



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE YOUR STRONGEST SUMMER EVER



Summer Activities 2024
NEW CANAAN YMCA

Registration begins
Monday, June 3

Classes begin
Monday, June 24

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.



Table of Contents

Welcome to the Y..... 2
 Facility Overview 3
 Contact Information..... 4
 Membership Information 5
 General Information & Policies 6
 Registration Instructions & Refund Policy..... 7

YOUTH DEVELOPMENT

Tom Hargrove & Anita Grover, M.D.

Child Development Center

Rainbow Station Childcare 8
 Kids Unlimited After-School Program..... 8
 Kids Club On-Site Babysitting..... 9

Bouncing Bears & Beyond 9

Youth Sports 10

Youth Wellness 11

Swim Lessons 12-18

Red Cross Certification Programs..... 18

Competitive Aquatics & Team Sports

Artistic Swimming 19
 Caimans Swim Team..... 20
 Whirlwind Diving 21

HEALTHY LIVING

Aquatic Information & Policies 22

Adult Water Activities 23

Adult Sports & Recreation 24-25

Adult Health, Well-Being, & Fitness

Wellness Center, Zone, & Group Fitness..... 26
 Group Exercise Class Descriptions 27-29
 Ballroom Dancing..... 29
 Personal & Small Group Training..... 30
 Pilates Apparatus 31

Adult Healthy Lifestyles

ForeverWell Programs..... 32
 Chronic Disease Support Programs..... 33
 Wellness Nurse Coordinator 34
 HSS Sports Rehab
 Provided by Stamford Health 34

SOCIAL RESPONSIBILITY

World Service: Facing the Future 35

Annual Support Campaign 36

Contact Information

Phone: 203-966-4528

Fax: 203-972-7738

Address: 564 South Avenue New Canaan, CT 06840

www.newcanaanymca.org

HOURS OF OPERATION

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

MEMBER 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** available as a benefit for members ages 18+ 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.

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 George Bennett, Membership Director, at 203-920-1630 or gbennett@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 any 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. Members can also enjoy this space to stretch or work out in when classes are not running. Learn more about group exercise classes on pages 27-29.

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 members while they use our facility. Our caring staff provides a safe environment for play, games, and arts and crafts. Free with a family membership!

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 Riley203-920-1624

YMCA DIRECTORS

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

George Bennett,
Membership Director 203-920-1630

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

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

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

Kristen Godin,
Assistant Preschool &
Family Programs Director203-920-1649

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

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

Lenwood Latta,
Sports Director203-920-1634

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

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

Jen Muzyk,
Artistic Swimming Director203-920-1648

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

Kristin White,
Senior Director of Aquatics203-920-1643

Liz Whitney,
Director of Marketing & Communications203-920-1646

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. For more information, contact Ida Marchetti, Assistant Director of Human Resources, at 203-920-1647 or 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 or contact Carolyn Wolfe at 203-920-1627 or by email at cwolfe@newcanaanymca.org.

Membership Information

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.

COLLEGE BREAK (AGES 18-25)

- One week to three month-lengths available.
- Full access to facility and unlimited Group Exercise Classes.
- Use of locker rooms with steam and sauna.
- Does not include guest privileges or reciprocity at other YMCAs.

***Note: Must join in person at our Member Services Desk.**

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 may 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.

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

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 Y's Member Services Desk and online www.newcanaanymca.org. The financial assistance application process is based on need and all information provided is kept confidential.

To apply for financial assistance, please contact Diana Riolo, Assistant Director of Development & Community Impact, at 203-920-1653 or driolo@newcanaanymca.org. Financial Assistance applications are available at the Member Services Desk or at www.newcanaanymca.org/financial-assistance.

Membership Information & Policies

OUR 30-DAY MEMBERSHIP GUARANTEE

We welcome new members and hope they are satisfied with every aspect of their YMCA experience. New members who are not pleased with membership may submit a refund request to the Member Services Desk within the first 30 days of joining for a full refund of membership and joiner fees. Annual memberships are non-refundable after 30 days.

MONTHLY MEMBERSHIP CANCELLATION/SUSPENSION

- Requests to cancel or suspend membership must be submitted at least one week prior to draft date using the forms available at the Member Services Desk and on our website at www.newcanaanymca.org/membership.
- Monthly membership may be suspended for up to four months. An administrative fee of \$25.00 will be charged during each month of suspension, except in the case of suspensions due to medical reasons, verified in writing by a physician. Monthly membership drafts will automatically resume at the end of the suspension.

MONTHLY MEMBERSHIP DECLINED PAYMENTS

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

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.newcanaanymca.org/membership, or at our Member Services Desk.

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.

SURVEILLANCE CAMERAS

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.

AUTOMATIC EXTERNAL DEFIBRILLATORS

The Y has five AEDs, stored in marked cabinets in our facility. They are located: (1) on the main floor, across from the Member Services Desk; (2) in the pool area, between the Forese and Valles Pools; (3) on the second floor at the Wellness Center Desk; (4) on the second floor by the elevator, and (5) on the lower level, in the hallway outside of the Mind Body Center. All Aquatic and Wellness Staff are trained and certified in the use of this equipment.

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

SUMMER ACTIVITY REGISTRATION AND SESSION DATES

Registration begins Monday, June 3 at 9:00 am online and at the Y's Member Services Desk.

Classes Begin: Monday, June 24

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

Members who have not registered for programs since 2023 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 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 1:10 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@newcanaanymca.org.

