



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE TO HELP YOU ACHIEVE

Fall Programs 2013
NEW CANAAN YMCA



Registration begins Mon., August 12
Classes begin September 4

WHERE THE COMMUNITY COMES TOGETHER

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

OUR PROMISE: At the Y, strengthening community is our cause. Every day, we work side by side with our members, volunteers, and other organizations to make sure that everyone — regardless of age, income or background — has the opportunity to learn, grow, and thrive.

WHAT WE DO: The Y makes accessible the support and opportunities that empower people and communities to learn, grow, and thrive. With a focus on youth development, healthy living, and social responsibility, the Y nurtures the potential of every youth and teen, improves our community's health and well-being, and provides opportunities to give back and support our neighbors.

HOW WE DO IT: There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, positive change.

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

YOUTH DEVELOPMENT

Nurturing the potential of every child

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

HEALTHY LIVING

Improving the community's health and well-being

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

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

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

Table of Contents

General Information	2
Membership Information	3-5
Refund and Exchange Policy	5
Registration Instructions	6

YOUTH DEVELOPMENT

School Vacation Camp	7
Hargrove Child Development Center	8-9
Arts and Humanities	10-11
Youth Sports and Wellness	
Preschool Sports	12-13
School-Age & Middle School Sports	13-15
Youth Wellness	16
Youth Recreation/Youth Education & Leadership	
Middle School & High School	17
YSN Special Needs Programs	18-19
Bouncing Bears & Beyond	20-23
Youth Water Activities	
Aquatic Info and Policies	24
Swim Lessons	25-29
Specialized Water Activities	36
Competitive Aquatics & Team Sports	
Caimans Swim Team	30-31
Whirlwind Diving	32-33
Synchronized Swimming	34-35

HEALTHY LIVING

Family Time	
Family Programs & Wellness	37
Adult Health, Well-Being & Fitness	
Wellness Center, Group Fitness & Personal Training	38
Fit-Traxx	39
TRX® Suspension® Training	40
Massage Therapy	40
Pilates Apparatus	41
Active Older Adults	42
Adult Healthy Lifestyles	43
Adult Sports and Recreation/	
Maternity Programs	44
Adult Water Activities	45
Adult Arts & Humanities	46

SOCIAL RESPONSIBILITY

Volunteer Opportunities	46
Community Involvement	
Community Events & Programs	47
2013 Annual Support Campaign	48
World Service	49



General Information

HOURS OF OPERATION

Mon.-Fri.5:45 am-10:00 pm
Sat.7:30 am-6:30 pm
Sun.9:00 am-5:00 pm

MEMBER SERVICE DESK BUSINESS HOURS

Monday-Friday: 7:30 am – 8:00 pm
Saturday: 7:30 am – 4:00 pm • Sunday: 9:00 am – 5:00 pm

SCHEDULED CLOSINGS

August 17-25 (Annual Maintenance Shutdown) – CLOSED
September 2 (Labor Day) – CLOSED
November 28 (Thanksgiving) – CLOSED
November 29 – Y opens at 7:30 am

YMCA DIRECTORS: (203) 966-4528EXT

Carol Antrum, V.P. of Family Services	140
Kristina Barrett, Director of Marketing & Public Relations	162
Krista Bessinger, Asst. Synchronized Swimming Director	153
Brendan Carney, Senior Program Director	152
Donna Carpenter, Gymnastics & Movement Education Director ..	175
Davie Cedela, Youth & Family Director/Camp Y-Ki Director	141
Joann Cerretani, V.P. of Operations	133
Mary Coleman, Asst. Membership Operations & Communications Director	130
Chandler Crosby, Assoc. Competitive Swimming & Age Group Director	138
Diane DiBella, Asst. Wellness Director (Personal Training)	123
Susan Cossette Eng, Financial Development Director	142
Michael Ferraro, Competitive Swimming Director	137
Anne Finneson, Asst. Finance Director	171
Nancy Follis, Dir. of Membership Operations & Communications ..	136
Nicole Jezairian, Director of Community Engagement	157
Carolynn Kaufman, Director of Special Needs Programming	156
Clara LaPorte, Y's Little Owl Nursery School Director	181
Pam Libertiny, V.P. of Human Resources & Risk Management ..	128
Carol Matousek, Chief Financial Officer	125
Jen Muzyk, Synchronized Swimming Director	183
Craig Panzano, Executive Director	124
Suzu Pfeifer, Kids Unlimited After-School Program Director/ Camp Mini Director	163
Bridget Philipp, Senior Director of Healthy Living & Medical Fitness	126
Diana Riolo, Financial Assistance Coordinator	185
Josephine Rojas, Aquatics Director	169
Kim Rojas, Assistant Aquatics Director	143
Lauren Secko, Rainbow Station Infant-Preschool Childcare Director	113
Tynia Shoulars, Assistant Human Resources Director	178
Joseph Somma, Jr., Competitive Diving Director	159
Aaron Zimmerman, Sports Director/Sports Camp Director	182

PHONE: (203) 966-4528

FAX: (203) 972-7738

NEW CANAAN YMCA MISSION

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

SERVING EVERYONE

Financial Assistance: The Y strives to serve everyone in our community, regardless of economic circumstances. Financial aid applications for Y programs and membership may be obtained at the Front Desk or on our website. This assistance is made possible by donor contributions to the Y's Annual Support Campaign. Applications should be submitted to Diana Riolo, ext. 185. See additional information on page 6.

MEMBERSHIP RECIPROCITY PROGRAM

New England Y members may visit other YMCAs in New England at no fee; however, restrictions may apply. Each Y is required to post information on their website detailing any restrictions, so we recommend that you check their website or directly contact the Y you are visiting to determine their policies and/or restrictions.

A.W.A.Y. PROGRAM

The Y-A.W.A.Y. Program (Always Welcome at the YMCA) entitles a member to have membership at over 600 participating YMCAs across the country (outside of New England), typically at no charge, or at a priority rate of that YMCA's guest fee. We recommend you contact the Y you are visiting to determine their Y-AWAY policy.

LET'S WORK TOGETHER...JOIN OUR STAFF!

Learn how your talents can make a difference at the New Canaan YMCA. As an employee of the Y, benefits include Y membership (10+ hrs/week), priority registration, program discounts, flexible schedules (as applicable), career development, and a healthy atmosphere! Employment application form and current employment opportunities can be found at www.newcanaanymca.org. Contact Pam Libertiny, V.P. of Human Resources and Risk Management, at 203-966-4528, ext. 128, for more information.

VOLUNTEER

Join us in strengthening our community! Learn more about volunteering at the Y on page 46.

Membership Descriptions

PRESCHOOL (Ages 0-4)

- With this membership, children 4 and under may participate in all age-appropriate YMCA activities.
- Parents and caregivers with children through age 4: Please use Boy's/Girl's locker rooms. For unisex situations, Family/Special Needs Locker Rooms are available.

YOUTH (Ages 5-14)

- Use of Rec Pool during scheduled Family Swim times. (Children under 12 must be accompanied by an adult member in the pool. Valles Pool: Swimmers must be 13 or older to participate in Adult Lap.) See page 22 for complete pool guidelines.
- Use of both gymnasiums during scheduled open times.
- Use of Boys/Girls Locker Room.

STUDENT (Ages 15-18 and Full-Time Students)

- Young adults ages 15 and up enjoy the same membership privileges as adults!
- Check out the Adult Membership description. (Note: Members under 18 years of age use Boys or Girls locker rooms).
- Student I.D. and dated full-time course schedule required when joining.
- Separate school break memberships available (Winter and Summer breaks).

ADULT

- Ages 19 and older.
- The YMCA's Wellness Center is included in ALL Adult memberships!
- Unlimited group exercise classes in the Y's group Exercise and Mind-Body Centers, as well as water and Spinning classes.
- Use of both pools during scheduled Adult Lap and Family Swim times.
- Use of both gymnasiums during scheduled open times.
- Participation in pick-up basketball games during scheduled times.
- Participation in volleyball games Monday and Thursday evenings.

FAMILY/SINGLE PARENT FAMILY

- New Canaan YMCA family memberships are defined using IRS guidelines to include head of household, and all dependents under the age of 18.
- Tax return documentation required for children/dependents over the age of 18.
- Single Parent Family memberships are for divorced, single, or widowed parents and their dependents.
- We are no longer able to include au pairs or nannies on a family membership due to IRS guidelines.
- Dads with young daughters or moms with young sons (ages 5 and over) may use the Family & Special Needs Locker Rooms.
- Each family member has membership privileges listed in the Adult or Youth membership descriptions.
- As a special benefit of Family Memberships, use of pool during Family Swims at no additional charge (see page 22 for details)

MENS OR WOMENS CENTER

- Ages 18 or older.
- Includes all of the Adult member privileges, plus: separate locker room area with sauna, steam room, hot tub and kit locker.
- Towels, lotion, and hair care products provided.
- Relax in our comfortable lounges with cable TV.
- Massage therapy available. Contact massage therapist directly to schedule appointment.

DAY PASSES

Members receive two complimentary guest passes per year, per membership including each family member. Simply register your guest at the Front Desk. Guests must sign a waiver and bring a photo ID for security purposes.

Non-members may purchase a "one day only" guest pass. Driver's license or passport must be copied at the front desk and waiver signed prior to facility usage.

Day rates are as follows: \$5 up to 14 years old; \$15 up to 21 years old; \$30 over the age of 21.

INCLUDED IN ALL MEMBERSHIPS

(Ages 15+)

Wellness Center

- Paramount strength circuit equipment and Hoist Roc-It Strength
- Lots of cardio and free weight equipment
- Two orientation sessions with trainer

Group Exercise Classes

- Two sunny studios – one for group exercise and one for spinning – with suspended wood floors and professional sound system
- More than 50 classes each week (land, water, and spinning)
- Mind-Body Center: dedicated to Pilates, Yoga, Tai-Chi, Qigong and other like-minded classes.

Membership Information

MEMBERSHIP AUTHORIZATION

The New Canaan YMCA reserves the right to secure emergency care and protection for any person participating in YMCA activities. All expenses incurred for emergency treatment will be borne by the participant or their family. The New Canaan YMCA reserves the right to use member and event photographs in YMCA-related promotional materials.

MEMBERSHIP CODE OF CONDUCT

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

To review all of our Y's policies, view our policy manual online at, www.newcanaanyymca.org/membership, or a copy may be viewed 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 programs. Please be assured that the YMCA never releases your personal information to outside parties.

YMCA POLICY: NO CHILD LEFT ALONE

Please note that no child under the age of 12 can be unsupervised at the Y. Children 11 years old and younger must be accompanied by an adult.

Children under the supervision of a program director or coach are considered accounted for. We will allow a 15-minute window before and after programs that children can wait for a ride. After that point, a parent or guardian will be contacted. Thanks for your help in keeping all of our children safe.

CAREGIVERS & NANNIES

Caregivers and nannies who accompany a member on a regular basis should identify themselves to the Membership Department Staff. These visitors must sign a waiver and provide a photo ID to be kept on file.

Membership policy **REQUIRES ALL MEMBERS** have a photo in our system and a membership ID card. All members are **REQUIRED** to scan their ID cards before they are allowed to enter our facility.

WAYS TO PAY

Monthly E-Pay: Adult and family memberships may be paid monthly through automatic payment from your checking or credit card account. Not only is it a convenient payment method, but it also provides you with a continuous membership that will never expire unless you request it. Termination forms must be signed and submitted to the Front Desk, Attn. Leslie Figueroa or via email at lfigueroa@newcanaanyymca.org for processing at least 7 business days prior to member bank draft. Termination forms are available at the Front Desk and online under the membership tab. Termination forms may not be faxed.

Annual: A one-year membership can be purchased by paying with cash, check, VISA or MasterCard.

E-WALLET

Our Y has the ability to securely store your credit card information in a tokenized file. It's easy, convenient, and secure. Stop by our front desk for additional information.

MEMBERSHIP RENEWAL

Membership applications need to be updated annually at the front desk.

MEMBERSHIP FEES*

Membership Type	Joiner Fee	Monthly Bank Draft
Adult (Ages 19-62)	\$100	\$78
Men's or Women's Center	\$100	\$113
Family	\$100	\$124
Single Parent Family Household	\$100	\$84
Family + Men's or Women's Center	\$100	\$164
Family + Men's and Women's Center	\$100	\$220

ANNUAL FEE MEMBERSHIPS:

	Joiner Fee	Annual Fee
Preschool (Ages 0-4)	\$25	\$164
Youth (Ages 5-14)	\$25	\$261
Student (Ages 15-18 & Full-Time College)	\$50	\$471

Senior Citizens (Age 62+): Receive a 25% subsidy. Members are responsible for notifying our Y when qualified for a subsidy. A Joiner's Fee is charged for all new memberships and to past members whose memberships have lapsed more than 29 days.

*Memberships are non-refundable, although we do offer a 30-day guarantee to our new Adult and Family members.

Membership Information/ Refund and Exchange Policy

WIFI AVAILABLE

We are pleased to accommodate our members by providing WiFi service and complimentary Netbook use in our facility. Please see a front desk attendant for checkout use, policies, agreements, and WiFi password. The Y is also a designated Optimum "Hot Spot" for member convenience.

CAMPUS ALERTS™

Sign up on our website, www.newcanaanymca.org, to receive emergency notifications and announcements sent via phone, text, or email. Please contact Kristina Barrett at ext. 162 with any questions.

FOR YOUR SAFETY

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

LOST AND FOUND

Any items left at our Y are held in our Lost and Found cabinet near the Men's Center locker room. At the end of each month, we wash and display items to give members the opportunity to reclaim what they may have lost. Any remaining unclaimed items after the display are then donated to local organizations who provide clothing to those in need.

Last Tuesday of every month: Items are removed from the Lost and Found cabinet to be washed.

Last Thursday of every month: Items are available at the Claim Station in the main lobby for members to reclaim until the following Monday at 11:00 AM. Any remaining items left behind will be donated.

Members may access the Lost and Found cabinet throughout the month to reclaim lost items.

PROGRAM CHANGES AND CANCELLATIONS

The YMCA reserves the right to cancel any program that fails to meet enrollment requirements.

When programs are cancelled by the YMCA due to inclement weather or other emergency, every effort will be made to reschedule programs and offer make-up classes. If the YMCA is unable to do this, credit for the missed program will be issued and may be used at a later registration. If participants are unable to attend the scheduled make-up class, no credit will be issued.

OUR 30-DAY MEMBERSHIP GUARANTEE

If you are not pleased with your adult or family membership, complete and submit a Refund Request Form to the Front Desk, Attn: Leslie DeJesus within the first 30 days of joining and we will refund your membership and joiner fee. Memberships are non-transferrable and, after 30 days, non-refundable. No refunds on preschool, youth, student or summer youth memberships.

PROGRAM REFUND POLICY

Policies documented in program or class handbooks and/or flyers supersede the following. In order to receive a refund/credit, members must complete and submit a Refund Request Form for each participant to the Front Desk.

