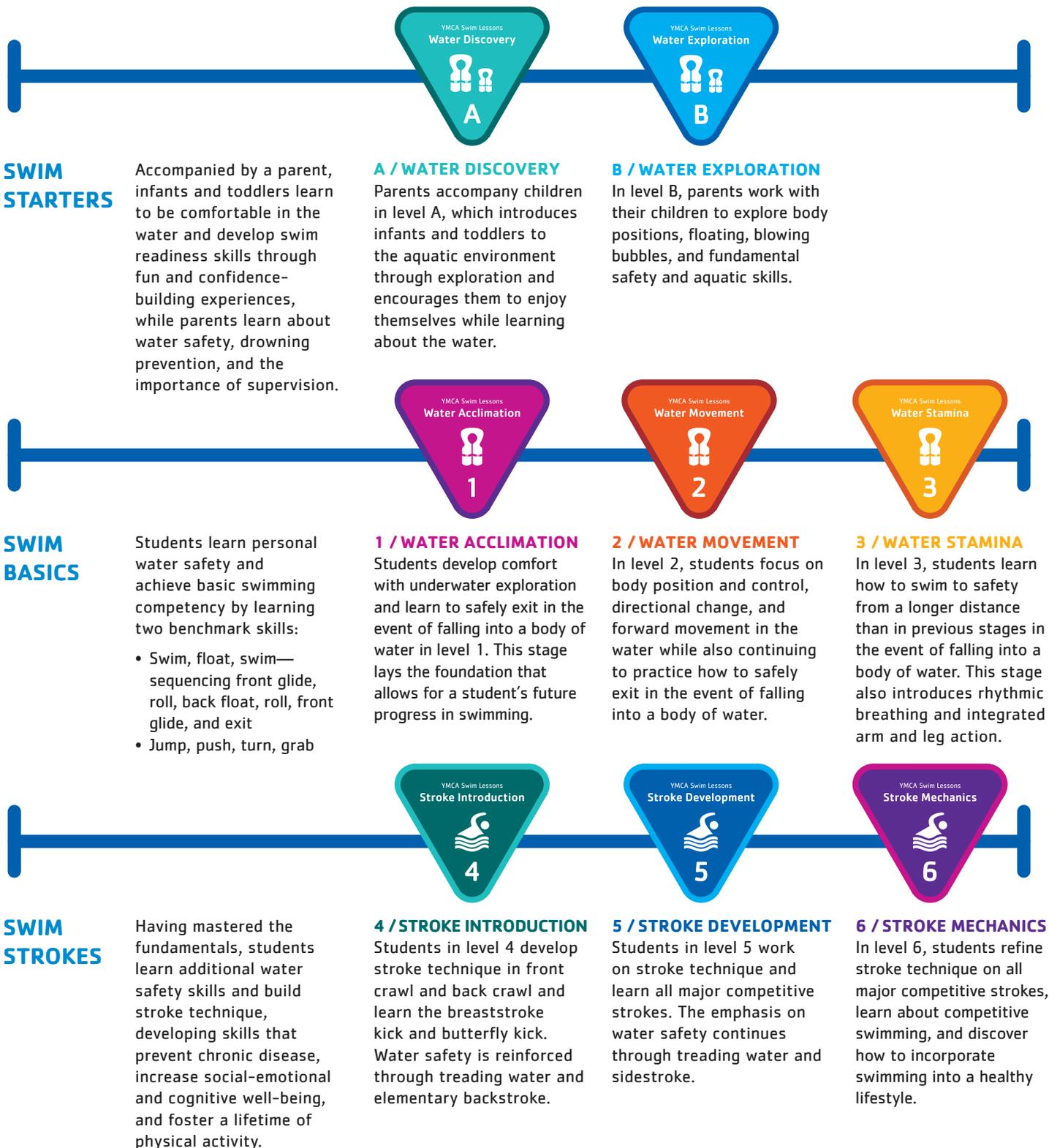
NOT YET

6 / STROKE MECHANICS

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: Level Descriptions



**HAVE MORE QUESTIONS?** Please contact Emily Daymonde, Aquatics Director, at 203-920-1652 or [edaymonde@newcanaanymca.org](mailto:edaymonde@newcanaanymca.org).

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons & Policies

### SWIM LESSONS

The New Canaan YMCA offers swim lessons for youth ages 6 months to 12 years. Please refer to pages 18-19 for detailed information about swim lesson levels at the Y. Adult swim lesson information can be found on page 28. Registration is available at the Front Desk or online at [www.newcanaanymca.org/registration](http://www.newcanaanymca.org/registration).

**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. Please note, if your child is not potty trained, he or she **must** wear a swim diaper. Parents **must** be in the water for this program. Ratio is 1:2 – 1:6.