KIDS UNLIMITED AFTER-SCHOOL PROGRAM

Lottery for the 2024-2025 school year will be drawn on Monday, June 3.

- 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 Phil Prout, School-Age & Camp Y-Ki Director, at 203-920-1635 or pprout@newcanaanymca.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

Kids Club On-Site Babysitting Service

KIDS CLUB ON-SITE BABYSITTING

FREE with Family Membership!

Kids Club is our Y's drop-in babysitting program available to 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 Preschool & Family Programs Director, at 203-920-1649 kgodin@newcanaanymca.org.

Bouncing Bears & Beyond

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

LITTLE BEARS & BIG BEARS

(Ages 12-36 Months, with parent)

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

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

Little Bears (12-23 months, with parent)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	K. Godin/D. Carpenter	6/24-8/12	Mon.	9:45 - 10:30 am	\$338	10
Kid Zone	K. Godin/D. Carpenter	6/26-8/14	Wed.	9:45 - 10:30 am	\$338	10

Big Bears (24-36 months, with parent)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Kid Zone	K. Godin/D. Carpenter	6/24-8/12	Mon.	10:30 - 11:15 am	\$338	10
Kid Zone	K. Godin/D. Carpenter	6/26-8/14	Wed.	10:30 - 11:15 am	\$338	10

YOUTH DEVELOPMENT: YOUTH SPORTS

Empowering young people to reach their full potential

Youth Sports

BASKETBALL CAMP (Ages 6-14)

Stay active and join us for basketball camp this summer! Basketball Camp helps campers develop basketball skills, along with discipline, teamwork, conditioning, and sportsmanship. Held in the Y's gymnasium, campers will participate in individual and team drills helping them to hone all-around basketball skills in a fun and supportive environment.

Each day of camp features a warm-up, drills, conditioning, games, and more that help campers build confidence and sportsmanship on and off the court.



Basketball Camp (Ages 6-14) 4-Day Sessions

Location	Director/Instructor	Dates	Days	Time	Member/ Non-member Fee	Limit
Gymnasium	L. Latta/Staff	7/15-7/18	Mon.-Thu.	9:00 am - 12:00 pm	\$220/\$320	40
Gymnasium	L. Latta/Staff	7/22-7/25	Mon.-Thu.	9:00 am - 12:00 pm	\$220/\$320	40
Gymnasium	L. Latta/Staff	7/29-8/1	Mon.-Thu.	9:00 am - 12:00 pm	\$220/\$320	40
Gymnasium	L. Latta/Staff	8/5-8/8	Mon.-Thu.	9:00 am - 12:00 pm	\$220/\$320	40
Gymnasium	L. Latta/Staff	8/12-8/15	Mon.-Thu.	9:00 am - 12:00 pm	\$220/\$320	40
Gymnasium	L. Latta/Staff	8/19-8/22	Mon.-Thu.	9:00 am - 12:00 pm	\$220/\$320	40

No Classes: 7/4/24

NEW! PRIVATE BASKETBALL LESSONS (Grades K-12)

Private training lessons consist of individual and small-group training sessions with an individual Y Trainer. These specialized workouts give players of all ages an opportunity to receive individualized and focused training that is often harder to receive in a larger clinic or camp setting.

Private training is also a great way for players to develop at their own pace without missing out on the fundamentals, where they learn the skills necessary for them to take their game to the next level. Organized workouts help players hone and improve all aspects of their skills, and provides a blueprint for them to reach their fullest potential in the sport.

Sessions are currently available and are offered in an ongoing basis in packages of 1, 5, or 10 sessions, and all sessions are 60 minutes. Private lessons are one-on-one, semi-private lessons can have up to 2 participants, and small-group lessons can have 3 or more participants.

For additional information, any questions, and to register, contact Lenwood Latta, Sports Director, at 203-920-1634 or llatta@newcanaanymca.org.

For additional information and any questions about the Y's youth sports department, contact Lenwood Latta at 203-920-1634 or llatta@newcanaanymca.org.

YOUTH DEVELOPMENT: YOUTH WELLNESS

Empowering young people to reach their full potential

Youth Wellness

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 11:00 AM-5:00 PM daily throughout the summer; 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@newcanaanymca.org.

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	7/1-7/10	Mon./Wed.	4:00 - 5:00 pm	Free/\$97	12
Remote/Wellness Center	E. Saint/Staff	7/22-7/31	Mon./Wed.	4:00 - 5:00 pm	Free/\$97	12
Remote/Wellness Center	E. Saint/Staff	8/5-8/14	Mon./Wed.	4:00 - 5:00 pm	Free/\$97	12

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:

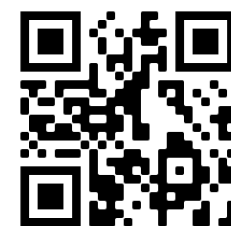
Culinary, Graphic, Literary, Performing, and Visual

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: SWIM LESSONS

Empowering young people to reach their full potential

Swim Lessons: Program Overview

NEW CANAAN YMCA SWIM LESSON PROGRAM OVERVIEW (AGES 6 MONTHS-12 YEARS)

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 Kristin White at 203-920-1643 or kwhite@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?