- If the Y cancels a class or program, a 100% refund will automatically be issued.
 - If a class is cancelled by the Y due to inclement weather or an emergency, every effort will be made to offer a make-up class; however, no refund/credit will be issued.
 - If the Refund Request is received by the YMCA at least 1 week prior to the program start date, a 100% refund/credit will be issued.*
 - If the Refund Request is received by the YMCA before the day of the third class, a 75% refund/credit will be issued regardless of when participant was registered and whether or not the participant attended.*
 - If the Refund Request is received by the YMCA after the third class regardless of when participant was registered and whether or not a participant attended, NO refund/credit shall be given.
 - If a program participant withdraws due to a medical reason, with written verification by a physician, a prorated refund/credit will be issued.* Request must be submitted within two weeks of session end date.
- *Less a \$15 processing fee per person/per program.

PLEASE NOTE:

- Refund Request Forms are available at the Front Desk or online at www.newcanaanymca.org.
- All outstanding balances including YMCA charges and bank fees must be resolved before refunds will be issued.
- Membership and/or program registration may be denied to any member/participant until resolution of these balances.
- Policy exceptions by Directors or documented in program/class handbooks/flyers supersede the above.
- Any transaction that requires withdrawal from a class/program (including switching class time) is subject to the above policy.
- The YMCA reserves the right to cancel any program that fails to meet enrollment requirements.
- Online registration can only be processed with full payment, therefore, program fees can only be prorated or reduced at the Front Desk. If registration is completed online, a refund will not be given for any eligible proration or reduced rate.

Registration Instructions

FALL PROGRAM REGISTRATION AND SESSION DATES

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

Classes Begin: Wednesday, September 4
Classes End: Tuesday, November 26

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

ONLINE REGISTRATION

To better serve our members, online registration is available for our programs. We recommend attempting to log on at least one week prior to the start of online registration to confirm accessibility and viewing of our program listings.

- A member must have a current, valid e-mail address on file in our membership database in order to register for programs online, and create an "Online Registration Account."
- Your address will be used for YMCA purposes only and will not be given out to anyone.
- Receiving our e-newsletter does not mean that we have your e-mail address in our membership database; please check at the front desk to ensure that we have your current information.

NOTE: Online registration after classes have begun requires full payment. Once classes have begun, prorating of fees may only take place at the front desk.

No refunds of prorated fees will be given for online registrations.

To best meet the needs of our members, the New Canaan YMCA reserves the right to close online registration at its discretion.

ONLINE REGISTRATION INSTRUCTIONS:

- (1) Go to newcanaanymca.org/membership and click on the membership account self-service portal/online registration link on the left.
- (2) Members with an existing online account may enter "Log-In & Password" information.
- (3) First-time users should retrieve their "Login" and "Password" which will be sent to the member once their e-mail address is recognized. This is not an immediate response. If your login and password doesn't work, please click "Retrieve Login" and you'll immediately be e-mailed your information.
- (4) Once you've entered your login and password, click "Submit;" you'll then be on a page called "My Account."

If you have a problem logging on, please e-mail us at membership@newcanaanymca.org. Once you have opened your online registration account, you'll be able to register for future programs as well as make tax-deductible contributions to support our charitable work in the community.



FINANCIAL ASSISTANCE

We understand that no matter what stage you are in your life, or what your current economic circumstance may be, it can be easy to feel stressed about your financial responsibilities. It's important to us that our members know they can always turn to us for help. Our Financial Assistance Program, made possible by the generous donor contributions to our Annual Support Campaign, is available for membership and program fees, so that everyone in our community has the opportunity to grow and achieve a healthier and happier lifestyle.

Financial assistance applications for membership and supplemental request forms for programs are available at the YMCA Front Desk and online. To ensure 2013 Fall program registration*, completed applications & request forms must be submitted to Diana Riolo, Financial Assistance Coordinator (ext. 185) by July 29, 2013. All applications must include your most recent Federal Income Tax Return, 2012 W2s and/or 1099s and copies of your last two paycheck stubs. Request for Membership financial assistance may be submitted year round. Once approved, you will be contacted by Diana Riolo. The financial assistance application process is confidential and based on need.

*Registration opens August 12, 2013 at 9:00 AM

If you have any questions, contact Diana Riolo at (203) 966-4528, ext. 185 or driolo@newcanaanymca.org.

YOUTH DEVELOPMENT: SCHOOL VACATION CAMP

nurturing the potential of every child and teen

School Vacation Camp

SCHOOL VACATION CAMP (Grades K-6)

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

Vacation Camp Fees:

9:00 am - 5:00 pm

Kids Unlimited Students- \$65

Member- \$70

Non-Member- \$80

Extended Hours:

8:00 - 9:00 am & 5:00 - 6:00 pm

Kids Unlimited Students- FREE

Members & Non-Members- \$7 per hour

SCHOOL VACATION DAY PROGRAMS

Thursday, September 5: Rosh Hashanah

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

SCHOOL VACATION WEEK-LONG PROGRAMS

February 17-21, 2014

April 14-18, 2014

Please contact Suzy Pfeifer at ext. 163 or at spfeifer@newcanaanymca.org for additional information.



MIDDLE SCHOOL ADVENTURES (Grades 5-8)

Send your 5th-8th grader on a field trip with Y leaders on their day off from school!

Date: 9/5

Time: 9:00 am - 5:00 pm

Place: TBD

Drop-off and pick-up at the New Canaan YMCA.

Please contact Davie Cedela at ext. 141 or at dcedela@newcanaanymca.org for additional information.



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

REFUND POLICY

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

YOUTH DEVELOPMENT: CHILD DEVELOPMENT

nurturing the potential of every child and teen

The Anita & G. Thomas Hargrove

RAINBOW STATION

- Infant- Preschool Childcare
- Ages 6 weeks–5 years
- Hours available Mon.–Fri. 7:30 am–6:00 pm
- Loving, nurturing staff
- Staff-to-child ratio of at least 1:3 for infants, 1:4 for toddlers, and 1:8 for pre-schoolers
- Outdoor walks/play daily
- Large preschool play yard
- New toddler playground
- Indoor play area for toddlers
- Developmentally appropriate, theme-based curriculum includes activities to develop the whole child: socially, cognitively, emotionally, and physically.
- Preschoolers enjoy the entire Y facility, including swimming, Bouncing Bears, gym time, and large program spaces
- More Than Just Music program offered weekly for toddlers and preschoolers.
- Nutrition-based lessons and activities are included in weekly curriculum.

Contact Lauren Secko, ext. 113 for additional information.

Limited space available in the 3's room for the 2013-2014 school year

Y'S LITTLE OWL NURSERY SCHOOL

- Part-time program for 2 – 5 year olds
- Developmentally appropriate, theme-based curriculum includes activities to develop the whole child: socially, cognitively, emotionally, and physically.
- **2 year-old program:** Mon. & Wed. OR Tue. & Thu. 9:30 –11:30 am OR Fri. (only) 9:30 –11:30 am
- **3 year-old program:** Mon., Wed., Fri. OR Tue. & Thu. 9:00 am –12:00 pm
Ask about our Additional Day option for the Mon., Wed., Fri. 3's class
- **4 year-old program:** Mon. – Fri. 9:00 am –12:00 pm
- Extended Day available: 3's and 4's classes only from 12:00 PM – 2:00 PM
- Staff/Child ratio of at least 1:4 (2's), 1:7 (3's and 4's)
- More Than Just Music program is offered for all classes.
- 3 and 4 year-old programs also include: Bouncing Bears and Y swimming lessons (4's only).
- All participants enjoy the entire Y facility, including open gym time, large program spaces, and outdoor play area (weather permitting).

Limited space available for the 2013-2014 school year

Contact Clara LaPorte, ext. 181 for additional information.



“Never could we have asked for a more exceptional place for our children. All of the teachers have been phenomenal and have shared both wonderful moments in our children’s lives as well as the difficult ones. Through it all, they were always a tremendous support to not just our kids, but to us as well.”

– New Canaan YMCA Childcare Parent

YOUTH DEVELOPMENT: CHILD DEVELOPMENT

nurturing the potential of every child and teen

Child Development Center

KIDS UNLIMITED

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

Limited space
available for
the 2013-2014
school year



Contact Suzy Pfeifer, ext. 163, for more information.



MY PLAYROOM

- Drop-in babysitting program for members who are using the YMCA facility:
 - Mon. - Fri.: 8:15 am - 1:15 pm
 - Sat.: 8:15 am - 12:00 pm
 - Sun.: 9:00 am - 12:00 pm
- My Playroom is for children who are 6 months old (and can sit up on their own) and up.
- Caring staff provide an environment for play, games, and arts and crafts. Older children are encouraged to bring their homework.
- 15-hour punch cards can be purchased at the Front Desk for \$95.

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

Contact Suzy Pfeifer, ext. 163, for more information.

YOUTH DEVELOPMENT: ARTS & HUMANITIES

nurturing the potential of every child and teen

Arts & Humanities

MORE THAN JUST MUSIC

(Child-Guardian Class)

Led by board-certified music therapist Judy Engel, this program includes a structured curriculum that provides music activities to increase your child's developmental learning. Enjoy movement and singing as well as instruments and props for individual creativity and to enhance fine, gross motor, and beat-sense skills. You and your child will be learning and having fun all at the same time!

Location: Williams Room
Instructor: J. Engel
Session Dates: Thursdays: 9/5-11/14
Fridays: 9/6-11/15
10-week program
Fee: \$165 per child, plus Preschool or Family membership
Limit: 10 children with adult
No Class: 9/19-9/20

12-24 months (Child/Guardian)

Thu. 10:15 - 11:00 am
Fri. 10:15 - 11:00 am

25-36 months (Child/Guardian)

Thu. 9:30 - 10:15 am
Fri. 9:30 - 10:15 am

Great for
parents with
multiple kids!

NEW THIS FALL!

CURIOUS CUBS COMBO CLASS (Ages 3-5)

We believe a healthy body and healthy mind go hand-in-hand. In our Curious Cubs Combo Class, children receive a well-rounded experience in many areas of learning (physically, socially, mentally, and cognitively) in this fitness /enrichment-based, educational preschool program. We tap into children's physical and creative sides by combining 45 minutes of fun preschool gymnastics with 45 minutes of hands-on learning in a classroom setting. Activities include art, science, and much more! Weekly themes make learning fun and our mixed group of ages 3-5 encourages cooperation, patience, manners, and helpfulness.

Drop off: Higgins Gym
Pick up: KU Classroom on lower level
Day: Thu.
Time: 9:00 AM - 10:30 AM
Session Dates: 9/5 - 11/21
Fee: \$450
Limit: 8
Instructors: Donna Carpenter and Jan Greywacz

THE Y SCHOOL OF MUSIC

Instruction in piano, guitar, violin, voice, and more for kids through adults. See page 11.



YOUTH DEVELOPMENT: ARTS & HUMANITIES

nurturing the potential of every child and teen

Arts & Humanities: All Ages

The New Canaan YMCA School of Music: Ages 5-Adult

Lessons in: Piano, Strings, Drums, Guitar, and Voice

Ages 5-Adult: As part of our Arts and Humanities initiative, the New Canaan YMCA is proud to have a music program for kids and adults! Music nourishes the brain, enriches the spirit, and helps to develop children's fundamental learning skills.

The music lessons are taught by highly trained local instructors from a variety of different schools of music who have been teaching young people and adults for many years. Rob Silvan, piano/voice; Rick Quintanal, drums; Jennifer Brown, violin; and Mike Knox, piano, guitar, and upright bass.

Lessons meet once per week for 12 weeks:

30-Minute Lessons: \$535 plus membership;

45-Minute Lessons: \$778 plus membership;

1-Hour Lessons: \$1,070 plus membership

Fall Session dates: 9/4-11/26

For more information, visit our website at www.newcanaanymca.org, contact Nicki Jezairian at (203) 966-4528, ext. 157, or njezairian@newcanaanymca.org.

*If there is a desire to learn more about an instrument that is not listed, please contact us, and we will try our best make accommodations for you.



REACHING OUT INTO THE COMMUNITY

Each session concludes with a group recital at an off-site location within the community. Friends and family are encouraged to attend.

YOUTH DEVELOPMENT: YOUTH SPORTS & WELLNESS

nurturing the potential of every child and teen

Preschool Sports

GROWING TOGETHER THROUGH SPORTS

The Y believes that character development is an essential element of sports. Caring, honesty, respect, and responsibility are valued on and off the field. We put safety first and emphasize positive competition.

PRESCHOOL SOCCER (Ages 2-5)

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

THE LITTLE STIX™ (Ages 3-5)

The LITTLE STIX™ lacrosse class will be offered at the New Canaan YMCA for boys and girls ages 3-5. Children will gain confidence and have fun learning lacrosse skills. Cradling, shooting, throwing, catching, and game play are all part of the 45-minute program.

PRESCHOOL SPORTS/LITTLE ATHLETES SPORTS (Ages 3-5)

Presented by Blue Wave Kickers, little athletes will enjoy physical activity while developing motor skills and sports fundamentals. We will help your child build confidence and self-esteem by playing fun games built around soccer and t-ball. There will be three classes of each sport.

Preschool Soccer "Mommy and Me" (Age 2 only)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
South Gym	A. Zimmerman/BWK Staff	9/5-11/21	Thu.	10:00-10:45 pm	\$225	20

Preschool Soccer (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
South Gym	A. Zimmerman/BWK Staff	9/9-11/25	Mon.	10:00-10:45 am	\$225	20
South Gym	A. Zimmerman/BWK Staff	9/4-11/20	Wed.	12:45-1:30 pm	\$225	20
South Gym	A. Zimmerman/BWK Staff	9/4-11/20	Wed.	1:45-2:30 pm	\$225	20
South Gym	A. Zimmerman/BWK Staff	9/4-11/20	Wed.	2:45-3:30 pm	\$225	20
South Gym	A. Zimmerman/BWK Staff	9/6-11/22	Fri.	1:30-2:15 pm	\$225	20
South Gym	A. Zimmerman/BWK Staff	9/7-11/23	Sat.	10:30-11:15 am	\$225	20

LITTLE STIX™ (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
South Gym	A. Zimmerman/T. Gilman	9/10-11/26	Tue.	1:30-2:15 pm	\$275	20
South Gym	A. Zimmerman/T. Gilman	9/5-11/21	Thu.	1:30-2:15 pm	\$275	20

Preschool Sports/Little Athletes Sports (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Back Field	A. Zimmerman/BWK Staff	9/6-11/22	Fri.	2:30-3:15 pm	\$225	20
Back Field	A. Zimmerman/BWK Staff	9/7-11/23	Sat.	9:30-10:15 am	\$225	20

YOUTH DEVELOPMENT: YOUTH SPORTS & WELLNESS

nurturing the potential of every child and teen

Preschool & School-Age Sports

KEMPO KARATE (Ages 4-10)

We have partnered with Kempo Academy to offer a program for children of all ages that revolves around teaching discipline, focus, confidence, self-control and respect. Students enjoy the benefits of cardio workouts and stretching techniques which maximize their physical benefits and the confidence that is achieved through effective self-defense training.

LACROSSE: INTRO TO BANTAMS

(Boys, Grades K-1) 8-week course.

