THE DARIEN YMCA
SUMMER 2015
PROGRAM GUIDE
Registration begins
June 2nd, 2015

We're All In. the YMCA
**Hours**

Phys Ed Complex:  
Monday–Friday: 5:00am–9:45pm  
Saturday: 7:00am–6:45pm  
Sunday: 8:00am–5:45pm

Office:  
Monday–Friday: 8:00am–9:00pm  
Saturday: 8:00am–4:30pm  
Sunday: 9:00am–5:00pm

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**Summer 2015**

**Registration Dates**

**Tuesday, June 2\textsuperscript{nd} 10:00am**  
Priority registration for Darien Y members currently enrolled in the spring session

**Thursday, June 4\textsuperscript{th} 10:00am**  
Registration for Darien Y members who are Darien residents

**Tuesday, June 9\textsuperscript{th} 10:00am**  
Registration for Darien Y members who are not Darien residents

**Thursday, June 11\textsuperscript{th} 10:00am**  
Non-members may register for any programs

**Summer Session Dates**

June 22\textsuperscript{nd}—July 19\textsuperscript{th} (4 weeks)  
July 20\textsuperscript{th}—August 16\textsuperscript{th} (4 weeks)

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**Please note the following:**

- The Y will be closed Saturday, July 4\textsuperscript{th}
- There will be no programs August 17\textsuperscript{th} through August 30\textsuperscript{th}
- The Y will be open 5:00AM to 12:00 noon Monday, September 7\textsuperscript{th} on Labor Day.
SUMMER 2015

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Professional Staff Directory
(203) 655-8228

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

Board Of Directors

Kesti Aysseh  Lisa Grant  Brian Ramsay
Kristen Barnard  Maija Judelson  Linda Reid
Stacia Branca  Anthony Lazzara  John Schrenker
Michael Cattano  Mark Mirabile  Tammy Sload
Elizabeth Ferguson  Michael Murray  Lauren Spataro
Graham Foster  Jamie Roach Murray  Katie Stein
Kathy Gogolak  James Pardo  Julie Whiting
Announcements and Events

COMING SOON...

The Y Games: Team Charity Challenge

Registration is now open for the Darien YMCA’s fitness challenge fundraiser, to be held Sunday, June 7th at 8:00AM.

Start putting your team of four together to compete in seven fitness events, designed to be challenging but not impossible. Events might include a timed rock wall climb, a stationary bike race, and a swimming relay.

Compete as a family of four, combine adults and kids ages 10+ from multiple families, or compete in the Elite adults-only division, with teams of adult residents and businesses.

All proceeds from the Y Games will benefit the Darien YMCA Financial Assistance Program. Last year the Darien YMCA provided over $500,000 in financial assistance to children, families, and seniors in our community which included scholarships to camp and scholarships to special needs programs. The Y’s goal is to never turn anyone away for inability to pay. Community participation in the Y Games can help continue to make this a reality.

The generous founding sponsor of this event is the Darien Sport Shop.

To register a team or get more information on the Y Games please visit darien-ymca.org.

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!
2015 Membership Information

2015 Membership Fees (Monthly & Annual Options)

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18 years and older)</td>
<td>$100 / Month</td>
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<tr>
<td>Adult Couple</td>
<td>$155 / Month</td>
</tr>
<tr>
<td>Senior (over 65)</td>
<td>$58 / Month</td>
</tr>
<tr>
<td>Child (birth through age 17)</td>
<td>$250 / Year—monthly rate not available</td>
</tr>
<tr>
<td>Student Fitness (age 13-17, once certified)</td>
<td>$395 / Year– monthly rate not available</td>
</tr>
</tbody>
</table>

Child and Student Fitness memberships may be added to an adult membership at considerable savings.

- 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.

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.

A $100 registration/processing fee is charged for all new adult/household memberships.
A $30 registration / processing fee is charged for all new Student Fitness and Child memberships.

General membership includes:
- Use of Y facilities including the small and large pools
- 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) and 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 therapeutic massage
- Access to babysitting services onsite at the Y
- Free attendance at most Wellness events throughout the year; and much more.

Member Privilege: The A.W.A.Y. Program
A.W.A.Y. Program (Always Welcome at the YMCA) If you’re traveling, you can use your membership at over 600 YMCAs across the country at no charge or at one-half of the guest fee. We accept A.W.A.Y. YMCA members from YMCA’s. They can participate at the Darien YMCA for 12 free visits per year at no charge. After they have used up their 12 free visits, they can participate by paying 50% of the current guest fee. They must show current YMCA ID card with A.W.A.Y. sticker. The Darien YMCA reserves the right to contact the other participating YMCA.
2015 Membership Information

**SENIORS**

**Fitness:** Get going in the morning with Fitness Express, now offered all 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 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

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**CLASS PASSES**

The YMCA welcomes Non-Members to selected fitness classes. Examples of these classes are group exercise classes and 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 on attending many of these sessions, we encourage you to take out a YMCA membership. Or you might consider buying a booklet of ClassPasses at the following prices:

- Normal Price 10 ClassPass Booklet
  - Adult (17—65) $180
  - Seniors (65 and over) $135

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**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/MasterCard).