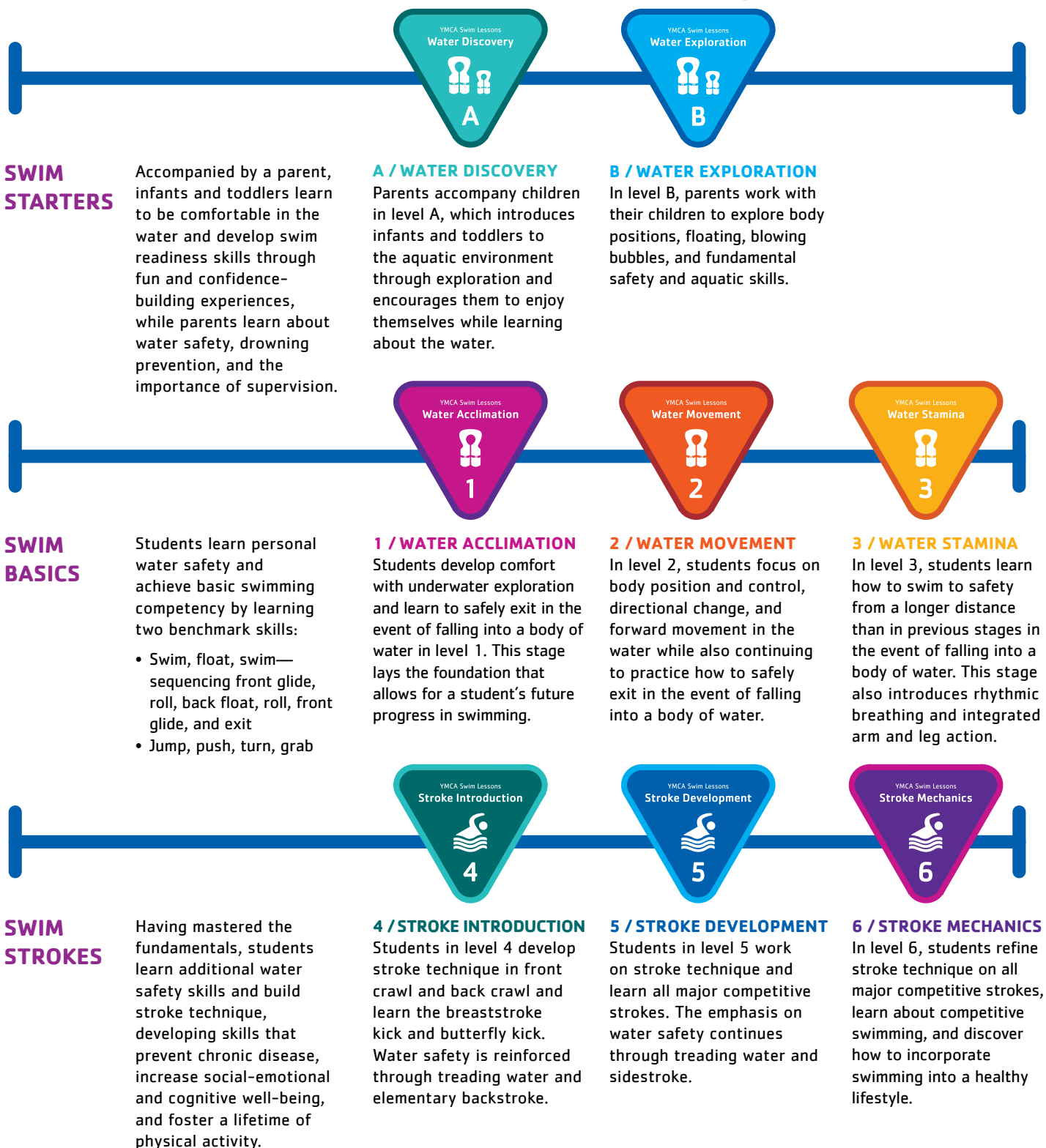
NOT YET

6 / STROKE MECHANICS

YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

Swim Lessons: Level Descriptions



QUESTIONS? Please contact Kristin White, Senior Director of Aquatics, at 203-920-1643 or kwhite@newcanaanymca.org.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRONG SWIMMERS CONFIDENT KIDS

Summer Swim Lessons

The New Canaan YMCA and New Canaan Recreation Department are partnering to offer summer swim lessons at the Steve Benko Pool in Waveny Park! Parent & Child, Preschool, and School-Age swim lessons are available for children ages 6 months to 12 years.

*Membership to the Steve Benko Pool is required prior to the first day of lessons. Click [here](#) or visit: <https://newcanaanct.myrec.com> to become a member. Membership at the New Canaan YMCA is not required.

AGES:

6 months-12 years

SESSIONS:

Sessions run Monday-Friday, 30 minute lessons will run between 8:15am - 10:45am.

Session 1: 6/24 - 6/28

Session 2: 7/1 - 7/5 (no classes 7/4)

Session 3: 7/8 - 7/12

Session 4: 7/15 - 7/19

Session 5: 7/22 - 7/26

Session 6: 7/29 - 8/2

Session 7: 8/5 - 8/9

Session 8: 8/12 - 8/16

FEES:

Parent & Child (ages 6 months-3years): \$29/session (\$24 for session 2)

Preschool (ages 3-5): \$33/session (\$27 for session 2)

School-Age (ages 5-12): \$38/session (\$31 for session 2)

REGISTRATION:

Registration is available at the Y's Front Desk or online at www.newcanaanyymca.org/registration.

CONTACT:

For additional information, contact Kristin White, Senior Director of Aquatics, at 203-920-1643 or kwhite@newcanaanyymca.org.

YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

Swim Lessons & Policies

SUMMER 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 12-13 for detailed information about swim lesson levels at the Y. Adult swim lesson information can be found on page 23. **Please note:** requests for instructors are not guaranteed for group, private, and semi-private lessons.

PARENT/CHILD LESSONS: Classes will be held in the Forese Family Scooter Pool. Please note, if your child is not potty trained, he or she must wear a swim diaper. Parents must be in the water for this program. Ratio is 1:2 – 1:10.

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

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

NEW! TEEN LESSONS: Classes will be held in the Forese Family Scooter and Lap Pools. Ratio is 1:2 – 1:6.

ONE-ON-ONE PRIVATE & SEMI-PRIVATE LESSONS: Classes will be held in the Forese Family Scooter Pool. Please note, parents **must** be in the water for private and semi-private lessons with children under 3 years of age. Private swim lessons ratio is 1:1. Semi-private swim lessons ratio is 1:2.

REGISTRATION DATES

Registration for summer swim lessons at the Y begins **Monday, June 3** and will be available at the Member Services Desk or online at www.newcanaanymca.org/registration. After the first day, there will be no changes or moving of participants.

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

SESSION DATES

Session 1: 6/24 - 6/28

Session 2: 7/1 - 7/5 (no classes 7/4)

Session 3: 7/8 - 7/12

Session 4: 7/15 - 7/19

Session 5: 7/22 - 7/26

Session 6: 7/29 - 8/2

Session 7: 8/5 - 8/9

Session 8: 8/12 - 8/16

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 Kristin White by calling 203-920-1643. 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

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 & Preschool

Parent/Child Swim Lessons (Ages 6 months–3 years)

Preschool Swim Lessons (Ages 3–5)

SESSION DATES

Summer swim lessons are offered as one-week sessions meeting 5 days.

Session 1: 6/24–6/28

Session 5: 7/22–7/26

Session 2: 7/1–7/5 (No classes 7/4)

Session 6: 7/29–8/2

Session 3: 7/8–7/12

Session 7: 8/5–8/9

Session 4: 7/15–7/19

Session 8: 8/12–8/16

Level Information

- See pages 12–13 for an overview of levels.
- Parent/Child Class ratio is 1:2–1:10
- Preschool Class ratio is 1:2–1:4

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	K. White/Staff	Mon.–Fri.	8:30 – 9:00 am	\$125*	10
Forese Family Pool	K. White/Staff	Mon.–Fri.	9:00 – 9:30 am	\$125*	10

*No class 7/4. Session 2 parent/child lessons are prorated to \$100.

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	K. White/Staff	Mon.–Fri.	9:30 – 10:00 am	\$125*	10
Forese Family Pool	K. White/Staff	Mon.–Fri.	10:00 – 10:30 am	\$125*	10

*No class 7/4. Session 2 parent/child lessons are prorated to \$100.

Preschool Swim Lessons: Levels 1–4 (Ages 3–5)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	K. White/Staff	Mon.–Fri.	3:30 – 4:00 pm	\$150*	4
Forese Family Pool	K. White/Staff	Mon.–Fri.	4:00 – 4:30 pm	\$150*	4
Forese Family Pool	K. White/Staff	Mon.–Fri.	4:30 – 5:00 pm	\$150*	4
Forese Family Pool	K. White/Staff	Mon.–Fri.	5:00 – 5:30 pm	\$150*	4

*No class 7/4. Session 2 preschool lessons are prorated to \$120.

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: 7/4/24

YOUTH DEVELOPMENT: SWIM LESSONS

Empowering young people to reach their full potential

Swim Lessons: School-Age & Teen

SCHOOL-AGE SWIM LESSONS (Ages 3-5)

SESSION DATES

Summer swim lessons are offered as one-week sessions meeting 5 days.

Session 1: 6/24-6/28

Session 5: 7/22-7/26

Session 2: 7/1-7/5 (No classes 7/4)

Session 6: 7/29-8/2

Session 3: 7/8-7/12

Session 7: 8/5-8/9

Session 4: 7/15-7/19

Session 8: 8/12-8/16

Level Information

- See pages 12-13 for an overview of levels.
- School-Age class ratio is 1:2-1:4 for levels 1-4, and 1:2-1:6 for levels 5-6.

School-Age Swim Lessons: Levels 1-6 (Ages 5-12)

Location	Director/Instructor	Day	Time	Member Fee	Limit
Forese Family Pool	K. White/Staff	Mon.-Fri.	3:00 - 3:45 pm	\$162*	4
Forese Family Pool	K. White/Staff	Mon.-Fri.	3:45 - 4:30 pm	\$162*	4
Forese Family Pool	K. White/Staff	Mon.-Fri.	4:30 - 5:15 pm	\$162*	4

*No class 7/4. Session 2 school-age lessons are prorated to \$140.

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: 7/4/24

NEW! SWIM LESSONS FOR TEENS (Ages 13-17)

The goal of this program is to give teens the opportunity to either learn to swim or master any skills they may already have. From beginners to intermediate swimmers, this class will help you become more confident in the water. Class ratio 1:2-1:6.

Teen Swim Lessons (Ages 13-17)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Forese Family Pool	K. White/Staff	7/9-8/13	Tue.	4:15 - 5:00 pm	\$122	6

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

Summer swim lessons are offered as one-week sessions meeting 5 days.

