



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND YOUR STRENGTH THIS WINTER

**Winter Activities 2023-2024**  
**NEW CANAAN YMCA**

Registration begins  
Monday, November 13

Classes begin  
Monday, November 27



# WHERE THE COMMUNITY COMES TOGETHER

## NEW CANAAN YMCA MISSION

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



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**Tom Hargrove & Anita Grover, M.D.**

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# Contact Information

**Phone:** 203-966-4528

**Fax:** 203-972-7738

**Address:** 564 South Avenue New Canaan, CT 06840

[www.newcanaanymca.org](http://www.newcanaanymca.org)

## HOURS OF OPERATION

<b>Mon-Fri.</b> .....	5:30 am – 9:00 pm
<b>Sat</b> .....	7:30 am – 6:30 pm
<b>Sun</b> .....	7:30 am – 5:00 pm

## MEMBER SERVICES DESK BUSINESS HOURS

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

# Welcome to the Y

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

## OUR WORK IS ALIGNED AROUND THREE AREAS OF IMPACT:

### YOUTH DEVELOPMENT

**Nurturing the potential of every child and teen**



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

### HEALTHY LIVING

**Improving the nation's health and well-being**



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

### SOCIAL RESPONSIBILITY

**Giving back and supporting others**



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

## THE Y EXPERIENCE

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



# Facility Overview

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

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

## AQUATICS CENTER

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

## CYCLING CENTER

Our spacious studio with 24 bikes features a variety of cycling classes at varied times to fit your schedule.

## DANTE'S CAFE & WAGNER ROOM

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

## GROUP EXERCISE CENTER

The New Canaan YMCA's large 2,600 square foot Group Exercise Center offers a variety of world-class group fitness classes including MOSSA (Group Active, Group Centergy, Group Fight, and Group Power); cycling, yoga, Pilates, Zone training Zumba®, and freestyle classes. Members can also enjoy this space to stretch or work out in when classes are not running.

## GYMNASIUM

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

## KIDS CLUB

Kids Club is our Y's drop-in babysitting program available to our members while they use our facility. Our caring staff provides a safe environment for play, games, and arts and crafts.

## KID ZONE

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

## LOCKER ROOMS

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

## MIND BODY CENTER

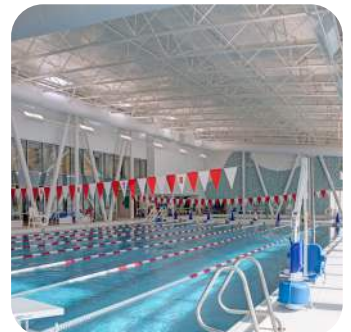
Our Mind Body Center is a quiet oasis from the hustle and bustle of the rest of our Y. The Center houses all of our mind body based classes like yoga, barre, pilates, and more.

## WELLNESS CENTER

Our 6,000 square foot Wellness Center comprises a variety of personal fitness equipment including treadmills, ellipticals, stair climbers, rowers, free weights, squat racks, and selectorized strength training equipment. The center also features a Sprint 8® cardio zone.

## THE ZONE

We have a dedicated 2,200 square foot training space for functional training, stretching/plyometrics, sports performance, and rehabilitation-type activities.



# Contact Information

## YMCA EXECUTIVE DIRECTOR

**Margaret Riley** ..... 203-920-1624

## YMCA DIRECTORS

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

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

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

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

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

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

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

**Kristen Godin,**  
Assistant Childcare Director ..... 203-920-1649

**Carolynn Kaufman,**  
Director of Inclusion & Support Services ..... 203-920-1656

**Tetiana Kokorska,**  
Group Exercise Director ..... 203-920-1636

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

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

**Cathy McClure,**  
Childcare Director ..... 203-920-1613

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

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

**Phil Prout,**  
Youth, Family, & Camp Y-Ki Director ..... 203-920-1635

**Diana Riolo,**  
Assistant Director of Development &  
Community Impact ..... 203-920-1653

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

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

**James Teracino,**  
V.P. of Finance ..... 203-920-1625

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

**Liz Whitney,**  
Director of Marketing & Communications ..... 203-920-1646

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

## JOIN OUR TEAM!

Learn how your talents can make a difference at the New Canaan YMCA. Employees enjoy benefits including a Y membership, priority registration, program discounts, flexible schedules (as applicable), career development, and a healthy atmosphere! Employment application form and current employment opportunities can be found at [www.newcanaanymca.org/employment](http://www.newcanaanymca.org/employment). For more information, contact Ida Marchetti, Assistant Director of Human Resources, at 203-920-1647 or [imarchetti@newcanaanymca.org](mailto:imarchetti@newcanaanymca.org).

## VOLUNTEER OPPORTUNITIES

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

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

For more information or to apply online, go to [www.newcanaanymca.org](http://www.newcanaanymca.org) or contact Carolyn Wolfe at 203-920-1627 or by email at [cwolfe@newcanaanymca.org](mailto:cwolfe@newcanaanymca.org).

# Membership Information

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

## YOUTH (AGES 0-13)

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

## YOUNG ADULT (AGES 14-25)

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

## ADULT (AGES 26-64)

- Full access to facility and unlimited Group Exercise Classes.
- Use of locker rooms with steam and sauna.

## SENIOR ADULT/SENIOR COUPLE (AGES 65+)

- Senior Adults enjoy the same membership privileges as adults.

## FAMILIES

**Adults (ages 26+) and all dependents (under 26) living in the same household. Fee based on number of adults (26+).**

- Members 14 years and older enjoy the same membership privileges as adults (must be 18 or older to use adult locker rooms).
- Members 13 years and younger enjoy the same membership privileges as youth members.
- Membership Package options are available for families with one, two, three, or four adults. Membership includes all dependents under 26 living in the same household.

## MEMBER GUEST PASSES

**Members 18 years and older are welcome to bring guests to our Y.**

- Each guest is limited to three visits per year. Thereafter, guests are asked to purchase a day pass at the Member Services Desk.
- All guests must register and sign a waiver at the Member Services Desk.
- Guests under 18 years of age must be accompanied by a member 18 or older.

## DAY PASSES

**Non-Members who would like to utilize the Y facility but are not accompanied by an adult member may purchase a Day Pass.** (For example: parents with children who are Youth members.)

- Photo ID and a signed waiver is required prior to facility use. If a visitor is under the age of 18, a waiver must be signed by an accompanying adult.
- Day passes do not qualify for fee-based activities.
- Day pass cost: \$5.00 - Ages 13 years and younger  
\$15.00 - Ages 14-25  
\$20.00 - Ages 26 and older

## LOCAL & NATIONWIDE MEMBERSHIP

### Local Y Reciprocity

Members of the New Canaan YMCA are welcome to visit the following local YMCAs: The CT Coast Regional YMCA (New Haven, CT), Darien YMCA, Greenwich YMCA, Stamford YMCA, Riverbrook Regional YMCA (Wilton, CT), and the Westport Weston Family YMCA. Reciprocal visits should be limited to 8 or fewer visits per month. Westport YMCA visits are limited to 4 visits per month.

### Nationwide Membership

Your New Canaan YMCA membership will be honored at most YMCAs across the country. Nationwide Membership enables New Canaan YMCA members to visit any participating Y in the United States free of charge.

## SERVING EVERYONE

At the New Canaan Community YMCA, we work to ensure that everyone, regardless of ability, age, cultural background, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential with dignity. Our Mission is to enrich all people in spirit, mind, and body. All are welcome, and all belong.

## FINANCIAL ASSISTANCE

Our Financial Assistance Program, made possible by the generous contributions of New Canaan YMCA donors, 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 are available at the YMCA Member Services Desk and website [www.newcanaanyymca.org](http://www.newcanaanyymca.org), under the Join tab. The financial assistance application process is based on need and all information provided is kept confidential.

**To apply for membership and/or winter activity financial assistance, please contact Diana Riolo, Assistant Director of Development & Community Impact, at 203-920-1653 or [driolo@newcanaanyymca.org](mailto:driolo@newcanaanyymca.org). Financial Assistance applications are available at the Member Services Desk or at [www.newcanaanyymca.org/financial-assistance](http://www.newcanaanyymca.org/financial-assistance).**

# Membership Information & Policies

## OUR 30-DAY MEMBERSHIP GUARANTEE

We welcome new members and hope that they are satisfied with every aspect of their YMCA experience. If you are a new member and are not pleased with your membership, you may submit a refund request form to the Member Services Desk, Attn: Membership Director within the first 30 days of joining and the Y will refund your membership and joiner fee.

## MEMBER CODE OF CONDUCT

Our Member Code of Conduct is designed to ensure that every member and guest has a rewarding, safe and enjoyable experience every time they come to the Y. Membership is a privilege which may be suspended or revoked. Members are asked to please familiarize themselves with our full code of conduct found in our Member Handbook.

To review all of our Y's policies, view our Member Handbook at [www.newcanaanyymca.org/membership](http://www.newcanaanyymca.org/membership), or at our Member Services Desk.

## MONTHLY MEMBERSHIP FAILED PAYMENTS

Monthly drafts may be made via credit/debit card or checking account link. Monthly charges are continuous unless the primary member notifies the New Canaan YMCA to cancel or suspend their membership. If a monthly draft is returned for non-payment, the primary member will be notified by email and charged a \$20.00 fee to cover the additional processing fees incurred by the Y for declined payment. Membership may be suspended until payment is made.

## MEMBERSHIP TERMINATION OR PLACING YOUR MEMBERSHIP ON HOLD

### Termination Requests

- Termination requests must be submitted by the 22nd day of the preceding month. Requests must be made in writing using a form available at the Member Services Desk and on our website at [www.newcanaanyymca.org/membership](http://www.newcanaanyymca.org/membership).

### Medical Leave

- A request for medical leave will be treated as a termination and should be submitted in writing. Forms are available online and at the Front Desk. A Physician's Letter will be required to waive the joiner fee upon membership renewal.

### On-Hold Requests

- Requests to put your membership on hold must be made in writing and submitted by the 22nd day of the preceding month. Forms are available at the Member Services Desk and on our website [www.newcanaanyymca.org/membership](http://www.newcanaanyymca.org/membership).
- Monthly memberships may be put on hold for up to four months at a time. An administrative fee of \$25 will be charged during each month on hold. The administrative fee will be waived for medical absences, provided a doctor's note is presented upon return to the Y. Regular membership drafts will automatically resume at the end of the on hold term.

## WAIVER OF LIABILITY/AUTHORIZATION

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, using YMCA equipment or facilities, or participating in YMCA activities.

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

## SUPERVISION OF CHILDREN

Children 11 years of age and younger must be under the supervision of an adult (18 years of age or older) while at the YMCA. This includes checking in at the Member Services Desk and being escorted to and from their program or activity.

Children 11 years of age and younger who are left in common areas of the YMCA while supervising adults utilize the facility or participate in any program or event, are considered unsupervised, and the YMCA will take steps deemed necessary to assure their safety.

## CELL PHONE AND PHOTOGRAPHIC DEVICE USE

- To assure the privacy of all members, the Y prohibits the use of electronic devices to photograph, record (video or audio) or participate in audio or video calls or conferences in restrooms, locker rooms, pools, the Wellness Center or any activity area while in use.
- Device-friendly areas are available throughout the YMCA: first and second floor lobbies, meeting rooms, vacant activity areas, and outside premises.
- Indiscriminate picture taking on any photographic or recording devices within and outside the YMCA facility is prohibited.
- Violation of this policy may result in termination of membership.