**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 award 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
- 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.

**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

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**YMCA 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.*
2015 Membership Information

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

Darien 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). **

Group Exercise Classes: Minimum age: 15 years

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 Rec Swim: 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 Rec Swim: 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 prospective 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 home or bicycle home.
2015 Membership Information

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

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 Darien YMCA programs to be used by 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 cancelled due to weather conditions, the Y will make up one cancelled 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.
The goal of this on-line registration is to streamline our business processes, improve our customer service and enhance our Internet Portal.

Our on-line registration process is offered to make self-service registrations more effective and efficient. Our “shopping cart” style registration method makes it easier to select multiple participants. Additionally, the Internet Portal will allow you to view and edit your family information, view registration history, renew memberships, view online credit balances and make a donation to the Y online. As always any comments and suggestions that you have are welcomed.

Fast, easy, our on-line registration is a major time saver for our YMCA members. Here’s what you need to do:

1. Create an on-line account.
   - You may already have one from past registration…..Good Job! Get out your Login ID and password. IF NOT, you need to come to the front desk at the YMCA.
   - IF YOU HAVE FORGOTTEN YOUR ON-LINE LOGIN ID OR PASSWORD log-on to our website—www.darien-ymca.org and click the “On-line Registration” link on the navigation bar. Click “Returning User” and choose the “Retrieve Login” and follow prompts.

2. Register for Classes:
   - Log-on to our website, www.darien-ymca.org and click the “On-line Registration” link on the navigation bar.
   - Enter Login ID and Password
   - Click “Register for Classes/ Programs & Events”
   - Check the Darien YMCA Box
   - A selection of program icons will appear, i.e., Aquatics, Gymnastics, Sports, Fitness, Dance, Family, Youth, Camp.
   - Move the cursor to the desired icon and a list of programs will appear.
   - Click on the program for which you want to register
   - Select the specific class available and a description of the program will appear to begin registration. You then will be prompted to Add Class to Cart. When that is done you then click View Cart.
   - Select the “+” participants) you are registering, then click Submit
   - Details of the class and registered participant will appear. If the information is correct, click Submit.
   - You will be asked if you wish to register for another class. If you choose YES, you will repeat steps 7 through 10.
   - If you choose NO, then you will proceed to a secure payment page.
   - Enter your credit card information and click “Submit”. You will receive immediate notification upon successful completion that you may also wish to print out for your records.

MOBILE DEVICE REGISTRATION
Try our new app called “The HUB” that allows you to register for programs from your smartphone. Simply search “HUB YMCA” in the App Store or Google Play. Find our YMCA by searching Darien when prompted.
By clicking on “Enroll” you can browse our programs, and add them to your cart to register. You can also pay your account balance, find information on closings, and much more!
For more information visit our website www.darien-ymca.org or call (203) 655-8228.
Birthday Parties

BIRTHDAY 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
Members: $325  Non-Members: $390
*Max. 18 Children For Gym & Pool

Gymnastics—Only Party
Members: $350 Non-Members: $415

Krazy Kool Legos Parties
Members: $20 per child Non-Members: $25 per child (membership status for all participants is based on birthday child)
*Min. 15, Max. 25 for Krazy Kool Legos

- All parties are 2 hours
- Gym and pool parties held on Saturdays.
- Gymnastics parties are held on Sundays.
- Lego parties are held on Saturday or Sunday pending Krazy Kool Lego’s availability.

Call the front desk at 655-8228 to schedule a party.
The 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 2015-2016 are as follows:

**MORNINGS**
- 2 yr olds: 2 day (T & TH) or 3 day (M, W, F) 9:00-11:30 AM
- 3 yr olds: 3 day (M, W, F or T, TH, F) or 5 day (M-F) 9:00-11:45 AM
- 4 yr olds: 4 days (M-TH) or 5 day (M-F) 9:00-11:45 AM

**AFTERNOONS**
- 2 yr olds: 2 day (T & TH) or 3 day (M, W, F) 12 noon-2:30 PM
- 3 yr olds: 3 day (M, W, F or T, TH, F) or 5 day (M-F) 12:15-3:00 PM
- 4 yr olds: 4 days (M-TH) or 5 day (M-F) 12:15-3:00 PM

**PRE-K PROGRAM:**
- 5 day mix of: M, W, F, 9:00 AM—12:00 noon and T & TH, 9:00 AM-3:00 PM

**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 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

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Swimming</td>
<td>Music</td>
<td>Swimming</td>
<td>Gymnastics</td>
<td>Sports</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Swimming</td>
<td>Sports</td>
<td>Gymnastics</td>
<td>Music</td>
<td>Cooking</td>
</tr>
</tbody>
</table>

Registration begins on Monday, July 27, 2015. You may register your child for the entire school year.