Session 1: 6/24-6/28

Session 5: 7/22-7/26

Session 2: 7/1-7/5 (No classes 7/4)

Session 6: 7/29-8/2

Session 3: 7/8-7/12

Session 7: 8/5-8/9

Session 4: 7/15-7/19

Session 8: 8/12-8/16

Level Information

- See pages 12-13 for an overview of levels.
- Private class ratio is 1:1
- Semi-Private class ratio is 1:2

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

Location	Director/Instructor	Day	Time	Member Fee
Fores Family Pool	K. White/Staff	Mon.-Fri.	9:00 - 9:30 am	\$247*/\$210**
Fores Family Pool	K. White/Staff	Mon.-Fri.	10:00 - 10:30 pm	\$247*/\$210**
Fores Family Pool	K. White/Staff	Mon.-Fri.	10:30 - 11:00 pm	\$247*/\$210**
Fores Family Pool	K. White/Staff	Mon.-Fri.	3:00 - 3:30 pm	\$247*/\$210**
Fores Family Pool	K. White/Staff	Mon.-Fri.	3:30 - 4:00 pm	\$247*/\$210**
Fores Family Pool	K. White/Staff	Mon.-Fri.	4:00 - 4:30 pm	\$247*/\$210**
Fores Family Pool	K. White/Staff	Mon.-Fri.	4:30 - 5:00 pm	\$247*/\$210**

*No class 7/4. Session 2 private lessons are prorated to \$196.

**No class 7/4. Session 2 semi-private lessons are prorated to \$168.

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: 7/4/24

Red Cross Certification Programs

LIFEGUARDING CERTIFICATION & RECERTIFICATION (Ages 15+)

The lifeguarding certification course will certify those interested in becoming certified in lifeguarding. This course includes certification in First Aid, CPR for the Professional Rescuer/AED and Lifeguard.

Lifeguarding Certification & Recertification (Ages 15+) 2-day program

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Valles Pool	K. White/Staff	6/20-6/21	Thu.-Fri.	7:30 am - 5:30 pm	\$473/\$523	12

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

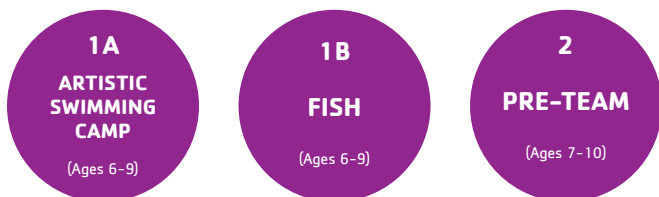
Alex Poteet: Non-Competitive Program Coach/12 & Under Team Coach

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:



Artistic Swimming Camp (Ages 6-12)

Location	Director/Instructor	Session Start/End	Day	Time	Member/ Non-Member Fee	Limit
Forese Lap Pool	J. Muzyk/A. Poteet	7/8-7/19	Mon.-Fri.	9:00 am - 12:00 pm	\$609/\$684	
Forese Lap Pool	J. Muzyk/A. Poteet	7/22-8/2	Mon.-Fri.	9:00 am - 12:00 pm	\$609/\$684	
Forese Lap Pool	J. Muzyk/A. Poteet	8/5-8/16	Mon.-Fri.	9:00 am - 12:00 pm	\$609/\$684	

No Classes: 7/4/24

NON-COMPETITIVE AQUIANAS PROGRAMS

LEVEL 1A/ARTISTIC SWIMMING CAMP (Ages 6-12)

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 12-13 for an overview of the Y's swim lessons program).

For evaluation and registration information, contact Deb Isidro at 203-920-1633 or disidro@newcanaanymca.org.

***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

Pre-Team is a more advanced continuation of the Fish Class and prepares the swimmers for competition in the Intermediate level. Swimmers have the opportunity to take a skills assessment which, if passed, qualifies them for the Intermediate Team in the Fall.

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 at jmuzyk@newcanaanymca.org.

LEVEL 3/INTERMEDIATE (Ages 10 & Under)

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

To learn more about the Aquianas program, contact Jen Muzyk at jmuzyk@newcanaanymca.org

YOUTH DEVELOPMENT: COMPETITIVE AQUATICS

Empowering young people to reach their full potential

Caimans Swim Team

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



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.**

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.**

2024-2025 CAIMANS EVALUATIONS

Interested swimmers may schedule an evaluation to join the team for the upcoming 2024-2025 season. Evaluations are located in the Valles Pool.

Dates:

Tuesday, July 30; 5:00-6:30 PM

Wednesday, July 31; 5:00-6:30 PM

Wednesday, August 28; 5:00-6:30 PM

Thursday, August 29; 5:00-6:30 PM

Wednesday, September 11; 5:45-7:00 PM

To schedule an evaluation, please contact Liz Blau at 203-920-1645 or 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.



To learn more about the Caimans program, contact Liz Blau at 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

2023-2024 HIGHLIGHTS

- Hungarian Junior National Champion 1M, 3M, & Platform, Emma Kelly
- CT Class L Champion, Emma Kelly
- CT Class LL Champion, Ali Kolman
- CT Class LL Runner Up, Kaelyn Talisse
- CT State Open Girls Bronze, Ali Kolman
- CT State Open Champion, Finn Moynahan
- CT Class LL Champion, Finn Moynahan
- CT Class L Champion, Jake Simon
- CT FCIAC Champion, Finn Moynahan
- NY State Champion - Luke Leale

2024 SENIORS COMPETING IN COLLEGE

- Griffin Casey - College of the Holy Cross
- Annelise Enters - Bucknell University
- Fiona Garfield - Hobart & William Smith College
- Ali Kolman - Northeastern
- Jackson McQuaid - Alfred University
- Finn Moynahan - Georgia Technical University
- Kaelyn Talisse - Providence College

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@newcanaanymca.org, to schedule an evaluation.