## FOR YOUR SAFETY

The New Canaan YMCA is equipped with video surveillance cameras in key public areas inside and outside of the facility. Cameras are used to monitor activity and deter unauthorized access and crime.

## LOST AND FOUND

The Y is not responsible for lost or stolen items. Please keep valuables with you or secure valuables in lockers.

- Member belongings left at the YMCA such as shoes, clothing, equipment or water bottles will be placed in our Lost and Found cabinets, located in the pool hallway. Approximately every 30 days, unclaimed items will be donated or disposed of.
- Items with an estimated value over \$100 will be held at the Member Services Desk for 60 days and thereafter donated or disposed of.
- Items with an estimated value over \$500 will be turned over to the New Canaan Police Department.



# Program Registration Instructions & Refund Policy

## WINTER ACTIVITY REGISTRATION AND SESSION DATES

Registration begins Monday, November 13 at 9:00 am online and at the Y's Member Services Desk.

**Classes Begin: Monday, November 27**

## ACTIVITY REFUND POLICY

At the New Canaan YMCA, our mission is to enrich all people in spirit, mind, and body. We seek to accomplish this mission and support our community by providing quality programming in a safe environment. To assist us in scheduling qualified instructors, and assure that we maintain proper instructor/participant ratios, we have established policies limiting the conditions and time frames in which we can make changes to class rosters and/or provide refunds of Activity fees. Policy Exceptions by Directors or documented in activity/class handbooks/flyers supersede the following.

### Cancellations by the Y

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

### Participant Withdrawal

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

## ONLINE MEMBERSHIP PORTAL!

In May, we launched a new online membership system to improve your Y experience.

Members who have not registered for programs since then will need to set up a new online account to manage their membership and register online. Please review the steps below to set up your new online account.

**STEP 1:** Ensure you have a valid email connected to your New Canaan YMCA membership account. If you do not have a valid email, are unsure, or would like to change your primary email address, please call our Member Services Desk at 203-966-4528 for assistance.

**STEP 2:** Navigate to the new registration system. Visit [www.newcanaanymca.org/registration](http://www.newcanaanymca.org/registration) or scan the QR code below.

**STEP 3:** Log in to your account. Enter the email or phone number associated with your New Canaan YMCA membership and select "Forgot your password?". You must then select "Email me a reset password link" and follow the prompt in your email to reset your password.

**STEP 4:** Enter your new password. Upon creating and entering your new password, you will be ready to search and register online for programs and activities at the Y!

### CONTACT

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



# YOUTH DEVELOPMENT: CHILD CARE

Empowering young people to reach their full potential

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

### RAINBOW STATION INFANT-PRESCHOOL PROGRAM

- Infant-Preschool Childcare (Ages 6 weeks–5 years)
- 7:30 am – 6:00 pm
- Monday – Friday, (full-day only)
- Loving and nurturing staff
- Staff-to-child ratio of at least 1:4 for infants/toddlers and 1:8 for preschoolers
- Outdoor walks/play daily
- Developmentally appropriate, theme-based curriculum includes activities to develop the whole child: socially, cognitively, emotionally, and physically
- Preschoolers enjoy the entire Y facility, including instructional swim lessons, Bouncing Bears time in the Kid Zone, sports in the gymnasium, and weekly music and movement classes
- Music and movement offered once a week for toddlers and preschoolers
- Morning/afternoon snacks provided



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

### KIDS UNLIMITED AFTER-SCHOOL PROGRAM

#### SPACE CURRENTLY AVAILABLE FOR THE 2023-2024 SCHOOL YEAR!

Contact Kristen Godin, Assistant Childcare Director, at 203-920-1649 or [kgodin@newcanaanyymca.org](mailto:kgodin@newcanaanyymca.org) to learn more.

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



For additional information and any questions about the Kids Unlimited After-School program, contact Kristen Godin, Assistant Childcare Director, at 203-920-1649 or [kgodin@newcanaanyymca.org](mailto:kgodin@newcanaanyymca.org).

**Our kids have truly grown up at the Y. They love going to school at Rainbow Station and playing with friends at Kids Unlimited. Our family is forever grateful for the youth programs at the Y!**

# YOUTH DEVELOPMENT: CHILD CARE

Empowering young people to reach their full potential

## School Vacation Camp

### SCHOOL VACATION CAMP (Grades K-6)

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

\*Due to ratio concerns, Vacation Camp staff cannot escort children to other activities at the Y during camp.

#### School Vacation Day Programs (9:00 am-5:00 pm)

January 15, 2024: Dr. Martin Luther King, Jr. Day

#### School Vacation Week-Long Programs

February 19-23, 2024 (No vacation camp 2/16)

April 15-19, 2024

#### Vacation Camp Fees:

Kids Unlimited Students - \$75/day

Member - \$105/day

Non-member - \$130/day

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

Kids Unlimited Students - FREE

Members & Non-members - \$15 per hour

For additional information, please contact Kristen Godin, Assistant Childcare Director, at 203-920-1649 or [kgodin@newcanaanyymca.org](mailto:kgodin@newcanaanyymca.org).

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

Registration is required for all programs and is available online at [www.newcanaanyymca.org/registration](http://www.newcanaanyymca.org/registration) or by calling the Member Services Desk at 203-966-4528. Additional information regarding daily activities will be provided as vacation dates draw near.

## Kids Club On-Site Babysitting Service

### KIDS CLUB ON-SITE BABYSITTING

Kids Club is our Y's drop-in babysitting program available to our members while they use our facility.

Our caring staff provides a safe environment for play, games, and arts and crafts.

Kids Club is available for children 6 months and older who can sit independently.

Please note, Kids Club visits are limited to 90 minutes.

#### Hours

- Monday-Friday: 8:15 AM-12:15 PM

#### Fees

- Free with New Canaan YMCA Family Membership!** Family Members may stop by the Member Services Desk to receive their Kids Club pass for each visit.

#### Non-Family Member Rates

- \$15.00 per child/90 minutes. Individual day passes can be purchased at the Member Services Desk.

For additional information and any questions about Kids Club on-site babysitting, contact Kristen Godin, Assistant Childcare Director, at 203-920-1649 [kgodin@newcanaanyymca.org](mailto:kgodin@newcanaanyymca.org).

FREE with Family  
Membership!



# YOUTH DEVELOPMENT: BOUNCING BEARS GYMNASTICS

Empowering young people to reach their full potential

## Bouncing Bears & Beyond

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

### LITTLE BEARS & BIG BEARS

(Ages 12-36 Months, with parent)

Meet new friends at this fun-filled gym class for toddlers and parents! Playtime in our Kid Zone will foster your child's coordination and motor development in swinging, balancing, climbing, running, jumping, rolling and more.

The class is set up with exploration time, circle time, including the incorporation of songs and weekly themes using a variety of props such as puppets, ribbons, instruments, parachute, and more. This program has plenty of action, music, and fun!

### BOUNCING BEARS OPEN GYM

(Ages 5 and under, Pre-K)

Tuesdays: 5:30-6:30 pm

Wednesdays: 12:15-1:00 pm

Thursdays: 3:15 - 4:00 pm

Fridays: 11:30-12:15; 12:15-1:00 pm

Saturdays: 2:00-2:45 pm; 2:45-3:30 pm

\*Open gym times are subject to change and will vary during vacation weeks.

Free with Family Membership, or when enrolled in a Bouncing Bears class; \$20 for all others. Please pick up pass at our Member Services Desk.

**Please Note:** For the safety of all, Open Gym is limited to 12 children at one time on a first-come, first-served basis. Parents are required to stay and supervise play.

### BOUNCING BEARS BIRTHDAY PARTIES (Ages 2-5 years)

Come celebrate your child's special day with us here at the Y! Our Bouncing Bears gymnastic area is perfect for little ones to jump around with their friends. Bouncing Bears Birthday Parties include one hour in the Kid Zone followed by an hour for pizza and cake for up to 15 guests. Please note: each child must be at least two years old and parents are required to stay on-site for extra supervision. If interested, please contact [mcapozza@newcanaanyymca.org](mailto:mcapozza@newcanaanyymca.org).

Time: 11:00 AM-1:00 PM

#### Family & Youth Member Fee\*:

\$300/without pizza, \$350/with pizza

#### Non-Member Fee\*:

\$400/without pizza, \$450/with pizza

\*Additional food may be purchased at your own expense.

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

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	P. Prout/D. Carpenter	11/27-2/26	Mon.	9:45 - 10:30 am	\$310*	10
Kid Zone	P. Prout/D. Carpenter	11/28-2/27	Tue.	9:45 - 10:30 am	\$338	10
Kid Zone	P. Prout/D. Carpenter	11/29-2/28	Wed.	9:45 - 10:30 am	\$338	10
Kid Zone	P. Prout/M. Capozza	11/30-2/29	Thu.	9:45 - 10:30 am	\$338	10
Kid Zone	P. Prout/K. Follis	12/1-3/1	Fri.	9:45 - 10:30 am	\$338	10

\*Monday classes meet for 11 weeks.

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

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	P. Prout/D. Carpenter	11/27-2/26	Mon.	10:30 - 11:15 am	\$310*	10
Kid Zone	P. Prout/D. Carpenter	11/28-2/27	Tue.	10:30 - 11:15 am	\$338	10
Kid Zone	P. Prout/D. Carpenter	11/29-2/28	Wed.	10:30 - 11:15 am	\$338	10
Kid Zone	P. Prout/M. Capozza	11/30-2/29	Thu.	10:30 - 11:15 am	\$338	10
Kid Zone	P. Prout/K. Follis	12/1-3/1	Fri.	10:30 - 11:15 am	\$338	10

\*Monday classes meet for 11 weeks.

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

# YOUTH DEVELOPMENT: BOUNCING BEARS GYMNASTICS

Empowering young people to reach their full potential

## Bouncing Bears & Beyond

### MUSICAL BEARS (Ages 3-5)

Musical Bears is a lively preschool class fostering creativity, coordination, and a love for music in young minds. Utilizing our bouncing bears area, our program supplies an engaging and nurturing environment where children can explore a variety of music and the art of movement through playful activities.

### DYNAMOS (Ages 3-5)

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

### MOVE & GROOVE GYMNASTICS (Ages 3-5)

Have your little one move and groove in this energy-filled 60-minute class! The first 30 minutes will focus on building rhythm connections to a variety of music and dance styles; exploring creativity and using imagination and self-expression to build confidence. Class will finish with 30 minutes of gymnastics, building fundamental movement skills. Drop-off in Mind Body Center, Pick-up in Kid Zone. Please bring sneakers and a water bottle.

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

This 60-minute class features two specialties in one class! Each class features 30 minutes of aerobic exercise incorporating a mix of fun dance styles, followed by 30 minutes of structured gymnastics. All classes start in the Mind Body Studio. Please bring sneakers and a water bottle.

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

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



### Musical Bears (Ages 3-5)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	P. Prout/M. Capozza	11/28-2/27	Tue.	2:15 - 3:00 pm	\$310	10

### Dynamos (Ages 3-5)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	P. Prout/K. Harshbarger	11/28-2/27	Tue.	3:15 - 4:00 pm	\$345	9

### Move & Groove Gymnastics (Ages 3-5)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Mind Body/Kid Zone	P. Prout/K. Harshbarger	11/29-2/28	Wed.	2:45 - 3:45 pm	\$364	8

### Move & Groove Gymnastics (Ages K-8 years)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Mind Body/Kid Zone	P. Prout/K. Harshbarger	11/29-2/28	Wed.	4:00 - 5:00 pm	\$364	10

### Tap & Tumble (Ages K-8 years)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	P. Prout/K. Harshbarger	11/28-2/27	Tue.	4:15 - 5:15 pm	\$376	9

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

# YOUTH DEVELOPMENT: YOUTH SPORTS

Empowering young people to reach their full potential

## Youth Sports

### BACKYARD SPORTS (Ages 3-5)

This preschool class is all about fun while introducing sports skills to our little kids! This class covers a wide range of games and skills, including kickball, soccer, t-ball, and more!