**PRESCHOOL LESSONS:** Classes will be held in the Forese Family Scooter Pool. Ratio is 1:2 – 1:4.

**SCHOOL-AGE LESSONS:** Classes will be held in the Forese Family Scooter and Lap Pools. Ratio is 1:2 – 1:4.

**ONE-ON-ONE PRIVATE & SEMI-PRIVATE LESSONS:** Classes will be held in the Forese Family Scooter Pool. Please note, parents **must** be in the water for private and semi-private lessons with children under 3 years of age. Register through Emily Daymonde at [edaymonde@newcanaanymca.org](mailto:edaymonde@newcanaanymca.org). Availability based on pool, staff, and swimmer schedules.

Private & Semi-Private Swim Lessons	Member/Non-member Fee	Duration
Private one-on-one	\$60/\$76	30-minute lesson
Semi-private	\$51*/\$67*	30-minute lesson

\*Per participant.

### REGISTRATION DATES

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

Registration for Spring session 1 begins **February 13, 2023**. Registration for Spring session 2 begins **April 17, 2023**\*\*

### SESSION DATES

Session 1: 3/6/23-4/22/23 (6-week session) \*Saturday classes end on 4/29

Session 2: 4/24/23-6/9/23 (6-week session)

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

### SWIM LESSONS 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. Make-up classes can only be allowed for a student who was sick the day of their class, as supported by a doctor's note. All make-ups **MUST** be approved AND scheduled by Emily Daymonde by calling 203-966-4528 ext. 152. All make-up classes take place 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.

### 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.
- Membership at the time of registration and throughout the session is **required** for group swim lessons.

### 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.

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: Parent/Child

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

#### SESSION DATES

Session 1: 3/6/23-4/22/23 (6-week session) \*Saturday classes end on 4/29

Session 2: 4/24/23-6/10/23 (6-week session)

#### Parent/child levels: A-B

- See pages 18-19 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	E. Daymonde/Staff	Mon.	10:00 - 10:30 am	\$146	6
Forese Family Pool	E. Daymonde/Staff	Tue.	10:00 - 10:30 am	\$146	6
Forese Family Pool	E. Daymonde/Staff	Thu.	10:00 - 10:30 am	\$146	6
Forese Family Pool	E. Daymonde/Staff	Sat.*	8:30 - 9:00 am	\$146	6
Forese Family Pool	E. Daymonde/Staff	Sat.*	9:00 - 9:30 am	\$146	6

\*Saturday classes end on 4/29 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	E. Daymonde/Staff	Mon.	10:30 - 11:00 am	\$146	6
Forese Family Pool	E. Daymonde/Staff	Tue.	10:30 - 11:00 am	\$146	6
Forese Family Pool	E. Daymonde/Staff	Thu.	10:30 - 11:00 am	\$146	6
Forese Family Pool	E. Daymonde/Staff	Sat.*	8:30 - 9:00 am	\$146	6
Forese Family Pool	E. Daymonde/Staff	Sat.*	10:15 - 10:45 am	\$146	6

\*Saturday classes end on 4/29 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 while on deck.

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: Preschool

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

#### SESSION DATES

Session 1: 3/6/23-4/22/23 (6-week session) \*Saturday classes end on 4/29

Session 2: 4/24/23-6/10/23 (6-week session)

#### Preschool levels: 1-4

- See pages 18-19 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	E. Daymonde/Staff	Mon.	9:30 - 10:00 am	\$175	4
Forese Family Pool	E. Daymonde/Staff	Mon.	3:25 - 3:55 pm	\$175	4
Forese Family Pool	E. Daymonde/Staff	Mon.	4:00 - 4:30 pm	\$175	4
Forese Family Pool	E. Daymonde/Staff	Wed.	3:25 - 3:55 pm	\$175	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	9:00 - 9:30 am	\$175	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	9:40 - 10:10 am	\$175	4

\*Saturday classes end on 4/29 in session 1.

#### Preschool Swim Lessons: Level 3

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Mon.	5:10 - 5:40 pm	\$175	4
Forese Family Pool	E. Daymonde/Staff	Tue.	9:30 - 10:00 am	\$175	4
Forese Family Pool	E. Daymonde/Staff	Wed.	4:00 - 4:30 pm	\$175	4
Forese Family Pool	E. Daymonde/Staff	Wed.	4:35 - 5:05 pm	\$175	4
Forese Family Pool	E. Daymonde/Staff	Thu.	9:30 - 10:00 am	\$175	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	9:30 - 10:00 am	\$175	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	10:50 - 11:20 am	\$175	4

\*Saturday classes end on 4/29.

#### Preschool Swim Lessons: Level 4

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Mon.	4:35 - 5:05 pm	\$175	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	10:15 - 10:45 am	\$175	4

\*Saturday classes end on 4/29 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 while on deck.