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

HEALTHY LIVING: ADULT WATER ACTIVITIES

Improving individual and community well-being

Aquatic Information & Policies

MEMBER SWIM OFFERINGS

Please refer to our pool schedules for adult lap, therapy, and free swim times at 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. Children under 12 years and non-swimmers of any age MUST be accompanied into the pool and supervised by an adult over the age of 18, at all times.

Youth members under 12 may be accompanied by one non-member parent or guardian, registration is required. A ratio of 1 adult to no more than 6 children (no more than 2 non-swimmers) is required.

All children 15 years and under will have their swimming skills evaluated before entering the pool and be assigned a color-coded wrist band: RED (beginner), YELLOW (intermediate), or GREEN (advanced).

Reservations for free swim can be made online at www.newcanaanymca.org/registration.

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

AQUATIC GROUP EXERCISE CLASSES: Classes are offered in the Scooter Pool. Refer to the offerings below 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.

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 27-29 and view group exercise schedules at www.newcanaanymca.org/schedules.

HEALTHY LIVING: ADULT WATER ACTIVITIES

Improving individual and community well-being

Adult Water Activities

ADULT SWIM LESSONS (Ages 18+)

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. Class ratio is 1:2 – 1:6.

Adult Swim Lessons (Ages 18+)

Location	Director/Instructor	Dates	Day	Time	Member Fee	Limit
Forese Family Pool	K. White/Staff	7/9-8/13	Tue.	5:00 – 5:45 pm	\$122	6

PRIVATE & SEMI-PRIVATE SWIM LESSONS (Ages 13+)

SESSION DATES

Summer swim lessons are offered as one-week sessions meeting 5 days.

Session 1: 6/24-6/28

Session 2: 7/1-7/5 (No classes 7/4)

Session 3: 7/8-7/12

Session 4: 7/15-7/19

Session 5: 7/22-7/26

Session 6: 7/29-8/2

Session 7: 8/5-8/9

Session 8: 8/12-8/16

Private & Semi-Private Class Ratios:

- Private class ratio is 1:1
- Semi-Private class ratio is 1:2

Private & Semi-Private Lessons (Ages 13+)

Location	Director/Instructor	Day	Time	Member Fee
Forese Family Pool	K. White/Staff	Mon.-Fri.	9:00 – 9:30 am	\$247*/\$210**
Forese Family Pool	K. White/Staff	Mon.-Fri.	10:00 – 10:30 pm	\$247*/\$210**
Forese Family Pool	K. White/Staff	Mon.-Fri.	10:30 – 11:00 pm	\$247*/\$210**
Forese Family Pool	K. White/Staff	Mon.-Fri.	3:00 – 3:30 pm	\$247*/\$210**
Forese Family Pool	K. White/Staff	Mon.-Fri.	3:30 – 4:00 pm	\$247*/\$210**
Forese Family Pool	K. White/Staff	Mon.-Fri.	4:00 – 4:30 pm	\$247*/\$210**
Forese Family Pool	K. White/Staff	Mon.-Fri.	4:30 – 5:00 pm	\$247*/\$210**

*No class 7/4. Session 2 private lessons are prorated to \$196.

**No class 7/4. Session 2 semi-private lessons are prorated to \$168.

No Classes: 7/4/24

MASTERS SWIM

Masters Swim features a 10-month season September–July aimed toward active adults looking to improve their endurance and strokes in the pool, whether for triathlons, Masters Competition, or personal well-being. Masters Swim takes place at the Steve Benko Pool in Waveny Park during the summer. Participants can join at any time for a prorated fee.

Masters Swim (Ages 18+) 5-week summer season

Location	Director/Instructor	Dates	Day	Time	Member/ Non-member Fee	Limit
Waveny Pool	L. Blau/Staff	6/17-7/24	Mon.-Fri.	5:30 – 6:45 am	\$300/\$400	15

*10-month fee. Mid-season prorated fee available upon registration.

No Classes: 7/4/24

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. 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.

ADULT OPEN MEN'S BASKETBALL LEAGUE (Ages 18+)

Come play in the most competitive basketball league in the state of CT. There will be college players of all levels, as well as professional overseas players playing in this league. Bring your (A) game and your (A) team, and see how you stack up against some of the best players in Connecticut!

League is open to the first 10 teams to register. You must be at least 18 years of age to participate. The league includes a 10-game regular season schedule and the top 8 teams make the single-elimination playoffs. Games include refereeing, score keeping, and will be played using IHSAA rules including 2, 20-minute running-clock halves.

League Dates & Times:

League Begins: Saturday, June 1st, 2024

Games are held on Tuesdays, Thursdays, and Saturdays:

- Saturday Game Times: 12:00 PM, 1:00 PM, 2:00 PM, 3:00 PM & 4:00 PM
- Tuesday and Thursday Game Times: 6:00 PM, 7:00 PM, & 8:00 PM

Registration & Team Set-Up:

- All players must be at least 18 years old.
- To register, you must have an entire team of 7-10 players.

Team Fees:

- \$1,200 per team. A captain/coach will be responsible for registration and payment for the team. Payment must be received to reserve a spot in the league.
- Fees include t-shirts*, certified officials, scorekeepers, 10 regular-season games, and single-elimination playoffs.