### GOLF (Ages 5-8)

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

### HOLIDAY BREAK & FEBRUARY BREAK BASKETBALL CLINICS

#### (Grades 1-8)

Clinics are specialized and structured to be challenging, engaging, and fun! Participants will work on all aspects of the game from shooting, ball-handling, fundamental terminology, and most importantly, defensive skills.

### COED VOLLEYBALL PROGRAMS (Grades 5-8)

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

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

### Backyard Sports (Ages 3-5)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Gymnasium	P. Prout/Staff	11/29-2/28	Wed.	2:00 - 2:45 pm	\$180	12
Gymnasium	P. Prout/Staff	11/30-2/29	Thu.	2:00 - 2:45 pm	\$180	12

### Golf (Ages 5-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	L. Latta/Coach Tom	11/30-2/8	Thu.	3:30 - 4:15 pm	\$400/\$495	12
Gymnasium	L. Latta/Coach Tom	11/30-2/8	Thu.	4:15 - 5:00 pm	\$400/\$495	12

### Holiday Break Basketball Clinic (Grades 1-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	L. Latta/Staff	12/26-12/29	Mon.-Fri.	9:00 am - 12:00 pm	\$220/\$320	40

### February Break Basketball Clinic (Grades 1-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	L. Latta/Staff	2/19-2/24	Mon.-Fri.	9:00 am - 12:00 pm	\$220/\$320	40

### Coed Beginner & Intermediate Volleyball (Grades 5-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium (Beginner)	L. Latta/Coach Jack	1/3-2/28	Wed.	5:30 - 6:30 pm	\$320/\$396	14
Gymnasium (Intermediate)	L. Latta/Coach Jack	1/4-2/29	Thu.	5:30 - 6:30 pm	\$320/\$396	14

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

For additional information and any questions, contact Lenwood Latta at 203-920-1634 or [llatta@newcanaanyymca.org](mailto:llatta@newcanaanyymca.org).



# YOUTH DEVELOPMENT: YOUTH WELLNESS

Empowering young people to reach their full potential

## Youth Wellness

### YOUTH YOGA (Ages 10-13)

Join Ania, RYT 300 Yoga Flow instructor, for fun, age-appropriate, small group yoga classes designed for kids and teens to discover yoga, unwind after school, and recover better from their sports.

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

Location: Mind Body Center

For additional information, contact Tetiana Kokorska at 203-920-1636 or [tkokorska@newcanaanyymca.org](mailto:tkokorska@newcanaanyymca.org).

### FIT PASS PROGRAM (Ages 12-13)

FREE with Family Membership!

The FIT (Families In Training) pass program is designed to strengthen families by providing opportunities to exercise together in safe and fun environment. With successful completion of the class, members ages 12-13 earn a FIT pass allowing them use of the Wellness Center without a parent from 2:00-5:00 PM daily; or at any time with parent.

The FIT pass program teaches sound principles of strength training, aerobic endurance, muscle conditioning, as well as Wellness Center safety. Note: FIT pass privileges do not include use of the Zone.

#### Class Structure:

**One week prior to the date of the first class, participants will be emailed the online materials that are prerequisites and need to be completed by the first class.** Participants then meet in-person at the Y two days per week for two weeks; dates are outlined below.

\*Members ages 12-13 can also earn a FIT pass by completing three personal training sessions with successful completion of the FIT pass coursework and assessment. Note: Extra fees apply with this option.

For additional information, contact Eva Saint at 203-920-1623 or [esaint@newcanaanyymca.org](mailto:esaint@newcanaanyymca.org).

### Youth Yoga (Ages 10-13)

Location	Director/Instructor	Dates	Day	Time	Member/ Non-member Fee	Limit
Mind Body Center	T. Kokorska/Ania	11/30-1/11	Thu.	4:15 - 5:00 pm	\$108/\$164	15
Mind Body Center	T. Kokorska/Ania	1/18-2/29	Thu.	4:15 - 5:00 pm	\$108/\$164	15

### FIT Pass Program (Ages 12-13) Free with Family Membership!

Location	Director/Instructor	Dates	Day	Time	Family Member/ Youth Member Fee	Limit
Remote/Wellness Center	E. Saint/Staff	12/4-12/13	Mon./Wed.	4:00 - 5:00 pm	Free/\$92	12
Remote/Wellness Center	E. Saint/Staff	1/8-1/17	Mon./Wed.	4:00 - 5:00 pm	Free/\$92	12
Remote/Wellness Center	E. Saint/Staff	1/29-2/7	Mon./Wed.	4:00 - 5:00 pm	Free/\$92	12

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

## YMCA360 ACTIVITIES FOR KIDS, TEENS, & FAMILIES

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

### Kids & Family Activities:

#### Arts:

Culinary, Graphic, Literary, Performing, and Visual

#### Youth Sports:

Aquatics, Basketball, Football, Gymnastics & Cheer, Martial Arts, Power Sports, and Volleyball

#### Kids Activities:

Camp, Family Nutrition, Fun Fit, E-Sports, STEAM activities, and Yoga & Pilates



# YOUTH DEVELOPMENT: PRESCHOOL RECREATION

Empowering young people to reach their full potential

## Preschool Recreation

### LUNCH BUNCH (Ages 2-3)

This 12-week parent/child program will help you and your child make new friends, engage in creative play, learn new skills, and enhance creativity, followed by a group lunch. Each age-appropriate activity is tailored to build confidence, including music, sensory play, puzzles, and more. Lunch will be provided by EB222 Catering, LLC and participants will choose from a selected menu. Please notify Mason Capozza at [mcapozza@newcanaanymca.org](mailto:mcapozza@newcanaanymca.org) of any dietary restrictions or allergies prior to the start of the program.

### ANIMAL KINGDOM ADVENTURES (Ages 3-5)

Lions, and tigers, and bears, oh my! Animal Adventure allows kids to explore their wild side through educational group activities all about the Animal Kingdom. Play, learn, explore, and create fun projects while learning about some of the earth's most magical creatures.

### LEGO LEGENDS (Ages 3-5)

A program based around the universally popular Lego building block toys. Kids will explore creative themes every week with guided builds in groups and solo builds too!

### GYMNASIUM BIRTHDAY PARTIES (Ages 6+)

Come celebrate your child's special day with us here at the Y! Our Basketball Gym is perfect for those who enjoy shooting hoops or playing a variety of recess like games. Please note: hosting parent must remain in the gymnasium for extra supervision. If interested, please contact [mcapozza@newcanaanymca.org](mailto:mcapozza@newcanaanymca.org).

Time: 3:30-5:30 PM

#### Family & Youth Member Fee\*:

\$300/without pizza, \$350/with pizza

#### Non-Member Fee\*:

\$400/without pizza, \$450/with pizza

\*Additional food may be purchased at your own expense.

### Lunch Bunch (Ages 2-3)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kids Unlimited	P. Prout/M. Capozza	11/28-2/27	Tue.	10:30 - 11:30 am	\$30/week*	10

\*Participants register by week.

### Animal Kingdom Adventures (Ages 3-5)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kids Unlimited	P. Prout/M. Capozza	12/1-3/1	Fri.	2:00 - 2:30 pm	\$262	10

### Lego Legends (Ages 3-5)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kids Unlimited	P. Prout/M. Capozza	12/2-3/2	Sat.	9:00 - 9:45 am	\$262	10

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

# YOUTH DEVELOPMENT: YOUTH RECREATION

Empowering young people to reach their full potential

## Youth Recreation

### NEW! BUDDING BEATS: MIDDLE SCHOOL PERCUSSION GROUP (Grades 5-8)

Craft modern beats and rhythms with your friends, led by a professional musician. Unleash your inner drummer as you explore a diverse array of percussion instruments from djembes and congas to tambourines and cajóns. Explore Latin American, African, and Asian styles of the first form of music.

### SKI & BOARD CLUB (Grades 5-8)

Our popular Ski & Board Club is back for our middle school members! On Fridays, registered members will be transported to ski resorts from the Y by bus and return in the late evening. Tickets and transportation are included in the program fee.

**Note:** Members must come with their own equipment to participate.

### ANALOG ACTION CLUB (Grades 5-8)

**Drop-In Class: No Registration Required!** Discover the thrill of strategic decision-making as you dive into a myriad of captivating tabletop games. Whether you're a seasoned gamer or just beginning your journey, you're sure to have fun learning new games!

### NEW! ARCHERY PROGRAMS

#### Young Archers Safety for Beginners (Grades 5-8)

Our youth archery program \*aims\* to instruct young archers to be familiar with the range and commands, equipment and its parts; most of all, the safe and proper procedure on the range.

#### Aim & Achieve Archery (Grades 5-8)

Take your first step into the incredible world of Archery. Our certified instructor will reinforce safe practices and proper range etiquette while coaching on improving form that will lead to easier and more accurate shooting. **Prerequisite: Young Archers Safety for Beginners**

#### NEW! Youth archery OPEN range (Grades 5-8)

Supervised range time with certified safety personnel. Practice your skills after school and hone your inner archer! **Prerequisite: Young Archers Safety for Beginners**

### MIDDLE SCHOOL MADNESS (Grades 5-8)

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

#### NEW! Budding Beats: Middle School Percussion Group (Grades 5-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
New Canaan YMCA	P. Prout/N. Depuy	1/3-2/28	Wed.	2:45 - 3:45 pm	\$175/\$250	12

#### Ski & Board Club (Grades 5-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
New Canaan YMCA/ Off-Site	P. Prout/Staff	1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 3/1	Fri.	4:15 - 10:45 pm	\$900/\$950	50

#### Analog Action Club (Grades 5-8) Drop-In Program: No Registration Required!

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Wagner Room	P. Prout/Staff	11/28-2/27	Tue.	4:00 - 5:30 pm	Free	10

#### NEW! Young Archers Safety for Beginners (Grades 5-8) 1-Day Program

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Williams Room	P. Prout/Staff	12/2, 12/9, 12/20, 1/3	Sat.	12:00 - 1:30 pm	\$25/\$50	15

#### NEW! Aim & Achieve Archery (Grades 5-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	P. Prout/Staff	1/4-2/29	Thu.	4:00 - 5:00 pm	\$210/\$260	12

#### NEW! Youth Archery Open Range (Grades 5-8)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	P. Prout/Staff	1/4-2/29	Thu.	2:30 - 3:45 pm	Free	15

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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
New Canaan YMCA	P. Prout/Staff	12/2, 1/20, 2/10	Sat.	7:00 - 9:30 pm	\$30/\$50	100

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**



# YOUTH DEVELOPMENT: FAMILY PROGRAMS

Empowering young people to reach their full potential

## Family Programs

### ADVENTURE GUIDES RETURNS! (Families with Children in Grades K-4)

The long-standing New Canaan YMCA and Y-National program Adventure Guides returns! The Adventure Guides program instills closer family relationships between parents and children. Our program fosters togetherness by doing fun things such as crafts, hiking, overnight camp-outs, 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. Children savor the joys of valued time with their parents, and parents, the fun and value of companionship with their children on a one-to-one basis.

