the DARIEN YMCA
We're All In.

DISCOVER YOUR Y

Summer 2017

Registration begins May 30

darien-ymca.org

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@thedarienymca

General Information

Hours of Operation

Phys Ed Complex:

Mon - Fri	5:00am - 9:45pm
Saturday	7:00am - 6:45pm
Sunday	8:00am - 5:45pm

Office

Mon- Fri	8:00 am -9:00 pm
Saturday	8:00 - 4:30pm
Sunday	9:00am - 5:00pm

Registration Dates

Tuesday, May 30th at 10:00am
Priority registration for Darien Y members currently enrolled in the Fall session

Thursday, June 1st at 10:00am
Registration for Darien Y members who are Darien residents.

Tuesday, June 6th at 10:00am
Registration for Darien Y members who are not residents of Darien.

Thursday, June 8th at 10:00am
Non-members may register for any programs

Summer 2017 Session Dates
June 19 - July 16th (4 weeks)
July 17 - August 13th (4 weeks)

Important Dates

- **July 4- Independance Day**
  The Y will be closed
- **August 14 - 27**
  No fee-based programs
- **September 4 - Labor Day**
  The Y will be open
  7:00 am -12:00 pm

Our Mission

The Darien YMCA is an independent, not-for-profit association whose purpose is to **provide its members and the greater community opportunities for personal growth**. The Darien YMCA offers programs for individuals and families which **promote healthy lives through the development of body, mind and spirit**.

Spring 2017

Table of Contents

Membership Information & Polices	P. 4 - 7	Youth Fitness	P. 20 - 22
Birthday Parties	P. 8	Adult Fitness	P. 23 - 24
Holly Pond School	P. 9 - 12	Gymnastics	P. 25 - 27
Holly Care	P. 10	Aquatics	P. 28 - 33
Kid's Club	P. 11	Special Needs	P. 34
Vacation Camp & Babysitting	P. 12	Swim Team	P. 35
Summer Camp	P. 13	Sports	P. 36
Wellness	P. 14 - 19		

Professional Staff Directory

(203) 655 - 8228

Terri Accomando, Director of Special Needs	1351	**Jim Matthews,** Aquatic Director	1332
Amy D'Andrea, Assistant Aquatic Director	1307	**Pat Morrissey,** Executive Director	1302
Gene DeNota, Director of Training and Exercise	1359	**Lisa Ienner,** Online Registration Coordinator	1317
April Greene, Youth Services Director	1309	**Jess Van Sciver,** Director of Health & Fitness	1311
Gymnastics Center/Erin Hunter	1354	**Suzanne Richards,** School Age Director	1331
Henk Jansen, Head Swim Team Coach	1397	**John Schwartz,** Gymnastics Director	1314
Michael Jordan, Head Age Group Swim Coach	1353	**Nancy Sweeney,** Office Manager	1304
Amy Kiser, Marketing Director	1358	Wellness Center	1322
Pete Maniscalco, Facilities Director	1312	**Nancy Zermani** Chief Financial Officer	1305
Joe Marzano, Sports Director	1349		

Board of Directors

Kesti Aysseh	Laura Jachino	Lauren Spataro
Stacia Branca	Anthony Lazzara	Katie Stein
Michael Cattano	Mark Mirabile	Matt Talucci
James Clarke	Jamie Roach Murray	Vail Weymann Vasisht
David Coughlin	James Pardo	
Elizabeth Ferguson	Brian Ramsay	
Kathy Gogolak	John Schrenker	

Volunteers

As a community service organization, we depend on volunteers to assist with YMCA programs, special events, and day to day activities. **Many programs simply would not be possible without the assistance of volunteers.**

Thank you to all our volunteers.

Membership Information

Membership Fees & Options

Membership Type	Annual Commitment	Month to Month
Adult (18 years and older)	$105/Month	$125/Month (no contract)
Adult Couple	$170/Month	$190/Month (no contract)
Senior (over 65)	$61/Month	
Child (birth through age 17)	$250/Year - monthly rate not available	
Student Fitness (age 13-17. once certified)	$395/Year - monthly rate not available	
Child added to Adult	$150/Year	
Student Fitness added to Adult	$290/Year	

SENIORS

Fitness: Get going in the morning with Fitness Express, now offered five days a week.
Swimming: Water therapy builds strength, but is gentle on the joints.
Join Now: Regular YMCA Memberships are available to Seniors at almost 50% off of a Adult memberships.

For Senior guest users of the Y, Buy a "Class Pass" Book and save on each visit.
10 Visits Senior "Class Pass" $135

CLASS PASSES

The YMCA welcomes non-members to selected fitness classes. Examples of these classes are group exercise classes, water therapy, pre/post natal swimming, and other swim classes. To participate, you can purchase a "Class Pass" at the front desk for $20 per class. If you are planning attending many of these sessions, we encourage you to take out a YMCA membership. Or you might consider buying a booklet of Class Passes at the following prices:

Normal Price 10 Class Pass Booklet
Adult (17-65):$180 **Seniors** (65 and over): $135

Membership Policies

Families Count

· Children of adult members have priority registration for programs whether or not the child is a member.
· Family members of an adult Y member can each join for significant savings.
· "Family" is defined by the National YMCA as adults and children living in the same household and being related by blood, marriage or adoption. The Darien YMCA will require proof of residency of all parties seeking a membership that consists of more than one individual.

General Membership includes:

· Use of Y facilities including the small and large pools.
· Basketball Gymnasium
· "All ages" locker rooms
· Priority registration and discounted member rate for hundreds of programs and lessons each year.
· A 3-time guest pass for friends and family.
· Attendance at special Y events throughout the year.

Adult memberships also include:

· Use of the cardio-fitness center (Wellness Center, weight lifting center (Training Center), and access to Rock Climbing Wall passes.
· Access to over 85 group exercise classes offered throughout the week.
· Use of the whirlpool and "adults only" locker rooms equipped with saunas, steam rooms and other personal care items.
· Discounts on most programs & services.
· Access to babysitting services on-site at the Y.

Membership Policies

• Membership fees are not refundable.
• A $100 registration fee is charged for all new adult/family memberships.
• A $30 registration fee is charged for all new Student Fitness and Child memberships.
• The Darien Y allows a 30-day grace period in which to renew an annual membership.
• If an annual membership expires and the member wants to rejoin after 30 days, the joiner's fee is required.
• If a monthly bank/credit card draft member terminates the membership or there is interruption of monthly payments for 30 or more days, the member the joiner's fee is again required to reinstate the membership.
• To purchase a membership, you are required to come to the Darien YMCA in person to complete the appropriate paperwork.

New England Reciprocity and the A.W.A.Y. Program

New England Reciprocity • The New England Reciprocity Program is a benefit offered to those members who maintain an active membership at their home Y within the New England States (the states of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont). New England Y members visiting Y's in New England may visit other YMCA's at no fee, however, restrictions may apply. Each Y is required to post information on their website or directly contact the Y you are visiting to determine their policies and/or restrictions.

You must have you home Y ID card with you. You will be required to sign a waiver. We reserve the right to contact your home Y.

Restrictions for visitors to the Darien Y from New England States
• Visitors from other Y's may use our Y at any time, but during certain hours of the day some classes or program areas may have limited use. Visitors may not attend group exercise classes during the hours of 6:30am - 11:00am, Monday- Sunday. Contact the Darien Y for any further specifics.
• Reciprocity members may not bring guests while visiting our Y.
• Reciprocity does not provide member benefits with programs or babysitting.

As a reminder, if you are using another Y more than you are using your "Home" Y, you will be asked to transfer your membership to the appropriate Y location.

A.W.A.Y. The A.W.A.Y. Program (Always Welcome at the YMCA) entitles a member to use your membership at over 600 participating Y's across the country typically at no charge, or at a priority rate of that YMCA's guest fee. Some Y's may impose restrictions, so visiting members should always confirm any restrictions with the host YMCA.

Payment Options

Monthly Draft Monthly payments are deducted automatically from your checking account or credit card. Draft registration requires deposit of first and last month payment up front plus processing fee.
Annual A one year membership can be purchased with cash, check or credit card (Visa/Master Card).
Financial Assistance The Darien YMCA offers financial assistance to everyone in our community, people of all ages, backgrounds, abilities and income. A Financial Assistance application may be obtained at the front desk or on our website. The application process is confidential and requires proof of financial need. Applications should be submitted to Nancy Sweeney, Office Manager. Please do not register for any programs/classes until assistance is approved. All registrations done prior to the financial reward will not be discounted. Any programs/classes registered online or at the front desk after the award is given will not be eligible for the awarded discount.

Membership Refund Policy

• YMCA membership fees are non-refundable.
• Annual Commitment: Monthly draft membership is contracted for one year of membership and must complete one year before terminating.
• Monthly memberships are perpetual in nature and will not automatically expire after one year. It is the responsibility of the member to notify the Darien YMCA in writing 30 days prior to cancellation.
• No Annual Commitment: Month to Month memberships are available at a higher monthly fee for single and adult couple memberships.

Membership Cards

• It is the members' responsibility to carry their membership card while in the facility: to gain admittance to the facility, when registering for programs and upon entering the pools.