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: School-Age

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

#### SESSION DATES

Session 1: 3/6/23-4/22/23 (6-week session) \*Saturday classes end on 4/29

Session 2: 4/24/23-6/10/23 (6-week session)

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

- See pages 18-19 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	E. Daymonde/Staff	Tue.	3:45 - 4:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	4:35 - 5:20 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	5:25 - 6:10 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	10:40 - 11:25 am	\$189	4

\*Saturday classes end on 4/29 in session 1.

#### School-Age Swim Lessons: Level 3

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Mon.	5:25 - 6:10 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Tue.	4:35 - 5:20 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Tue.	5:25 - 6:10 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	3:45 - 4:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	10:40 - 11:25 am	\$189	4

\*Saturday classes end on 4/29 in session 1.

#### School-Age Swim Lessons: Level 4

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Mon.	3:45 - 4:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Mon.	4:35 - 5:20 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Wed.	3:45 - 4:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Wed.	4:35 - 5:20 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Wed.	5:25 - 6:10 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	3:45 - 4:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	9:50 - 10:35 am	\$189	4

\*Saturday classes end on 4/29 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 while on deck.

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: School-Age

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

#### SESSION DATES

Session 1: 3/6/23-4/22/23 (6-week session) \*Saturday classes end on 4/29

Session 2: 4/24/23-6/10/23 (6-week session)

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

- See pages 18-19 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	E. Daymonde/Staff	Tue.	3:45 - 4:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Tue.	4:35 - 5:20 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	4:35 - 5:20 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	5:25 - 6:10 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	9:00 - 9:45 am	\$189	4

\*Saturday classes end on 4/29 in session 1.

#### School-Age Swim Lessons: Level 6

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Tue.	3:45 - 4:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Tue.	4:35 - 5:20 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	4:35 - 5:20 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	5:25 - 6:10 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Sat.*	9:00 - 9:45 am	\$189	4

\*Saturday classes end on 4/29 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 while on deck.

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS

Empowering young people to reach their full potential

## 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 Aquianas are comprised of Intermediate to elite-level swimmers. The goal for all team members is to reach their potential while having fun! The nationally-certified coaching staff strives to develop positive values and foster teamwork among athletes of every level. Aquianas focus on developing winners both in and out of the water. Athletes compete in solo, duet, trio, and team events, as well as compulsory figures, based on the recommendations of coaches. Competition on the local, regional, zone, national, and international levels is offered to those who qualify.

### COACHING STAFF

**Jen Muzyk:** Director of Artistic Swimming/  
Head Coach

**Laura Mase:** Assistant Director of Artistic  
Swimming

**Krista Karwosky:** Assistant Coach

**Sandra Mahoney:** Assistant Coach

**Alex Poteet:** Assistant Coach

**Ruyu Yan:** Assistant Coach



### NON-COMPETITIVE ARTISTIC PROGRAM

#### FISH (Ages 7-10)

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 artistic swimming class experience will enjoy this program.

**Practice Commitment:** 1 day per week.

**Prerequisites:** Participants must be comfortable swimming in the Scooter Pool without assistance or a flotation device. The curriculum includes being fully submerged and upside down in the water. It is **required** that participants be in school-age level 4 swim lessons or higher (refer to pages 18-19 for an overview of the Y's swim lessons program). **For evaluation and registration information, contact Deb Isidro at 203-920-1633 or [disidro@newcanaanymca.org](mailto:disidro@newcanaanymca.org).**

### AQUIANAS COMPETITION PROGRAMS\*

#### AQUIANAS INTERMEDIATE (Ages 10 & Under) SEPTEMBER-JUNE

An entry level team that introduces the competitive artistic 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

- FINA World Youth Team Free, Bronze Medal
- 13-15 National Team Members, Viola Li & Sophia Shen
- 13-15 U.S. Nationals Solo, Silver Medal
- 13-15 U.S. Nationals Duet, Bronze Medal
- 13-15 U.S. Nationals Team, Bronze Medal
- 13-15 U.S. Nationals Combo, Bronze Medal
- 13-15 Junior Olympics Combo, Bronze Medal
- Jr/Sr & 13-15 East Zone High Point Winners



### Fish (Ages 7-10) 6-week session

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Scooter Pool	J. Muzyk/Staff	3/10-4/28	Fri.	4:45 - 5:30 pm	\$200	10
Scooter Pool	J. Muzyk/Staff	3/10-4/28	Fri.	5:45 - 6:30 pm	\$200	10

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

To learn more about the Aquianas program, contact Jen Muzyk at [jmuzyk@newcanaanymca.org](mailto:jmuzyk@newcanaanymca.org)

# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS

Empowering young people to reach their full potential

## 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.



### COACHING STAFF

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

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

**Nick Blade:** Assistant Coach

### TEAM HIGHLIGHTS

- 2022 CT Male Swimmer of the Year, Kalen Anbar
- 2022-2023 Bronze Medal Club Excellence

### NON-COMPETITIVE CAIMANS PROGRAM

#### PRE-CAIMANS (Ages 6-10)

**Running 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. 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 and have basic knowledge of breaststroke and butterfly.