The Adventure Guides program is not only a great way for children and parents to bond, but it also opens the door for new friendships for all involved. By joining the small group known as a "village" in the Adventure Guides program, you and your children will create friendships that will last a lifetime. Parents and children also join and participate together in small groups called communities.

The quintessential YMCA Parent-Child program is returning to New Canaan. To rebuild the popular Adventure Guide programs, we invite you to an open house to build and plan for an exciting year ahead!

#### Adventure Guides Open Houses:

Tuesday, December 12, 7:00 PM

Saturday, January 20, 11:00 AM - 1:00 PM

Location: New Canaan YMCA

For additional information and any questions, contact Phil Prout, Youth, Family, & Camp Y-Ki Director at 203-966-4528 ext. 193 or [pprout@newcanaanymca.org](mailto:pprout@newcanaanymca.org).



# YOUTH DEVELOPMENT: RED CROSS CERTIFICATION COURSES

Empowering young people to reach their full potential

## Red Cross Certification Courses

### JUNIOR LIFEGUARDING (Ages 11-14)

The American Red Cross has introduced a junior lifeguarding course designed to guide and prepare youth ages 11-14 for the American Red Cross Lifeguarding course. Course focuses on building a foundation of knowledge, attitude, and skills for future lifeguards.

### RED CROSS BABYSITTING CERTIFICATION (Ages 11-15)

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

### RED CROSS FIRST AID, CPR, & AED TRAINING FOR TEENS (Ages 12-17)

Designed to help teenagers recognize and respond appropriately to cardiac, breathing, and first aid emergencies; this course teaches participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed. This course is paced to provide teens the opportunity to learn about cardiac, breathing, and first aid emergencies.

The course is offered in a blended learning format and requires the online portion to be completed prior to attending the instructor-led skills session.

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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	M. Busse/Staff	11/28-2/27	Tue.	5:30 - 6:30 pm	\$237/\$287	6

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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Kids Unlimited	P. Prout/Staff	12/9	Sat.	9:00 am - 2:00 pm	\$126/\$176	12
Kids Unlimited	P. Prout/Staff	1/20	Sat.	9:00 am - 2:00 pm	\$126/\$176	12
Kids Unlimited	P. Prout/Staff	2/24	Sat.	9:00 am - 2:00 pm	\$126/\$176	12

#### Red Cross First Aid, CPR, & AED Training for Teens (Ages 12-17)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	M. Busse/Staff	12/6	Wed.	6:00 - 8:00 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	2/7	Wed.	6:00 - 8:00 pm	\$80/\$130	12

#### Lifeguarding Recertification (Ages 15+) 1-day program

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	M. Busse/Staff	2/19	Mon.	8:00 am - 6:00 pm	\$263/\$313	12

#### Red Cross Safety Training for Swim Coaches (Ages 16+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
New Canaan YMCA	M. Busse/Staff	2/19	Mon.	8:00 am - 6:00 pm	\$25/\$50	10

### LIFEGUARDING RECERTIFICATION (Ages 15+)

This course will re-certify any current American Red Cross lifeguard with a two-year certification. Participants will demonstrate their skills and brush up on saves, first aid, and CPR/AED.

### RED CROSS SAFETY TRAINING FOR SWIM COACHES (Ages 16+)

The ARC Safety Training for Swim Coaches helps to fulfill the Coaches Safety Education requirement for USA Swimming and Y USA with a 2-year certification. This course is taught in conjunction with the lifeguard recertification courses, and participants must be registered for the lifeguard recertification course at the same time as this course.

The course is offered in a blended learning format and requires the online portion (accessed via mobile, desktop or tablet) to be completed prior to attending the Instructor-led skills session.

# YOUTH DEVELOPMENT: RED CROSS CERTIFICATION COURSES

Empowering young people to reach their full potential

## Red Cross Certification Courses

### RED CROSS BASIC LIFE SUPPORT TRAINING FOR HEALTHCARE & PUBLIC SAFETY (Ages 16+)

Basic Life Support (BLS) teaches healthcare providers and public safety professionals the knowledge and skills necessary to respond to breathing, cardiac, and opioid overdose emergencies in adult, child, and infant patients. The course emphasizes providing high-quality care and integrating psycho-motor skills with critical thinking and problem solving to achieve the best possible patient outcomes.

### RED CROSS FIRST AID, CPR, AED, & OPIOID OVERDOSE TRAINING FOR THE PROFESSIONAL RESCUER (Ages 16+)

Teaches professional-level rescuers to respond to breathing and cardiac emergencies in adults, children, and infants until more advanced medical personnel take over.

### RED CROSS FIRST AID, CPR, & AED TRAINING FOR ADULTS (Ages 18+)

Designed to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies; this course teaches participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed.

Red Cross First Aid Courses are offered in a blended learning format and require the online portion (accessed via mobile, desktop or tablet) to be completed prior to attending Instructor-led skills sessions.

Courses are designed for participants who need a certification that satisfies OSHA, workplace or other regulatory requirements. Continuing Education Units (CEUs) are available to those who complete the course. The course CEUs are approved by the Commission on Accreditation for Prehospital Continuing Education (CAPCE).

#### Red Cross Basic Life Support Training for Healthcare & Public Safety (Ages 16+)

Location	Director/Instructor	Date	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	M. Busse/Staff	1/13	Sun.	2:30 - 4:30 pm	\$160/\$210	10

#### Red Cross First Aid, CPR, AED, & Opioid Overdose Training for the Professional Rescuer (Ages 16+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
New Canaan YMCA	M. Busse/Staff	1/13	Sun.	8:00 am - 1:30 pm	\$180/\$220	10

#### Red Cross First Aid, CPR, & AED Training for Adults (Ages 18+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member fee	Limit
New Canaan YMCA	M. Busse/Staff	12/1	Fri.	6:00 - 7:30 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	12/14	Thu.	6:00 - 7:30 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	12/19	Tue.	5:30 - 7:00 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	12/19	Tue.	7:30 - 9:00 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	1/11	Thu.	3:30 - 5:00 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	1/12	Fri.	1:30 - 3:00 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	1/12	Fri.	5:30 - 7:00 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	2/2	Fri.	6:00 - 7:30 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	2/9	Fri.	5:30 - 7:00 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	2/11	Thu.	5:30 - 7:00 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	2/29	Thu.	5:30 - 7:00 pm	\$80/\$130	12
New Canaan YMCA	M. Busse/Staff	2/29	Thu.	7:30 - 9:00 pm	\$80/\$130	12



# YOUTH DEVELOPMENT: Y SUPPORT NEEDS

Empowering young people to reach their full potential

## Inclusive Services & Support Programs

### YSN JUNIOR SENSORY GYM FITNESS

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

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

### YSN JUNIOR SWIM INSTRUCTION

(Ages 5-12)

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

### YSN CARDIO DANCE (Ages 13+)

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

### YSN Y-TUNES DRUMMING & YOGA STRETCH

(Ages 13+)

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

### YSN RHYTHM HEARTS THEATER

(Ages 13+)

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

### YSN SWIM CLUB

(Ages 13+, must be an independent swimmer)

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

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

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

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
Kid Zone	C. Kaufman/L. Aikler	11/30-2/29	Thu.	4:30 - 5:15 pm	\$180/\$210	8

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

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Valles Pool	C. Kaufman/S. Sykes	11/29-2/28	Wed.	4:30 - 5:15 pm	\$220	6

#### YSN Cardio Dance (Ages 13+)

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
Group Exercise Center	C. Kaufman/L. Aikler	11/29-2/28	Wed.	4:15 - 5:00 pm	\$180/\$210	10

#### YSN Y-Tunes Drumming & Yoga Stretch (Ages 13+)

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	C. Kaufman/P. Bethel	12/19-2/13	Tue.	4:15 - 5:30 pm	\$220/\$250	10

#### YSN Rhythm Hearts Theater (Ages 13+)

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Room	C. Kaufman/M. Hennessey	12/18-2/26*	Mon.	4:15 - 5:30 pm	\$200/\$230	10

\*Class does not meet on 1/15.

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

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Valles Pool	C. Kaufman/S. Sykes	11/29-2/28	Wed.	5:15 - 6:00 pm	\$220	6

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

# YOUTH DEVELOPMENT: Y SUPPORT NEEDS

Empowering young people to reach their full potential

## Inclusive Services & Support Programs

### YSN WILDCATS BASKETBALL (Ages 12+)

Join us for this fun sports opportunity to play basketball and participate in drills in a fun and supportive setting with peer buddy volunteers. Participants will have the opportunity to learn new skills, focus on sportsmanship, play and practice non-competitive basketball games together, socialize with friends and most importantly have fun. All abilities welcome to join!

### YSN TEEN & YOUNG ADULT FREE SWIM (Ages 13+)

Join us for a free swim social hour with friends and get some exercise in the Valles Pool.

### YSN HEALTHY LIVING: COOKING & FITNESS (Ages 13+)

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

### YSN ROARING 20'S HANGOUTS (Ages 17+)

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



#### YSN Wildcats Basketball (Ages 12+)

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
Back Field	C. Kaufman/S. Sykes	11/30-2/29	Thu.	4:30 – 5:15 pm	\$180/\$210	10

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

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Valles Pool	C. Kaufman/YSN Staff	12/2-3/2	Sat.	12:15 – 1:15 pm	\$165	10

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

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
Wagner Rm./Wellness Ctr.	C. Kaufman/K. Morant	12/2-3/2	Sat.	1:15 – 2:30 pm	\$180/\$210	10

#### YSN Roaring 20's Hangouts (Ages 17+)

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Wagner Room	C. Kaufman/YSN Staff	12/21-2/15	Thu.	5:30 – 7:00 pm	\$250	10

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: Program Overview

### NEW CANAAN YMCA SWIM LESSON PROGRAM OVERVIEW

The National Y swim lesson program is designed to teach safety, confidence, and strength in the water in a supportive and nurturing environment. The program is organized into eight levels and your child is assigned to a level at the beginning of each session. Class schedule is organized by age group and level. If you are unsure of the appropriate level for your child, please refer to the below overview or contact Emily Daymonde at 203-920-1652 or [edaymonde@newcanaanymca.org](mailto:edaymonde@newcanaanymca.org) to schedule an evaluation. **Please note:** requests for instructors are not guaranteed for group, private, and semi-private lessons.

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years  
**PRESCHOOL:**  
LEVELS 1–4



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

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

### WHICH LEVELS IS THE STUDENT READY FOR?

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

NOT YET

A / WATER DISCOVERY

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

NOT YET

B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

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

NOT YET

2 / WATER MOVEMENT

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

NOT YET

3 / WATER STAMINA

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

NOT YET

4 / STROKE INTRODUCTION

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

NOT YET

5 / STROKE DEVELOPMENT

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

NOT YET

6 / STROKE MECHANICS

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: Level Descriptions

### SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

#### A / WATER DISCOVERY

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

#### B / WATER EXPLORATION

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

### SWIM BASICS

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

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

#### 1 / WATER ACCLIMATION

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

#### 2 / WATER MOVEMENT

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

#### 3 / WATER STAMINA

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

### SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

#### 4 / STROKE INTRODUCTION

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

#### 5 / STROKE DEVELOPMENT

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

#### 6 / STROKE MECHANICS

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

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



# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons & Policies

### WINTER SWIM LESSONS AT THE NEW CANAAN YMCA

The New Canaan YMCA offers swim lessons for members ages 6 months to 12 years. Please refer to pages 21–22 for detailed information about swim lesson levels at the Y. Adult swim lesson information can be found on page 31. **Please note:** requests for instructors are not guaranteed for group, private, and semi-private lessons.