Guest Passes

• The YMCA welcomes guests to our facility. We ask that all guests be accompanied by a Darien YMCA member unless promotional material states otherwise. Individuals may only be a guest of a member three times per year.
Members, once you have used up your Guest Pass Card and wish to bring a guest, the following charges will apply:
Adult $20, Seniors: $15, Child: $10

Membership Policies

Code of Conduct

We expect everyone using the YMCA to behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or actions that can hurt or frighten another person or that falls below a generally accepted standard of conduct. Members should report any infraction to a YMCA Director immediately.

The YMCA reserves the right to suspend or revoke any membership for good cause as determined by the executive director or Board of Directors. The length of suspension or refund of membership dues or fees will be determined by the same authority.

The actions listed below are not an all-inclusive list of behaviors considered inappropriate within the YMCA property, facilities or programs:

· Carrying or concealing a weapon or any device or object that may be used as a weapon.
· Harassment or intimidation by words, gestures, body language, swearing, name calling or shouting.
· Sexually explicit conversation or behavior; any sexual contact with another person.
· Inappropriate, immodest, or sexually revealing attire.
· Theft or behavior that results in the destruction or loss of property.
· Loitering within or on the grounds of the YMCA.

Youth Supervision Policy

Children under 11 must be accompanied by an adult at all times (with the exception of open gym). Please see the following rules for each department:

• **Wellness Center:** Minimum age is 13 years old, which constitutes a Student Fit membership. All Student Fit members must complete a Wellness Center youth certification (free of charge) with one of our personal trainers before being allowed to use the Wellness Center (please see Wellness Center Student Hours). **

• **Training Center & Group Exercise Classes:** Minimum age: 15 years. Anyone under 15 in the Training center must be accompanied by a Personal Trainer.

• **Open Gym:** 10 years of age & older. Children under age 10 must be accompanied by an adult.

• **Aquatics Swim Lessons:** Children under age 5 need to have a parent/guardian on sight at the Y during their swim lessons. School age children can be dropped off for swimming lessons but a parent/guardian needs to be at the Y to pick up when lessons are completed.

• **Aquatics: Children 8 & under** must have a parent/guardian (min of 17 years) with them in the water and in the locker rooms at all times.
• **Aquatics: Children 9 to 11** must have a parent/guardian supervising them on the pool deck at all times. If a 9-11 year old child is a non-swimmer a parent/guardian is required to swim with their child.
• **Aquatics: Children 12 years and older** are allowed to use the pools without direct supervision. Parents are strongly encouraged to be in the building while their child is swimming.

• **Gymnastics:** Gymnasts must be accompanied by a parent/guardian until the instructor has opened the door for classes. A parent/guardian needs to pick up their children at the end of the class. Under no circumstances should a child be left alone by a parent or guardian on the Mezzanine or downstairs Alcove area. Team members of all ages may be dropped off at the front entry way to the Y but parents MUST park their cars when picking up their child from practice.

****During the hours of 5 - 8pm on weekdays, all students of perspective ages must be accompanied by a parent in the Wellness or Training Center.**

The YMCA would prefer that all children under 16 years of age be picked up at the "Y" instead of having them walk or bicycle home.

Membership Policies

Session Program Refund/Credit Policy

• Anyone changing class before session begins will pay for new class and will receive a full refund in the manner in which they paid for original class.
• A participant canceling prior to the first day of the session (***not the first day of your class***) will receive a ***full online credit****, or a refund less 30% charge in the manner in which they paid.
• A participant canceling after the session begins, whether or not they attended will receive a pro-rated on-line credit only less a 30% charge.
• No credit or refund after fifth class, whether or not they attend.
• Canceling due to medical reasons will be prorated. Written verification by a physician is required.
• After session begins (**not the first day of your class**) a **$25.00** service charge will be added to any class move. Nursery School, Kid's Club, Vacation Camp, Summer Camp, Winter Basketball teams, Competitive Swim & Gymnastics - see specific brochure.

***Online credits may take up to 7-10 business days to process. Credits can be viewed on your account online.**

Photo Waiver

As a member or program member of the Darien YMCA, if you do not wish to have any photographs of yourself and/or your child connected with the YMCA for publicity, please contact the YMCA front desk at frontdesk@darien-ymca.org or (203) 655 8228

Insurance Policy

The Darien YMCA does not provide accident insurance for injuries sustained during YMCA activities. Program members participated in programs and use the facility at their own risk. Members are encouraged to have personal medical insurance coverage.

Weather Conditions

The Y will make every effort to open its doors during inclement weather. Please note that a final decision to open or close will be made based on the conditions of your safety, staff safety and emergency first responders recommendations. Holly Pond Nursery School will continue to mirror the Darien Public Schools in the event of their closings or a 90-minute delay. If the Darien Public Schools have a delayed opening and the YMCA opens at its regular morning hour, the following policy applies: Holly Pond Nursery School will open at 10am, all Youth Aquatic and Gymnastics Classes will begin at 10am, and all Group Fitness Classes and Adult Fitness Classes will run at regularly scheduled times. If the Darien Public Schools cancel school or have an early dismissal, a decision will be made by the Executive Director about whether the YMCA will remain open and whether classes will run. All announcements regarding closings will be made available online through our website (under Y News), on Facebook, Twitter, our iPhone mobile app, and our Droid mobile app. If you have any questions you should call the Y's main phone number and a recorded message will be current.

Cancellations

The YMCA reserves the right to cancel classes due to less than minimum registration. Cancellation decisions will be made the day prior to the start of class. Attempts will be made to reach those registering by phone to inform them of cancellation. Should the YMCA need to cancel a class, a full refund or credit will be issued to those registered for the program. If a class is canceled due to weather conditions, the Y will make up one canceled class per session except for team sports. More than one class cancellation will result in a program credit.

Make Up Policy

Program participants register for classes on specific dates and times. Unless the YMCA cancels a class, and provides for a makeup, attendance in scheduled classes is the responsibility of the participant. We cannot provide make-up classes or allow the participant to attend a different class.

Birthday Parties

Party Themes

Krazy Kool Legos • Ages 5 - 8

Everyone loves to build with Legos. Why not get your friends together for a party and build amazing creations. Shari O'Neill from Krazy Kool Legos will supply the Legos and will assist you with your masterpiece. After you build, you'll present it to your friends then continue your party with a craft project, game and food.

Gymnastics • Ages 3+

Come tumble under our new disco lights and bubble machine in our state of the art, 7200 sq. ft. facility. We offer rope climbing, obstacle courses, trampolines, & FUN!! Don't forget to come on down and take a jump in our huge foam pit. Party held at the Gymnastics Center.

Pool Party • Ages 3+

Choose between the large or small pool. Our aquatic staff will organize age appropriate games and activities in the pool. One hour in the pool, then head back to the party room for cake and crafts.

Sports Galore • Ages 6+

An assortment of sports such as Floor Hockey, Kick Ball, Soccer, Basketball and more is offered during this party.

Gym Jamboree • Ages 3+

Let our staff organize age appropriate games for your friends in the gym, such as Red Light, Green Light, Red Rover, Capture the Flag, Relay Races, Tag, Parachute and more.

Fee Information

Gym or Pool Parties *Maximum of 18 Children.	Members: $325	Non Members: $390
Gymnastics Only Party	Members: $350	Non Members: $415
Krazy Kool Legos Party Minimum of 15 or maximum of 25 children. Membership status for all participants is based on birthday child	Members: $20 per child	Non Members: $25 per child

• All parties are 2 hours
• Gym and pool parties held on Saturdays
• Gymnastics parties are held on Sundays
• Lego parties are held on Saturdays pending Krazy Kool Lego's availability.

Contact the Front Desk at (203) 655 - 8228 to schedule a party.

Holly Pond School

The Holly Pond School staff extends a warm welcome to each family joining our Nursery School Program. We are a state licensed non-profit organization which seeks to meet the needs of the individual child. Our program is offered to children 2 to 5 years of age. Please contact April Greene, Youth Services Director at 203 655 - 8228 ext. 1309 with any questions.

Children are grouped by age in two, three, or four/five year old classes. Classes for 2017-2018 are as follows:

Mornings	Afternoons	Pre-K Program
2 yr olds	**2 yr olds**	**5 Day Mix of**
9:00 am - 11:30 am 2 days T & TH or 3 days M, W, F	12 noon - 2:30 pm 2 days T & TH or 3 days M, W, F	9:00 am -12:00 noon M, W, F and 9:00 am -3:00 pm T & TH
3 yr olds	**3 yr olds**	
9:00 am - 11:45 am 3 days M, W, F or T, TH, F or 5 day M-F	12:15 pm - 3:00 pm 3 days M, W, F or T, TH, F or 5 days M-F	
4 yr olds	**4 yr olds**	
9:00 am -11:45 am 4 days (M-TH) or 5 day (M-F)	12:15-3:00 pm 4 days (M-TH) or 5 day (M-F)	

Pre-Kindergarten Program

The Holly Pond Pre-K program is designed for the older 4 and early 5 year old who will benefit from an additional year of nursery school before entering Kindergarten. This traditional program allows the Pre-K student to develop not only academically, but emotionally and socially. Our small classroom setting allows for individualized attention as we focus on early mathematical skills, language arts and exploration of scientific concepts. To enhance this curriculum, we have a weekly music program that helps develop students' imagination and language skills. Our program is also uniquely designed to provide weekly swimming lessons, instructional gymnastics and other sports activities that improve both physical growth and motor coordination, while building social skills in teamwork and sportsmanship.