**\*Participants must schedule a try-out prior to registering for the Pre-Caimans program.**

#### Pre-Caimans (Ages 6-10) 12-week session\*

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Valles Pool	L. Blau/Staff	3/6-6/9	Mon., Wed., Fri.	5:00 - 5:45 pm	\$712	16

**\*Participants must schedule a try-out prior to registering for the Pre-Caimans program.**

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

### 2022-2023 TRY-OUTS

Swimmers must meet additional criteria for placement in all the above competitive levels. Open try-outs are available on **Monday, February 27 from 6:00-7:00pm**. For additional information, please contact Liz Blau at 203-920-1645 or [lblau@newcanaanyymca.org](mailto:lblau@newcanaanyymca.org). To learn more about the Caimans Swim Team, visit [www.newcanaanyymca.org/caimans](http://www.newcanaanyymca.org/caimans).

### 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.**

To learn more about the Caimans program, contact Liz Blau at [lblau@newcanaanyymca.org](mailto:lblau@newcanaanyymca.org)

# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS

Empowering young people to reach their full potential

## 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

Joe Somma brings over 20 years of coaching experience to the New Canaan YMCA and is the 2001 recipient of the Robert Moss Award for his contribution to YMCA Diving. Under his guidance, the team has earned 14 YMCA National Titles, 50 + All-Americans, 50+ All-State divers, 3 Junior Olympic Champions, and one age group champion.

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

### TEAM HIGHLIGHTS

Congratulations to the Whirlwind High School Girls on their success at State Championships!

- Kaitlyn Maggio, State Champion
- Hannah Chuckas, 2nd Place
- Natalie Penman, 4th Place
- Kate Whitaker, 7th Place
- Mia Guster, 9th Place
- Annelise Enters, 10th Place
- Kripa Rao, 11th Place
- Kate Wittenauer, 13th Place
- Kaelyn Talisse, 18th Place

### NON-COMPETITIVE WHIRLWIND PROGRAMS

#### LEVEL 1: BRONZE (Ages 9 & under)

A non-competitive group designed for beginners ages 9 and under who have no diving background or a limited skill set. Participants do not attend meets.

#### LEVEL 2: SILVER (Ages 13 & under)

Designed for divers ages 13 and under who have mastered basic diving skills and have a limited list of dives.

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

For divers who have competed in a summer league program and are looking for a limited, low-key competitive program to continue to improve their skills.

### WHIRLWIND COMPETITIVE PROGRAMS

#### LEVEL 4 - By Coaches' Invitation

Entry level JO program. Divers must commit to two days per week for the school year. This is our first level of the JO Team. Level 4 will practice with Level 5.

#### LEVEL 5 - By Coaches' Invitation

Entry level JO program. Divers must commit to three days per week for the school year. This is our first level of the JO team. Level 5 practices with Level 4.

#### LEVEL 6 - By Coaches' Invitation

YMCA/AAU team. This level is for divers who have attended or would like to attend the YMCA National Meet and AAU-sanctioned competitions.

#### LEVEL 7 - By Coaches' Invitation

High School JO is designed for the diver whose top priority is high school diving. Training will be primarily on the one meter. This is a school year program offered in three-month increments or the full school year session. YMCA/AAU-sanctioned events could apply.

#### LEVEL 8 - By Coaches' Invitation

USA Diving Regional Team/AAU Travel Team/YMCA National Team. This level is for divers whose priority is AAU and USA Diving. These divers are interested in diving in college. This program runs through the end of July.

#### LEVEL 9 - By Coaches' Invitation

USA Diving Regional Team/AAU Travel Team/YMCA National Team. This level is for divers whose priority is AAU and USA Diving. These divers are interested in diving in college. This program runs through the end of July.

#### LEVEL 10 - By Coaches' Invitation

Our elite-level divers who have proven themselves at USA Diving, AAU-sanctioned events, and/or YMCA Nationals. These divers have chosen diving as their primary sport and train at least four days a week in addition to morning workouts. These divers will continue competing in college.

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

### DIVING LESSONS

Diving Lessons are 45-minute sessions for children interested in trying out the sport of diving before committing to a full session.

Please contact Adam Vance at 203-920-1658, or [avance@newcanaanymca.org](mailto:avance@newcanaanymca.org), to schedule a session or evaluation.