**PARENT/CHILD LESSONS:** Due to the temporary Forese Family Pool closure, Parent/Child swim classes will resume December 18. Ratio is 1:2 – 1:6.

**PRESCHOOL LESSONS:** Due to the temporary Forese Family Pool closure, classes will be held in the Valles Pool until December 14. Classes will resume in the Forese Family Pool beginning December 15. Ratio is 1:2 – 1:4.

**SCHOOL-AGE LESSONS:** Due to the temporary Forese Family Pool closure, classes will be held in the Valles Pool until December 14. Classes will resume in the Forese Family Pool beginning December 15. Ratio is 1:2 – 1:4 for levels 1–4, and 1:6 for levels 5–6.

**PRIVATE & SEMI-PRIVATE LESSONS:** Due to the temporary Forese Family Pool closure, classes will be held in the Valles Pool until December 14. Classes will resume in the Forese Family Pool beginning December 15. Please note, parents **must** be in the water for private and semi-private lessons with children under 3 years of age.

### REGISTRATION DATES

Registration for winter swim lessons at the Y begins **Monday, November 13, 2023** and will be available at the Member Services Desk or online at [www.newcanaanymca.org/registration](http://www.newcanaanymca.org/registration). After the first day, there will be no changes or moving of participants. Registration for winter session 2 begins **Monday, January 8, 2024**.

\*Registration for swim lessons closes at 12:00 pm on the Friday before each session.

#### PARENT/CHILD SESSION DATES

**Dates:** 12/18/23–3/2/24 (9 weeks)

**No Classes:** 12/25/23–1/1/24; 2/19/24–2/24/24

#### PRESCHOOL, SCHOOL-AGE, PRIVATE, & SEMI-PRIVATE SESSION DATES

**Session 1:** 11/27/23–1/13/24 (6 weeks) \*Monday classes meet for 5 weeks.

**Session 2:** 1/15/24–3/2/24 (6 weeks)

**No Classes:** 12/25/23–1/1/24; 2/19/24–2/24/24

### SWIM LESSONS MAKE-UP CLASS POLICY

It is our desire that each student attend all classes within a session. This will provide the maximum benefit to the development of a child. Make-up classes can only be allowed for a student who was sick the day of their class, as supported by a doctor's note. All make-ups **MUST** be approved **AND** scheduled by Emily Daymonde by calling 203-920-1652. All make-up classes take place within the session and cannot be carried over. If a class is canceled by the Y due to inclement weather or an emergency, every effort will be made to offer a make-up class. If a participant cannot attend the make-up class, no credit will be issued. If the Y cannot offer a make-up class, a credit will be issued.

### ADDITIONAL INFORMATION

- Parents and/or guardians of children who are in 4th grade or younger must remain on the Valles Pool observation deck during swim lessons. Please note: no parents/guardians on the Valles Pool deck during swim lessons.
- Membership at the time of registration and throughout the session is **required** to participate in swim lessons at the New Canaan YMCA.

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: Parent/Child

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

#### SESSION DATES

Dates: 12/18/23–3/2/24 (9 weeks)

#### Parent/Child levels: A–B

- See pages 21–22 for an overview of levels.
- Class ratio is 1:2 – 1:6

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

Introduces infants and toddlers to the aquatic environment

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Mon.	10:00 – 10:30 am	\$292	6
Forese Family Pool	E. Daymonde/Staff	Tue.	10:00 – 10:30 am	\$292	6
Forese Family Pool	E. Daymonde/Staff	Thu.	10:00 – 10:30 am	\$292	6
Forese Family Pool	E. Daymonde/Staff	Thu.	3:30 – 4:00 pm	\$292	6
Forese Family Pool	E. Daymonde/Staff	Sat.	8:30 – 9:00 am	\$292	6
Forese Family Pool	E. Daymonde/Staff	Sat.	10:00 – 10:30 am	\$292	6

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

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

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Mon.	10:30 – 11:00 am	\$292	6
Forese Family Pool	E. Daymonde/Staff	Tue.	10:30 – 11:00 am	\$292	6
Forese Family Pool	E. Daymonde/Staff	Thu.	10:30 – 11:00 am	\$292	6
Forese Family Pool	E. Daymonde/Staff	Thu.	4:00 – 4:30 pm	\$292	6
Forese Family Pool	E. Daymonde/Staff	Thu.	4:30 – 5:00 pm	\$292	6
Forese Family Pool	E. Daymonde/Staff	Sat.	8:30 – 9:00 am	\$292	6
Forese Family Pool	E. Daymonde/Staff	Sat.	10:30 – 11:00 am	\$292	6

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

**No Classes: 12/25/23–1/1/24; 2/19/24–2/24/24**

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: Preschool

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

#### SESSION DATES

Session 1: 11/27/23-1/13/24 (6-week session) \*Monday classes meet for 5 weeks.

Session 2: 1/15/24-3/2/24 (6-week session)

#### Preschool swim levels: 1-6

- See pages 21-22 for an overview of levels.
- Class ratio is 1:2 - 1:4

Due to the temporary Forese Family Pool closure, Winter Session 1 swim lessons take place in the Valles Pool until December 14. Swim lessons will be held in the Forese Family Pool beginning Friday, December 15.

#### Preschool Swim Lessons: Levels 1 & 2

Location	Director/Instructor	Day	Time	Member Fee	Limit
Valles Pool/Forese Family Pool	E. Daymonde/Staff	Mon.	10:40 - 11:10 am	\$175*	4
Valles Pool/Forese Family Pool	E. Daymonde/Staff	Mon.	3:30 - 4:00 pm	\$175*	4
Valles Pool/Forese Family Pool	E. Daymonde/Staff	Mon.	4:00 - 4:30 pm	\$175*	4
Valles Pool/Forese Family Pool	E. Daymonde/Staff	Wed.	3:30 - 4:00 pm	\$175	4
Valles Pool/Forese Family Pool	E. Daymonde/Staff	Sat.	9:00 - 9:30 am	\$175	4

\*Monday classes are prorated to \$154 in session 1.

#### Preschool Swim Lessons: Level 3

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

\*Monday classes are prorated to \$154 in session 1.

#### Preschool Swim Lessons: Level 4

Location	Director/Instructor	Day	Time	Member Fee	Limit
Valles Pool/Forese Family Pool	E. Daymonde/Staff	Mon.	4:30 - 5:00 pm	\$175*	4
Valles Pool/Forese Family Pool	E. Daymonde/Staff	Sat.	11:00 - 11:30 am	\$175	4

\*Monday classes are prorated to \$154 in session 1.

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

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: School-Age

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

#### SESSION DATES

Session 1: 11/27/23-1/13/24 (6-week session) \*Monday classes meet for 5 weeks.

Session 2: 1/15/24-3/2/23 (6-week session)

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

- See pages 21-22 for an overview of levels.
- Class ratio is 1:2 - 1:4

Due to the temporary Forese Family Pool closure, Winter Session 1 swim lessons take place in the Valles Pool until December 14. Swim lessons will be held in the Forese Family Pool beginning Friday, December 15.

#### School-Age Swim Lessons: Levels 1 & 2

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Mon.	5:00 - 5:45 pm	\$189*	4
Forese Family Pool	E. Daymonde/Staff	Tue.	5:00 - 5:45 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Wed.	5:00 - 5:45 pm	\$189	4

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

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Mon.	5:45 - 6:30 pm	\$189*	4
Forese Family Pool	E. Daymonde/Staff	Tue.	4:15 - 5:00 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Wed.	5:45 - 6:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	4:15 - 5:00 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Sat.	9:00 - 9:45 am	\$189	4
Forese Family Pool	E. Daymonde/Staff	Sat.	10:30 - 11:15 am	\$189	4

\*Monday classes are prorated to \$158 in session 1.

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

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Mon.	4:15 - 5:00 pm	\$189*	4
Forese Family Pool	E. Daymonde/Staff	Tue.	4:15 - 5:00 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Tue.	5:00 - 5:45 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Wed.	4:15 - 5:00 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	5:00 - 5:45 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	5:45 - 6:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Sat.	9:45 - 10:30 am	\$189	4

\*Monday classes are prorated to \$158 in session 1.

#### School-Age Swim Lessons: Levels 5 & 6

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	E. Daymonde/Staff	Tue.	4:15 - 5:00 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Tue.	5:00 - 5:45 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Tue.	5:45 - 6:30 pm	\$189	4
Forese Family Pool	E. Daymonde/Staff	Thu.	5:45 - 6:30 pm	\$189	4

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

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**



# YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

## Swim Lessons: Private & Semi-Private

### PRIVATE & SEMI-PRIVATE SWIM LESSONS (Ages 6 months–12 years)

#### SESSION DATES

Session 1: 11/27/23–1/13/24 (6-week session) \*Monday classes meet for 5 weeks.

Session 2: 1/15/24–3/2/23 (6-week session)

#### Private & Semi-Private swim levels:

- See pages 21–22 for an overview of levels.
- Private class ratio is 1:1
- Semi-Private class ratio is 1:2 or 1:4

Due to the temporary Forese Family Pool closure, Winter Session 1 swim lessons take place in the Valles Pool until December 14. Swim lessons will be held in the Forese Family Pool beginning Friday, December 15.

#### Private & Semi-Private Lessons (Ages 6 months–12 years)

Location	Director/Instructor	Day	Time	Member Fee
Forese Family Pool	E. Daymonde/Staff	Fri.	3:30 – 4:00 pm	\$60/\$51
Forese Family Pool	E. Daymonde/Staff	Fri.	4:00 – 4:30 pm	\$60/\$51

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

**No Classes: 12/25/23–1/1/24; 2/19/24–2/24/24**

# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS

Empowering young people to reach their full potential

## Aquianas Artistic Swimming

The New Canaan YMCA Aquianas Artistic Swim Team was founded on the belief that artistic swimming can be an expressive and creative outlet for young athletes within an athletic and competitive environment. The nationally ranked Aquianas are comprised of Intermediate to elite-level swimmers. The goal for all team members is to reach their potential while having fun! The nationally-certified coaching staff strives to develop positive values and foster teamwork among athletes of every level. Competition on the local, regional, zone, national, and international levels is offered to those who qualify.



### COACHING STAFF

**Jen Muzyk:** Director of Artistic Swimming/Junior Team Coach

**Laura Mase:** Youth Team Coach

**Ruyu Yan:** Intermediate Team Coach

**Alex Poteet:** Non-Competitive Program Coach/12 & Under Team Coach

### NON-COMPETITIVE AQUIANAS PROGRAMS

#### LEVEL 1A/ARTISTIC SWIMMING CAMP (Ages 6-9)

Basic artistic swimming skills are taught along with a routine choreographed to music that is heard under the water as well as above. No experience necessary. Program takes place during the summer.

#### LEVEL 1B/FISH (Ages 6-9)

Athletes will learn basic artistic swimming skills, an introduction to flexibility training, and enjoy new ways to move in the water with friends. Both beginners and individuals with some artistic swimming class experience will enjoy this program. Program takes place throughout the school year.

**Camp & Fish Prerequisites:** Participants must be comfortable swimming in the Y's pools without assistance or a flotation device. The curriculum includes being fully submerged and upside down in the water. It is **required** that participants be in school-age level 4 swim lessons or higher (refer to pages 21-22 for an overview of the Y's swim lessons program).