Holly Pond School

Holly Care

The Holly Care Program provides a structured environment in which children revel in their exploration of new ideas and new activities. Children may attend the morning, "afternoon, or full day sessions. Each day's activities include supervised lunch time, outdoor play, story time, arts & crafts and more. In addition, children will participate in the special theme of the day (see chart) to help develop their motor and social skills. Children must be 3 years of age and fully potty trained.

Special Themes of the Day

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Swimming	Music	Swimming	Gymnastics	Sports
Afternoon	Swimming	Sports	Gymnastics	Music	Cooking

Registration begins on Monday, July 24, 2017. You may register your child for the entire school year.

Times: Morning program runs Monday to Friday, 9:00 AM - 12:15 PM.
Afternoon program hours are Monday to Friday, 11:45 AM - 3:00 PM.
Full day runs 9:00 AM - 3:00 PM.

- Lunch time is included in both morning and afternoon program.
- Parents supply lunch.
- Holly Care follows the Darien Public School calendar.

Monthly Fees for September 2017- June 2018

	5 Days	4 Days	3 Days	2 Days	1 Day	Drop- In
Morning	$505	$455	$360	$265	$185	$60
Afternoon	$1,010	$910	$720	$530	$370	$120

Non Members: There is an additional $50.00 fee per month.

- Fees are based on the number of days per week your child will attend and the length of time per day.
- Daily drop -in is also available if space permits.
- Payments are made on a monthly basis.
- Fees are based on 180 days and are equally divided among 9 months.
- Fees are not adjusted for months that have vacation days.
- No payments are made in June.

Holly Pond School

Kids Club After School Program

Holly Pond School's "Kids' Club" is an ideal after-school program for children of active and working parents. Kids' Club is a state-licensed program designed for children age 3 through 5th grade. Participating children can ride the "Y Bus" directly from their Darien school to the Kids' Club program held at the Darien YMCA. There they are met by the Kids' Club staff who create a supportive environment for after-school fun. Children may stay as late as 6:30 PM.

Our goals are to promote self-confidence and social growth through daily projects and team activities and to encourage responsibility among children, for example, in carefully completing their homework. Children of similar ages are placed in small groups. Depending on the age of the children in the group, typical activities include homework time, indoor/outdoor games, snacks, arts and crafts, swimming,
cooking, and special events. Whether in the pool or the classroom, Kids' Club incorporates the national YMCA's values of Caring, Honesty, Respect and Responsibility in its curriculum.

Kids' Club follows the Darien public school calendar. The program operates during early dismissal time and conference days. We welcome children of all abilities.

For further info, Contact Suzanne Richards, School Age Director at (203) 655-8228 ext 1331.

Kids Club Fees and Registration 2017-2018

Monthly fee September - May (no payments for June)

	5 Days	4 Days	3 Days	2 Days	1 day	Drop In
Pre School thru 5th Grade	$470	$385	$305	$225	$145	$30 per day

- Fees are based on 180 days and are equally divided among 9 months.
- Children enrolling in June only will pay a Pro-rated fee. Fees are not adjusted for months that have vacation days.

Registration Procedure: Registration for the 2017-2018 school year begins Monday, May 22, 2017. All monthly fees are processed on the 20th of every month for the following month. **1st payment will be processed on August 20th. Participants must be members of the Darien YMCA to participate in this program.**

Holly Pond School

Vacation Camp

Vacation Camp is designed for school breaks and holidays. Attendees enjoy their time off by swimming, creating arts and crafts, playing in the gym, and participating in field trips and special events.

Registration begins 4 weeks prior to the start of each program.
Minimum of 4 participants per group are needed to run program.

Groups & Times

Pre-School Vacation Club	Half Day 9:00 am – 1:00 pm or Full Day 9:00 am – 4:00 pm
Grades K-5th:	Full Day 9:00 am – 4:00 pm
Extended Care:	8:00 am – 9:00 am and/or 4:00 pm – 6:00 pm

Fees

	Half Day	Full Day	Extended Care
Member	$60 per day	$80 per day	$10.00 per hour
Non member	$70 per day	$90 per day	$10.00 per hour

September 2017- June 2018 School Year Breaks *All Dates TBD* No Programs on Staff Development Days.

- Rosh Hashanah
- Holiday Break
- Martin Luther King Jr. Day
- February Break
- April Break

Playroom

The Playroom is a babysitting service for children between the ages of 8 weeks and 8 years. Available on weekdays and weekend, this service is only for parents participating in on-site YMCA activities. Due to limited space, prior registration is required. **Good news siblings pay half price.**

Registration is divided into two categories:

1. **Punch card:** For members who require service on random days and times. Reservations can be made two weeks in advance. **Fee:** Card with 10 half hours $25. Cards with 20 half hours $50. Playroom cards are non refundable.
2. **Time Block:** For members that use playroom services to take a class or workout with a set schedule. Registration runs in conjunction with our program sessions. You can register at the same time you sign up for a class. **Fee**: $5.00 per hour (based on number of weeks).

Times of Operation:

Monday - Friday, 8:00am - 6:00pm
Reservations are required 24 hours in advance.
Saturdays, 8:00am -1:30pm

Please reserve spaces with the Playroom Staff or call (203) 655 8228.

Summer Camp

Our Offerings

Preschool Camp

Times vary. We offer morning, afternoon, and full day options. For ages 3, 4, and 5 (not yet completed kindergarten) Preschool camp is held at the Darien YMCA

School Age Camp • 8:30am-3:30pm

Ages 5 through 7th grade (must have completed Kindergarten). School age camp will be held at Hindley Elementary School.

Counselor in Training (C.I.T.) • 8:30am-3:30pm

Must have completed 8th, 9th, or 10th grade. C.I.T.'s will work with a variety of groups, with kids of different ages. Applications are now available at the front desk.

Morning Navigators • 8:30 am - 12:30 pm

Ages 5 -12 (must have completed Kindergarten) This is a perfect program for children who want a true camp experience but not a full day.

Afternoon Navigators • 1:00 pm - 3:30 pm

Ages 5-12 (must have completed Kindergarten). This is a great program for those participating in the Gymnastics Camp. Navigators is also ideal for those attending Summer School, or just looking for an afternoon program.

Activities for all of the above camps include: swimming, sailing & canoeing, arts & crafts, sports, games, and field trips. Pre-school camp also includes music.

Gymnastics Camp • 9:00am-1:00pm

Girls ages 5-12 (must have completed Kindergarten). Our Gymnastics Camp is a great place for your school age girl to learn a great variety of new skills. Whether your daughter attends gymnastics class weekly, or has just decided to try it for the first time, our camp has a program designed for all levels.

Questions?
Suzanne Richards at 203 655-8228 ext. 1331 or srichards@darien-ymca.org
Gymnastics Camp: Nicole Kapitan at 203 655-8228 ext. 1355
Special Needs: Terri Accomando at 203 655-8228 ext. 1351 or taccomando@darien-ymca.org
Register now online or at the front desk!

Summer Camp Session Dates

Session 1: June 19 - June 30
Session 2: July 3 - July 14 (Closed July 4th)
Session 3: July 17 - July 28
Session 4: July 31 - August 11

The Wellness Center

The Y's Wellness and Training Centers feature over 60 pieces of state-of-the-art cardio equipment including elliptical machines, treadmills, and lifecycles; over 5,000 lbs. of various weight-lifting equipment, and over 85 kettlebells of varying sizes.

Take advantage of the spectacular view of Holly Pond while you engage in your cardio workout in the Wellness Center upstairs, or visit our Training Center downstairs to utilize the numerous functional and sports-specific pieces and accessories such as TRX, tires, and battle ropes.

Wellness Center Hours of Operation	
Monday - Friday	5:00 am - 9:45 am
Saturday	7:00 am - 6:45 pm
Sunday	8:00 am - 5:45 pm

Wellness & Fitness

The YMCA's Wellness Center is geared to assist you in your journey to a healthy lifestyle. Wellness is achieved through an integrated program of exercise, nutrition, preventative care and chronic ailment management. The Wellness Center offers many ways to achieve your goals for mind, body and spirit.

As a member of the Darien YMCA, you will be able to choose programs that fit your fitness goals, health needs, and personal schedule in a variety of categories.

Our fitness professionals are always available to assist you with any questions regarding proper equipment use, free weights, stretching, etc.

Our fitness facilities include:

- Wellness Center and Training Center
- Saunas, Steam Baths and Massage
- Spin/Sweat Studio
- Mind/Body Studio
- Private Pilates Studio
- Large and Therapeutic Pools
- Gymnasium for Adult Basketball and other sports

Personal Training Programs

- Massage Therapy, Sports Therapy & Reflexology
- Nutrition Coaching and Weight Management
- Fitness Assessments (Adults & Students, 13 -17)
- Group Fitness Classes, Adult Workshops & Clinics
- Older Active Senior Fitness Programs
- Yoga Workshops
- Pilates (reformer and mat classes)
- Sports Conditioning & Team Athletic Training
- Youth & Teen Fitness Programs

Whether you'd like a tour of our fitness facilities, have questions about our group fitness classes, or are interested in working with a personal trainer, we're here to help! Simply email us, wellnesscenter@darien-ymca.org or call us at 203-655-8228 x1322.

Personal Training

Training Center Open to All Members

The Darien YMCA is very pleased to announce the addition of a Training Center, an expansive, open space dedicated to personal training and functional training modalities. This new facility features traditional weight equipment such as

- Squat Racks
- Cable Machines
- Bench Press
- Free Weights
- Kettlebells
- Sandbags
- Tires.