To learn more about the Whirlwind program, contact Joe Somma at [jsomma@newcanaanymca.org](mailto:jsomma@newcanaanymca.org)

# HEALTHY LIVING: ADULT WATER ACTIVITIES

Improving individual and community well-being

## Aquatic Information & Policies

### MEMBER SWIM OFFERINGS

**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: instructors are not present for members ages 16 and older during therapy swim.

**FREE SWIM:** Free swim is available to New Canaan YMCA members only. One non-member parent or guardian may register and accompany a youth member under the age of 12. 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 for free swim can be made online at [www.newcanaanymca.org/registration](http://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 flotation 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 the below offerings for additional information.

**NOTICE:** 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

### AQUATIC FITNESS CLASSES (Free for Members)

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

**Aquatic Balance & Strength:** This low-impact water fitness class focuses on flexibility, range of motion, balance, agility, muscular conditioning, and gentle cardiovascular movements essential for activities of daily living. This class is a great addition to Arthritis Swim for those with arthritis who want to increase physical activity.

**NEW! Arthritis Swim: Now offered as a free drop-in group exercise class for members.** Come have fun while you exercise in a class specifically designed for people with arthritis. Classes will be taught by a certified AFYAP instructor.

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

# HEALTHY LIVING: ADULT WATER ACTIVITIES

Improving individual and community 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.

### MASTERS SWIM

Masters Swim features a nine-month season aimed toward active adults looking to improve their endurance and strokes in the pool, whether for triathlons, Masters Competition, or personal well-being. Participants can join at any time for a prorated fee.

### ARTHRITIS SWIM

Arthritis Swim is now part of the weekly drop-in group exercise schedule, no sign up necessary. View class description on page 28.

#### Adult Swim Lessons (Ages 18+)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Forese Pool	E. Daymonde/Staff	3/7-4/18	Tue.	5:25 – 6:10 pm	\$200	4
Forese Pool	E. Daymonde/Staff	4/25-5/30	Tue.	5:25 – 6:10 pm	\$200	4
Forese Pool	E. Daymonde/Staff	3/9-4/20	Thu.	5:25 – 6:10 pm	\$200	4
Forese Pool	E. Daymonde/Staff	4/27-6/1	Thu.	5:25 – 6:10 pm	\$200	4

#### Masters Swim (Ages 18+) 9-month season

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Valles Pool	L. Blau/Staff	9/12/22-6/16/23	Mon., Wed., Fri.	5:30 – 6:45 am	\$750*/\$1,000*	15

\*9-month fee. Mid-season prorated fee available upon registration

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**



# HEALTHY LIVING: ADULT SPORTS & RECREATION

Improving individual and community well-being

## Adult Sports and Recreation

### MEMBER DROP-IN SPORTS

#### ADULT BADMINTON:

Tuesday: 8:00-9:00 pm

#### ADULT BASKETBALL:

Monday-Friday: 6:30-9:30 am; 12:00-2:00 pm

Saturday & Sunday: 7:30 - 9:30 am

#### ADULT PICKLEBALL:

Tuesday: 9:30 am - 12:00 pm (all levels)

Thursday: 9:30 am - 12:00 pm (beginner/intermediate)

Sunday: 9:30 am - 12:00 pm (intermediate/advanced)

#### ADULT VOLLEYBALL:

Wednesday: 7:00 - 9:00 pm

\*Times subject to change. View updated schedules at

[www.newcanaanyca.org/schedules](http://www.newcanaanyca.org/schedules).

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

For additional information and any questions about adult sports and recreation, contact Lenwood Latta, Sports Director, at 203-920-1634 or [llatta@newcanaanyca.org](mailto:llatta@newcanaanyca.org).



### RED CROSS FIRST AID COURSE FOR PARENTS & CAREGIVERS (Ages 16+) 1-day program

Designed for first-time parents, caretakers, grandparents, and those who need to brush up on their skills. This class will focus on pediatric (infant and child) first aid, CPR, and AED use. This class will cover the American Red Cross's Pediatric First Aid curriculum and will certify participants in Pediatric First Aid/CPR/AED.

#### First Aid Course for Parents & Caregivers (Ages 16+) 1-day program

Location	Director/Instructor	Date	Day	Time	Member/Non-member Fee	Limit
Williams Room	M. Busse/Staff	6/3	Sat.	10:00 am - 4:00 pm	\$160/\$210	12

### 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 email Mary Coleman at 203-920-1630 or [mcoleman@newcanaanyca.org](mailto:mcoleman@newcanaanyca.org).



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

Improving individual and community 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 ages 14 and older (F.I.T. Pass training is available for ages 12-13; see page 14).