This class offers students the opportunity to be introduced to the game of lacrosse with a hardball. The students work stick skills, such as shooting, passing, cradling, ground ball pick-ups and catching. Participants are required to wear gloves and a helmet, stick, and the class is non-contact. Boys' lacrosse equipment is required (helmet, shoulder and arm pads, gloves, and a stick).

LACROSSE: BANTAMS

(Boys, Grades 2-3) 8-week course.

Advanced first grade boys may also apply to this class. The class is structured around teaching boys the positions on the lacrosse field. Stick skills are reinforced, and dodging and defense techniques are emphasized. This class offers game play. Boys' lacrosse equipment is required (helmet, shoulder and arm pads, gloves, and a stick).

ALL-AMERICAN BASEBALL TRAINING ACADEMY (Boys Ages 4-10)

Our All-American Baseball Training Academy program is a fundamental recreational program that teaches kids to enjoy the game of baseball in a fun and safe environment. Participants in our school-age program focus on enhancing the basics of the game, while advancing skill development and increasing abilities in fielding, hitting, pitching, throwing, catching, outfield, base running, and bunting. Participants will also learn position-specific skills and how to react during game situations.

ALL-AMERICAN SOFTBALL TRAINING ACADEMY (Girls, Ages 4-10)

Our new All-American Softball Training Academy is designed specifically to engage and develop girls' interest and skills in the sport of softball in a fun and safe environment. Program is led by Kristy Swanson, who was named to the First Team All-Little East Conference when playing for Western Connecticut State University and has over 10 years coaching experience at the collegiate, high school, and youth levels. Participants will learn the basics of the game, while enhancing skill development and increasing abilities in fielding, hitting, pitching, throwing, catching, outfield, base running, and bunting. Participants will also learn position-specific skills and how to react during game situations.

Kempo Karate (Ages 4-10)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
South Gym (ages 4-6)	A. Zimmerman/Staff	9/6-11/22	Fri.	5:30-6:15 pm	\$225/\$250	15
South Gym (ages 7-10)	A. Zimmerman/Staff	9/6-11/22	Fri.	6:15-7:00 pm	\$225/\$250	15

Bantams Lacrosse (Grades K-3) 8-week course

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Back Field (grades K-1)	A. Zimmerman/T. Gilman	9/9-11/4	Mon.	3:45-5:00 pm	\$199	24
Back Field (grades 2-3)	A. Zimmerman/T. Gilman	9/9-11/4	Mon.	3:45-5:00 pm	\$199	24

All-American Baseball Training Academy (Boys, Ages 4-10)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Back Field (ages 4-6)	A. Zimmerman/Staff	9/4-11/20	Wed.	4:00-4:45 pm	\$250	30
Back Field (ages 7-10)	A. Zimmerman/Staff	9/4-11/20	Wed.	5:00-5:45 pm	\$250	30

All-American Softball Training Academy (Girls, Ages 4-10)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Back Field (ages 4-6)	A. Zimmerman/Staff	9/4-11/20	Wed.	4:00-4:45 pm	\$250	30
Back Field (ages 7-10)	A. Zimmerman/Staff	9/4-11/20	Wed.	5:00-5:45 pm	\$250	30

YOUTH DEVELOPMENT: YOUTH SPORTS & WELLNESS

nurturing the potential of every child and teen

School-Age & Middle School Sports

TGA GOLF (Grades K-5) 8-week course.

Learn golf in a safe, fun environment with our TGA-certified instructors. This program is designed to develop a passion for golf while developing swing fundamentals, basic rules, and etiquette along with helping with coordination and focus. Our 5-level-program will advance children through all aspects of the game and prepare them to go out and play on the golf course. All equipment is provided.

JUNIOR TENNIS (Ages 6-10 and 11-15)

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

BASKETBALL LEAGUE

Registration for the 2013-2014 basketball league begins October 1. League is open to players in Kindergarten through High School. Coaches and league commissioner needed! For additional information, contact Aaron Zimmerman at (203) 966-4528, ext. 182 or azimmerman@newcanaanymca.org.

GIRLS BASKETBALL (Grades 3-8)

The Y is partnering with the Head Coach of New Canaan Girls Basketball to offer Youth Basketball Skills Clinics this fall. These clinics will create opportunities for players in grades 3-8 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics will focus on helping players improve their skills and develop their talent by learning basic practice drills, playing games and emphasizing the fundamentals. We encourage existing travel players and those who may aspire to make the travel team to sign up and fine-tune their skills this fall.

Girls Basketball (Grades 3-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
South Gym (grades 3-4)	A. Zimmerman/K. Palmer	9/10-11/26	Tue.	5:00-6:00 pm	\$150/\$200	20
South Gym (grades 5-6)	A. Zimmerman/K. Palmer	9/10-11/26	Tue.	6:00-7:00 pm	\$150/\$200	20
South Gym (grades 7-8)	A. Zimmerman/K. Palmer	9/4-11/20	Wed.	5:30-7:00 pm	\$175/\$225	20

TGA Golf (Grades K-5) 8-week course

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
South Gym	A. Zimmerman/TGA Staff	9/10-11/5	Tue.	4:00-4:45 pm	\$204	12

Junior Tennis (Ages 6-15)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
South Gym (ages 6-7)	A. Zimmerman/Coach Marvin	9/9-11/25	Mon.	3:30-4:15 pm	\$360	6
South Gym (ages 8-10)	A. Zimmerman/Coach Marvin	9/9-11/25	Mon.	5:30-6:15 pm	\$360	6
South Gym (ages 11-15)	A. Zimmerman/Coach Marvin	9/9-11/25	Mon.	6:30-7:15 pm	\$360	6

YOUTH DEVELOPMENT: YOUTH SPORTS & WELLNESS

nurturing the potential of every child and teen

School-Age & Middle School Sports

BEGINNER ARCHERY (Grades 3-4)

Classes offer a basic introduction to the sport, safety tips, maintenance, and shooting techniques. All equipment will be provided.

INTERMEDIATE ARCHERY (Ages 8-12)

(Prerequisite: Beginner Archery or Archery at Camp Y-Ki)

Take what you have learned about archery to the next level in our intermediate archery course.

MIDDLE SCHOOL ARCHERY (Grades 5-8)

Our archery course for middle schoolers at the beginner or intermediate level.

FENCING (Ages 7-Adult)

Looking for something new for your child to try? This program is a great introduction to an Olympic sport that has been around for centuries. Participants will learn the basic footwork, hand positioning, and much more. **Note: Fencing is a beginning-level class. Participants signing up for Advanced Fencing must have completed Fencing and have instructor approval. All first-time participants must purchase the basic 5-piece beginner foil set BFS5 at www.blue-gauntlet.com or by calling (201) 797-3332.**

GIRLS ON THE RUN (Grades 3-4)

The program is a life-changing, experiential learning program for girls combining training for a 3.1 mile run event with self-esteem enhancing, uplifting workouts. This program is not a running program but a program that encourages positive emotional, social, mental, spiritual and physical development.

The objective of Girls On The Run is to educate and empower girls at an early age in order to prevent the display of at-risk activities in the future. For more information contact Davie Cedela at ext. 141.

Archery (Grades 3-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Kiwanis Park (Beginner)	D. Cedela/Ryan King	9/10-11/26	Tue.	4:00-5:00 pm	\$170/\$220	8
Kiwanis Park (Intermediate)	D. Cedela/Ryan King	9/4-11/20	Wed.	4:00-5:30 pm	\$180/\$230	8
Kiwanis Park (Middle School)	D. Cedela/Ryan King	9/5-11/21	Thu.	4:00-5:30 pm	\$180/\$230	8

Fencing (Ages 7+)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Williams Room (Youth; ages 7-10)	A. Zimmerman/Staff	9/10-11/26	Tue.	5:30-6:30 pm	\$280/\$299	12
Williams Room (Teens; ages 11-Ad.)	A. Zimmerman/Staff	9/10-11/26	Tue.	6:30-7:30 pm	\$280/\$299	12
Williams Room (Advanced; ages 7-15)	A. Zimmerman/Staff	9/10-11/26	Tue.	7:30-8:30 pm	\$280/\$299	12

Girls On The Run (Grades 3-4)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Back Field	D. Cedela/M. Moran	9/24-11/26	Tue./Thu.	4:00-5:15 pm	\$165	15

YOUTH DEVELOPMENT: YOUTH SPORTS & WELLNESS

nurturing the potential of every child and teen

Youth Wellness

FIT-TRAXX FOR KIDS (Ages 10-14)

Our FIT-traxx For Kids program features the small group training environment of the FIT-traxx program designed specifically for kids ages 10-14. See page 37 to learn more about FIT-traxx for families and adults.

YOUTH STRENGTH TRAINING

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

This program teaches sound principles of strength training, aerobic endurance, and muscle conditioning. A certified personal trainer will teach proper technique as well as Wellness Center safety. After completing this 8-week course, participants take practical and written exams to test their skills and earn their F.I.T. pass.

FREE with Family Membership!



Fit-Traxx for Kids (Ages 10-14)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Group Exercise Ctr.	D. DiBella/Staff	9/16-10/7	Mon.	3:15-4:00 pm	\$99	10
Group Exercise Ctr.	D. DiBella/Staff	10/21-11/11	Mon.	3:15-4:00 pm	\$99	10

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

Location	Director/Instructor	Session Start/End	Day	Time	Non-Family Member Fee	Limit
Wellness Center	D. DiBella/M. Pagan	9/30-11/25	Mon. & Wed.	4:00-5:00 pm	\$215	12
Wellness Center	D. DiBella/D. Herdic	9/30-11/25	Mon. & Wed.	2:15-3:15 pm	\$215	12
Wellness Center	D. DiBella/M. Pagan	10/1-11/26	Tue. & Thu.	4:30-5:30 pm	\$215	12
Wellness Center	D. DiBella/M. Pagan	10/1-11/26	Tue. & Thu.	2:15-3:15 pm	\$215	12



YOUTH DEVELOPMENT: YOUTH RECREATION/ YOUTH EDUCATION & LEADERSHIP

nurturing the potential of every child and teen

Middle School & High School Programs

Youth Education & Leadership

LEADERS CLUB (Ages 14-18)

Leaders Clubs provide teens with extensive leadership training, offering opportunities for service to the YMCA and the community. Leaders Clubs also serve as a recruiting program for future Y professionals. Teens between the ages of 14 and 18 are developed as leaders, fostering within them a culture of service in addition to knowledge and training that will help them better serve others and shape a healthy and productive life for themselves. Please note: If you are planning to become a CIT this summer at one of our camps this program is a prerequisite. One of the unique traits of Leaders Club is that the program is run by the teens themselves. Meetings are led by a Teen Advisory Board consisting of a group of teens chosen by their peers to organize meetings and monthly events.

For more information please contact Davie Cedela, ext. 141 or dcedela@newcanaanymca.org

RED CROSS BABYSITTING CERTIFICATION (Ages 11-15)

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 certified in First Aid. Parents will feel reassured when they hear that you have earned this certification. If you want to be a confident, fun, and creative babysitter, sign up now! This is a ten-week course.

For additional information contact Ryan King at 203-966-4528, ext. 325 or rking@newcanaanymca.org.

RED CROSS LIFEGUARD COURSE

Weekend courses are held on Saturdays and Sundays. Lifeguarding courses will be offered during the Winter Session. See page 36 for details.

Leaders Club (Ages 14-18)

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-Member	Limit
YMCA	D. Cedela/R. King	9/10, 9/24, 10/7, 10/21, 11/4, 11/18	Mon.	5:30-6:30 pm	\$25/\$50	15

Red Cross Babysitting Certification (Ages 11-15)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
YMCA	D. Cedela/R. King	9/16-11/25	Mon.	3:30-5:00 pm	\$82/\$113	12

Middle School Madness (Grades 5-8)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
YMCA	D. Cedela/R. King	9/7, 10/26, 11/16	Sat.	7:00-9:30 pm	\$12/\$15 (\$18 for all at door)	

Young Adventurers (Grades 5-8) 9-week course

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Varies	D. Cedela/R. King	9/27-11/22	Fri.	3:15-6:30 pm	\$350/\$380	16

Youth Recreation

MIDDLE SCHOOL MADNESS (Grades 5-8)

Teens, come take over the YMCA! Middle School Madness is offered one Saturday a month (except in December) during the school year. Under the leadership of the Y staff and volunteers, Middle School Madness offers fun, recreation, and great special events for our community's youth.

Activities include special theme nights, D.J. dance parties, 3-D movies, live entertainment, swimming, working out in the Wellness Center, game room, and much more! Check out the Wii room, a space designed exclusively for Wii games! Games will include boxing, tennis, bowling, Guitar Hero, etc.

Note: Advance registration and ticket sale available online: Save money and avoid waiting in line the night of the event.

YOUNG ADVENTURERS (Grades 5-8)

Add some adventure to your fall! Young Adventurers set off on an adventure each week including climbing a ropes course in Stamford, hiking in Pound Ridge and the New Canaan Nature Center, and learning outdoor survival skills at Kiwanis Park. Program runs for 9 weeks. First week is a shorter time from 3:15 - 4:30 PM.



YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

nurturing the potential of every child and teen

All Kids Are Our Kids

The New Canaan YMCA believes that all children and first and foremost children regardless of need or ability, and it is the goal of our Special Needs Department to welcome and encourage all members to participate in any program at our Y.

Our Special Needs Department provides both inclusive and specialized program options for members with special needs, including 1:1 staff support, as needed.

Participants enrolling a special needs program for the first time, or families interested in 1:1 support for inclusive programming, must notify Carolynn Kaufman prior to registering. Support staff is limited and provided to qualified participants on a first-come, first-served basis, as schedule allow.

Our YMCA is pleased to provide 1:1 program support to individuals with special needs at no additional cost to their families. This is made possible by year round generous donations to our Special Needs Initiative. If you wish to make a tax-deductible contribution to help us continue this important work, please contact: Carolynn Kaufman, Director of Special Needs Programming (203-966-4528 ext. 156) or Susan Cossette Eng, Financial Development Director (203-966-4528, ext. 142)

SOCIAL RECREATIONAL PROGRAMS

YSN TEEN SCENE (Ages 12-21)

Middle school and high school youth: Looking for something fun to do with other teens during the week? How about evenings out on the town and special events at the Y? Teen Scene is an ideal opportunity for teenagers with special needs to partake in social outings and special events with other teenagers and peers. **Program runs for 8 weeks.**

YSN Y-JAM MUSIC PROGRAM (Ages 10-21)

Y-JAM is an 8-week program designed for kids 10 years and older with special needs. Led by Gabriel Lit, M.A., MT-BC of Arts for Healing, Y-JAM is an upbeat, interactive pop music program incorporating movement, socialization, singing, playing instruments, and lots and lots of fun!

YSN ADULT CREATIVE ARTS WORKSHOP (Ages 18+)

Designed specifically for young adults with special needs, these drop-in monthly workshops will provide opportunities to explore various art media. We will gather to socialize for dinner first and then participate in creative art projects. Activities will include: painting, collages, gardening, using recycled materials, and much more!