Private Pilates Studio

A new private Pilates studio has been added to the mezzanine level of the Wellness Center. The new private studio is outfitted with the latest in Pilates equipment including reformers, towers, chairs, and a Cadillac convertible reformer, all of which help to align the body and strengthen core muscles. Private & semi-private sessions are available for purchase

Free Fitness Assessment

If you aren't sure where to start or would like to fine tune your workout, let us help you build your personal wellness program. New adult & student members (13 -& 17) are entitled to a free assessment. This will give you an introduction to our Life Fitness equipment, which is designed for specific and overall muscle toning.

Training Credentials

All of our trainers have certifications from a minimum of one of the following organizations:

- American College of Sports Medicine (ACSM)
- American Council of Exercise (ACE)
- YMCA Personal Trainer Course
- National Strength and Conditioning Association (NSCA)
- AFAA Personal Training Certification

Personal Fitness Training

If you're looking for personal training, we have a team of professionals who can customize a program for you. Their areas of expertise include, but are not limited to:

- Functional Training
- Increased Total Body Strength
- Toning and Conditioning
- Addressing Special Problem Areas (i.e. back, knees, shoulders)
- Building Cardiovascular Endurance
- Post Rehabilitation Endurance
- Balance and Coordination
- Pre and Post - Natal
- Inbody 570 Assessment

For information regarding personal training rates, call our Wellness Center at (203) 655-8228 x1322. Also, be sure to check back regularly for updates regarding the Training Center and its offerings, as well as more information about the trainers who call the Darien YMCA home.

Drop In Group Exercise

With a variety of classes ranging from boot camp to spinning to yoga to cross training, there's something on our Group Exercise schedule for you! Offerings for all ages and levels are available. If you're unsure of what class might be a good fit for you, just ask.

All of the Darien Y's Group Fitness classes are open to Members and Non-Members.

Fees: Please purchase at the Front Desk.

Non-Members: $20 per class **Adult ClassPass**: $180 **Senior ClassPass**: $135

Group Class Etiquette:

- Please arrive on time to warm-up; do not join the class more than 10 minutes after the scheduled start time.
- Minimum age for Group Fitness classes in 15 years old.
- Spaces are available on a "first come, first served" basis. Class size is limited to 25 participants, and 30 participants for spinning.
- Wear athletic footwear at all times, except for Yoga and Pilates.
- Do not wear black soled shoes in the studios.

Drop In Group Exercise

Wondering about the format of a particular class? Consult the descriptions below for more information. Check out our smart phone app and website for a monthly class schedule, which includes names of class instructors.
(Segmented by intensity -- Low, Medium and High)

Low Intensity

Appropriate for beginners, older adults and those who may be recovering from injury. Little to no jumping or weight lifting is involved. Great for improving cardiovascular health, balance and overall stability.

Hi/Low – This high energy, intense-as-you-make it, pure aerobic workout incorporates low impact and high impact moves while keeping your feet on the floor.

Light 'N' Easy – This class, designed for active older adults, includes exercises for toning and strengthening the entire body with dumbbells, ankle weights, and tubing.

Meditation- Learn how to quiet your mind with regular meditation and discover happiness, increased mental, emotional and physical well-being. This class will instill a deeper connection between the body and mind through the practice of relaxing the body, calming the mind and turning into breath. Take this 30-minute session to improve your happiness and discover your true self with the balancing effect of time spent in stillness and focused attention.

Tai Chi – Tai Chi is an ancient Chinese art also known as moving meditation. Some of the benefits of Tai Chi include relaxation, strength, flexibility and balance. This class is suitable for both beginner and advanced students.

Slow and Gentle Yoga – Designed to open tight areas, strengthen and revitalize the body through a slow and gentle series of postures and breath, this class is suitable for all practitioners including beginners, those recovering from an injury, and experienced students wanting a change of pace.

Rise & Shine Yoga – Ease into the day with a gentle yoga class specifically designed to open both body and mind. Students will practice the art of incorporating a mind-body approach through conscious breathing and moving fluidly through slow, graceful poses.

Restorative Yoga – Turn down the fight-or-flight response and tap into the relaxation response with this series of supported postures designed to promote physical and emotional healing at the cellular level. Blankets, bolsters, straps and blocks are used to guide muscles and bones into gentle stretches and deep release. A must for everyone living in a stressful world.

Yin/Gentle Yoga – Using breath awareness and body mechanics, this class combines slow-paced movement with held poses that create space in the connective tissues of the body. We'll explore range of motion and flexibility while practicing poses that help to safely stretch and strengthen muscles. This class is for anyone who wants a slower paced practice, is recovering from injury or wishes to balance an active yoga or athletic practice. Open to all levels of experience.

Corrective Exercise - In Corrective Exercise you will learn the proper way to perform all functional exercises as well as fix those annoying aches and pains! You will progress throughout the class while applying some of our unique equipment, such as physio balls, foam rollers, lacrosse balls and more! Simply put, it is a challenging class with a physical therapy feel for all levels of fitness.

Strength and Stretch - This class is designed to strengthen the body, with use of a variety of different yoga poses. In addition, your muscles will be lengthened with an abundant amount of stretches.

MEDIUM INTENSITY

For the intermediate student who is looking for a stepping stone to help them progress, these classes include instruction but move at a faster pace. Strength and cardio-based options utilize a variety of tools including free weights, medicine balls, Bosus and platform steps. Additionally, our mind/body modalities, such as yoga and Pilates, naturally complement any student looking to improve flexibility, develop core strength and achieve inner peace.

Power Barre – This is your integrated approach to a full body conditioning class, applying the practice of classical dance and plyometric movements to achieve strength, balance, and power. The use of moderate weights, bands, and ballet bars will aid in toning every inch of your body.

Sweet Morning Flow - This all levels yoga class emphasizes stretching, strengthening, and mindful movement to cultivate inner awareness. Class offerings include slow & gentle flow along with Yin and Restorative poses to encourage flexibility, balance & the opening of joints & connective tissue.

Spinning – This unique group exercise class, performed on stationary bikes, is as intense as the participant makes it. Instructors are skilled in nurturing beginners while also challenging advanced athletes. Upbeat, motivating music ensures students are energized and inspired from start to finish.

Cardio Step – This class just doesn't quit! It's a powerful non-stop step workout from start to finish. Instructors incorporate power moves and low impact modifications to challenge the cardiovascular system.

Cardio Strength - A combination of both strength and endurance! Challenge both muscular and cardiovascular systems by transitioning from moderate to intense exercises. With a mix of body weight and a variety of equipment, you will keep your body in motion, heart rate up, and muscles burning.

Em's Method – This ballet-based workout incorporates isometric contractions, small movements and ends with deep stretching. Students will use their own body weight to isolate, strengthen and shape their muscles.

Total Fitness - This class is designed to help beginner and intermediate levels increase their strength, balance and cardio endurance. Using various equipment and your own body weight, participants will be challenged to complete moves set for time or a certain number of repetitions. Achieve your fitness goals in this class's nonstop, upbeat friendly atmosphere!

Yoga – These serene, engaging classes set to relaxing music teach the fundamentals of Yoga including sun salutations, standing poses, balancing postures, seated and reclining poses, back bends, core isolation and strengthening. Special emphasis is placed on moving into and out of postures safely, correct alignment, using the breath, and learning to quiet the chatter of the mind to find peace and inner stillness.

Please note that the following indicators are used to decipher between yoga levels on our schedule: L1 = novice; L2 = intermediate; L3 = moderate/ advanced; Open = suitable for all

Moderate Flow Yoga (Vinyasa) - Need some Zen at a moderate pace? This class moves at that pace, and includes basic warm-ups, sun salutations, stand poses, back bends, twists, seated poses, a simple inversion, and deep relaxation. You will leave feeling like every part of your body received the attention it needed.

Pilates – The Pilates philosophy focuses on training the mind and body to work together toward the goal of overall fitness. Classes strengthen and improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape.

Pilates Sculpt – A series of exercises performed using bands, ultra fit rings, dumbbells, body bars, and body resistance to tone and tighten the major muscle groups. Benefits include improved core strength and overall flexibility.

Zumba™ – This is a fusion of Latin and International music dance themes that creates a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The use of toning may be incorporated. Intensity may vary from Medium to High based on instructor.

HIGH INTENSITY

Designed for the advanced student, these classes include minimal instruction and move at a rapid pace. A strong exercise foundation is required for participation. Classes are specifically designed to elevate heart rates and develop total body strength through sprinting, jumping, weight lifting and resistance training

Box & Burn - Get fighting fit with a high energy workout! Along with upbeat music, this class incorporates a variety of boxing drills with fat burning body weight exercises while utilizing the punch-bags. No prior boxing experience required you will learn simple & safe techniques! Boxing gloves will be provided, however, please feel free to bring your own if you choose.

Bootcamp – Be prepared for anything – and to be held accountable – in these fast-paced, total body workouts that will have you sweating in no time. A circuit-style format moves participants from one dynamic station to another with minimal downtime. Various pieces of equipment and tools are used in these classes, which are held in our gymnasium and make good use out of a large space.

Tabata Tuesdays – This class will give you the most bang for your buck during your lunch hour by utilizing a Tabata protocol – a very popular form of high intensity interval training. Tabata rounds essentially require participants to work hard and fast for 20 seconds followed immediately by 10 seconds of rest for a total of 8 rounds, resulting in just under 4 minutes of work. Extremely effective for developing strength and stamina, this class will challenge both your body and mind.