*T-shirts must be worn at every game in order to play.

Rosters:

Team rosters must be submitted before the first game, no later than Saturday, June 1, 2024. No roster changes will be allowed past the third game of the season.

League is open to the community and players do not need to be a member of the New Canaan YMCA.

To register and for additional information and any questions, contact Lenwood Latta, Sports Director, at 203-920-1634 or llatta@newcanaanyymca.org.

HEALTHY LIVING: ADULT SPORTS & RECREATION

Improving individual and community well-being

Adult Sports and Recreation

NEW! PRIVATE BASKETBALL LESSONS (Ages 18+)

Private training lessons consist of individual and small-group training sessions with an individual Y Trainer. These specialized workouts give adults of all ages an opportunity to receive individualized and focused training.

Private training is also a great way for players to develop at their own pace without missing out on the fundamentals, where they learn the skills necessary for them to take their game to the next level. Organized workouts help players hone and improve all aspects of their skills, and provides a blueprint for them to reach their fullest potential in the sport.

Sessions are currently available and are offered in an ongoing basis in packages of 1, 5, or 10 sessions, and all sessions are 60 minutes. Private lessons are one-on-one, semi-private lessons can have up to 2 participants, and small-group lessons can have 3 or more participants.

For additional information, any questions, and to register, contact Lenwood Latta, Sports Director, at 203-920-1634 or llatta@newcanaanyymca.org.

NEW! PRIVATE PICKLEBALL LESSONS (Ages 18+)

Accelerate your pickleball learning curve with one or more private lessons with our pro. Private lessons are the most customizable way to focus your class time on precisely what you'd like to learn. Correct a weak stroke, improve a strength, prepare for a tournament, or learn specialized strategies and shots. Private lessons can be taken individually, with a partner, as a foursome, or as a "three and me," where the pro plays in with your group. Private lessons are offered in 60 or 90-minute sessions.

For additional information, any questions, and to register, contact Lenwood Latta, Sports Director, at 203-920-1634 or llatta@newcanaanyymca.org.



NEW! PICKLEBALL SOCIAL

Whether you've been a regular in our pickleball open plays and clinics or you'd like to discover what it's all about, come join us for a casual pickleball get together in the gymnasium. There will be a chance to play, a chance to mingle, and a chance to hang out with our growing pickle community. Maybe a mini tourney! Please wear pickle clothing and sneakers. Pizza, snacks, and soft drinks will be provided.

Date: Friday, June 7 | 6:00-9:00 PM

Fee: \$40/person

Limit: 24 spots available

Register today! For additional information, any questions, and to register, contact Lenwood Latta, Sports Director, at 203-920-1634 or 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 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 11).



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, 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 22.

View up-to-date group exercise schedules at 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

BodyAttack: a 45-minute, high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. BODYATTACK is a whole-body workout that burns calories while toning and shaping.

BodyPump: a 45-minute, full-body barbell workout that burns calories, shapes and tones your entire body, increases core strength, and improves bone health.

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.

Drums Alive: This class joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is a unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement and rhythmical flow.

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.

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.

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.

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!

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.

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.

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.

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.

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@newcanaanyymca.org.

Ballroom Dancing

BALLROOM BEATS

Join us for ballroom dance classes for adults, where you can explore a range of dance styles: International Latin and Standard, American Smooth and Rhythm, and many fun, social dances like Salsa, Swing, and more. Whether you're dancing solo or with a partner, advanced or just starting the journey, classes are designed to be suitable for everyone. Classes are offered weekly.

Our experienced instructor, Olesya Pankova, professional dancer, will guide you through each step and help you feel confident and comfortable on the dance floor. Explore the joy of the movement and express yourself through dance. Join her and let the music move you.

Ballroom Beats (Ages 18+)

Location	Director/Instructor	Dates	Days	Time	Member/Non-member Fee	Limit
Wagner Room	T. Kokorska/O. Pankova	6/24-7/29	Mon.	10:00 - 11:00 am	\$15/class; \$25/class	20
Wagner Room	T. Kokorska/O. Pankova	6/28-8/2	Fri.	10:00 - 11:00 am	\$15/class; \$25/class	20

No Classes: 7/1-7/5

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	\$89	\$66 per person
3 Motivation Package	\$204/\$252	\$147 per person/\$189 per person
5	\$430	\$315 per person
10	\$840	\$600 per person
20	\$1,620	\$1,140 per person

SUMMER SPECIAL: TWO-WEEK 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 two-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.	6/26-7/5	Wed./Fri.	9:00 -10:00 am	\$128/\$164	8
Zone	E. Saint/SJ T.	7/10-7/19	Wed./Fri.	9:00 -10:00 am	\$128/\$164	8
Zone	E. Saint/SJ T.	7/24-8/2	Wed./Fri.	9:00 -10:00 am	\$128/\$164	8
Zone	E. Saint/SJ T.	8/7-8/16	Wed./Fri.	9:00 -10:00 am	\$128/\$164	8

PRIVATE CUSTOM SMALL-GROUP TRAINING

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

Contact Eva Saint, 203-920-1623, esaint@newcanaanymca.org for additional information regarding programs and fees.