**Nominal fee of \$15 per participant (\$20 for non-member) subsidized by generous donations to the Audrey Panzano Fund.

Dates: 9/17- Pizza & Art
10/29- Cooking & Bingo

YSN Teen Scene (Ages 12-21)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Varies	C. Kaufman/C. Chuzas	9/26-11/14	Thu.	6:15-7:30 pm	\$325	10

YSN Y-Jam (Ages 10-21)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Williams Room	C. Kaufman/Gabe Lit	10/1-11/19	Tue	4:45-5:30 pm	\$220	8

YSN Adult Creative Workshop (Ages 18+)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Williams Room	C. Kaufman/C. Chuzas	9/17, 10/29	Tue.	6:00-7:15 pm	\$15/\$20	8

YOUTH DEVELOPMENT: YSN SPECIAL NEEDS

nurturing the potential of every child and teen

Specialized YSN Fitness Programs

YSN TEEN YOGA (YSN: Ages 12+)

Specifically designed for teens with special needs, this class offers a therapeutic, yet fun, approach to yoga.

YSN KARATE ENRICHMENT (Ages 10+) 8-week course

In partnership with Kempo Academy, this beginner Karate for youth with special needs, focuses on the principles of discipline, self-control, and respect in a fun and non-competitive atmosphere.

YSN YOUTH FITNESS CLASS (Ages 12+)

This program is led by a certified personal trainer, teaches the basic principles of strength, endurance, and muscle conditioning while having fun exercising and socializing with friends.

YSN YOUNG ADULT HEALTHY LIVING (Ages 18-25)

Our Healthy Living program designed specifically for young adults with special needs includes yoga, zumba, and strength training in the Wellness Center led by a certified personal trainer. After our workout, we learn to prepare and enjoy healthy meals and snacks together.

YSN EXPLORER BEARS (Ages 6-13, drop-off program)

This drop-off gymnastics program for children with special needs offers children the freedom to move from station to station and explore a variety of activities while enhancing gross motor skills at their own pace.

YSN FAMILY EXPLORER BEARS (Ages 7-13)

Enjoy the wonderful Explorer Bears gymnastics program with a parent or caregiver. Siblings are welcome to join in the fun too (sibling fee \$55).

YSN OPEN GYM

Playtime in Higgins especially for YSN kids and their families. Parents/caregivers are required to stay and supervise play. Free for any participant registered in an Explorer Bear Gym program. \$15 for anyone not enrolled.

Drop-in Mondays: 5:15-6:00 pm

YSN TEEN GYM AND SWIM

A great opportunity for YSN teens to socialize and get exercise with their friends. We start with some fun in the Higgins gym and then move down to the warm Rec. Pool for free swim. Teens must be able to swim independently.

SPECIALIZED AQUATICS PROGRAMS: For more information, see specialized water activities on page 36.

YSN Teen Yoga (Ages 12+)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Mind-Body Center	C. Kaufman/YSN Staff	9/9-11/25	Mon.	4:15-5:00 pm	\$250	8

YSN Karate Enrichment (Ages 10+) 8-week course

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Group Exercise Studio	C. Kaufman/Staff	10/4-11/22	Fri.	4:30-5:15 pm	\$160	6

YSN Youth Fitness (Ages 12+)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Group Exercise Studio	C. Kaufman/YSN Staff	9/5-11/21	Thu.	5:15-6:00 pm	\$160	6

YSN Young Adult Healthy Living (Ages 18-25)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Group Exercise Studio	C. Kaufman/Staff	9/7-11/23	Sat.	2:15-3:30 pm	\$125	8

YSN Explorer Bears (Ages 7-13) Drop-off program.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	C. Kaufman/Staff	9/5-11/21	Thu.	4:00-4:45 pm	\$285	6

YSN Family Explorers (Ages 7-13) With parent/caregivers.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	C. Kaufman/Staff	9/7-11/23	Sat.	10:45-11:30 am	\$250/first child \$50/each additional child	6

YSN Teen Gym and Swim

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym/Rec. Pool	C. Kaufman/YSN Staff	9/7-11/23	Sat.	12:30-2:00 pm	\$320	8

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

Bouncing Bears and Beyond

Movement is at the very core of how children develop intellectually, emotionally, socially, and of course, physically. Our movement education program, provides children 12 months through 12 years with a safe, fun, kid-oriented environment where we focus on the total well-being of each child. Our gym is full of challenges for growing muscles and minds. Equipment is set up to enhance gross motor skills and effectively utilized to keep kids productive through their entire class. Through themed lessons plans, the students experience a variety of bouncing, tumbling, swinging, balancing, rhythm, and body awareness activities, with gymnastics skills developed along the way. Through our programs, it is our goal to increase each child's physical and creative confidence.

BOUNCING BEARS AND BEYOND

The program is divided into the following levels:

LITTLE BEARS:	12-24 months with parent
BIG BEARS:	24-36 months with parent
SIBNASTICS:	Sibling class for children 5 & under, with parent; 2 children must participate. \$212 per child.
TUMBLE BEARS:	3 years old, child only
HOT SHOTS:	4 years old, child only
DYNAMOS:	3-5 years old, child only
CURIOUS CUBS COMBO CLASS:	3-5 years old, child only
GYM & SWIM	3-5 years old, child only

FUNTASTIC GYMNASTICS

NOVAS 1:	Kindergarten & 1st grade
NOVAS 2:	Ages 7-11
SUPERNOVAS:	Ages 8-12
ZUMBANASTICS:	Ages 5-9

GYM & DIVE: All ages

(See page 22 for details.)

GYM & SWIM COMBO CLASS (Ages 3-5)

This 90 minute class features two specialties in one class. In the first 45-minutes children learn basic tumbling, movement education, and develop their skills. The second half of the class features a 30 minute swim class taught by a certified instructor. Children will be accompanied to the pool by their instructor and must come prepared with their bathing suit on under their gym clothes. Pick-up is in the Rec. Pool.

*Those interested in participating only in the gym portion of this program may register beginning August 19. Gym only fee: \$288

*Registration for the swim portion of the program will be available through August 26. Registration after this date will be for gym only.

EXPLORER BEARS (YSN)

Designed for children with special needs. See page 19 for more information.

OPEN GYM

Parents are required to stay and supervise play. FREE to any student registered in a Bouncing Bears class. Fee of \$15 per visit for anyone not enrolled in a class. Mon. and Wed. from 12:00-1:00 pm / Mon., Tue., & Thu., 3:15-4:00 pm / Sat. 9:45-10:45 am. Please note open gym times vary during vacation weeks and can be found online. For the safety of all, Open Gym is limited to 20 children at one time on a first-come, first-serve basis.

Make-Up Policy: We will make every effort to provide a make-up class for illness or injury in a regularly scheduled class only if there is space available. All make-ups must be approved and scheduled by Donna Carpenter dcarpenter@newcanaanyymca.org or by calling 966-4528, ext.175.

NEW THIS FALL!

CURIOUS CUBS COMBO CLASS (Ages 3-5)

We believe a healthy body and healthy mind go hand-in-hand. In our Curious Cubs Combo Class, children receive a well-rounded experience in many areas of learning (physically, socially, mentally, and cognitively) in this fitness /enrichment-based, educational preschool program. We tap into children's physical and creative sides by combining 45 minutes of fun preschool gymnastics with 45 minutes of hands-on learning in a classroom setting. Activities include art, science, and much more! Weekly themes make learning fun and our mixed group of ages 3-5 encourages cooperation, patience, manners, and helpfulness.

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

Bouncing Bears and Beyond

PARENT CHILD CLASSES

Little Bears (12-24 months with parent)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/Staff	9/9-11/25	Mon.	9:45-10:30 am	\$260	12
Higgins Gym	D. Carpenter/Staff	9/10-11/26	Tue.	9:00-9:45 am	\$260	12
Higgins Gym	D. Carpenter/Staff	9/4-11/20	Wed.	9:45-10:30 am	\$260	12
Higgins Gym	D. Carpenter/Staff	9/5-11/21	Thu.	9:45-10:30 am	\$260	12
Higgins Gym	D. Carpenter/Staff	9/6-11/22	Fri.	9:45-10:30 am	\$260	12

Big Bears (24-36 months with parent)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/Staff	9/9-11/25	Mon.	10:30-11:15 am	\$260	12
Higgins Gym	D. Carpenter/Staff	9/10-11/26	Tue.	10:30-11:15 am	\$260	12
Higgins Gym	D. Carpenter/Staff	9/4-11/20	Wed.	10:30-11:15 am	\$260	12
Higgins Gym	D. Carpenter/Staff	9/5-11/21	Thu.	10:30-11:15 am	\$260	12
Higgins Gym	D. Carpenter/Staff	9/6-11/22	Fri.	10:30-11:15 am	\$260	12

Sibnastics (Sibling ages 4 & under, with parent)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/Staff	9/9-11/25	Mon.	9:00-9:45 am	\$212	12

CHILD-ONLY CLASSES

Tumble Bears (3 years, child only)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/Staff	9/10-11/26	Tue.	9:45-10:30 am	\$288	8
Higgins Gym	D. Carpenter/Staff	9/4-11/20	Wed.	1:30-2:15 pm	\$288	8

Hot Shots (Ages 4-5, child only)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/Staff	9/9-11/25	Mon.	2:30-3:15 pm	\$288	8
Higgins Gym	D. Carpenter/Staff	9/4-11/20	Wed.	2:15-3:00 pm	\$288	8

Dynamos (Ages 3-5, child only)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/Staff	9/5-11/21	Thu.	2:30-3:15 pm	\$288	8
Higgins Gym	D. Carpenter/Staff	9/6-11/22	Fri.	9:00 -9:45 am	\$288	8

Gym & Swim Combo Class (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym/Rec Pool	D. Carpenter/J. Rojas	9/9-11/25	Mon.	1:30-3:00 pm	\$525	8
Higgins Gym/Rec Pool	D. Carpenter/J. Rojas	9/10-11/26	Tue.	2:30-4:00 pm	\$525	8

Curious Cubs Combo Class (Ages 3-5)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym/Kids Unlimited	D. Carpenter/J. Greywacz	9/5-11/21	Thu.	9:00-10:30 am	\$450	8

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

Bouncing Bears and Beyond

FUNTASTIC GYMNASTICS

Our recreational gymnastics program is designed to be a fun and challenging program that will enhance your child's overall athletic ability. It is a great fit for kids who want to learn gymnastics skills, stay fit, build strength and flexibility but don't want to commit to long hours in the gym or partake in competitions. It is our goal to help each and every gymnast enjoy the sport of gymnastics and discover their potential in a positive and encouraging environment. Each session will conclude with a parent presentation. Please contact Donna Carpenter at 203-966-4528, ext. 175 with any questions.

NOVAS 1: (Kindergarten & 1st Grade)

This beginner class is a starting point for those ready for a structured format in our recreational gymnastics program. Our instructors will incorporate a fun, caring environment with a learning atmosphere. Our goal is to instill confidence and help children develop basic gymnastic moves that will help them improve involvement in all sports. This class is taught in a progressive method that allows each child to develop at their own rate.

NOVAS 2: (Ages 7-11)

This beginner group is for children who want to expand their gymnastic experience in a structured setting that includes emphasis on flexibility, conditioning strength, apparatus station development and age appropriate gymnastics activities. Focus is on learning and improving basic skills including cartwheels, handstands, backbends, rolls, kickovers, and bar and beam moves. We will challenge athletes individually to help improve their gymnastics skills.

SUPERNOVAS: (Ages 8-12)

This intermediate class is for those who have been through structured gymnastics classes and are ready to learn skills at a more advanced level in a low-key environment. Skills such as cartwheels, handstands and somersaults should be mastered. We will improve on these, and focus on refinement and more difficult moves such as front & back walkovers, running round-offs, handstand forward rolls, handsprings, aerials, and front and back hip circles.

COMING THIS FALL!

THE ULTIMATE GIRLS SPORT... RHYTHMIC GYMNASTICS

Ages 5-7

For details, contact Donna Carpenter
at 203-966-4528, ext. 175.

GYM & DIVE CLASS

A great way to tie two sports into one great experience, this class is one hour of gymnastics and one hour of diving instruction.

Gymnastics segment: A structured class with an experienced instructor. Learn basic gymnastics skills to improve strength, flexibility, and body coordination.

Diving segment: Learn to translate these skills into the water and improve overall diving ability. Ideal for athletes who have a limited diving list and who want to learn the backbone of the sport.

Note: All classes start in the Valles Pool.

Start Date: 9/4

For more information, contact Joe Somma at (203) 966-4528, ext. 159, or jsomma@newcanaanyca.org

ZUMBANASTICS COMBO CLASS (Ages 5-9)

This 90-minute class features two specialties in one class! ZumbaNastics is a non-competitive way to increase your child's metabolism, boost self-confidence, and increase mental focus while enhancing coordination. Each class features 45 minutes of Zumba and 45 minutes of Gymnastics taught by a certified Zumba and gymnastics instructor. It's the perfect combination of fun and fitness!

Zumba segment: Designed exclusively for kids to get them motivated and moving! These classes feature rockin', high-energy, specially-choreographed, and kid-friendly dance routines set to the music kids love!

Gymnastics segment: A structured class that includes recreational gymnastics where kids will learn basic skills on floor, balance beam, bars, and tumbletrak.

Note: All classes start in the Spinning & Training Center. Pick up is in the Higgins Gym.

YOUTH DEVELOPMENT: BOUNCING BEARS & BEYOND

nurturing the potential of every child and teen

Bouncing Bears and Beyond



Novas 1 (Kindergarten & 1st Grade)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/Staff	9/10-11/26	Tue.	4:00-4:45 pm	\$314	12
Higgins Gym	D. Carpenter/Staff	9/4-11/20	Wed.	4:00-4:45 pm	\$314	12

Novas 2 (Ages 7-11)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/Staff	9/6-11/22	Fri.	4:00-4:45 pm	\$314	12

Supernovas (Ages 8-12)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/Staff	9/10-11/26	Tue.	4:45-5:45 pm	\$314	12
Higgins Gym	D. Carpenter/Staff	9/6-11/22	Fri.	4:45-5:45 pm	\$314	12

Zumbanastics Combo Class (Ages 5-9)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym	D. Carpenter/L. Aikler	9/4-11/20	Wed.	4:00-5:30	\$370	12

Gym & Dive

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Higgins Gym/Valles Pool (9 & under)	J. Somma/Staff	9/10-11/26	Tue.	5:00-7:00 pm	\$425	15
Higgins Gym/Valles Pool (All ages)	J. Somma/Staff	9/4-11/20	Wed.	5:30-7:30 pm	\$425	15
Higgins Gym/Valles Pool (10 & over)	J. Somma/Staff	9/5-11/21	Thu.	5:30-7:30 pm	\$425	15

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

nurturing the potential of every child and teen

Aquatic Info and Policies

New Canaan YMCA Aquatics "NO SECOND CHANCE"

In 2007, the New Canaan YMCA Aquatic Department has implemented a campaign called "NO SECOND CHANCE" to focus on safety for all who use our pools. We conduct swim testing on all members 15 years and younger before participating in Family Swim. Aquatic staff will be available to test members 15 yrs and younger during all Family Swims.

Swim bands will be instituted in February for all Family Swim times. All children ages 15 and under will be tested and assigned a color swim band based on ability.