### THE ZONE

The Zone is the perfect space for anyone to find their inner athlete, train toward a personal best, or simply take on a new challenge. Unique to the New Canaan YMCA, we have dedicated a 2,200 square foot training space for functional training, stretching/plyometrics, sports performance, and rehabilitation-type activities. Whether you are looking to complement your current workout with fun, non-traditional equipment, various training accessories including medicine balls and kettle bells, training for a sport or event, or just looking to stretch, the Zone is a place that can help everyone turn their goals-whatever they may be-into accomplishments.

This space is open to all YMCA members ages 14 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 14/ and older. Ages 12-13 may attend classes with a parent (excluding Group Power).



### 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](http://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, and AppleTV, AndroidTV, and Roku devices.

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



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

Improving individual and community well-being

## Personal Training

### PERSONAL TRAINING PACKAGES

#### 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 canceled 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.

### MOTIVATION PACKAGE

This package includes three personal training sessions to get you started off on the right path towards your goals. Sessions are offered at a special first time client price! Please note: this package may only be purchased one time per member/non-member.

#### Personal Training Fees

Sessions (55 min.)	One person (one trainer/one client) Member/Non-member Fee	Two person (one trainer of same 2 clients) Member/Non-member Fee
1	\$86	\$63 per person
3 Motivation Package	\$198/\$247	\$146 per person/\$182 per person
5	\$421	\$304 per person
10	\$822	\$588 per person
20	\$1,579	\$1,113 per person

\*Rates effective March 1, 2023.

### 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 variety of exercises geared to bust boredom out of your workout routine. Four participants are needed for a session to run.

#### Small Group Training: Strength Circuit

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
Zone	E. Saint/Parker	3/8-4/26*	Wed./Fri.	9:00 -10:00 am	\$384/\$504	8
Zone	E. Saint/Parker	4/28-6/9**	Wed./Fri.	9:00 -10:00 am	\$384/\$504	8

\*Session 1 begins and ends on a Wednesday.

\*\*Session 2 begins and ends on a Friday.

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

### 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@newcanaanyymca.org](mailto:esaint@newcanaanyymca.org) for additional information regarding programs and fees.

\*Some classes may not be offered every session, additional sessions may be added, and rates are subject to change at any time.

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

Improving individual and community 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: 3/6/23-4/22/23 (6-week session)

Session 2: 4/24/23-6/10/23 (6-week session)

### Introduction to Pilates Apparatus

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Pilates Apparatus Studio	K. Schnitzler/Mary Ann	Wed.	10:30 - 11:20 am	\$198/\$302	4

### Small Group Pilates Apparatus

Location	Director/Instructor	Day	Time	Member/Non-member Fee	Limit
Pilates Apparatus Studio	K. Schnitzler/Madelaine	Tue.	9:00-9:50 am	\$198/\$302	4
Pilates Apparatus Studio	K. Schnitzler/Madelaine	Tue.	10:00 - 10:50 am	\$198/\$302	4
Pilates Apparatus Studio	K. Schnitzler/Madelaine	Tue.	11:00 - 11:50 am	\$198/\$302	4
Pilates Apparatus Studio	K. Schnitzler/Madelaine	Thu.	9:00-9:50 am	\$198/\$302	4
Pilates Apparatus Studio	K. Schnitzler/Madelaine	Thu.	10:00 - 10:50 am	\$198/\$302	4

\*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](http://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](mailto:kschnitzler@newcanaanyymca.org).

**No Classes: 4/7/23-4/15/23; 5/29/23; 6/6/23-6/8/23**

### PRIVATE PILATES APPARATUS PACKAGES:

Private Fees Session	1 session = 50 MINUTES Private (one client)	Semi-private (two clients)
1	\$93	\$63 (per client)
<b>Packages</b>		
3 (member rate)*	\$216 "The Right Start" Package	\$146 (per client)
3 (non-member rate)	\$274 "The Right Start" Package	\$183 (per client)
5	\$457	\$300 (per client)
10	\$886	\$568 (per client)
20	\$1,680	\$1,014 (per client)

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

\*\*Rates effective March 1, 2023.

# HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

Improving individual and community 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

Get active at the New Canaan YMCA! From drop-in sports including basketball, pickleball, and volleyball in the gymnasium to volunteering opportunities such as volunteer coaching, becoming a program assistant, or attending volunteering events that give back to a local organization in need—the Y offers a variety of ways to help you get active and stay engaged.

View up-to-date gymnasium schedules at [www.newcanaanymca.org/schedules](http://www.newcanaanymca.org/schedules). For additional information and any questions about the Y's sports department, contact Lenwood Latta at 203-920-1634.