Power Interval - The name of this class says it all, Power! Improve all around power in this class by utilizing multiple ranges of motion with strength training and cardio intervals. This class will challenge your body by incorporating a variety of our most popular equipment such as agility ladders, bosu balls, barbells, and more! In Power Interval, you will progress through the following fundamentals: Agility, strength endurance, speed, core strength and stability.

Sports Conditioning – After an extensive warm-up and dynamic stretching, these classes provide a workout consisting mainly of intervals that mix elements of cardio, sculpting, core conditioning, plyometrics, speed and agility drills.

STRONG Cycle - Get the results you want with this high intensity, interval workout featuring the cardio blast of spinning with the functionality of TRX. Classes will have participants alternating between the bike and the straps, ensuring a constantly varied workout that challenges both body and mind.

TRX® -- Designed to engage the body as a single coordinated system, TRX is a unique form of suspension training that mimics movement patterns fundamental to most human activities. We're proud to offer both bootcamp and cardio styles of TRX to produce well-rounded offerings guaranteed to help you reach your goals.

Trainer's Choice – Led by our top trainers, this class will feature whatever they decide to throw at you on a given day. Circuits, super sets, timed rounds and competitive partner work are all formats that will be utilized to make sure that your body is challenged at all times.

Rock Solid – Don't be fooled by the shortened duration of this class, as it is designed to strengthen and tone your core and other major muscle groups in a minimal amount of time. It pairs perfectly with your own cardio session or use it as a follow up to one of our spin classes. Features body weight exercises, resistance work and strength training.

X- Training – Tired of the same routine? This class will help you condition different muscle groups, develop new skills and reduce exercise boredom. Each class will provide a different, all–around conditioning workout.

Boxing Bootcamp – This workout blends elements of boxing, martial arts, dance and traditional choreographed aerobics in a 60-minute exercise routine featuring heavy bags. This class also incorporates traditional exercises such as jumping jacks, abdominal crunches, leg lifts and push–ups to create a total body workout.

Total Body – This class covers it all! You'll work every body part and then some. Students will use weights, body bars, Bosu balls, TRX, physioballs, ladders and hurdles.

Wellness & Fitness

Rock Climbing Wall

Take your fitness to new heights at the Darien Y by adding the functionality of rock climbing to your routine.
Our 24-foot tall rock climbing wall presents challenges for both the novice and experience climber! **The climbing wall is open to members and non - members.**

Family Open Hours: Saturdays from 11:00am - 1:00pm
(Ages 6 and up. Children under the age of 15 MUST be accompanied by an adult)

Member Fee: Purchase a 30 minute climb for $10, or a 10-pack of 30 minute climbs for $90.

Non- member Fee: Purchase a 30-minute climb for $15, or a 10-pack of 30 minute climbs for $135

(Accompanying adult does not need to purchase a climb, but much be present in the rock climbing area.)

Rock Wall Classes

Survivor Kids (Ages 10-15)

June 19 - August 13th (8 weeks)

Calling all adventurers—this class is for you! Get ready to climb, crawl, and jump your way through a circuit of exercises incorporating our rock climbing wall, all designed to increase overall stamina and total body strength. The perfect fit for the child with boundless energy or for kids who aren't drawn to organized sports. Teamwork—and a smile are required.

Day: Fridays

Time: 4:00 pm - 4:45 pm

Fees

Members: $160 Non Members: $200

Wellness & Fitness

Youth Fitness

As a fitness resource for the entire family, the Darien YMCA is pleased to provide healthy activities specifically for youth.

Student Fitness Membership •13 - 17 years of age

Teen-aged students who are interested in using the YMCA's Wellness Center can take out a special Student Fitness Membership, which allows them to exercise in the Wellness Center.

To participate in this program, there are 2 steps:

- Apply for a Student Fitness Membership at the front desk
- Complete the One-to-One Fitness Certification (see right).

Youth Certification • Ages 13 - 17 years

This training provides one personal training session to acquaint participants with the equipment in the Wellness Center. In addition, trainers will provide guidance to meet an individual's specific fitness goals. Upon completion of this training, students will be qualified to use the Wellness Center on their own during the Student Fitness Hours (see below).

** All students must wear their Membership badge at all times when using the Wellness Center or Training Center and observe the Student Hours which are listed in the Youth Supervision Policy. Student Fitness members cannot bring teen guests into the Wellness Center or Training Center.

Teen Fitness • Ages 12-18 **years**
June 19 - August 13th (8 weeks)

The Darien YMCA is proud to announce a fitness series that allows a teen to be a teen! With a mix of Teen Conditioning, Teen Yoga, and Teen Zumba, this Fitness series will instill the importance of a healthy and balanced exercise routine, all while allowing young adults to work out among the comfort of their peers. Monday features a half hour of Sports Conditioning followed by a half hour of Zumba; the Wednesday class features an hour of Yoga for mindfulness training to restore the body and mind! You can either attend both classes, on Monday and Wednesday, or just sign up for the day you prefer!

Day: Monday & Wednesday
Time: 3:45 pm - 4:45 pm

Fees

1 Day Option:

Members: $320 Non Members: $240

2 Day Option:

Members: $200 Non Members: $400

Wellness & Fitness

Sports Conditioning

June 19 - August 13th (8 weeks)

Team Athletic Training

The Darien Y is pleased to announce an exclusive Sports Team Strength and Conditioning program to prepare you and your team for your upcoming season. Develop explosive power, speed, and overall strength with these bi-weekly workouts held in the Y's state of the art Training Center. All training is conducted by coach Jermaine Morgan. To setup training sessions for your team contact Jess Van Sciver, Health & Fitness Director at jvansciver@darien-ymca.org.

Fees: Cost included 16 sessions, 2x per week. Price is per athlete.

# of Participants	Member	Non Member
Team Option 1: 6 - 10 athletes	$320	$400
Team Option 2: 11 - 15 athletes	$240	$320
Team Option 3: 15 - 20 athletes	$200	$240

Sports Performance & Conditioning • Ages 12+

Designed for middle and high school athletes, this series is designed to improve the following fundamental components of sports training: Agility, Balance, Explosiveness, Core Strength, Cardiovascular Endurance, Mental Toughness, Overall Athletic Performance.

Day: Tuesdays & Thursdays
Time: 3:00 pm - 4:00 pm

Fees

Member: $450 Non Members: $580

Health & Fitness

Pilates Reformer

June 19 - August 13th (8 weeks)

Classes and sessions utilizing the Pilates Apparatus are an excellent way to align your body and strengthen your core. These workouts will strengthen and shape your body, resulting in that so desired lean, cut look. Our Pilates Apparatus training utilizes three main pieces of equipment: Reformers, Towers and Chairs. Max 5 per class.

Class Schedule

Tuesdays	9:30 am
Wednesdays	10:45 am
Thursdays	9:45 am
Friday	10:45am

Fees

Member: $285	Non Member: $385

Private & Semi Private Pilates Reformer

Additionally, the Darien YMCA is proud to offer private and semi-private reformer sessions upon request, in our private pilates studio in the Wellness Center. Semi privates include 2 people and price is per pair. Pricing is as follows:

Fees

Members				Non Members			
Privates		Semi Private		Privates		Semi Private	
1 session:	$90	1 session:	$110	1 session:	$100	1 session:	$120
6 Sessions:	$480	6 Sessions:	$550	6 Sessions:	$525	6 Sessions:	$650
12 Sessions:	$925	12 Sessions:	$925	12 Sessions:	$1,020	12 Sessions:	$1,250

Small Group Pilates Training

Grab two friends and train with one of our amazing Pilates instructors with Small Group Pilates training! These sessions include work on the Reformer, Chair and other pieces of equipment downstairs in our Training Center. Your group will have the option to choose the day and time with your instructor each week. Groups are formed with 3 individuals, members and non-members welcome.

Fees

Members:	$320/package of 8 sessions
Non Members:	$360/package of 8 sessions

Wellness & Fitness

Adult Fitness

Kettlebells

June 19 - August 13th (8 weeks)

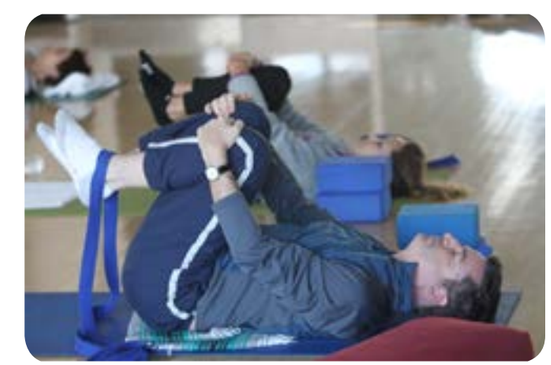
Kettlebells: Looking to change your body and increase your strength in a minimal amount of time? Then a kettlebell workshop at the Darien Y is for you! Options are available for both beginners (those of you who workout but who have never picked up a bell) and for kettlebell enthusiasts who are experienced with all of the fundamental movements such as the kettlebell swing, Turkish getup and snatch. Open level kettlebell is suitable for all participants.