SWIM LESSON POLICIES

Y-SWIM MAKEUP CLASS POLICY

It is our desire that each student attend all classes within a session. This will provide the maximum benefit to the development of a child. Therefore, a makeup class can only be allowed for a student who has been sick the day of their class, and with a doctor's note. All make-ups MUST be approved AND scheduled by Kim Rojas, Assistant Aquatics Director, by calling 966-4528 ext. 143.

REGISTRATION DEADLINE

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

ONE-ON-ONE SWIM LESSONS

Private one on one swim lessons are available. Please contact Kim Rojas, Assistant Aquatics Director at krojas@newcanaanymca.org for further details.

MEMBER SWIM OFFERINGS

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

Please...play it safe...obey the rules.

*Pool Rules are posted in both pools.

ADULT LAP: For members 13 and older looking to swim for leisure and exercise. Please follow guidelines posted in the pool so as not to interfere with another person's workout. Children are not permitted to swim during this period.

VALLES DEEP WATER WELL: This time is open to adults during Adult Lap Time. It is used primarily for deep water walking and overflow from lap lanes. Lane lines will be put in by the lifeguard upon member request.

THERAPY SWIM: For older adults, handicapped individuals, and those needing warm water therapy. In order to have a lane put in a doctor's note must be on file with Josephine Rojas-Aquatic Director. Only 1 lane line will be put in during therapy swim. No lap lane will be available when Therapy Swim is sharing the pool with another activity.

FAMILY SWIM: intended for those members with family memberships, everyone must have a valid New Canaan YMCA membership in order to swim.

When participating in Family Swim, the ratio is 1 adult to no more than 6 children (no more than 2 non-swimmers).

FISH PASS PROCEDURE: Fish Passes are required to participate in Family Swim and are available at the check-in desk.

Only 50 people are permitted in the Rec Pool at one time. Weekday maximum number is 25.

Non-members may participate in Family Swim at the following fees: 0-14 years - \$5.00; 15 - 21 years - \$15.00; Adult - \$30; Adult M/C or W/C - \$50.00" Children under 12yrs. and non-swimmers of any age MUST have an adult (Age 18+) in a bathing suit in the pool responsible for the child at all times in order to participate in family swim.

NON-SWIMMERS OF ANY AGE AND CHILDREN USING A SWIM AID MUST HAVE A PARENT IN THE POOL NO MORE THAN AN ARMS LENGTH AWAY ALL TIMES. We do not allow any inflatable toys or swim aids in the pools. In consideration to our family members please refrain from lap swimming during family swim times; NO ADULT LAP SWIMMING.

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

nurturing the potential of every child and teen

Swim Lessons: Parent/Child: 6-36 Months

The New Canaan YMCA Aquatics program offers a fun, safe, and enjoyable experience for parents and young children. Under the direction of trained and certified staff, your child will participate in a combination of water-adjustment skills, songs, and games geared for their age group and swim level. Y-Swim Lessons for preschoolers are divided into two-groups: 6-36 month olds with parent, and 3-5 year olds independent with an instructor.

PARENT ORIENTATION

All parents who have children taking swim lessons in the winter are invited to attend a parent orientation on Thursday, August 29, 6:00 - 7:00 PM. Parents will be able to meet the aquatics staff, we will review the program, and answer any questions.

Swim lessons policies: Page 24

Shrimp/Kipper - Children between the ages of 6-12 months. Children can control head and sit with or without support of hands.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	11:00-11:30 am	\$235	12
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	9:30-10:00 am	\$235	12

Inia - Children between the ages of 13-18 months. Child can stand without support; walks with or without support or aid.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	11:30-12:00 pm	\$235	12
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	9:30-10:00 am	\$235	12
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	11:35-12:05 pm	\$235	12

Perch - Children between the ages of 19-36 months. Child can run, jump, and is beginning to speak using words and phrases.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	10:30-11:00 am	\$235	12
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	10:00-10:30 am	\$235	12
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	11:00-11:30 am	\$235	12
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	12:10-12:40 pm	\$235	12
Rec. Pool	J. Rojas/Staff	9/5-11/26	Tue. & Thu.	11:00-11:30 am	\$470	12

Perch 2 - Children between the ages of 24-36 months. Child has experience with flotation (IFD), is comfortable in the water, and is starting to show confidence and independence.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	9:30-10:00 am	\$235	12
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	11:00-11:30 am	\$235	12
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	12:45-1:15 pm	\$235	12

Perch 2 Plus - Child should be at least 33 months old. This is a parent/child class for children who have completed the Perch 2 level and who are able to progress to this advanced class at the instructor's recommendation. This is a bridge class to the preschooler levels for children who do not meet the age requirement but are ready for more of a challenge. Child must be at least 32 months at start of session. Parent participation in the water and instructor's recommendation are required for this class.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	9:30-10:00 am	\$235	5
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	11:00-11:30 am	\$235	5

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

nurturing the potential of every child and teen

Swim Lessons: Pre-School: 3-5 Years Old

CHILD-ONLY CLASS EMPHASIZING SKILL DEVELOPMENT

Pike 1 - Child cannot swim independently. Apprehensive/first-time experience. Basic swimming and water safety skills are begun.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	1:40-2:10 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	2:35-3:05 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	3:10-3:40 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	10:30-11:00 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	5:25-5:55 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	10:30-11:00 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	4:00-4:30 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/6-11/22	Fri.	2:00-2:30 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	10:25-10:55 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	11:00-11:30 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/4-11/25	Mon. & Wed.	11:00-11:30 am	\$500	5

Pike 2 - Child can swim independently with back float, is not apprehensive, and may be trying to paddle stroke. Basic swimming without floatation and water safety skills are the focus.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	10:00-10:30 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	1:40-2:10 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	2:15-2:45 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	3:10-3:40 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	3:25-3:55 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	4:00-4:30 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	10:00-10:30 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	2:15-2:45 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	4:00-4:30 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	10:30-11:00 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	3:10-3:40 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	3:25-3:55 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	4:00-4:30 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	10:00-10:30 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	2:15-2:45 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	5:25-5:55 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/6-11/22	Fri.	2:00-2:30 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/6-11/22	Fri.	2:30-3:00 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/6-11/22	Fri.	3:00-3:30 pm	\$250	5
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	9:50-10:20 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	10:25-10:55 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	11:15-11:45 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/4-11/25	Mon. & Wed.	10:00-10:30 am	\$500	5
Rec. Pool	J. Rojas/Staff	9/5-11/26	Tue. & Thu.	10:00-10:30 am	\$500	5

Gym & Swim Combo Class: Mondays 1:30-3:05 pm or Tuesdays 2:30-3:55 pm. See page 20 for more information.

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

nurturing the potential of every child and teen

Swim Lessons: School Age: 3-5 Years Old

Eel - Child can swim independently at least five feet on their front and back in a horizontal position. Emphasis at this level is putting face in the water, so child should be comfortable submerging underwater. This class also concentrates on back floating independently and kicking on back while finning. Dives and diving safety are introduced.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	2:00-2:30 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	2:15-2:45 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	3:25-3:55 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	4:00-4:30 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	10:30-11:00 am	\$250	6
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	5:25-5:55 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	10:30-11:00 am	\$250	5
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	3:25-3:55 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	10:00-10:30 am	\$250	6
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	2:15-2:45 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/6-11/22	Fri.	2:30-3:00 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	9:50-10:20 am	\$250	6
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	10:40-11:10 am	\$250	6
Rec. Pool	J. Rojas/Staff	9/4-11/25	Mon. & Wed.	2:50-3:20 pm	\$500	6
Rec. Pool	J. Rojas/Staff	9/5-11/26	Tue. & Thu.	2:15-2:45 pm	\$500	6

Ray/Starfish - Child can swim 20 feet in prone position with face in the water, is able to begin over arm recovery while swimming front crawl, and back floats independently. Rotary breathing is introduced and emphasized. Continued challenge in diving, elementary backstroke, and survival skills are begun in this level.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	2:00-2:30 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	2:50-3:20 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	4:00-4:30 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	3:10-3:40 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/6-11/22	Fri.	3:00-3:30 pm	\$250	6
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	9:50-10:20 am	\$250	6

Swim lessons policies: [Page 24](#)

PARENT ORIENTATION

All parents who have children taking swim lessons in the winter are invited to attend a parent orientation on Thursday, August 29, 6:00 - 7:00 PM. Parents will be able to meet the aquatics staff, we will review the program, and answer any questions.

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

nurturing the potential of every child and teen

Swim Lessons: School Age: Grades K and Up

CHILD-ONLY CLASS EMPHASIZING SKILL DEVELOPMENT

A little about our program... Children kindergarten and up may join this program for water adjustment, stroke development, physical conditioning, and personal safety as well as fun. Classes are taught within the guidelines set up by the YMCA of the USA National Aquatics Program. Each of the seven developmental levels is divided into five elements: personal safety, stroke -development, water sports and games, personal growth, and rescue. Required membership: Youth or Family.

Pollywog 1 - No previous experience and/or hesitancy in the water. Assisted paddle stroke, blowing bubbles, and kicking.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	5:25-6:10 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	4:35-5:20 pm	\$272	6

Pollywog 2 - Beginning to swim independently and comfortable in the water. Front and back glides introduced. Concentration is on endurance and strength to accomplish 25 yds. on front and back. Rhythmic breathing is introduced.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	5:25-6:10 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	3:45-4:30 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	5:25-6:10 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	4:35-5:20 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	5:25-6:10 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	5:25-6:10 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	9:50-10:35 am	\$272	6
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	11:15-12:00 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/4-11/25	Mon. & Wed.	3:45-4:30 pm	\$544	6
Rec. Pool	J. Rojas/Staff	9/5-11/26	Tue. & Thu.	4:35-5:20 pm	\$544	6

Guppy - Beginning front crawl with overarm recovery. Child is able to swim 25 yds. on front and back in a horizontal position. Concentration is on rotary breathing and backstroke. Symmetrical arms introduced.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	3:45-4:30 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	5:25-6:10 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	4:35-5:20 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	3:45-4:30 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	3:45-4:30 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	4:35-5:20 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	5:25-6:10 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	9:00-9:45 am	\$272	6
Rec. Pool	J. Rojas/Staff	9/4-11/25	Mon. & Wed.	4:35-5:20 pm	\$544	6
Rec. Pool	J. Rojas/Staff	9/5-11/26	Tue. & Thu.	3:45-4:30 pm	\$544	6

Gym & Swim Combo Class: Mondays 1:30-3:05 pm or Tuesdays 2:30-3:55 pm. See page 20 for more information.

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

nurturing the potential of every child and teen

Swim Lessons: School-Age Grades K and Up

Sting Rays (Ages 8-13/Older beginner class) – Beginning to swim independently and comfortable in the water. Concentration is on endurance and strength to accomplish 25 yards on front and back.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	3:45-4:30 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	10:40-11:25 am	\$272	6

Minnow - Concentration on front crawl with coordinated overarm recovery and rotary breathing. Can swim front crawl and backstroke 25 yards without stopping. Symmetrical strokes are introduced.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	4:35-5:20 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	5:25-6:10 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	4:35-5:20 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	4:35-5:20 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	3:45-4:30 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	4:35-5:20 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	9:00-9:45 am	\$272	8
Rec. Pool	J. Rojas/Staff	9/5-11/26	Tue. & Thu.	5:25-6:10 pm	\$544	8

Fish - Continued stroke development, endurance swims, and stroke development on front and back crawl and breaststroke. Concentration on learning the butterfly, and flip turns are introduced.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	4:35-5:20 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	4:35-5:20 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	5:25-6:10 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	3:45-4:30 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	9:00-9:45 am	\$272	8

Flying Fish - Advanced level with emphasis on endurance swims and stroke development of all four competitive strokes and sidestroke. Individual medley, racing starts, and lifesaving medley are also covered.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/9-11/25	Mon.	4:35-5:20 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/7-11/23	Sat.	9:00-9:45 am	\$272	8

Shark/Porpoise - This level is for the accomplished swimmer in the YSWIM program. The atmosphere is one that encourages new experiences: Swim team, lifeguarding skills, snorkeling, and water sports and games are among just a few we hope to cover. The focus will also be on continued stroke development through drills and a generous workout experience that the swimmer will be able to carry with them through adulthood.

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/4-11/20	Wed.	4:35-5:20 pm	\$272	8
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	3:45-4:30 pm	\$272	8

Swim lessons policies: [Page 24](#)

PARENT ORIENTATION: Thursday, August 29, 6:00 - 7:00 PM.

First time participants, come meet our staff. This is an opportunity to see the pool and learn more about how we run our program.

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

Caimans Swim Team

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



CAIMANS COACHING STAFF

Michael Ferraro - Competitive Swimming Director

Chandler Crosby - Associate Competitive Swimming & Age Group Director

John Weitz - Senior Developmental Coach

Kat Munson - Assistant Senior Coach

Drew Kingman - Assistant Age Group Coach/
Head Developmental Coach

Mollie Calzone - Assistant Age Group & Developmental Coach

DEVELOPMENTAL (12-Week Sessions, Sept. - June):

PRE-TEAM A (8/under), PRE-TEAM B (8/under),

PRE-TEAM C (ages 8-10):

Instructional in nature and a beginning level for future Caimans swimmers 10 years old and younger. The group works on proper body balance and the coordination of each of the competitive strokes. Swimmers have the opportunity to participate in an optional inter-squad event at the conclusion of each 12-week session. To participate, swimmers must complete 25 yards of the front crawl with their face in the water and 25 yards of backstroke, both without stopping.

RED SQUAD

This is a group that promotes health and fitness for swimmers ages 11-14. This level is designed to develop swimming technique and expose young swimmers to aerobic conditioning in a laid back environment where their physical fitness is the top priority. The four competitive strokes are taught, however, freestyle and back stroke are the primary strokes used for conditioning purposes. There will be an optional inter-squad event at the end of the 12-week session. In order to participate, swimmers must be able to complete 50 yards of the front crawl without stopping.

Age Group Program

PRIDE (Ages 8 & under)

Introduction to competitive swimming for ages 8 and under. Swimmers must know how to do the four competition strokes. The primary focus of this group is refinement of the four strokes, as well as starts and turns.

STARS 1 (Ages 9-10)

Introduction to competitive swimming for ages 9-10. Swimmers must know how to do the four competition strokes. The primary focus of this group is refinement of the four strokes, as well as starts and turns.

STARS 2 (Ages 9-10)

Advanced level for ages 9-10. The primary focus of this group is continued refinement of the four competition strokes, starts, and turns. In addition, swimmers begin to learn the basics of swim training.

JUNIOR OLYMPIANS 1 (Ages 11+)

Introduction to competitive swimming for ages 11 and older. Swimmers must know how to do the four competition strokes. The primary focus of this group is refinement of the four strokes, as well as starts and turns.

JUNIOR OLYMPIANS 2 (Ages 11-12)

Advanced level for ages 11-12. Swimmers work to perfect competition techniques as they expand their experience with swim training in preparation for the Senior/National program.

Senior Program

SENIOR/NATIONAL (Ages 13+)

Swimmers in this program concentrate on training for competition. In addition to acquiring advanced workout skills and experience, swimmers learn advanced methods of race training with the goal of qualifying for national level meets.