*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

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: 7/9-7/20

Session 2: 7/23-8/3

Session 3: 8/6-8/17

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	\$68/\$104	4
Pilates Apparatus Studio	T. Kokorska/Madelaine	Tue.	10:00 - 10:50 am	\$68/\$104	4
Pilates Apparatus Studio	T. Kokorska/Madelaine	Tue.	11:00 - 11:50 am	\$68/\$104	4
Pilates Apparatus Studio	T. Kokorska/Madelaine	Tue.	12:00 - 12:50 pm	\$68/\$104	4
Pilates Apparatus Studio	T. Kokorska/Madelaine	Thu.	9:00-9:50 am	\$68/\$104	4
Pilates Apparatus Studio	T. Kokorska/Madelaine	Thu.	10:00 - 10:50 am	\$68/\$104	4
Pilates Apparatus Studio	T. Kokorska/Mary Ann	Fri.	11:00 - 11:50 am	\$68/\$104	4
Pilates Apparatus Studio	T. Kokorska/Mary Ann	Sat.	9:00-9:50 am	\$68/\$104	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@newcanaanymca.org.

PRIVATE PILATES APPARATUS PACKAGES:

Private Fees

Session

1 session = 50 MINUTES

Private (one client)

Semi-private (two clients)

1	\$95	\$66 (per client)
Packages		
3 (member rate)*	\$225 "The Right Start" Package	\$147 (per client)
3 (non-member rate)	\$285 "The Right Start" Package	\$189 (per client)
5	\$455	\$315 (per client)
10	\$886	\$600 (per client)
20	\$1,680	\$1,140 (per client)

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

*Fees effective as of March 1, 2024.

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.newcanaanyymca.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.newcanaanyymca.org/schedules. For additional information and any questions about group exercise classes at the Y, contact Tetiana Kokorska at 203-920-1636 or tkokorska@newcanaanyymca.org.

BE SOCIAL

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

Learn more about upcoming events at www.newcanaanyymca.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@newcanaanyymca.org.



HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

Improving individual and community well-being

Chronic Disease Programs & Support

NEW! PEDALING FOR PARKINSON'S

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.

Pedaling for Parkinson's

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Cycling Center	E. Saint/Staff	Ongoing	Tue., Thu., & Sat.	11:00 am-12:00 pm	Free/\$20	15

LIVESTRONG AT THE YMCA: FREE CANCER SURVIVOR PROGRAM

Since its launch, over 150+ cancer survivors in our community have become stronger through the LIVESTRONG at the YMCA cancer 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.

For additional information and to participate, contact: Eva Saint, Wellness Director, at 203-920-1623 or esaint@newcanaanymca.org.

EXERCISE FOR PARKINSON'S: 3-WEEK SUMMER SESSION

Regular exercise has been proven to improve the lives of those living with Parkinson's disease. This 3-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

Location	Director/Instructor	Dates	Day	Time	Member/Non-member Fee	Limit
Group Exercise Center	E. Saint/Staff	6/10-6/28	Mon. & Fri.	12:15-1:15 pm	\$78/\$120	9
Group Exercise Center	E. Saint/Staff	7/1-7/9	Mon. & Fri.	12:15-1:15 pm	\$78/\$120	9
Group Exercise Center	E. Saint/Staff	7/22-8/9	Mon. & Fri.	12:15-1:15 pm	\$78/\$120	9
Group Exercise Center	E. Saint/Staff	8/12-8/30	Mon. & Fri.	12:15-1:15 pm	\$78/\$120	9

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@newcanaanymca.org or Melisa Pelikan, Wellness Nurse Coordinator, at 203-920-1642 or mpelikan1@stamhealth.org.

HEALTHY LIVING: ADULT HEALTHY LIFESTYLES

Improving individual and community well-being

Wellness Nurse Coordinator & Physical Therapy

WELLNESS NURSE COORDINATOR AT THE NEW CANAAN YMCA

Melisa Pelikan is our on-site, registered Wellness Nurse Coordinator from Stamford Health. Melisa joined 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 offers drop-in office hours at the Y for members to stop by and chat, ask a question, or get a referral. Also look for health lectures and events throughout the year hosted by Melisa. Melisa can be reached at 203-920-1642 or MPelikan1@stamhealth.org.



Melisa's Office Hours:

Mondays: 7:30 AM - 2:30 PM

Wednesdays: 7:30 AM - 2:30 PM

Fridays: 7:30 AM-2:30 PM

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

TALK & WALK FRIDAYS

Join Melisa for Talk & Walk Fridays, a group walk designed to support your health and wellness through social relationships. Meet at the Y at 9:30 AM and walk around Waveny Park or around town between 9:45-10:45 AM, weather permitting. To let Melisa know you are attending and for additional information and any questions, contact Melisa Pelikan at 203-920-1642 or MPelikan1@stamhealth.org.

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. 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.

LEMONAID STAND PROJECT RETURNS THIS SUMMER

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



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.

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.

THANK YOU TO ALL OF OUR 2024 SPONSORS WHO ARE HELPING TO BUILD A BETTER LIFE FOR THE CHILDREN AT FAFU!

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.

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.

\$198

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.NEWCANAANYMCA.ORG/DONATE



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

SUMMER CAMP 2024

Camp Y-Ki: Entering Grades 1-6

Leaders-In-Training: Entering Grades 7-8

Counselors-In-Training: Ages 14 & 15

Artistic Swimming Camp: Ages 6-12

Basketball Camp: Ages 6-14

YSN Camp Jam: Ages 13+

BEST. SUMMER. EVER.



REGISTRATION NOW AVAILABLE

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**