For evaluation and registration information, contact Deb Isidro at 203-920-1633 or [disidro@newcanaanyymca.org](mailto:disidro@newcanaanyymca.org).

**\*Swimmers must complete at least one, twelve-week session of Fish or all three, two-week sessions of Artistic Swimming Camp to be considered for the Aquianas Artistic Swimming Pre-Team.**

#### LEVEL 2/Pre-Team

#### Fish (Ages 6-9)

Location	Director/Instructor	Session Start/End	Day	Time	Member Fee	Limit
Valles Pool	J. Muzyk/A. Poteet	12/1-3/1	Fri.	5:40 - 6:40 pm	\$415	10

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

### COMPETITIVE AQUIANAS PROGRAMS

**By coaches' approval only.** The competitive Aquianas Artistic Swimming program is comprised of three teams: Intermediate, and Age Group/Junior. For additional information and any questions, contact Jen Muzyk, Director of Artistic Swimming & Head Coach, at [jmuzyk@newcanaanyymca.org](mailto:jmuzyk@newcanaanyymca.org).

#### LEVEL 3/INTERMEDIATE (Ages 10 & Under)

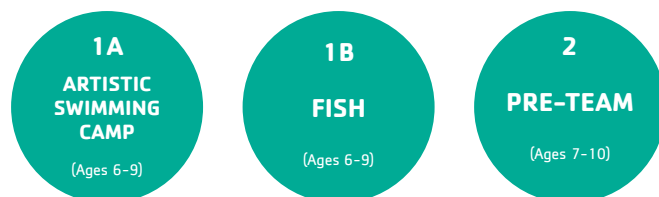
#### LEVEL 4/AGE GROUP (Ages 12 & under, 13-15) & JUNIOR (Ages 16-18)

### TEAM HIGHLIGHTS

- U.S. Youth National Team Member, Sophia Shen
- U.S. Youth National Team Assistant Coach, Laura Mase
- Jr. U.S. National Championships Team Event, Bronze Medal
- 22nd Primorje Cup (Croatia) High Point Winner
- Youth, Jr., & Sr. East Zone High Point Winner

### ARTISTIC SWIMMING PROGRAM PROGRESSION

#### NON-COMPETITIVE AQUIANAS PROGRAMS:



#### COMPETITIVE AQUIANAS PROGRAMS:



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

# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS

Empowering young people to reach their full potential

## Caimans Swim Team

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



### COACHING STAFF

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

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

**Nick Blade:** Head Developmental Coach

### TEAM HIGHLIGHTS

2023 Bronze Medal Club

2022-2023 CT Male Swimmer of the Year, Kalen Anbar

2021-2022 CT Male Swimmer of the Year, Kalen Anbar

### NON-COMPETITIVE CAIMANS PROGRAM

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

**Running fall through spring.** Instructional in nature for future Caimans swimmers. The group works on proper body balance and the coordination of each of the competitive strokes. To participate, swimmers must complete 25 yards of the front crawl with their face in the water and 25 yards of backstroke, both without stopping and have working knowledge of breaststroke and butterfly.

**\*Participants must schedule an evaluation prior to registering for the Pre-Caimans program.**

### AGE GROUP PROGRAM

#### PRIDE (Ages 8 & under)\*

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

#### STARS (Ages 9-10)\*

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

#### JUNIORS (Ages 11+)\*

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

### SENIOR PROGRAM

#### SENIOR (Ages 13+)\*

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

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

### 2023-2024 CAIMANS EVALUATIONS

Interested swimmers may schedule an evaluation to join the team for the 2023-2024 season. Evaluations are located in the Valles Pool.

**Dates:** Wednesday November 8; 5:00-5:45 PM

To schedule an evaluation, please contact Liz Blau at 203-920-1645 or [lblau@newcanaanyymca.org](mailto:lblau@newcanaanyymca.org). Please note: swimmers must meet additional criteria for placement in all the above competitive levels. To learn more about the Caimans Swim Team, visit [www.newcanaanyymca.org/caimans](http://www.newcanaanyymca.org/caimans).



### Pre-Caimans (Ages 6-10)

Location	Director/Instructor	Session Dates	Day	Time	Member Fee	Limit
Valles Pool	L. Blau/Staff	11/27-3/1	Mon., Wed., Fri.	5:00 - 5:45 pm	\$748	16

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

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

# YOUTH DEVELOPMENT: COMPETITIVE AQUATICS

Empowering young people to reach their full potential

## Whirlwind Diving Team

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



### COACHING STAFF

**Joe Somma:** Competitive Diving Director/  
Head Coach

**Adam Vance:** Associate Diving Director

### 2023 SENIORS COMPETING IN COLLEGE

Ben Bradley - George Washington University

Alex Friedman - Colby College

Mia Guster - Lafayette College

Kaitlyn Maggio - Miami University (Ohio)

Natalie Penman - Bucknell University

Jayden Satir - Southern Connecticut State University

Kate Whitaker - Lehigh University

Kate Wittenauer - Fairfield University

### NON-COMPETITIVE WHIRLWIND PROGRAMS

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

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

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

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

### WHIRLWIND COMPETITIVE PROGRAMS

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

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

#### LEVEL 4 - By Coaches' Invitation

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

#### LEVEL 5 - By Coaches' Invitation

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

#### LEVEL 6 - By Coaches' Invitation

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

#### LEVEL 7 - By Coaches' Invitation

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

#### LEVEL 8 - By Coaches' Invitation

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

#### LEVEL 9 - By Coaches' Invitation

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

#### LEVEL 10 - By Coaches' Invitation

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

**\*Levels 3-10 need an evaluation from the coaching staff prior to beginning the program.** Please contact Adam Vance at 203-920-1658, or [avance@newcanaanyymca.org](mailto:avance@newcanaanyymca.org), to schedule an evaluation.

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



# HEALTHY LIVING: ADULT WATER ACTIVITIES

Improving individual and community well-being

## Aquatic Information & Policies

### FORESE FAMILY POOL REOPENING DECEMBER 15, 2023

#### Beginning December 15:

- All competitive teams will return to their on-site schedules. Coaches will be in touch regarding scheduling specifics.
- All youth swim lessons will return to the Forese Pools. Additional lesson options will be available beginning Winter session 2 including the return of our parent/child classes.
- Adult lap time will be reinstated and available in both the Forese Family Pool and Valles Pool.
- Water fitness classes will return to their previous schedule/location
- Additional free swim times will again be available and will return to the Forese Family Pool

Please feel free to contact Margaret Riley, Executive Director, at [mriley@newcanaanymca.org](mailto:mriley@newcanaanymca.org) with any questions.

### MEMBER SWIM OFFERINGS

Please refer to our pool schedules for adult lap, therapy, and free swim times at [www.newcanaanymca.org/schedules](http://www.newcanaanymca.org/schedules).

**ADULT LAP:** For members 13 and older looking to swim for leisure and exercise. Please follow guidelines posted throughout the pool areas so as to not interfere with another swimmer's workout.

**THERAPY SWIM:** An open time for members needing water therapy.

**FREE SWIM:** Free swim is available to New Canaan YMCA members only. One non-member parent or guardian may register and accompany a youth member ages 12 and under. Free swim ratio comprises 1 adult to no more than 6 children (no more than 2 non-swimmers). To participate in free swim, children 12 years and under and non-swimmers of any age **MUST** be accompanied in the water by an adult 18+, in a bathing suit, and in the pool, who is responsible for the child at all times. All children 15 years and under must be swim tested in order to participate. Each child will be graded as red-beginner, yellow-intermediate, and green-advanced and required to wear a color-coded band in the water.

Reservations for free swim can be made online at [www.newcanaanymca.org/registration](http://www.newcanaanymca.org/registration).

**Please note:** Non-swimmers of any age and children using a swim aid must have a parent in the pool no more than an arm's length away at all times. The New Canaan YMCA only permits Coast Guard approved personal flotation devices during free swim and therapy swim.

**AQUATIC GROUP EXERCISE CLASSES:** Due to the temporary Forese Family Pool closure, classes are offered in the Valles Pool. Refer to the offerings on the next page for additional information.

**NOTICE:** New Canaan YMCA lifeguards have the right to ask anyone not abiding by pool rules, and/or putting other members at risk, to leave the pool area. Only swimmers are permitted on the pool deck, no spectators allowed in pool area unless accompanying a swimmer as required by YMCA policy. Spectators may view the Valles Pool from the observation deck.

# HEALTHY LIVING: ADULT WATER ACTIVITIES

Improving individual and community well-being

## Adult Water Activities

### ADULT SWIM LESSONS

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

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

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Valles Pool/Forese Pool*	E. Daymonde/Staff	11/28-1/9	Tue.	5:45 – 6:30 pm	\$200	4
Forese Pool	E. Daymonde/Staff	1/16-2/27	Tue.	5:45 – 6:30 pm	\$200	4

\*Beginning Tuesday, 12/19, Adult Swim Lessons Session 1 will take place in the Forese Pool.

#### Masters Swim (Ages 18+) 10-month season

Location	Director/Instructor	Dates	Day	Time	Member/ Non-member Fee	Limit
Valles Pool	L. Blau/Staff	9/11/23-7/19/24	Mon./Wed./Fri.	5:30 – 6:45 am	\$1,000*/\$1,300*	15

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

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

### AQUATIC FITNESS CLASSES (Free for Members)

Aquatic fitness classes are a part of our group exercise class schedule. Group exercise classes are included in your Y membership and provide a motivating, fun group setting. Classes are available to New Canaan YMCA members ages 14+ and all fitness levels are encouraged to attend.

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

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

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

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

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

**Hydro Intervals:** High-energy cardio and resistance training in a fun aquatic environment using a variety of equipment and exercises. This class is suitable for all fitness levels and injury-free individuals.

The Y offers over 100 group classes each week included with your membership! View class descriptions on pages 35-37 and view group exercise schedules at [www.newcanaanymca.org/schedules](http://www.newcanaanymca.org/schedules).

# HEALTHY LIVING: ADULT SPORTS & RECREATION

Improving individual and community well-being

## Adult Sports and Recreation

### MEMBER DROP-IN SPORTS

#### ADULT BASKETBALL:

Monday-Friday: 6:30-7:30 am & 12:00-2:00 pm  
Saturday & Sunday: 7:30-9:30 am

#### ADULT PICKLEBALL:

Tuesday: 9:30 am - 12:00 pm (all levels)  
Thursday: 9:30 am - 12:00 pm (beginner/intermediate)  
Sunday: 9:30 am - 12:00 pm (intermediate/advanced)

#### ADULT BADMINTON:

Tuesday: 8:00-9:00 pm

#### ADULT VOLLEYBALL:

Wednesday & Friday: 7:00 - 9:00 pm

\*Times subject to change. View updated schedules at [www.newcanaanyymca.org/schedules](http://www.newcanaanyymca.org/schedules). To participate in adult sports you must be at least 18 years of age or have graduated high school.

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

### ADULT PICKLEBALL CLASSES

#### New Player Pickleball Class (Ages 18+)

Come discover why Pickleball is the fastest-growing sport in the world. Easy to learn but challenging and fun to master, Pickleball combines the element of ping pong, tennis, and badminton. Join Marc De Palo, PPR-certified Pickleball Pro and life-long competitive tennis and paddle tennis player for this 8-week course! You will learn pickle from the ground up, including how to dink, smash, volley, serve, and more! Tennis or basketball sneakers highly recommended.