SENIOR PREP (Ages 13+)

Swimmers work to perfect competition techniques as they expand their experience with swim training in preparation for the Senior/National program. Practices are geared for swimmers not ready for the level of commitment required for the Senior/National group.

*Swimmers must meet additional criteria for placement in all the above competitive levels. To schedule a try-out, please contact Chandler Crosby at ccrosby@newcanaanymca.org or ext. 138.

Learn more about our program online at www.newcanaanymca.org/programs/caimansswimteam

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

Caimans Swim Team

MASTERS SWIM

Masters Swim is a 12-week program aimed toward active adults looking to improve their endurance and strokes in the pool, whether for triathlons, masters competition, or personal well-being.



DEVELOPMENTAL LEVELS

Pre-Team A (Ages 8/under)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Valles Pool	D. Kingman/C. Crosby	9/6-11/25	Mon. & Fri.	4:00-4:45 pm	\$520	18

Pre-Team B (Ages 8/under)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Valles Pool	D. Kingman/C. Crosby	9/6-11/25	Mon. & Fri.	4:45-5:30 pm	\$520	18

Pre-Team C (Ages 8-10)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Valles Pool	D. Kingman/C. Crosby	9/5-11/26	Tue. & Thu.	6:15-7:00 pm	\$520	16

Red Team (Ages 11-14)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Valles Pool	D. Kingman/C. Crosby	9/5-11/26	Tue. & Thu.	3:15-4:00 pm	\$520	15

MASTERS TEAMS

Morning Masters (Ages 18/over)

Location	Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Valles Pool	Staff	9/4-11/25	Mon. & Wed.	5:45-6:45 am	\$60/\$75	14

* Pool shared with Caimans Senior Team.

Lunch Time Masters (Ages 18/over)

Location	Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Valles Pool	Staff	9/4-11/25	Mon & Wed.	11:00-12:00 pm	\$60/\$75	14

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

Whirlwind Diving Team

YMCA NATIONAL DIVING CHAMPIONS 2013

The Whirlwind Diving program has over 200 athletes from the beginner to the elite level. Our coaching staff strives to develop each individual's diving mechanics, while creating a positive, safe, and motivating environment.

COACHING STAFF

Head Coach: Joseph J. Somma, Jr.

Joe Somma brings over 20 years of coaching experience to the New Canaan YMCA and is the 2001 recipient of the Robert Moss Award for his contribution to YMCA Diving. Under the guidance of Mr. Somma, the team has earned 13 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 2012-2013

- Seven High School All-Americans
- 2013 YMCA National Champions
- Region 1 Championships
- Home of the 2013 Boys and Girls high school state champions

MEET INFORMATION

In the past Whirlwind Diving has competed in the following meets:

LOB Invitational – CAMO International Invitational – All Star Challenge – WWD Winter Weekend – Wendy Wyland – Big Apple – Blue Dolphin Invite – Spinner – Regional Championships – Zones – YMCA Nationals

The coaching staff will determine readiness for each competition.



YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

Whirlwind Diving Team

Whirlwind Diving is for all levels, beginner to advanced. Athletes are grouped and trained in the following levels:

DEVELOPMENT

3 Month Sessions

Learn to dive with your choice of coach

This group is designed for both the beginner with no background in the sport of diving, and perfect for the diver who has a limited skill set. Participants will not attend meets.

Commitment: 2 days a week for 1 hour

TRI-STATE LEAGUE TEAM

3 Month Sessions

Perfect for divers with limited list of dives and who want to compete in dual meets. This level prepares athletes for competitions in a less stressful environment. Athletes will not be required to travel out of the tri-state area. Participants will need to know how to perform front dive, back dive, inward dive, front or back somersault. Athletes must also have no fear of learning dives from the three-meter board.

\$100 Fee (To cover membership for the league and competitions) is due at REGISTRATION.

Commitment: 2 or 3 days a week for 1 ½ hours

FUTURE STARS

Must be 10 years old or younger by registration date. Athletes will compete at some invitational or regional meets when they are ready.

Commitment: 2 days a week for 1 hour and 15 minutes

JUNIOR JO

Perfect for athletes looking to compete in limited competitions and want to focus on either a high school diving career or prepare for the JO Team

Commitment: 3 days a week for 1 ½ hours

JO TEAM

Invitation Only

Athletes must have a JO list of dives in order to be in this group. This group is designed for participants who need a more exclusive practice setting. Athletes in this level will travel out of state for competitions: invitationals, regionals, east nationals, YMCA nationals, and JO summer nationals.

Dates: September–August

Commitment: Varies by JO level

GYM & DIVE CLASS

A great way to tie two sports into one great experience, this class is one hour of gymnastics and one hour of diving instruction.

Gymnastics segment: A structured class with an experienced instructor. Learn basic gymnastics skills to improve strength, flexibility, and body coordination.

Diving segment: Learn to translate these skills into the water and improve overall diving ability. Ideal for athletes who have a limited diving list and who want to learn the backbone of the sport.

Note: All classes start in the Valles Pool.

Start Date: 9/4

For more information or if interested in participating, contact Joe Somma at (203) 966-4528, ext. 159, or jsomma@newcanaanymca.org



YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

Synchronized Swimming

SYNCHRO FISH (12-week program)

A once-a-week class for girls ages 6-10, this class is great for beginners! Swimmers learn basic synchro skills in a safe, non-competitive environment. Girls will enjoy playing games, listening to our underwater sound system, and learning synchro positions upside down in the deep end! At the end of the session, they will combine the skills they learned into a routine and perform for their families!

Practice Commitment: One day per week.

Prerequisites: Must be able to swim length of pool using freestyle, backstroke, and breaststroke and be comfortable going underwater. Minnow proficiency or higher. No synchro experience necessary.



"My husband and I feel so grateful that our daughter has become a part of the synchronized swimming team. Respect, independence, team work, and consideration of others have been shared with my daughter. The building of positive self-esteem that is encouraged to each of these girls is just priceless. The coaches are the MOST caring, thoughtful, driven, kind women that I have ever met. Their tireless and complete effort to this team truly amazes me. I am a proud mother of a 13-year old Aquiana."

- Synchronized Swimming Parent

SYNCHRO PRE-TEAM

This full year program teaches synchro skills in a non-competitive environment. Working together from September to June allows the girls to learn teamwork and build friendships. The girls will spend the fall learning basic synchronized swimming skills, and the spring combining them into a routine to perform in the NC YMCA Aquianas' end of the year watershow. Both beginners and girls with some synchro class experience will enjoy this program.

Practice Commitment: 2 days per week

Prerequisites: For strong swimmers: Flying Fish/Shark or equivalent.

SYNCHRO STARS TEAM (September-June)

An entry-level team that introduces the competitive synchronized swimming program to swimmers who have advanced through the Fish and Stripes classes. 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 for those who qualify. Participants may sign up for a full year or for a 12 week trial (fall only).

Practice Commitment: Three days per week.

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS & TEAM SPORTS

nurturing the potential of every child and teen

Synchronized Swimming

NC YMCA AQUIANAS SYNCHRONIZED SWIM TEAM

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

Synchro Fish

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Rec Pool	J. Muzyk/Staff	9/6-11/22	Fri.	4:00-5:30 pm	\$425/\$450	16

Synchro Pre-Team

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Valles Pool Balcony	J. Muzyk/Staff	9/9-6/15	Mon.	4:00-5:30 pm	\$1030/\$1100	10
Rec Pool			Fri.	4:00-5:30 pm		

Synchro Stars Team (Ages 10/under)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Rec Pool	J. Muzyk/Staff	9/16-6/14	Mon.	5:30-8:00 pm	\$1545/na	10
Rec Pool			Fri.	4:00-6:30 pm		
Valles Pool			Sat.	1:00-3:30 pm		

12-week Trial of Stars Team (ages 10/under)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Rec Pool	J. Muzyk/Staff	9/6-11/25	Mon.	5:30-8:00 pm	\$695/\$720	10
Rec Pool			Fri.	4:00-6:30 pm		
Valles Pool			Sat.	1:00-3:30 pm		

Synchro Stars Team (Ages 11-12)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Rec Pool	J. Muzyk/Staff	9/16-6/15	Mon.	5:30-8:00 pm	\$1545/na	10
Rec Pool			Fri.	4:00-6:30 pm		
Valles Pool			Sun.	3:00-5:30 pm		

12-week Trial of Stars Team (Ages 11-12)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Rec Pool	J. Muzyk/Staff	9/6-11/25	Mon.	5:30-8:00 pm	\$695/\$720	10
Rec Pool			Fri.	4:00-6:30 pm		
Valles Pool			Sat.	3:00-5:30 pm		

Synchro Stars Team (Ages 13/over)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Valles Pool	J. Muzyk/K. Bessinger	9/17-11/26	Tue.	5:00-6:30 pm	\$1545/na	10
Valles Pool			Fri.	5:00-8:30 pm		
Valles Pool			Sun.	5:30-8:00 pm		

12-week Trial of Stars Team (Ages 13/over)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Valles Pool	J. Muzyk/Staff	9/6-11/26	Tue.	5:00-6:30 pm	\$695/\$720	10
Valles Pool			Fri.	5:00-8:30 pm		
Valles Pool			Sun.	5:30-8:00 pm		

YOUTH DEVELOPMENT: YOUTH WATER ACTIVITIES

nurturing the potential of every child and teen

Specialized Water Activities

ANGEL FISH (YSN) 11-week class.

A small group class for children with special needs and his or her parent. This class will use therapeutic techniques to strengthen muscles, normalize muscle tone, and modulate the sensory system. Using the water's properties of buoyancy, resistance and hydrostatic pressure, we will meet each child's individual needs. This class is run by Ailene Tisser-Physical Therapist, along with other therapists and a YMCA instructor. The focus will be on parent education regarding therapeutic activities, basic swim skills, peer interaction, motor planning, and mostly FUN! Siblings cannot swim at this time. Siblings will be invited to swim on the last class at the instructor's discretion.

TLC SALAMANDER (YSN)

This is a "bridging" class especially for children with special needs who are ready to be introduced to a regular swim lesson format. All children must be evaluated by the Aquatics Department prior to registering to determine if this is the appropriate class for them. The class ratio will be 1 instructor to 3 children. Registration will not be accepted without Director's approval.

NEW! TLC SALAMANDER FOR YOUNG ADULTS (YSN: Ages 18-25)

BUDDY SWIM (YSN: Ages 7-12)

The New Canaan YMCA is proud to offer a class for children with special needs aged 7-12 years old led by an instructor. Staff will work on skill development under the direction of the swim instructor, while increasing each child's self-confidence.

TEEN GYM AND SWIM (YSN)

A combination gymnastics and swim program for teenagers with special needs! See page 17 for more information.

YOUTH EDUCATION & LEADERSHIP

RED CROSS LIFEGUARD COURSE

Take this complete course to be a lifeguard, course Includes: Lifeguard/First Aid; CPR/AED For the Professional Rescuer, minimum age is 15 yrs old. Course available to members and non-members.

Tuesday Evening Course (8 weeks)

6pm-9:30pm

Dates: 9/17-11/12



Angel Fish (YSN) 11-week Class

Location	Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	YSN Staff	9/10-11/26	Tue.	7:00-7:45 pm	\$513	12

TLC Salamander (YSN)

Location	Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	YSN Staff	9/4-11/20	Wed.	5:25-6:10 pm	\$330	5

TLC Salamander for Young Adults (YSN: Ages 18-25)

Location	Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	YSN Staff	9/4-11/20	Wed.	5:25-6:10 pm	\$330	5

Buddy Swim (YSN: Ages 7-12)

Location	Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	YSN Staff	9/7-11/23	Sat.	9:50-10:35 am	\$272	6

HEALTHY LIVING: FAMILY TIME

improving the nation's health and well-being

Family Programs & Wellness

Y-GUIDE/Y-PRINCESS

(A Father/Son and Father/Daughter program:
Kindergarten - 4th Grade)

The Y-Guide/Princess program instills closer family relationships between parents and children. Our program fosters togetherness... doing fun things, such as crafts, hiking, outings, stories, games, and hobbies. In the process, participants get to know and understand each other better. Parents become more aware of their children's needs, and at the same time children are provided with the important adult role models so necessary to their development. Youngsters savor the joys of achieving in joint projects, and parents, the fun and value of companionship with their children on a one-to-one basis. The parents and youngsters join and participate together in small groups called tribes.

REGISTRATION FOR THE 2013-2014 PROGRAM

	Past Participant	New Sibling	First-Year Participants
Y Members	Child: \$66 Dad: Free	Child: \$76 Dad: Free	Child: \$99 Dad: Free
Non-Members	Child: \$156 Dad: \$130	Child: \$168	Child: \$191 Dad: \$155

Limit: 20 families per tribe.

KICK-OFF EVENT

Thursday, September 12, 6:00-7:30

Join us at Kiwanis Park as we kick off another great year of YG&P! Event is free and open to all tribes.

OUTING INFORMATION

Fall (Camp Mohawk, Litchfield, CT)

Princess: 9/28-9/29

Guide: 10/5-10/6

YG&P TRIBE NIGHTS

Throughout the year, Tribe Nights are held at the Y for YG&P participants to come together and enjoy all the Y has to offer! Activities may include Bouncing Bears, games in the South Gym, Swimming, Father/Child Yoga and/or Zumba, and more! Please see your Tribe Leader for more information.

FAMILY DINNER NIGHT
FRIDAY, SEPTEMBER 27, 6-8 PM

See page 47 for more information.

FREE MEMBER CLASSES

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

FAMILY SPIN

For teens and adults, come on your own, with a friend, or with a family member. Spinning is a unique group exercise class performed on stationary cycles. Set to your favorite music, this class is a great workout, not to mention a fun ride! This class is free to members and runs continuously; session dates do not apply. Bring a towel and water bottle to each class. Note: Participant must have a minimum leg length of 30 inches from the top of hip bone to the bottom of foot.

*Great for youth with special needs and his/her family.

F.I.T. PROGRAM (families in training)

The F.I.T. Program is designed to strengthen families by providing opportunities to exercise together in a safe, fun environment. After successfully completing the exam at the end of the 8-week Youth Strength Training class, teens ages 12-14 will be eligible for the Teen F.I.T. Pass, allowing them to use the Wellness Center from 2-5 pm Monday through Sunday. F.I.T. Pass holders may also work out with their parent at any time. Teens can also earn a F.I.T. Pass by completing 10 sessions with a personal trainer and successfully completing the Youth Strength Training exam. F.I.T. classes are free for family members!

*Great for youth with special needs and his/her family.

FAMILY PILATES FUSION

This class introduces the basics of Pilates mat with easy-to-follow moves for moms, dads, and kids to strengthen the core, plus 20 minutes of flexibility exercises to increase flexibility in the back, hamstrings, calves, hips, and shoulders. This drop-in class is open to all, including kids ages 10 and up! See current group exercise schedule for day and time.

*Great for youth with special needs and his/her family.