Choose from the following options:

Kettlebell Basics • Ages 15+ (for beginners)		Advanced Kettlebell Series • Ages 15+	
Day/Time	Tuesdays & Thursdays 9:30 am	Day/Time:	Tuesdays & Thursdays 8:45 am
Fees			
Members:	$400	Members:	$400
Non Members:	$530	Non Members:	$530

Active Older Adult

Tai Chi	Tuesdays,11:15 am
Light n' Easy	Tuesdays & Thursdays, 3:30 pm
Restorative Yoga	Tuesdays & Thursdays, 4:30 pm
Corrective Exercise	Saturdays, 9:45 am
Corrective Strength	Thursdays, 3:30 pm



Stand Up Paddle Boarding

2017 SUP Season begins May 17th. Registration opens May 1

Paddle boarding classes are currently limited to participants 15 years and older, with a parent or guardian's signature.

PaddleFit Intro

Fees:	Member: $20	Non Member: $30	
Days	Times	Days	Times
Wednesday, May 17	2:00 - 3:00 pm	Thursday, June 8	12:30 - 1:30 pm
Thursday, May 18	11:00 - 12:00 pm	Friday, June 9	9:00 - 10:00 am
Saturday, May 20	12:00 - 1:00 pm	Saturday, June 10	11:00 - 12:00 pm
Tuesday, May 23	5:00 - 6:00 pm	Thursday, June 15	12:30 - 1:30 pm
Friday, May 26	9:00 - 10:00 am	Saturday, June 17	12:30 - 1:30 pm
Saturday, May 27	10:30 - 11:30 am	Sunday, June 18	1:30 - 2:30 pm
Tuesday, May 30	5:00 - 6:00 pm	Monday, June 19	12:00 - 1:00 pm
Thursday, June 1	11:00 - 12:00 pm	Thursday, June 22	2:00 - 3:00 pm
Saturday, June 3	12:30 - 1:30 pm	Saturday, June 24	12:00 - 1:00 pm
Tuesday, June 6	5:00 - 6:00 pm	Thursday, June 29	2:00 - 3:00 pm

SUP Yoga

Fees (5/17 - 6/17):	Members: $30 Non Members: $40	**Fees** (6/17 and on):	Members: $35 Non Members: $45
Days	Times	Days	Times
Wednesday, May 17	10:30 - 11:45 am	Sunday, June 11	8:00 - 9:15 am
Thursday, May 18	2:00 - 3:15 pm	Sunday, June 11	1:30 - 2:45 pm
Friday, May 19	10:30 - 11:45 am	Monday, June 12	10:30 - 11:45 am
Sunday, May 21	10:00 - 11:15 am	Tuesday, June 13	2:00 - 3:15 pm
Monday, May 22	10:30 - 11:45 am	Thursday, June 15	11:00 - 12:15 pm
Tuesday, May 23	2:00 - 3:15 pm	Thursday, June 15	2:00 - 3:15 pm
Wednesday, May 24	10:30 - 11:45 am	Friday, June 16	12:00 - 1:15 pm
Thursday, May 25	11:00 - 12:15 pm	Sunday, June 18	10:00 - 11:15 am
Friday, May 26	12:00 - 1:15 pm	Monday, June 19	10:30 - 11:45 am
Tuesday, May 30	2:00 - 3:15 pm	Tuesday, June 20	2:00 - 3:15 pm
Wednesday, May 31	10:30 - 11:45 am	Thursday, June 22	11:00 - 12:15 pm
Thursday, June 1	2:00 - 3:15 pm	Friday, June 23	12:00 - 1:15 pm
Friday, June 2	12:00 - 1:15 pm	Sunday, June 25	8:00 - 9:15 am
Sunday, June 4	1:30 - 2:45 pm	Sunday, June 25	1:30 - 2:45 pm
Monday, June 5	10:30 - 11:45 am	Monday, June 26	10:30 - 11:45 am
Tuesday, June 6	2:00 - 3:15 pm	Tuesday, June 27	2:00 - 3:15 pm
Thursday June 8	11:00 - 12:15 pm	Thursday, June 29	11:00 - 12:15 pm
Thursday, June 8	2:00 - 3:15 pm	Friday, June 30	12:00 - 1:15 pm
Friday, June 9	12:00 - 1:15 pm		

Stand Up Paddle Boarding

2017 SUP Season begins May 17th. Registration opens May 1

Paddle boarding classes are currently limited to participants 15 years and older, with a parent or guardian's signature.

SUP Pilates

Fees:	Member: $35	Non Member: $45
Days	Times	
Thursday, June 22	12:30 - 1:30 pm	
Thursday, June 29	12:30 - 1:30 pm	

SUP Fitness

Fees:	Member: $35	Non Member: $45	
Days	Times	Days	Times
Wednesday, May 24	12:30 - 1:30 pm	Wednesday, June 14	12:30 - 1:30 pm
Thursday, May 25	5:00 - 6:00 pm	Thursday, June 15	5:00 - 6:00 pm
Friday, May 26	10:30 - 11:30 am	Friday, June 16	10:30 - 11:30 am
Saturday, May 27	12:30 - 1:30 pm	Saturday, June 17	10:30 - 11:30 pm
Wednesday, May 31	12:30 - 1:30 pm	Tuesday, June 20	5:00 - 6:00 pm
Thursday, June 1	5:00 - 6:00 pm	Wednesday, June 21	12:30 - 1:30 pm
Friday, June 2	10:30 - 11:30 am	Thursday, June 22	5:00 - 6:00 pm
Saturday, June 3	10:30 - 11:30 am	Friday, June 23	10:30 - 11:30 am
Monday, June 5	12:00 - 1:00 pm	Saturday, June 24	10:30 - 11:30 am
Wednesday, June 7	12:30 - 1:30 pm	Monday, June 26	12:00 - 1:00 pm
Thursday, June 8	5:00 -6:00 pm	Tuesday, June 27	5:00 - 6:00 pm
Friday, June 9	10:30 - 11:30 am	Wednesday, June 28	12:30 - 1:30 pm
Saturday, June 10	12:30 - 1:30 pm	Thursday, June 29	5:00 - 6:00 pm
Tuesday, June 13	5:00 - 6:00 pm	Friday, June 30	10:30 - 11:30 am

Private SUP Fitness is available by appointment. Please contact Jess Van Sciver, Health & Fitness Director at jvansciver@darien-ymca.org for details and questions.

Gymnastics

The Darien YMCA is fortunate to have a long history and reputation for producing some of the most talented gymnasts in the region and country. Our team of former Elite Russian, Ukrainian, & Romanian Olympian coaches lead our gymnastics program. This international team has created and coached a winning team whose successes include winning the gold at YMCA National Championships in 2007, 2008, & 2015. Yet their coaching expertise is felt throughout the gymnastics programs, even at the pre-school level (Tumble Bees). Our facility is one of the best in New England, incorporating today's latest training innovations including two spring floors, an in-ground competitive trampoline, in ground Tumble Trak, two vaulting runways, 8 American Athletic Elite Beams, 5 sets of uneven bars, two huge foam training pits, an observation deck, and many other incredible features.

House Team

The Darien YMCA House Team is for gymnasts who have progressed through the YMCA class program or have successfully demonstrated a mastery of skills required for level 3, U.S.A.G. The objective of the House Team is to provide a recreational gymnastics experience. Athletes have fun, pursuing their potential in gymnastics. House Team gymnasts are required to participate in at least three YMCA meets per year. Opportunities to compete in more meets will be available upon the discretion of the coach. Movement from the house team to the travel team is a decision also made by the travel team coach. Gymnasts participate two days a week.

The Darien YMCA House Gymnastics program is generally viewed as an alternative to the travel program. House Team gymnasts must be YMCA members.

Fees: The annual fee is broken into 12 equal monthly payments:

Levels 3-8: /2 days a week	$225 per month.
Level 5 & Up ONLY with 3rd day option	$275/month

Team registration fees: Due in September and January

Travel: $225
House: $175

Gymnastics

Travel Team

The Darien YMCA Travel Team is coached by a talented team of international coaches. The Travel Team is for gymnasts who are seriously committed to developing, perfecting, and competing at the higher levels of gymnastics, including U.S.A.G. compulsory and optional meets through level 10. Gymnasts are selected from our class program, pre-team or House Team. The Travel Team athletes are required to participate on all four Olympic events, and compete in as many as 12 YMCA and U.S.A.G. meets per season. Depending on the gymnast's level (evaluated by the coach) five-day commitments may be required. Gymnasts have the option to move to the house team at any time. The competitive season runs from November through July, however, the program and workout commitment run year-round.

Fees: The annual fee is broken into 12 equal monthly payments:

Level 3/ 3 days a week	$340/month
Level 4/ 4 days a week	$360/month
Levels 5-10/ 5 days a week	$385/month
Levels 9-10/ 6 days a week (optional)	$410/month

- The Darien YMCA Travel Team is a highly competitive gymnastics experience.
- Travel Team gymnasts must be YMCA members.
- Extended practice hours may be offered—inquire with coach

Team Registration Fees: Due in September and January.

Travel: $225

House: $175

Gymnastsics

Tumblebees

*Prices are per 4 week session unless otherwise noted.

