



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MORE FUN WITH GOOD FRIENDS

Registration  
Begins: 2/12

## YSN SPRING ACTIVITIES 2024

The New Canaan YMCA strives to ensure that all members can utilize our facility regardless of need or ability. Our inclusion and support needs programs are adapted to provide assistance allowing members with diverse abilities to participate in programs within our Y.

### **Mondays:** \*8 weeks / Dates: 3/11-5/13

Rhythm Hearts Theater 4:15-5:30pm (Ages 13+)  
(Note: no class 4/22 or 4/29)

### **Tuesdays:** \*8 weeks / Dates: 3/19-5/14

Drumming & Yoga 4:00-5:15pm (Ages 13+)

### **Wednesdays:** Dates: 3/6-5/29

Cardio Dance: 4:15-5:00pm (Ages 12+)  
Jr. Swim Instruction: 4:30-5:15pm (Ages 5-11)  
Aquatics Swim Club: 5:15-6:00pm (Ages 12+)

### **Thursdays:** Dates: 3/7-5/30

Spring Sports & Golf : 4:30-5:15pm Ages 12+  
Jr. Sensory Gym Explorers 4:30-5:15pm (Ages 5-10yrs)  
Roaring 20's: 5:30-7:00pm Ages 17+ \*8 weeks /Dates 3/21-5/16

### **Saturdays:** Dates: 3/9-6/8

Teen and YA Swim Hour: 12:15-1:15pm Ages 13+  
Healthy Living/Fitness & Cooking: 1:15-2:30pm

**Spring Session: March 6 - June 8**

**NO SPRING CLASSES: 4/16-4/20 & 5/27**

For more information contact Carolyn Kaufman, Director of Inclusion Services  
and Support Programs at 203-920-1656 / ckaufman@newcanaanymca.org