### STAY FIT

The Y provides wellness opportunities for all ages, abilities, and interests. Personal fitness opportunities include working out in the Wellness Center, Zone, one-on-one personal training, or lap swimming in our Forese Family and Valles Pools. Group programs include small group training with a group of friends or pilates apparatus in our apparatus studio, in addition to drop-in group exercise classes such as strength training, yoga, Pilates, zumba, barre, aquatic fitness, cycling, and more in our state-of-the-art Group Exercise, Mind Body, Aquatic, and Cycling Centers.

#### ForeverWell Group Exercise 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.newcanaanymca.org/schedules](http://www.newcanaanymca.org/schedules). For additional information and any questions about group exercise classes at the Y, contact Kristin Schnitzler at 203-920-1636 or [kschnitzler@newcanaanymca.org](mailto:kschnitzler@newcanaanymca.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 in our community

#### Upcoming Enrichment Event Dates:

- Tuesday, February 14; Valentine's Day Haiku Workshop
- Tuesday, March 21; Spring Cleaning & De-cluttering Tips

Learn more about upcoming events at [www.newcanaanymca.org/foreverwell-programs](http://www.newcanaanymca.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, contactCarolynn Kaufman at 203-920-1656 or [ckaufman@newcanaanymca.org](mailto:ckaufman@newcanaanymca.org).



# HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

Improving individual and community well-being

## Chronic Disease Programs & Support

### 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](mailto:esaint@newcanaanymca.org).

### EXERCISE FOR PARKINSON'S

Evidence exists that regular exercise can improve the lives of those living with Parkinson's disease. This 6-week 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 these weekly classes, 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 or to participate, please contact Eva Saint at 203-920-1623 or [esaint@newcanaanymca.org](mailto:esaint@newcanaanymca.org).

#### Exercise for Parkinson's

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member Fee	Limit
Wellness Center	E. Saint/Staff	3/7-4/21	Tue. & Fri.	12:00 - 1:00 pm	\$136*/\$218*	8
Wellness Center	E. Saint/Staff	4/25-6/9	Tue. & Fri.	12:00 - 1:00 pm	\$147/\$235	8

\*Session 1 classes meet 11 times.

**No Classes: 4/7/23**

### NEW! DIABETES PREVENTION PROGRAM

The YMCA's National Diabetes Prevention Program can help you actively engage in moving towards your personal health and wellness goals. Participation in this program at the YMCA will connect you with a lifestyle coach and a greater community of like-minded health-seekers that will motivate you in your journey towards a healthier lifestyle.

If you have been diagnosed with prediabetes or believe you may be at risk for developing diabetes, the Y is here to help you! This small-group program can help you eat healthier, find new ways to engage in regular physical activity, and lose weight, which can delay or even prevent the onset of type 2 diabetes. Led by trained lifestyle coaches, the program strives to help participants achieve two primary goals:

- Reduce body weight by 5-7%
- Increase physical activity to 150 minutes per week

For additional information or to participate, please contact: Eva Saint, Wellness Director, at 203-920-1623 or [esaint@newcanaanymca.org](mailto:esaint@newcanaanymca.org) or Melisa Pelikan, Wellness Nurse Coordinator, at 203-920-1642 or [mpelikan1@stamhealth.org](mailto:mpelikan1@stamhealth.org).

### SPRING INFORMATION SESSION TO BE ANNOUNCED

Join us for an information session where interested participants have the opportunity to learn more about the Diabetes Prevention Program (DPP), meet the coaches, and ask questions. If you would like to sign up for the upcoming information session or are interested in enrolling in the DPP program, please contact Eva Saint, Wellness Director, at 203-920-1623 or [esaint@newcanaanymca.org](mailto:esaint@newcanaanymca.org).

# HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

Improving individual and community well-being

## Nutritional Counseling & Physical Therapy



### 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, in addition to 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

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.

#### Nutritional Counseling: Initial Assessment and Follow-up Sessions

Sessions	Duration	Member Fee
Initial Assessment	60 minutes	\$199
1 Follow-up Session	30 minutes	\$75
3 Follow-up Sessions	30 minutes	\$215
5 Follow-up Sessions	30 minutes	\$325

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

### WELLNESS NURSE COORDINATOR AT THE NEW CANAAN YMCA

Meet Melisa Pelikan! Melisa is our on-site, registered Wellness Nurse Coordinator from Stamford Health. She comes to our Y with 30 years of experience in treating people in both inpatient and outpatient settings, community outreach and education, clinical research, and patient advocacy. She spent much of her time working with people in neuroscience and related specialties while also spending time in urology and infectious disease practices. Given her career-long interest in neuroscience and the chronic nature of many of the disease processes, she developed an interest in sustainable health and wellness habits for co-existing and thriving with alterations in health. Melisa supports practical, person-centered suggestions for success in seeking and maintaining health and she recognizes and values an informed approach. Melisa will be offering varied office hours on Tuesdays from 7:00 AM-1:00 PM, Wednesdays from 9:00 AM-5:00 PM, and Fridays from 7:00 AM-1:00 PM at the Y for members to stop by and chat, ask a question, or get a referral. Also look for upcoming health lectures and events hosted by Melisa.\*

Melisa can be reached here at the Y at 203-920-1642 or [MPelikan1@stamhealth.org](mailto:MPelikan1@stamhealth.org).