12-24 months • Parent & Child

Day	Time		Fees
Saturdays	9:10-9:55 am	Member: $85	Non Member: $100

3-5 years • Drop off

Day	Time		Fees
Tuesdays	1:15 pm - 2:00 pm	Member: $95	Non Member: $110
Saturdays	10:00 am - 10:45 am	Member: $95	Non Member: $110

Rollers • Kindergarten & 1st Grade

Day	Time		Fees
Tuesdays	4:00 pm - 5:00 pm	Member: $100	Non Member: $153

Swingers & Cartwheels • 2nd - 5th Grade

Day	Time		Fees
Tuesdays	5:15 pm - 6:15 pm	Member: $100	Non Member: $153

Middle School / High School • 6th - 12th Grade

Day	Time		Fees
Thursdays	1:15 pm - 2:45 pm	Member: $100	Non Member: $153

Team Development • Invite Only

Day	Time		Fees
Mondays & Wednesdays	3:30 pm - 4:30 pm	Member: $140 *Invite only; Y membership required.	

Level 2 • Invite Only

Day	Time		Fees
Mondays & Wednesdays	4:30 pm - 6:00 pm	Member: $171 *Invite only; Y membership required.	

Boys Team • 7 - 13 years; Invite Only

Boys Level 4

Day	Time		Fees
Mon Wed & Fri	2:00 pm - 4:00 pm	Member: $275	Non Member: $302

Boys Level 5 - Session 1

Day	Time		Fees
Monday & Friday	4:00 pm - 6:00 pm	Member: $325	Non Member: $350
Tuesday & Thursday	2:00 pm - 4:00 pm	Member: $325	Non Member: $350

Boys Pre Team

Day	Time		Fees
Tuesday & Thursday	4:00 pm - 5:30 pm	Member: $140	Non Member: $165

Open Gym • 1 - 5 years

Day	Time		Fees
Mondays & Wednesdays	1:15 pm - 2:00 pm	Member: $10	Non Member: $15

Aquatics

Youth Sailing Program

Beginner sailing lessons will be offered to children 7 - 12 years of age on HollyPond. The YMCA's experienced staff will provide instruction using the YMCA's Sunfish sailboats and catamarans.

Instructions includes the following:
- Basic Boating Safety
- The Parts of a Sailboat
- How to: "Rig" and "De-Rig" a Sailboat
- How to Safely Capsize and "Right" a Sailboat
- Basic Sailing "Rules of the Road"

On water activities will be cancelled dring periods of heavy rain adn thunderstorms. Children will participate in classroom activities during inclement weather.

Fees		
Session 1: June 19, 21, 26, 28 and July 3 & 5		
Mondays & Wednesdays, 6:15 - 7:30pm	Member: $185	Non Members: $235
Session 2: July 10, 12, 17, 19, 24 & 26		
Mondays & Wednesdays, 6:15 - 7:30pm	Member: $185	Non Members: $235

Aquatics: Water Safety Programs

Lifeguard Training

The Darien YMCA offers the latest course in nationally recognized American Red Cross and YMCA Lifeguard Training. This course will teach lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare lifeguard candidates to recognize emergencies, respond quickly and effectively to emergencies, and prevent drowning and other incidents. It also teaches individual needs to become a professional lifeguard such as CPR for the Professional Rescuer and Community First Aid. All course materials are included: Lifeguard Training and CPR/FPR text, CPR pocket mask, and certification card (upon completion of skills).

- Need a job for the summer?
- Interested in water sports?
- Do you want to become a lifeguard?

Minimum of 6 people.
Course lasts 25 -30 hours.

Fees

Lifeguard Training	Member: $315	Non Member: $475
Recertification Course	Member: $175	Non Member: $225
Waterfront Course	Member: $85	Non Member: $110

Course Availibility : Lifeguard Training

May 15 - May 19 - FULL
May 22 - May 26 - FULL
June 12 - June 15
June 16 - Waterfront Training Class
June 19 - June 22

Course Availibility : Lifeguard Re-certification

May 20
May 27
June 3
June 10

For more info contact: Jim Matthews, Aquatics Director at 203 655 8228 x1332 or yaquatics@darien-ymca.org

Aquatics: Water Safety Programs

Swim Lessons

Youth Swim Lessons

This class is designed for the beginner or intermediate youth swimmer who may be new to swimming or slighting reluctant swimmer. This class is an alternative to swimming in a typical progressives swim class with significantly younger peers. Introduction to front crawl, back stroke are taught in this class.

Fees

Day/Time: Tuesdays, 6:30 pm - 7:00 pm	Members: $90	Non-members: $126

Adult Swim Lessons

Designed for the non-swimmer or beginning swimmer to get comfortable in the water while learning basic swimming techniques.

Fees

Day/Time: Tuesdays, 7:00 pm - 7:30 pm	Members: $90	Non-members: $126

Private Swim Lessons

One-on-one private lessons are offered for children and adults who desire special attention and instruction. Depending upon the instructors availability, we will try to accommodate lessons to individual schedule. Lessons are conducted on site at the YMCA. We offer the following in sessions of 6 half hour lessons.

Fees

Day/Time:	Members: $275	Non-members: $380

Aquatic Group Exercise

These classes are free to members. Non members may participate by purchasing a Class Pass.

Hydro Fit Plus (Small Pool)

An energizing class focusing on core balance, strength training, flexibility, and muscle memory patterns set to music.

Monday - Wednesday	8: 15 am - 9:15 am
Tuesday, Thurs., Friday	8:30 am - 9:30 am
Monday & Tuesday	11:00 am - 12:00 pm

Aqua Ai Chi (Small Pool)

A class that flows through slow, broad movements of the arms and legs. Class will focus on deep breathing to increase oxygen, relax and help with range of motion, mobility and balance.

Wednesday	11:00 am - 12:00 pm

Water Works (Small Pool)

A class that lets your body flow through movement and stretches, focusing on range of motion, core stability, breathing and body awareness.

Thursday & Friday	11:00 am - 12:00 pm

Aqua Zumba (Large Pool)

Aqua Zumba blends the Zumba Philosophy with water resistance and traditional aqua fitness disciplines for one pool party you shouldn't miss. Low impact, joint friendly, high energy aquatic exercise. Just add water and shake.

Monday	8:00 am - 9:45 am

Teacher's Choice (Large Pool)

Class Instructor will choose among our variety of course curiculum and select that days content based on the interest and needs of the participants.

Tuesday	8:30 am - 9:30 am

Deep Core (Large Pool)

This class focuses on deep water, no-impact, core-concentrated, full range of motion exercises for a unique challenge.

Wednesday	9:00 am - 10:00 am

Hydro Hiit (Large Pool)

This class will provide exhilarating workouts using the whole body to experience all the benefits of water training. It will incorporate natural hydro resistance, high energy and the challenge of added equipment

Thursday & Friday	9:00 - 10:00 am

Early Aquatics

Parent & Child Lessons

Stage A: Water Discovery (Shrimp, ages 6 - 12 mos)

This is an introduction to the aquatic environment for parents and their children. The parents will learn basic aquatic safety and will be given an opportunity to bond with their child. This is a water adjustment class to teach help parents set developmentally appropriate expectations for infants enrolled in swim lessons.

Fees

Day: Wednesdays, 9:30 am - 10:00 am	Members: $72	Non-members: $105
Day: Saturday, 11:30 am - 12:00 pm	Members: $82	Non-members: $118

Stage B: Water Exploration (Perch, ages 13 - 36 mos)

This class is designed to build on the skills from the Water Discovery level and to encourage the children's growing, but limited independence in the water. The children will be encouraged to move purposefully in the water in response to verbal and visual cues. Parents and children will have the opportunity to share common experiences, to socialize and to interact with one another. If the child is close to 3 years of age, the instructor will begin to prepare them for the pre-school level program.

Fees

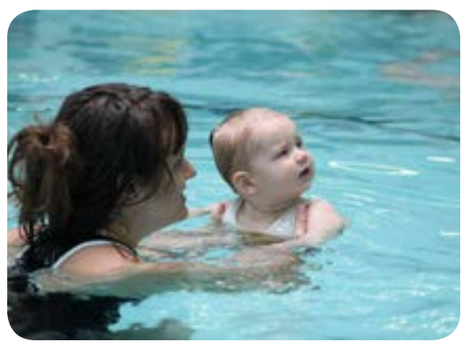
Day: Tuesdays, 9:30 am - 10:00 am	Members: $72	Non-members: $105
Day: Saturdays, 10:00 am - 10:30 am	Members: $82	Non-members: $118
Day: Saturdays, 10:30 am - 11:00 am	Members: $82	Non-members: $118

Stage 1: Water Acclimation with Parent (Flounder, ages 2 ½ - 5 years)

A parent/child program designed for the child who needs that special guidance from mother/father and an instructor. Emphasis is placed on the "how to's" of teaching your child to be comfortable in the water. This is taught as a pike class with the parent.

Fees

Day: Saturdays, 11:00 am - 11:30 am	Members: $82	Non-members: $118



Aquatics: Pre-School

Class Descriptions

Stage 1: Water Acclimation (Pike, ages 2 - 6 years)

This level is designed for new and beginner swimmers, teaching them basic breathing, paddle stroke, and kicking skills. Students will be introduced to basic self rescue skills. They will develop comfort with underwater exploration and learn to safely enter and exit the pool.

Stage 2: Water Movement (Eel, ages 2 - 6 years)

This level is for the advanced beginner. They are taught floating independently, flutter kicking, and paddle stroke. Focus is on body position and control, directional change, and forward movement in the water.

Stage 3: Water Stamina (Ray, ages 2 - 6 years)

Children at this level will build endurance and learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg actions are taught.

Stage 4: Stroke Introduction (Starfish)

Having mastered the fundamentals, students learn additional safety skills and build stroke technique. Front & back crawl stroke and breast stroke are learned.