#### Intermediate Player Pickleball Class (Ages 18+)

Improve your Pickleball this indoor season, with a class designed for those who already play and want to take their game to the next level. Join Marc De Palo, PPR-certified Pickleball Pro and life-long competitive tennis and paddle tennis player for this 8-week course! Using focused drilling techniques, players will learn how to dink more aggressively, volley to win hand battles, and hone the all-important third shot drop and defensive block.

#### New Player Pickleball Class (Ages 18+)

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Gymnasium	L. Latta/M. De Paulo	11/28/23-1/23/24	Tue.	8:00 - 9:30 am	\$270/\$320	12

#### Intermediate Player Pickleball Class (Ages 18+)

Location	Director/Instructor	Dates	Day	Time	Member/ Non-member Fee	Limit
Gymnasium	L. Latta/M. De Paulo	11/30/23-1/25/24	Thu.	8:00 - 9:30 am	\$270/\$320	12

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

### BEGINNING THIS WINTER: ADULT MEN'S BASKETBALL LEAGUE (AGES 40+)

Forty is the new thirty, get back in the game! Join us for games against players with skills and those who haven't played in a while. Great players, great attitudes, great fellowship, and lots of fun! The league comprises a 10-game season with the top 8 teams making playoffs. All teams must have 7-10 players and must submit rosters by January 1, 2024. See you on the court!

League Begins: Sunday, January 7, 2024  
Game Times: 1:00 PM, 2:00 PM, 3:00 PM, & 4:00 PM  
Team Fees: \$1,200 (includes t-shirts)  
Limit: 10 players per team

Interested players and teams are welcome to contact Lenwood Latta, Sports Director, at 203-920-1634 or [llatta@newcanaanyymca.org](mailto:llatta@newcanaanyymca.org).

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

Improving individual and community well-being

## Wellness Center, The Zone, & Group Fitness

### WELLNESS CENTER

With a beautifully expanded floor plan, new equipment, and a qualified, caring staff, the Y's Wellness Center is here to support your healthy living goals. The Center has a variety of cardio equipment options including treadmills, ellipticals, and bikes, Matrix weight circuit, many free weight options, and a newly expanded space featuring a large multi-use stretching area, and our Sprint 8® Zone. The science-based Sprint 8® cardio workout program has been proven to boost energy, reduce body fat, promote lean muscle mass and improve cholesterol in just eight weeks.

The Wellness Center is open to members ages 14 and older (F.I.T. Pass training is available for ages 12-13; see page 13).



### THE ZONE

The Zone is the perfect space for anyone to find their inner athlete, train toward a personal best, or simply take on a new challenge. The Zone is a dedicated 2,200 square foot training space for functional training, stretching/plyometrics, sports performance, and rehabilitation-type activities; and features squat racks, weightlifting bars, and plates, strength equipment, kettlebells, medicine balls, plyo boxes, TRX straps, weight chains and other equipment.

The Zone is a place that can help everyone turn their goals—whatever they may be—into accomplishments. This space is open to all YMCA members ages 14 and older.



### GROUP FITNESS CLASSES

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

Group exercise classes are open to all Y members ages 14 and older. Ages 12-13 may attend classes with a parent (excluding Group Power).



### YMCA360

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

Login by visiting [www.ymca360.org](http://www.ymca360.org), click login and enter your zip code, click New Canaan YMCA, and enter the email address associated with your membership account. The YMCA360 platform can be accessed online, via mobile app for Apple and Android, and AppleTV, AndroidTV, and Roku devices.

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





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

Improving individual and community well-being

## Group Exercise

### MEMBER DROP-IN GROUP EXERCISE CLASSES (Free for Members)

Group exercise classes are included in your Y membership and provide a motivating and fun group setting. With over 100+ classes offered each week, there's something for everyone! Our studios comprise the Cycling Center, Group Exercise Center, Mindy Body Center, the Zone, and the Wagner Room. Classes are available to New Canaan YMCA members ages 14+ and all fitness levels are encouraged to attend. Aquatic fitness class descriptions can be found on page 32.

View up-to-date group exercise schedules at [www.newcanaanymca.org/schedules](http://www.newcanaanymca.org/schedules).

### CYCLING CENTER

**Cycling (Spinning):** A 45-minute non-impact cardiovascular and strength workout set to music on a specially-designed stationary bike.

**Cycling & Strength:** A 45-minute class of half cycling and half strength training for a total body experience. Each segment will be 20 minutes each.

**Pedal Pushers:** This 30-minute introduction to cycling class features low to moderate intensity that starts with individualized bike set-up to ensure optimal safety and results. Get your heart rate up while enjoying motivating tunes from the past. Perfect for those new to cycling looking for a cardio option to complement classes like Chair Yoga, Fit & Functional, Water Fitness, Chair Fitness, and other lower intensity classes.

### GROUP EXERCISE CENTER

**Chair Fitness:** This class improves cardio, core, balance, and strength while seated in an upright chair. With fun music and great instructors, it's a class for everyone!

**Dance Fusion:** This fun fusion class combines elements of cardio dance and body weight strength exercises designed to get your heart rate up and strengthen your muscles all to a motivating and upbeat soundtrack.

**Fit & Functional:** A low-impact energetic cardio class infused with strength training and balance work. Emphasis is given to foot, knee and hip alignment. Safe for everyone and intense enough for all fitness levels. Exercise to the 50's, 60's, 70's, and 80's music.

**MOSSA® Group Active:** Gives you all the training you need – cardio, strength, balance and flexibility – in just 1-hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

**MOSSA® Group Blast:** 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.

**MOSSA® Group Fight:** A gripping hour that burns a ton of calories and builds total-body strength. Tap into the hottest mixed martial arts movements done at rapid-fire pace to smash your cardio fitness!

**MOSSA® Group Groove:** Group Groove will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is fusion of club, urban, and Latin dance styles set to current hits and energetic songs.

**MOSSA® Group Power:** This class will blast all of your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises.

**Nia:** A movement class combining dance choreography, martial arts movements, and mindfulness techniques resulting in a revolutionary approach to fitness. Enjoy total-body conditioning, get in a great workout, and have fun!

**Total Body Conditioning:** A fun cardio and strength combo class designed to give you a total-body workout using different equipment and body weight exercises.

**Total Body Strength:** A challenging strength training class designed to give you a total body workout using different equipment.

**Zumba®:** A fusion of hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.

If you would like to share any feedback or requests for new or additional group exercise classes, contact Tetiana Kokorska, Group Exercise Director, at 203-920-1636 or [tkokorska@newcanaanymca.org](mailto:tkokorska@newcanaanymca.org).

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

Improving individual and community well-being

## Group Exercise

### MIND BODY CENTER

**Barre:** Blends Pilates mat work with traditional ballet exercises for a total body workout.

**Barre Fusion:** Work your entire body with a mix of strength, cardio, barre, Pilates and yoga all set to motivating music. First half of class is a mix of strength and cardio exercises utilizing sliders, dumb bells, and body weight; second half of class is mind-body focused with barre, Pilates, and yoga.

**Gentle Mat Pilates:** A beginner-friendly introduction to classic Pilates exercises. Elongate, lengthen, and strengthen the powerhouse muscles for a healthy spine.

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

**Introduction to Vinyasa Yoga:** This Vinyasa moving meditation practice includes basic asanas/poses, foundations of more advanced poses, and helps students find proper alignment. The Ujjayi breath, specific to traditional Indian Vinyasa, is introduced into the class to create a breath-to-movement rhythm and flow. There are also accommodations given to decrease the intensity, so that all levels of experience are welcome.

**Mindfulness & Meditation:** A combination of mindful movements to connect mind to body and to the present moment. Great for self-care, de-stress, and well-being fundamentals.

**MOSSA® Group Centergy:** Incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. Note: please bring your own mat.

**Open Level Yoga:** For yogis of all levels who are ready to experience a more intense, flowing class.

**Pilates Barre:** This class is a blend of Pilates and Barre. Where basic foundations of Pilates combine with traditional ballet-inspired moves for a total body workout.

**Pilates Fusion:** A combination of Pilates and yoga.

**Pilates Mat:** Open-level class involving various Pilates exercises.

**Pilates Stretch Fusion:** Strengthen your core and increase mobility and flexibility in all areas of the body. Learn how to do planks, roll ups, and crunches safely. All levels welcome.

**Power Barre:** Combines elements of ballet and Pilates inspired moves, dance, yoga, and functional fitness training. Small isolated movements as well as larger ranges of motion will be combined to fatigue the muscles and elevate the heart rate by sequencing upper and lower body exercises. The class will improve muscle and core strength, muscle endurance, balance, and flexibility.

**Power Yoga:** A challenging flow of yoga postures designed to create heat within using your body's own strength and breath.

**Power Yoga Retreat:** A 90-minute class with 60 minutes of challenging flow of yoga postures designed to create heat within using your body's own strength and breath followed by 15 minutes of guided meditation.

**Super Stretch:** Easy, effective exercises for each of the body's 600+ muscles, starting with the forehead and ending with the toes. A stretched out body is protected against stress, insomnia, and less prone to injury. Open to all!

**Vinyasa:** Includes sun salutations, standing poses, balances, twists, back-bends, forward bends, & restorative poses in an orderly, flowing sequence. Set to music, each class focuses on different poses & alignment actions. Open to all levels and includes modifications for new students.

**Yin Yoga:** A more meditative, gentler, and slower style of yoga, famous for stretching the connective tissue holding postures for longer periods of time- improving flexibility and cultivating your presence in the present moment.

**Yoga Flow:** Get your day started or end your day with this wonderful yoga class! Each class is unique, created with the intention of filling you with the seeds of insight, so your practice (wherever it takes you) can be grounded in strength and confidence.

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

Improving individual and community well-being

## Group Exercise

### THE ZONE

**Bootcamp:** High-intensity total body workout that combines elements of high-intensity interval training (HIIT), circuit training, and strength training, utilizing various equipment.

**Metabolic Conditioning:** Full-body workout that uses compound movements to overload your muscles and cardiovascular system, with longer work intervals and shorter rest periods.

**Zone Lower Body:** Strength training class with focus on lower body.

**Zone Upper Body:** Strength training class with focus on upper body.

**Zone Challenge:** High-intensity total body workout that combines elements of high-intensity interval training (HIIT), circuit training and strength training, utilizing various equipment in the Zone.

**Zone HIIT:** Timed high-intensity interval training (HIIT) class, using minimal equipment or your own body weight.

### WAGNER ROOM

**Chair Pilates:** From the chair to the mat, this 45-minute Chair Pilates class will simultaneously strengthen and elongate all muscles of the body, focusing on the powerhouse (core) while using your own body weight for a healthy spine.

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

**Qigong:** Pronounced “chee-gong”, Qigong is a practice of aligning breath, movement, and awareness for exercise, healing and meditation.

## Coming Soon: Prenatal & Postnatal Yoga

### PRENATAL YOGA

**For all stages of pregnancy.** This class will help you connect with your changing body and baby during the pregnancy. It offers yoga postures, breath work, relaxation techniques and meditation that are specifically geared towards pregnancy and will help you release tension and fatigue. No previous yoga experience is necessary. Classes are available weekly.

### BABY & ME YOGA

**For parent/care-giver & babies, ages 4 weeks–pre-crawling.** You and baby will practice yoga together! You will play, move, and explore. You also will restore and rejuvenate through stretching and strengthening poses. This class is a great opportunity to bond with your baby and to connect with new friends. This is a welcoming and supportive environment for parents and babies. Classes are available weekly. The Y’s Kids Club on-site babysitting is available while you work out! Learn more on page 9.