Halloween Party

SUNDAY, OCTOBER 27

2:00-4:00 PM

(Directly after the town parade)

**CELEBRATE HALLOWEEN AS A FAMILY
AND COME IN COSTUME FOR
GAMES, TREATS, AND MORE!**

FREE AND OPEN TO THE COMMUNITY

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

improving the nation's health and well-being

New Canaan YMCA Wellness Center & Group Fitness

WELLNESS CENTER

With beautiful facilities and qualified, caring staff, the Y's Wellness Center is here to support you as you work to maintain a healthy lifestyle.

Equipment includes:

Precor Experience treadmills, Ellipticals, AMTs, recumbent and upright bikes, with personal viewing screens, a NuStep recumbent Trainer, a Krankcycle, an Upper Body Ergometer, Arc Trainers and Concept 2 Rowers. We have various training accessories including medicine and stability balls, 2 selectorized equipment lines, Paramount and Hoist "Roc-It", and several free weight options.

The Wellness Center is open to members 15 and older (F.I.T. Pass training available for 12-14 year olds; see page 16). All new members receive 2 complimentary orientation sessions with a wellness staff member. Please call 203-966-4528, ext. 154 to schedule an appointment.

GROUP FITNESS: FIND STRENGTH IN NUMBERS

Enjoy your choice of more than 80 classes each week as a part of your Y membership! Whether your goal is improving endurance, building strength, or increasing flexibility and core strength, you're bound to find strength in numbers in one of our group exercise classes.

Here's a sampling: Yoga, Group Power, Spinning, Group Step, Group Active, Fit & Functional, Circuit Challenge, Group Kick, Pilates Mat, NIA, Zumba, Core Fusion, Family Pilates Fusion

In addition there are several Water Group Fitness Class offerings: Hydrofit, Deep Water Conditioning, Depth Charge, Aquamates, Ai Chi, and Aqua Zumba

Our current schedule is available at our front desk or online at www.newcanaanymca.org.

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

PERSONAL TRAINING

All ages...abilities...and workout needs!

All of our personal trainers are either certified by ACSM (American College of Sports Medicine) or an organization that recognizes CECs. Personal training sessions can be private or semi-private, providing you with the opportunity to benefit from one of our trainers with a friend. Additionally, we offer packages and services that can help you get started with your training program.

- **Ready, Set, Go!** This is a chance to meet with your trainer to discuss your goals and perform the proper assessments necessary to establish a baseline. Add to Personal Training package for \$50.
- **Motivation Package:** For first-time clients only. This package includes one "Ready, Set, Go!" session and three personal training sessions. *Blood pressure screening and body composition available upon request.

Personal Training Rules

- Appointments must be cancelled 24 hours in advance, or sessions may not be made up.
- Session packages must be used within one year of purchase date.
- All sessions expire and no refunds issued after designated use periods.
- Personal training at our facility is permitted only by New Canaan YMCA personal trainers.

Director: Diane DiBella

Personal Training Fees: Rates effective January 1, 2013

Sessions (1 hr.)	One person (one trainer/one client)	Two person (one trainer of same 2 clients)
1	\$70	\$54 per person
3 + \$50 Ready, Set, Go	\$241 Motivation Package	\$196 per person Motivation Package
5	\$339	\$262 per person
10	\$659	\$504 per person
20	\$1,275	\$968 per person

Ready, Set, Go! Add on \$50/\$100. Note: All personal training prices subject to change.

* Want to add Nutrition Counseling to your sessions? Check out Healthy Balance Package #2.

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

improving the nation's health and well-being

Fit-traxx

SMALL GROUPS, BIG RESULTS

The New Canaan YMCA is proud to be the first in the area to offer FIT-traxx. FIT-traxx is the incredible small group training program that is scientifically designed to help people of all ages, shapes and sizes melt fat, increase energy and build strength and tone in only FOUR WEEKS!

A FIT-traxx Coach guides you through every single step from your strength and cardio workouts to nutritional strategies that will give you all the answers you need to finally get the results you want. Learn more at our complimentary demo sessions held prior to every 4 week session. More information available at www.newcanaanymca.org/programs/FIT-traxx.



FIT-TRAXX DEMO WEEKS

SEPTEMBER 9-14 AND OCTOBER 14-19

Days/times will be listed in the sign-up binder at the Front Desk.

Fri.IT-traxx session Dates

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-member	Limit
TBD	D. DiBella/Melvin	9/16-10/2	Mon.,Wed.	6:00 am	\$249/\$329	10
TBD	D. DiBella/Kristin	9/16-10/2	Mon.,Wed.	7:30 am	\$169/\$249	10
TBD	D. DiBella/Melvin	9/16-10/2	Mon.,Wed.	9:45 am	\$169/\$249	10
TBD	D. DiBella/Deb	9/19-10/3	Tue.,Thu.	1:15 pm	\$169/\$249	10
TBD	D. DiBella/Melvin	9/16-10/2	Mon.,Wed.	6:30 pm	\$169/\$249	10
TBD	D. DiBella/Melvin	10/21-11/13	Mon.,Wed.	6:00 am	\$249/\$329	10
TBD	D. DiBella/Kristin	10/21-11/13	Mon.,Wed.	7:30 am	\$169/\$249	10
TBD	D. DiBella/Melvin	10/21-11/13	Mon.,Wed.	9:45 am	\$169/\$249	10
TBD	D. DiBella/Deb	10/22-11/14	Tue.,Thu.	1:15 pm	\$169/\$249	10
TBD	D. DiBella/Melvin	10/21-11/13	Mon.,Wed.	6:30 pm	\$169/\$249	10

INCREASE YOUR FIT-TRAXX RESULTS - 3rd Day Option

Add Friday to any Mon./Wed. session. No single Friday registrants allowed. Min. of 4 participants needed for Friday class to run. Fee: \$80

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

improving the nation's health and well-being

TRX® Suspension® Training

WHAT IS TRX® SUSPENSION® TRAINING?

Based on training used by the Navy Seals, the TRX training system is a revolutionary method of leveraged bodyweight exercise. A simple suspension system hangs from the ceiling and safely allows you to preform hundreds of different exercises. TRX certified instructors will take you through a group training protocol that helps you to build power, strength, flexibility, balance, and mobility all at an intensity you choose. Join thousands of people of all fitness levels who now train on the TRX®—from professional athletes who need peak performance to everyday people who just want to feel and look their best.

TRX DEMO WEEKS

SEPTEMBER 9-14; OCTOBER 14-19

Days/times will be listed in the sign-up binder at the Front Desk.

New TRX drop-in rate: \$15

Purchase a TRX drop-in session to use only on walk-in basis in TRX classes that are running with open spots. Drop-in TRX participant cannot take a spot from a person who is registered for the class.

Location	Director/Instructor	Session Start/End	Day	Time	Member	Limit
Spin/Train Ctr	B. Philipp/Kelly	9/16-10/7	Mon.	10:30 am	\$40	10
Spin/Train Ctr	B. Philipp/Ralph	9/17-10/8	Tue.	8:30 am	\$40	10
Spin/Train Ctr	B. Philipp/TBD	9/17-10/8	Tue.	6:00 pm	\$40	10
Spin/Train Ctr	B. Philipp/Kristin	9/18-10/9	Wed.	10:30 am	\$40	10
Spin/Train Ctr	B. Philipp/Craig	9/19-10/10	Thu.	8:30 am	\$40	10
Spin/Train Ctr	B. Philipp/Ralph	9/20-10/11	Fri.	10:30 am	\$40	10
Spin/Train Ctr	B. Philipp/Lauren	9/21-10/12	Sat.	11:00 am	\$40	10
Spin/Train Ctr	B. Philipp/Kelly	10/21-11/11	Mon.	10:30 am	\$40	10
Spin/Train Ctr	B. Philipp/Ralph	10/22-11/12	Tue.	8:30 am	\$40	10
Spin/Train Ctr	B. Philipp/TBD	10/22-11/12	Tue.	6:00 pm	\$40	10
Spin/Train Ctr	B. Philipp/Kristin	10/23-11/13	Wed.	10:30 am	\$40	10
Spin/Train Ctr	B. Philipp/Craig	10/24-11/14	Thu.	8:30 am	\$40	10
Spin/Train Ctr	B. Philipp/Ralph	10/25-11/21	Fri.	10:30 am	\$40	10
Spin/Train Ctr	B. Philipp/Lauren	10/26-11/23	Sat.	11:00 am	\$40	10

MASSAGE THERAPY

Y member

30 min. \$60
45 min. \$65
60 min. \$75

Non-member

\$110
\$115
\$125

Female clients call Kerry Ford (flexible schedule) at 203-247-3078 or Roberta Andreas (evening and weekends) at 203-328-6062.

Male clients call Amer Salloum at 203-913-8286.

Massages may be purchased at the Front Desk and your receipt presented to the therapist at the time of your massage.

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

improving the nation's health and well-being

Adult Pilates Apparatus Classes

PILATES APPARATUS CLASSES

Pilates apparatus exercise is a versatile, accessible movement system for everyone, and anyone from beginner to advanced will enhance their mind-body connection with their core muscles to work better and faster to change the body. Last but not least, working on the equipment is fun! **Equipment:** 4 Peak Pilates Deluxe Systems and 4 MvE Pilates Chairs.

Instructors: Madelaine Hane, Jeannene McMurchy, and Nancy Lochtefeld; additional class info available online.

PILATES APPARATUS DEMO WEEK: AUGUST 26-SEPTEMBER 3

Days/times will be listed in the sign-up binder at the Front Desk.

PILATES RIGHT START GROUP CLASS

This class offers an introduction to Pilates mat and apparatus. It is designed for those new to pilates who want to explore all it has to offer the body and mind. At the end of the 6 week class, all students would be able to transition to any mat or apparatus class. **There is no make-up week for this class. Participants may register online for this class.**

NEW!

Location	Dir/Instr	Session Start/End	Day	Time	Member Fee	Limit
Pilates App Rm	B.Philipp/Staff	9/4-10/9	Wed.	11:00 am	\$186	4
Pilates App Rm	B.Philipp/Staff	9/6-10/11	Fri.	12:00 pm	\$186	4
Pilates App Rm	B.Philipp/Staff	10/16-11/20	Wed.	11:00 am	\$186	4
Pilates App Rm	B.Philipp/Staff	10/18-11/22	Fri.	12:00 pm	\$186	4

SMALL GROUP PILATES APPARATUS CLASSES

FALL SESSION: SEPTEMBER 4 - NOVEMBER 19, MAKE-UP WEEK: NOVEMBER 20-26

Small Group Classes: \$341, 11-week session.

To sign up for a group class, fill out the green class registration form and waiver. Forms will be available online or at the YMCA; return your form starting on the first day of registration. You will be placed in a class on a first-come, first-served basis. Every effort will be made to place you according to level.

Participants who miss a class during the session can attend a makeup class during the week following the session. This will be the only makeup class allowed. Questions: Contact Bridget Philipp at 966-4528, ext 126.

PRIVATE AND SEMI-PRIVATE PILATES APPARATUS CLASSES:

Private & Semi-private fees

1 session= 50 MINUTES

Sessions	Private (one client)	Semi-private (2 clients)
1	\$85	\$55
Packages		
3* (member rate)	\$195 "The Right Start" Package	
3 (non-member rate)	\$255 "The Right Start" Package	
5	\$415	\$260
10	\$800	\$500
20	\$1,500	\$900

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

Sign up for private or semi-private classes by filling out the blue registration form and waiver. Return your form to the Y, and we will contact you to discuss your request. Private and semi-private classes are scheduled around class times.

Please note: It is YMCA policy that if only one participant attends a pre-scheduled semi-private session, both participants will be charged. It is the responsibility of the two clients involved in a semi-private to schedule agreeable times.

HEALTHY LIVING: ADULT HEALTH, WELL-BEING & FITNESS

improving the nation's health and well-being

Active Older Adults

Our goal at the New Canaan YMCA is to help active older adults stay "forever fit" with specially designed fitness program options.

Note: Some classes require advanced sign-up.

Free Member Classes:

(Schedules available at front desk or online)

CHAIR FITNESS

Chair Fitness is a fun filled exercise class that incorporates cardiovascular, strengthening, balancing, and stretching exercises while seated or using the chair for support. It is designed to help you raise your fitness levels and make friends along the way. This class uses modifications for all fitness levels and ages. Equipment: Chair, and light weights.

SUPER STRETCH

Easy effective exercises for each of the body's 600 plus muscles, starting with the forehead and ending with the toes. A stretched out body is protected against stress and insomnia and less prone to injury. Everybody welcome!

AI CHI

This class brings the principles of Tai Chi to the water. Enjoy this unique blend of balance, relaxation, and mental concentration.

AQUAMATES

Water exercise combining cardiovascular and strength training.

ARTHRITIS EXERCISE CLASS

Water exercise class specifically designed for people with arthritis. (See page 45.)

FIT AND FUNCTIONAL

Get the maximum benefit of a group exercise class at a gentler pace. For all ages and fitness levels.

GENTLE YOGA

A tranquil, foundation-building practice, designed to introduce new students to yoga, as well as offer regular practitioners a gentle class complement to their Yoga practice.

NIA

Join the fun and passion of NIA, a dynamic workout that combines expressive dance, martial arts, and Asian disciplines. This holistic fitness class is for all ages, relieves stress, and lifts the spirit, promoting flexibility and energy through movement. Feel your joy, and release your passion!

TAI CHI

Learn how to revitalize your body & mind using dynamic, slow-breathing movements. Tai Chi is an ancient Chinese art also known as moving meditation. Traditional Shaolin movements are practiced using animal forms. Some of the benefits of Tai Chi include relaxation, strength, flexibility and balance. This class accommodates beginners as well as advanced students. This class is easily practiced by all ages

QIGONG

Qigong (气功 or 氣功) (pronounced "chee-gong") is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation. With roots in Chinese medicine, martial arts, and philosophy, qigong is traditionally viewed as a practice to balance qi (chi) or intrinsic life energy. [Typically a qigong practice involves rhythmic breathing, coordinated with slow stylized repetition of fluid movement, and a calm mindful state.

YOGA BASICS

Ideal for those new to yoga, those who need modifications, or those who want to learn at a nice pace, focusing on basic principles.

THE SENIOR MEN'S CLUB OF NEW CANAAN

The Senior Men's Club of New Canaan was founded in 1977 by a group of YMCA racquetball players. Today the Club welcomes men 55 years of age and older who are residents of, or own property in, New Canaan. YMCA membership is not necessary, but SMC membership applications are available at the New Canaan YMCA.

Come spend time with us! For more information, log on to www.smcnc.org or call Pam Liberty, Human Resources Director at the YMCA at (203) 966-4528, ext. 128.

HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

improving the nation's health and well-being

Adult Healthy Lifestyles

HEALTHY BALANCE

A nutrition and lifestyle change program

Healthy Balance is about making lifestyle changes, shifting your mindset, and putting your health first. It is not a diet. Healthy Balance is a partnership between Lifestyle Management Associates, Dr. Jane Pentz, and the New Canaan YMCA. The sessions and classes are conducted by New Canaan YMCA wellness professionals under the support of a registered sports dietician. This program is available through individual sessions.

For additional information, please contact Diane DiBella at (203) 966-4528, ext 123 or dibella@newcanaanymca.org.