Pre-School Lesson Schedule

Morning Pre-School Schedule
Fees: Members $79 Non-Members $105

Day	Time	Water Acclimation (Pikes)	Water Movement (Eels)	Water Stamina (Rays)
Monday	9:30 am - 10:00 am	Class		
Monday	1:00 pm - 1:30 pm		Class	
Wednesday	1:00 pm - 1:30 pm	Class		
Thursday	9:30 am - 10:00 am	Class		
Friday	9:30 am -10:00 am		Class	
Friday	1:00 pm - 1:30 pm			Class

Saturday "Prime Time" Lessons
Fees: Members $86 Non Members $124

Saturday	10:30 -11:00	Class	Class	
Saturday	11:00 -11:30	Class	Class	
Saturday	11:30 - 12:00	Class		Class

Afternoon "Prime Time" Pre-School Schedule
Fees: Members $86 Non Members $124

Day	Time	Water Acclimation (Pikes)	Water Movement (Eels)	Water Stamina (Rays)	Stroke Introduction (Starfish)
Monday	4:15 pm - 5:00 pm	Class	Class	Class	Class
Tuesday	4:15 pm - 5:00 pm	Class	Class	Class	Class
Wednesday	4:15 pm - 5:00 pm	Class	Class	Class	Class
Thursday	4:15 pm - 5:00 pm	Class	Class	Class	Class
Friday	4:15 pm - 5:00 pm	Class	Class	Class	Class

Aquatics: Youth

Class Descriptions

Stage 1 Water Acclimation (Polliwog, ages 5 - 13 years)

Students develop comfort and learn to safely enter and exit the pool. Basic skills such as kicking, paddling, breath control, and forward movement are taught.

Stage 2 Water Movement (Guppy, ages 5 - 13 years)

This level is for the swimmer that is comfortable in the water. Students focus on body position and control. Front and back float as well as front and back crawl are introduced.

Stage 3 Water Stamina (Guppy 2, ages 5 - 13 years)

Children at this level will build endurance and learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg actions are taught.

Stage 4 (Minnow, ages 5 - 13 years)

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

Stage 5 Stroke Development (Fish, ages 5 - 13 years)

Students work on technique and learn all 4 competitive strokes. Reinforces safety through treading water and sidestrokes. Students develop skills that foster a lifetime of physical activity.

Stage 6 Stroke Mechanics (Flying Fish/Shark, ages 5 - 13 years)

Students refine stroke technique on all major competitive strokes. They learn to incorporate swimming into a healthy lifestyle.

Progressive Lesson Schedule

Fees: Members $90 Non-Members: $126

DAYS	TIME	WATER ACCLIMA-TION (POLLIWOG)	WATER MOVE-MENT (GUPPY 1) Small Pool	WATER STAMINA (GUPPY 2) Small Pool	STROKE INTRODUCTION (MINNOW)	STROKE DEVELOPMENT (FISH)	STROKE MECHANICS (FLYING FISH)	SWIM FOR FITNESS
Mon	5:00 pm - 5:45 pm	Class	Class					
Tues	4:45 pm - 5:30 pm (Large Pool)			Class	Class	Class		
Tues	5:00 pm - 5:45 pm	Class	Class					
Wed	5:00 pm - 5:45 pm	Class	Class					
Thurs	4:45 pm - 5:30 pm (Large Pool)			Class	Class			Class
Thurs	5:00 pm - 5:45 pm	Class	Class					
Fri	5:00 pm - 5:45 pm	Class	Class					
Sat	9:45 am - 10:30 am (Large Pool)			Class	Class	Class	Class	
Sat	12:00 pm -12:45 pm	Class	Class					

Summer 2017 New & Updated Swim Program!

Aquatics: Special Needs

The Darien YMCA would like to serve all members of our community. We will do our best to accommodate all individuals with special needs into our programs. If you or a member of your family requires additional assistance or has a special circumstance, please let us know.

For more information, contact Terri Accomando, Director of Special Needs Programming at 655-8228 ext. 1351 or taccomando@darien-ymca.org. For all swim classes, please call Jim Matthews at 655-8228 ext. 1332 prior to registering so that we can discuss your child's special needs and swimming experience.

Aquatic Programs

Special Needs Swim Lesson • Ages 3 to 12

The Y's learn-to-swim program for pre-school children with developmental disabilities. Please call Jim Matthews prior to registering so that we can learn about your child's special needs and find a day and time conveient for you.

Fees *based on a 4 week session

Members: $82 Non-members: $118

Aquatic Exercise Program

Using the soothing properties of water, our specially trained therapists will perform aquatic exercises and activities with your child. All sessions will be offered 1 on 1, and consist of 45 minutes of exercise with an additional 15 minutes allotted for warm up, cool down, and post-session consultation with parents. Four 60 minute sessions

Fees

Members & Non Members: $400

Piranha Swim Team

The Piranha Swim Team is the Darien YMCA's year-round competitive swimming program. The goal of the Piranhas is to create an environment for developing not only the finest of athletes but also the finest of citizens. We strive to teach life lessons and skills through the sport of swimming and to create lifelong swimmers. We offer swimmers 7 years and older the opportunity to train and reach the highest level of swimming available in the US. The Piranhas compete in both USA Swimming and the CT YMCA Swimming League. The Team is under the leadership of Head Coach Henk Jansen.

Piranha House Swimming

The Piranha House Program is designed for children 7-13 years old (6 year olds aging up to 7 by the end of the year are eligible) who may not be ready for Team or may not be ready to commit to a full year with the Piranhas. Swimmers in this group must have advanced basic swimming skills, be able to complete at least 25 yards of all 4 competitive strokes (butterfly, backstroke, breaststroke, and freestyle) without assistance, and 3 of the 4 strokes must be legal. The goal of this group will be to learn drills and proper technique for all four strokes, with an emphasis on fun and learning.

Returning swimmers from the Spring House session will have priority for the Summer. New swimmers who wish to be evaluated for Summer House must contact the Piranha office. Returning swimmers from the Spring should register according to the YMCA's registration schedule. After June 15, space for House will be reserved for new swimmers. Summer House swimmers can register at the front desk only. Spring and Summer House swimmers do not have to be evaluated for the 2017 Fall House session. There will be no swim meet for House swimmers in the summer.

Summer House Schedule
June 20 - August 5

Group	Day/Time		Fee:	
House I: 7/over	Tuesday/Thursday Saturday	4:45 pm - 5:30 pm 9:00 am - 9:45 am	Members: $310	Non-members: $380
House II: 7/over	Tuesday **ONLY**	4:45 pm -5:30 pm	Members: $110	Non-members: $180
House III: 7/over	Thursday **ONLY**	4:45 pm - 5:30pm	Members: $110	Non-members: $180
House IV: 6/over	Saturday **ONLY**	9:00 am - 9:45am	Members: $110	Non-members: $180

Masters Swim Program

The Masters program is designed for adult lap swimmers who are 19 and older who want to swim under the guidance of a coach. The group is guaranteed at least three lanes per day of pool space. There are three training levels targeted for swimmers of varying abilities and fitness levels. Each group works at its own pace. Masters runs uninterrupted throughout the year and operates on a quarterly schedule of 12-13 weeks per session.
Participants must be able to swim at least 25 yards (one length of the Darien YMCA pool) of freestyle (front crawl) and backstroke unassisted and have familiarity with breaststroke and butterfly. The Master's group is coached by Piranha coaches Liz Blau & Michael Jordan.
For more information please call Masters Coach Liz Blau at 655-8228 x1308 or email lblau@darien-ymca.org.

Fees (Paid quarterly in August, November, February & May)

Day/Time: Monday - Friday, 11:00 am - 12:00 pm

Members: $210 (quarterly) Non Members: $320 (quarterly)

Annual: Members Only $600 (Due at time of registration)

Sports

Flag Football

Darien YMCA Flag Football is a recreational program designed for youngsters new to the sport of football, as well as those not quite ready for tackle football, who want to learn how to paly the sport, brush up on the rules, tactics, and skills, improve their game, and most importantly, HAVE FUN!

Our focus is on football education, participation, and sportsmanship. Flag football is open to boys and girls entering 4th - 8th grade in the fall of 2017. Our program has been designed to give players the opportunity to learn the basics of football and develop a better appreciation of the game. It is a wonderful experience, a great way to learn the skills of teamwork, an have a lot of fun. Flag football is a NON-CONTACT sport. Velcro flags are worn and pulled off for a "tackle." Flags and jerseys are provided. Sneakers or rubber cleats are recommended. Mouthpiece is optional. No experience is necessary, and EVERYONE plays!

For more information email Joe Marzano at jmarzano@darien-ymca.org or call (203) 655-8228 ext. 1349.

Schedule
September 10 - November 5 (9 weeks)

1 Weekday practice at Ox Ridge Elementary School	Wednesdays, 4:30 pm - 6:00 pm
1 Weekend game at the DHS Baseball Turf	Sundays at 9:00 am , 10:00 am, 11:00 am or 12:00 pm

The season will end with a round robin style tournament.

Fees:

April 6th - May 31st	Members: $200	Non-members: $250
June 1 - July 31st	Members: $225	Non-members: $275
August 1st and on	Members: $250	Non members: $300

Each player will receive a team jersey.

Registration is now open!

the YMCA

DARIEN YMCA

We're All In.