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

Improving individual and community well-being

## Personal Training

### PERSONAL TRAINING PACKAGES

All of our personal trainers are either certified by ACSM (American College of Sports Medicine) or an organization that recognizes CECs.

Personal training sessions can be private or semi-private, providing you with the opportunity to benefit from one of our trainers with a friend.

#### Personal Training Policies

- Make-up sessions are only available for appointments canceled at least 24 hours in advance.
- 1-10 session packages must be used within six months and 20-session packages must be used within one year of purchase date. All sessions expire and no refunds issued after designated use periods.
- Personal training at our facility is permitted only by New Canaan YMCA personal trainers.

### MOTIVATION PACKAGE

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

#### Personal Training Fees

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

### SMALL-GROUP TRAINING

The Y offers six-week small-group training sessions that combine the expertise of a personal trainer with the energy and motivation you feel from working out in a group. Each six-week, small group training session will feature a variety of exercises geared to bust boredom out of your workout routine. Four participants are needed for a session to run.

#### Small-Group Training: Strength Circuit

Location	Director/Instructor	Session Dates	Day	Time	Member/Non-member Fee	Limit
Zone	E. Saint/SJ T.	11/29-1/12	Wed./Fri.	9:00 - 10:00 am	\$378/\$483	8
Zone	E. Saint/SJ T.	1/17-3/1	Wed./Fri.	9:00 - 10:00 am	\$378/\$483	8

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

### PRIVATE CUSTOM SMALL-GROUP TRAINING

Form your own group of 4 or more people and design a training program to meet your needs.

Contact Eva Saint, 203-920-1623, [esaint@newcanaanyymca.org](mailto:esaint@newcanaanyymca.org) for additional information regarding programs and fees.

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

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

Improving individual and community well-being

## Adult Pilates Apparatus Classes

### INTRODUCTION TO PILATES APPARATUS

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

### SMALL-GROUP PILATES APPARATUS CLASSES

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

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



### SESSION DATES

Session 1: 11/28/23-1/11/24 (6-week session)

Session 2: 1/16/24-2/29/24 (6-week session)

### Small-Group Pilates Apparatus

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

\*Some classes may not be offered every session, additional sections may be added, and rates are subject to change at any time. If you have a group that is interested in a particular day or time that you do not see listed, please contact [tkokorska@newcanaanyymca.org](mailto:tkokorska@newcanaanyymca.org).

**No Classes: 12/25/23-1/1/24; 2/19/24-2/24/24**

### PRIVATE PILATES APPARATUS PACKAGES:

#### Private Fees

#### Session

#### 1 session = 50 MINUTES

#### Private (one client)

#### Semi-private (two clients)

1

\$93

\$63 (per client)

#### Packages

3 (member rate)\*

\$216 "The Right Start" Package

\$146 (per client)

3 (non-member rate)

\$274 "The Right Start" Package

\$183 (per client)

5

\$457

\$300 (per client)

10

\$886

\$568 (per client)

20

\$1,680

\$1,014 (per client)

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



# HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

Improving individual and community well-being

## ForeverWell Programs

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

### GET ACTIVE

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

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

### STAY FIT

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

#### ForeverWell Group Exercise Classes:

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

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

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

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

View up-to-date group exercise schedules at [www.newcanaanymca.org/schedules](http://www.newcanaanymca.org/schedules). For additional information and any questions about group exercise classes at the Y, contact Tetiana Kokorska at 203-920-1636 or [tkokorska@newcanaanymca.org](mailto:tkokorska@newcanaanymca.org).

### BE SOCIAL

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

Learn more about upcoming events at [www.newcanaanymca.org/foreverwell-programs](http://www.newcanaanymca.org/foreverwell-programs). RSVP for an event by calling our Member Services Desk at 203-966-4528. For additional information and any questions about ForeverWell social opportunities, contact Carolyn Kaufman at 203-920-1656 or [ckaufman@newcanaanymca.org](mailto:ckaufman@newcanaanymca.org).



# HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

Improving individual and community well-being

## Chronic Disease Programs & Support

### LIVESTRONG AT THE YMCA: FREE CANCER SURVIVOR PROGRAM

In 2023, we celebrate 10 years of LIVESTRONG at the New Canaan YMCA! In the last decade, over 150+ cancer survivors have become stronger through this life-changing program.

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG foundation have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Participants will work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body. The 12-week program is offered at no cost to any cancer survivor in the community. The program includes two group classes per week, taught by trained LIVESTRONG at the YMCA instructors, as well as full access to the Y for the 12 weeks.

### EXERCISE FOR PARKINSON'S

Regular exercise has been proven to improve the lives of those living with Parkinson's disease. This 6-week exercise program is taught in a small group setting under the direction of a Personal Trainer who holds a nationally recognized certification in Parkinson's Exercise Instruction, formerly known as Delay the Disease. In these weekly classes, participants will be instructed through a physical and cognitive exercise program that can slow disease progression, boost mood, build independence, and improve strength, mobility, gait, and balance. Please note: Medical clearance is required to participate.

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

#### Exercise for Parkinson's 8-week session

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Group Exercise Center	E. Saint/Staff	11/28-1/12	Tue. & Fri.	12:00 - 1:00 pm	\$144/\$228	8
Group Exercise Center	E. Saint/Staff	1/16-3/1	Tue. & Fri.	12:00 - 1:00 pm	\$168*/\$266*	8

\*Session 2 meets for 7 weeks.

### DIABETES PREVENTION PROGRAM

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

If you have been diagnosed with prediabetes or believe you may be at risk for developing diabetes, the Y is here to help you! This small-group program can help you eat healthier, find new ways to engage in regular physical activity, and lose weight, which can delay or even prevent the onset of type 2 diabetes. Led by trained lifestyle coaches, the program strives to help participants achieve two primary goals: (1) Reduce body weight by 5-7% (2) Increase physical activity to 150 minutes per week

For additional information or to participate in any of the above chronic disease programs, please contact: Eva Saint, Wellness Director, at 203-920-1623 or [esaint@newcanaanyymca.org](mailto:esaint@newcanaanyymca.org) or Melisa Pelikan, Wellness Nurse Coordinator, at 203-920-1642 or [mpelikan1@stamhealth.org](mailto:mpelikan1@stamhealth.org).

### COMING SOON: PEDALING FOR PARKINSON'S & A MATTER OF BALANCE CLASSES

#### Pedaling for Parkinson's

Riding an indoor stationary bicycle has been shown to reduce Parkinson's motor symptoms by as much as 35%, and it's something that almost anyone with Parkinson's disease can do. The Y's Pedaling for Parkinson's program is designed to offer an hour ride on an indoor stationary bike starting with a 10-minute warm-up, 40 minutes with resistance, and a 10-minute cool-down.

#### A Matter of Balance

A Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

# HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

Improving individual and community well-being

## Wellness Nurse Coordinator & Physical Therapy

### WELLNESS NURSE COORDINATOR AT THE NEW CANAAN YMCA

Meet Melisa Pelikan! Melisa is our on-site, registered Wellness Nurse Coordinator from Stamford Health. She comes to our Y with 30 years of experience in treating people in both inpatient and outpatient settings, community outreach and education, clinical research, and patient advocacy. She spent much of her time working with people in neuroscience and related specialties while also spending time in urology and infectious disease practices. Given her career-long interest in neuroscience and the chronic nature of many of the disease processes, she developed an interest in sustainable health and wellness habits for co-existing and thriving with alterations in health. Melisa supports practical, person-centered suggestions for success in seeking and maintaining health and she recognizes and values an informed approach. Melisa will be offering varied office hours on Tuesdays, Thursdays, and Fridays from 7:30 AM-2:30 PM at the Y for members to stop by and chat, ask a question, or get a referral. Also look for upcoming health lectures and events hosted by Melisa.\*



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

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

### HSS SPORTS REHAB PROVIDED BY STAMFORD HEALTH

We are proud to partner with Stamford Health and HSS to provide physical therapy to New Canaan YMCA members here at the Y!

Located on the lower level, physical therapy services are provided by HSS/Stamford Hospital licensed physical therapists for most orthopedic rehabilitation needs.

Appointments are available Monday, Wednesday, and Friday from 8:00 AM-4:00 PM and Tuesday and Thursdays from 10:00 AM-6:00 PM. At other times, members can access outpatient rehabilitation services at Stamford Health's Tully Health Center located at 32 Strawberry Hill Court in Stamford. Other services offered at the Tully location include occupational and speech therapy.

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

For additional information, call 203-276-8597.



# SOCIAL RESPONSIBILITY: GLOBAL ENGAGEMENT

Providing support and inspiring action in our communities

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

Since 2007, the New Canaan YMCA has proudly partnered with Facing the Future (FAFU), a preschool through grade 9 child education center in Kibera, Kenya—Africa's largest slum. Through donations and service trips, we have helped transform a one-room school into a life-saving oasis with multiple classrooms, a library, computer center, playground, and medical center; providing education, healthcare, extracurricular activities, employment programs, school uniforms, and two meals a day to over 350 children who would otherwise have no hope.

### JOIN US IN OUR PARTNERSHIP TO CHANGE THE LIVES OF THE CHILDREN AT FAFU!

- Sponsor a child for a year
- Contribute to the Panzano FAFU High School Scholarship
- Support FAFU through our Annual Support Campaign

### FACING THE FUTURE SPONSORSHIP PROGRAM

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

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

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

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



### THE CRAIG PANZANO FAFU HIGH SCHOOL SCHOLARSHIP FUND

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

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

**Coffee for a Cause returns in November, just in time for Thanksgiving & December holidays!**  
**Join us for our Holiday Bazaar on Saturday, December 2 from 9:00 AM–1:00 PM!**

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

# THE COMMUNITY CAN ALWAYS COUNT ON THE Y.

## SUPPORT THE Y AND MAKE A DIFFERENCE TODAY!

### ANNUAL SUPPORT CAMPAIGN DONATIONS PROVIDE:



#### Financial Assistance

Each year, we award approximately \$250,000 in financial assistance, ensuring no one is ever turned away.



#### Special Needs Programs

Gifts to our Y allow us to serve over 130 children, teens, and young adults in our community with special needs.



#### Mission-Based Programs

Donations help support life-changing programs for seniors, kids, teens, families, cancer survivors, those with chronic disease, and more.



#### World Service Initiatives

Make a difference around the world through our partnership with Facing the Future, in Africa's largest slum, Kibera.

### EVERY GIFT, NO MATTER THE SIZE, MAKES A DIFFERENCE!

# \$80

provides a senior with the opportunity to stay active, healthy, and connected at the Y for one month.

# \$185

teaches a child the life-saving skill of learning to swim.

# \$400

funds an unforgettable special event for teens with special needs in our Teen Scene program.

# \$800

allows five cancer survivors in our community to participate in LIVESTRONG at the YMCA at no charge.

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





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

## VOLUNTEER AND MAKE A DIFFERENCE AT OUR Y

Volunteers are vital to our Y. By opening up your heart and extending your hand to the New Canaan YMCA community, you will change many lives. Each year, nearly 1,000 people of all ages contribute their time and talents as volunteers at the New Canaan YMCA. Whether through one-time events or ongoing service, each of our volunteers make a difference at the Y and in our community.

For more information or to apply online, visit [www.newcanaanymca.org/volunteer](http://www.newcanaanymca.org/volunteer) or contact Carolyn Wolfe at 203-920-1627 or [cwolfe@newcanaanymca.org](mailto:cwolfe@newcanaanymca.org).

## YMCA360

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



Scan to access  
YMCA360