Individual Package 1: \$300: 5 individualized appointments. Assessment and analysis, realistic goal-setting, exercise orientation or analysis of current program.

Individual Package 2: \$800: Nutrition program with personal training. All of the features listed in Package 1, plus 10 sessions with your personal trainer, designed to be completed in 12 weeks.

NOTE: Participants are pre-selected for this program. A pre-participation questionnaire is required. Please attend the info session on September 10 at 6:30 pm, or September 12 at 11:30 am in the Spin & Training Center.

FOOD FOR LIFE:

KICK START YOUR HEALTH

NEW!

With over one million people being diagnosed with cancer and 25 million people diagnosed with diabetes in the United States each year- there is an urgent need for a new direction in battling disease. The Food for Life program is an innovative approach to a medical challenge. It aims first to prevent disease. Join Food for Life instructor, Maddie Sobel in exploring how a diet rich in vegetable, fruits, grain, and legumes can enhance your health and support your wellness goals. Participants will:

- Learn the latest cutting edge nutrition information on how a plant based diet can help prevent diabetes, cardiovascular disease, cancer and other chronic disease.
- Enjoy cooking demonstrations
- Taste healthy delicious dishes
- Share your experiences in a supportive group setting

Starting in October we will be offering Food for Life: Kick Start your Health. This 5-week nutrition and cooking class will help you discover how simple qualitative dietary choices can lead to a healthy weight. For more information and/or to register for this program please contact Bridget Philipp 203-966-4528, x126, bphilipp@newcanaanymca.org.

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. The New Canaan YMCA is proud to now be bringing this program to the community. 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 free to cancer survivors in the community with a physician's clearance. The program includes two weekly group classes per week, taught by trained LIVESTRONG at the YMCA instructors, as well as full access to the Y for the 12 weeks.

To learn more about this program and/or to participate in our fall pilot program, please contact Diane DiBella, 203-966-4528,x123, ddibella@newcanaanymca.org.

HEALTHY LIVING: ADULT SPORTS/MATERNITY PROGRAMS

improving the nation's health and well-being

Adult Sports and Recreation

OPEN VOLLEYBALL

Mondays & Thursdays 8:00-10:00 pm
No sign-up required

OPEN ADULT MEN'S BASKETBALL

Mon: 12:00-2:00 pm Wed: 6:30-8:00 am
Tue: 6:30-8:00 am Thu: 12:00-1:30 pm
12:00-1:30 pm Fri: 6:30-8:00 am

ULTIMATE FRISBEE PICK-UP GAMES

(Ages 14+)

We're bringing Ultimate Frisbee to the Y! We will be hosting fun pick-up games on Tuesdays and Thursdays from 6:00 - 8:00 PM on the Y back field. Ages 14+ are welcome and no advance registration is required...just stop by & play!

For additional information, email Aaron Zimmerman at azimmerman@newcanaanyymca.org.

MEN'S BASKETBALL LEAGUE

Our Men's Open Basketball League is a competitive league for adults. Teams will have a minimum of 10 regular season games and participate in the single elimination tournament at the end of the season.

League games will be played with IHSAA rules and two 20-minute halves. Individual points-per-game will be kept and reported weekly through a weekly league newsletter that will be emailed to coaches.

Team fee is \$850 team and a captain/coach is responsible for registration and payment of team. You must pay first to register your team and reserve a spot. Teams may have a minimum of 7 players and a maximum of 12 players. No individual registrations will be taken. Rosters must be submitted before the 1st game and no roster changes will be allowed after the 3rd game. Fees for league include t-shirts, certified officials, 10 regular season games and playoffs. All games are played at the New Canaan YMCA.

All captains/coaches interested in registering a team please contact Aaron Zimmerman at azimmerman@newcanaanyymca.org or 203-966-4528 ext 182.

Maternity Programs

FREE for members!

PRE- AND POST-NATAL WATER EXERCISE

This popular water class is just what you need to promote a healthy pregnancy. The supportive environment of the water will allow you to relax and concentrate on improving your endurance level and muscle strength. You will receive lots of useful information, handouts, and support as you meet other "Moms in Motion." **Note: This is a mom-only class. For safety, no children on pool deck during class. Physician's clearance required to participate.**

PRE/POST-NATAL YOGA

Experience gentle and safe movements to stretch, relax, and strengthen your body. The class complements the pre-natal water class well by adding the necessary flexibility component to your prenatal workout program. Learn to use relaxation and breathing techniques to release tension, increase your focus, and calm yourself and your baby. **Note: Class for moms with infants up to 8 months old.**

STROLLER EXERCISE CLASS

Get back in shape with this total body fitness class. Work on your cardiovascular fitness, muscular strength, core, and Flexibility. Bring baby in the stroller or fly solo! Class will be outdoors and inside in inclement weather.

Pre- and Post-Natal Water Exercise

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Valles Pool	B. Philipp/Staff	9/4-11/25	Mon. & Wed.	10:30-11:30 am	Free/\$360	15

Pre/Post-Natal Yoga

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Mind-Body Ctr.	B. Philipp/Staff	9/5-11/21	Thu.	1:15-2:15 pm	Free/\$196	15

Stroller Exercise Class

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Outside	B.Philipp/Staff	9/4-11/22	Fri.	11:00-12:00 pm	Free/\$180	15

HEALTHY LIVING: ADULT WATER ACTIVITIES

improving the nation's health and well-being

Adult Swim Lessons

ADULT SWIM LESSONS

The goal of this program is to give adults the opportunity to either learn to swim or master whatever skill 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.

Adult Swim Lessons

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	7:00-7:45 pm	\$272	6
Rec. Pool	J. Rojas/Staff	9/6-11/22	Fri.	10:15-11:00 am	\$272	6

Adult Water Classes

FREE MEMBER CLASSES:

Schedules available at front desk and online.

THERAPY SWIM (No Instructor)

For older adults, handicapped individuals, and those members needing warm water therapy. In order to have a lane put in a doctor's note must be on file with Josephine Rojas-Aquatic Director. Only 1 lane line will be put in during therapy swim.

AQUA

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

AQUAMATES

Water exercise combining cardiovascular and strength training.

HYDROFIT

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



ADDITIONAL FEE/ADVANCE SIGN UP REQUIRED:

ARTHRITIS EXERCISE (12-WEEK PROGRAM)

Come have fun while you exercise in a class specifically designed for people with Arthritis. Classes will be taught by a certified AFYAP instructor and will be held in our warm (85-87 degree) Rec Pool. Minimum of six participants for class offering to run.

Arthritis Exercise (12-Week Program)

Location	Director/Instructor	Session Start/End	Day	Time	Member/Non-Member	Limit
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	11:30-12:15 pm	\$51/\$63	15
Rec. Pool	J. Rojas/Staff	9/10-11/26	Tue.	12:15-1:00 pm	\$51/\$63	15
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	11:30-12:15 pm	\$51/\$63	15
Rec. Pool	J. Rojas/Staff	9/5-11/21	Thu.	12:15-1:00 pm	\$51/\$63	15

HEALTHY LIVING: ADULT ARTS & HUMANITIES/VOLUNTEER

improving the nation's health and well-being

Adult Arts & Humanities

Y SCHOOL OF MUSIC (All Ages)

Is there an instrument you've always wanted to try or would you like to improve existing skills on an instrument? Our Y's School of Music offers instruction for all ages in piano, strings, drums, guitar, and voice. See page 11 for lesson and fee information.



Y ART GALLERY

This is a great opportunity for our members and local artists to share their imagination and talent through their personal artwork, allowing Y members and the community to take a special inside look at their exceptional creativity and skill.

All shows are located on the Y's second floor lobby unless otherwise requested.

If you are interested in sharing your artwork at our Y, submit an Art Gallery submission application form, which can be found online at www.newcanaanyymca.org. Please contact Nicki Jezairian with any questions at (203) 966-4528, ext. 157, or njezairian@newcanaanyymca.org.

Get Involved

VOLUNTEER AND MAKE A DIFFERENCE WITH OUR Y

Here at the Y, we strive to always be here for our community. Thanks to the 600+ volunteers who contribute their time and talents to the New Canaan YMCA, we are able to positively impact the lives of so many in our community through youth development, healthy living, and social responsibility.

UPCOMING ONE-DAY VOLUNTEER OPPORTUNITIES

ALL OUT FOR AUTISM

Friday, August 23

Volunteers ages 14+

Volunteer opportunities available from 4:00-9:00 pm

HALLOWEEN PARTY

Sunday, October 27, 12:00 - 5:00 PM

Volunteers ages 10+

Sign-up is available in shifts or for the whole event

Volunteer opportunities available from 12:00-5:30 pm

COMMUNITY AND SPECIAL EVENTS TEAM

We are looking for creative, dedicated individuals who have a passion for planning and implementing community events to join our team! Members of the team are encouraged to be creative and have fun, while making new friends and giving back to our community.

In addition to our special events, we can always use volunteers in our day-to-day programs. To learn more about volunteering with our Y, visit our website or contact Nicki Jezairian, Director of Community Engagement at njezairian@newcanaanyymca.org.

SOCIAL RESPONSIBILITY: COMMUNITY INVOLVEMENT

giving back and providing support to our neighbors

Community Events & Programs

5TH ANNUAL ALL OUT FOR AUTISM 5K WALK/RUN

Friday, August 23

6:15PM Kids Race (about ¼ mile)

6:30PM Open Race (5K through downtown New Canaan)

Race begins and ends at New Balance in New Canaan

Registration: Online at www.alloutforautism.org (preferred)

OR register in person at New Balance New Canaan between 8/19-8/23.

All proceeds benefit programs and events for children special needs at the New Canaan YMCA.

FAMILY DINNER NIGHT

Friday, September 27, 6:00-8:00 pm

Enjoy dinner and an evening of fun as a family at the Y! Free and open to the community.

HALLOWEEN PARTY

Sunday, October 27, 2:00-4:00 pm

(Directly after the town parade)

Celebrate Halloween as a family at the Y! Come in costume and enjoy games, treats, and more. Free and open to the community.

INTERESTED IN VOLUNTEERING FOR ONE OF THESE EVENTS?

See page 46 for volunteer information.

Drop Box Donations

If you are part of a club or a group that needs a drop-off location for goods for other organizations in need, the Y can help. If you are interested in using the Y as a drop-off location, please contact Nicki Jezairian, Director of Community Outreach at njezairian@newcanaanyymca.org to discuss your cause and availability.

Bring a Can to Class

The need of emergency food has doubled over the past 5 years and 1 out of every 5 children is hungry or at risk for hunger.

In an effort to support our community and our neighbors, we have partnered with the Food Bank of Lower Fairfield County to introduce Bring a Can to Class at our Y. A drop box will be available the last week of each session and participants are encouraged to donate a canned item. By dropping off just one can of food or non-perishable item we can help so many stay full during the year!

Project Adventure TEAM BUILDING!

Let us bring our bag of tricks to you
with PA on Wheels!

Team building is great for boosting morale and strengthening teamwork within organizations businesses, school groups, alternative classrooms, out-of-school programs, religious youth groups, sports teams, camps, and clubs.

Project Adventure can be hosted at the Y or can come to you and helps your group figure out problems, overcome obstacles, and work as a team with fun & challenging activities.

Our schedules are flexible; please contact us about availability.

Contact Davie Cedela, (203) 966-4528, ext. 141, for more information regarding program and fees and to schedule your group's activity.

SOCIAL RESPONSIBILITY: ANNUAL SUPPORT CAMPAIGN

giving back and providing support to our neighbors

EVERYBODY BELONGS HERE

The New Canaan YMCA's 2013 Annual Support Campaign

Co-Chairs: Kevin Cowser, Pam Norton & Rick Routhier

At the Y, strengthening community is our cause.

Every day, we work side by side with our members, volunteers, and other community organizations to ensure that everyone—regardless of age, income, background, or ability—has the opportunity to learn, grow, and thrive.

When you give to the Y, your gift will have a meaningful, enduring impact right here in your own neighborhood.

The Y's Annual Support Campaign allows us to fulfill our charitable mission of community service by funding these charitable initiatives:

- In 2012, our Y awarded approximately \$400,000 in financial assistance, including over \$112,000 in Summer Camp scholarships.
- In 2012, nearly \$71,000 was dedicated to providing support staff for our Special Needs programs and Special Cares Camp, allowing our members with special needs to enjoy programs and summer camp at no additional cost to their families.
- Cost subsidies for essential mission-based programs, keeping them affordable to all.
- Seed funding for new programs that respond to our community's changing needs.
- YMCA World Service initiatives.

THIS YEAR'S GOAL: \$325,000



We count on the generosity of our members and the community to make the Y available to people of all ages and abilities through financial assistance and programs for those with special needs.

Please consider the Y in your year-end charitable plans.
To make a gift, visit www.newcanaanymca.org/giving

SOCIAL RESPONSIBILITY: WORLD SERVICE

giving back and providing support to our neighbors

World Service

FACING THE FUTURE IN KIBERA, AFRICA

ABOUT FACING THE FUTURE

The New Canaan YMCA is proudly in our sixth year of partnership with Facing the Future, a child development center in the Kenyan slum of Kibera. In Kibera, nearly one million people live in an area the size of Central Park without clean water, electricity, plumbing, trash removal, adequate food, and medical facilities. 70% of the population is under the age of 14, including 50,000 orphans.

Facing the future currently serves 275 needy children, ages 1 1/2 years through early teens providing food, education, and medical support.

JOIN US IN OUR PARTNERSHIP!

\$25.00 will help feed a child for one month

\$60.00 will provide a child with a school uniform and supplies

\$100.00 will provide a child medical check-ups for one year.

\$200.00 will feed a child for one year.

\$360.00 will sponsor one child for all of the above for one year.

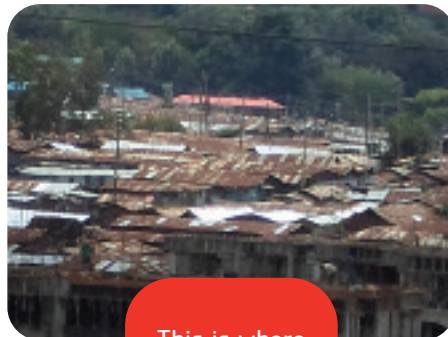


This is where we learn

These are our teachers



AN INSIDE LOOK AT FACING THE FUTURE



This is where we live



This is where we wash our hands.

These are our friends



If you are interested in donating to Facing the Future or learning more about our partnership, contact Nicki Jezairian at njezairian@newcanaanymca.org or by calling 203-966-4528, ext. 157.

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

www.newcanaanymca.org

HALLOWEEN PARTY

SUNDAY, OCTOBER 27
2:00-4:00 PM

(Directly after the town parade)

**CELEBRATE HALLOWEEN AS A FAMILY
AND COME IN COSTUME FOR
GAMES, TREATS AND MORE!**

FREE AND OPEN TO THE COMMUNITY



GET IN THE GAME!

2013 - 2014 YOUTH BASKETBALL LEAGUE

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

For additional information, contact Aaron Zimmerman at 203-966-4528, ext. 182 or azimmerman@newcanaanymca.org.

**REGISTRATION BEGINS
OCTOBER 1**