\*Please contact Melisa for appointment requests outside of her office hours.

### 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 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 additional information, call 203-276-8597.

# SOCIAL RESPONSIBILITY: GLOBAL ENGAGEMENT

Providing support and inspiring action in our communities

## Facing the Future Child Development Center in Kibera, Kenya

Since 2007, the New Canaan YMCA has proudly partnered with Facing the Future (FAFU), a preschool through grade 8 child development center in Kibera, Kenya—Africa's largest slum. Through donations and service trips, we have helped transform a one-room school into a life-saving oasis with multiple classrooms, a library, computer center, playground, and medical center; providing education, healthcare, extracurricular activities, employment programs, school uniforms, and two meals a day to over 350 children who would otherwise have no hope.

**Thank you to all of our 2022 FAFU supporters who helped build a better life for the children at FAFU.**

- Our child sponsor families
- The West Elementary School 2021–2022 fourth grade class, their teachers, and their Walk-a-Thon supporters
- Our LemonAid Stand families
- Our Holiday Bazaar supporters: Zumbach's Gourmet Coffee, community bakers, and event patrons.

### THE CRAIG PANZANO FAFU HIGH SCHOOL SCHOLARSHIP FUND

Each year since 2015, FAFU 8th graders have qualified through national exams to attend high school. Sadly, there are no high schools in Kibera and the expense to attend high school outside of the slum is unattainable for the families of these children. In honor of Craig Panzano, former Executive Director of the New Canaan YMCA, we have created this special scholarship fund to enable FAFU students to build better lives by continuing their education. This scholarship recognizes Craig's dedication and passion for serving others not only here in the New Canaan community, but across the globe in Kibera.

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

### LEMONAID STAND PROJECT RETURNS THIS SUMMER

Do you have a budding philanthropist at home? Put your child's compassion to action and host a LemonAID stand for Kibera between Memorial Day and Labor Day! LemonAID stands can be here at the Y or in your own neighborhood. Sign up and receive your LemonAID kit at the Front Desk available this May (while supplies last).

### FACING THE FUTURE SPONSORSHIP PROGRAM

Our sponsorship program provides individuals and families with the opportunity to make a life-saving and life-changing difference in the life of a child at FAFU. The program is designed to sponsor students in grade 4 each year, enabling every child at FAFU the opportunity to experience a sponsorship. Each new school year, returning and new sponsors are paired with a new 4th grader.

Each sponsor becomes someone special to a child in need across the globe by committing to a one-year sponsorship at \$360 per child. For less than a dollar a day, each sponsor's support provides a FAFU student with:

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

As a sponsor, you will be offered opportunities to engage with your sponsored child through letter writing and video calls during the school year. Although we encourage sponsors to participate in the engagement piece of the sponsorship program, it is entirely voluntary. We understand that schedules may not permit this time commitment and value the positive impact their financial support has on the lives of these vulnerable children.



**For additional information about our partnership with Facing the Future or to donate to Facing the Future through our Y's Annual Support Campaign, contact Diana Riolo at 203-920-1653 or [driolo@newcanaanymca.org](mailto:driolo@newcanaanymca.org).**

# SOCIAL RESPONSIBILITY: CREATING STRONG FAMILIES

Providing support and inspiring action in our communities

## 40 Developmental Assets

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. For information on the research behind the family assets, visit <https://searchinstitute.org>.

### 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.

# 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 \$250,000 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.

# \$189

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](http://WWW.NEWCANAAANYMCA.ORG/DONATE)



NEW CANAAN YMCA  
564 South Avenue  
New Canaan, CT 06840-6322  
203-966-4528  
[www.newcanaanymca.org](http://www.newcanaanymca.org)

# SUMMER CAMP 2023

**Camp Y-Ki:** Completed Grades K-5

**Leaders-In-Training:** Completed Grades 6 & 7

**Counselors-In-Training:** Ages 14 & 15

**Artistic Swimming Camp:** Ages 6-12

**YSN Camp Jam:** Ages 13+

**BEST. SUMMER. EVER.**



**REGISTRATION NOW AVAILABLE**

## SAVE THE DATE 26TH ANNUAL CHARITY GOLF TOURNAMENT

Monday, May 22, 2023  
The Country Club of Fairfield

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



To reserve a foursome, contact the Y's Development Office at 203-920-1654 or [kbarrett@newcanaanymca.org](mailto:kbarrett@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.



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