**Times:** The 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 2015—JUNE 2016**

<table>
<thead>
<tr>
<th></th>
<th>5 days</th>
<th>4 days</th>
<th>3 days</th>
<th>2 days</th>
<th>1 day</th>
<th>Drop-in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning OR Afternoon session</td>
<td>$480</td>
<td>$430</td>
<td>$335</td>
<td>$250</td>
<td>$170</td>
<td>$55</td>
</tr>
<tr>
<td>Full day (9 am to 3 pm)</td>
<td>$960</td>
<td>$860</td>
<td>$710</td>
<td>$500</td>
<td>$340</td>
<td>$105</td>
</tr>
</tbody>
</table>

**Non-members:** There is an additional $50.00 fee per month for non-members.

**Fees:** 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 vacations days. No payments are made in June.
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.

**KID’S CLUB FEES AND REGISTRATION 2015-2016**

Monthly fee September through May (no payments for June)

<table>
<thead>
<tr>
<th></th>
<th>5 DAYS</th>
<th>4 DAY S</th>
<th>3 DAYS</th>
<th>2 DAYS</th>
<th>1 DAY</th>
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</thead>
<tbody>
<tr>
<td>Pre-school thru 5th Grade</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>$450</td>
<td>$365</td>
<td>$285</td>
<td>$205</td>
<td>$125</td>
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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 2015-2016 school year begins Monday, May 11th, 2015. Kid’s Club will begin on August 31st, 2015 and end June 15, 2016. All monthly fees are processed on the 20th of every month for the following month. First payment will be processed on August 20th. **Participants must be members of the Darien YMCA to participate in this program.**
The 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.

**Pre-School Vacation Club:** Half Day 9:00 am – 1:00 pm or Full Day 9:00 am – 4:00 pm

**Grades Kindergarten -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:**

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<thead>
<tr>
<th></th>
<th>Half Day</th>
<th>Full Day</th>
<th>Extended Care</th>
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<tr>
<td>Nonmember</td>
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</table>

**September 2015– June 2016 School year breaks**

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

**All Dates to be Determined* *No programs on Staff Development Days (except Columbus Day)***

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Playroom

The Playroom is a babysitting service for children between the ages of 8 weeks and 8 years. Available on weekdays and weekends, 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 in 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 the 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:** Hours of class (x) weeks in session (x) $5.

**TIMES OF OPERATION:**

- **Monday through Friday,** 8:00 AM-6:00 PM. Reservations are required 24 hours in advance.
- **Saturdays,** 8:00 AM-1:30 PM. Please reserve spaces with the playroom staff in the playroom or call 655-8228
Summer Camp

What do we offer?

**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. C.I.T.’s
will get certified in First Aid, CPR, and Child Abuse Training. Applications are now available at the
front desk.

**Afternoon Navigators**
1:00PM-3:30PM
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 has 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.

For more information contact Suzanne Richards at (203) 655-8228 ext. 1331 or
srichards@darien-ymca.org.
Register now online or at the front desk!

**Summer Camp Session Dates**

**Mini Camp (Preschool only):** June 15—June 19

**Session 1:** June 22—July 3 (no pro-rate for the 4th)

**Session 2:** July 6—July 17

**Session 3:** July 20—July 31

**Session 4:** August 3—August 14
The Wellness Program

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:

- Personal Training Programs
  - Massage Therapy
  - Nutrition Coaching and Weight Management
  - Fitness Assessments
  - Group Fitness Classes & Adult Workshops and Clinics
  - Older Adult Fitness Programs
  - Yoga Workshops
  - Pilates (reformer and mat classes)
  - Sports Conditioning & Team Athletic Training
  - Youth Fitness Programs

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

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 at wellnesscenter@darien-ymca.org or call us at 203-655-8228 x1322.

**WELLNESS CENTER HOURS OF OPERATION:**

**Monday - Friday** 5:00 am – 9:45 pm
Saturday 7:00 am - 6:45 pm
Sunday 8:00 am- 5:45 pm

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.
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, a bench press and free weights in addition to housing old school tools of trade like kettlebells, sandbags and tires.

NEW 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 members (only) 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.

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, and shoulders)
♦ Building Cardiovascular Endurance
♦ Post Rehabilitation Exercise
♦ Balance and Coordination
♦ Pre– and Post– Natal

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.

Trainer 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
♦ CES (Cancer Exercise Specialist)
♦ International Sports & Science Association (ISSA)
Drop-In Group Exercise

Group Fitness

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. The class fee for Non-Members is $20 per class. 10-packs of class passes for $180 are also available for Non-Members at the Front Desk.

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 is 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.
Class Descriptions

Wondering about the format of a particular class? Consult the descriptions below for more information. Also, check out our smartphone 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.

**Even Core**— Skip the snooze button and wake your body up with Even Core. This class features a variety of stabilizing Pilates-based exercises to trigger deep core muscles to give you a leaner and stronger body. The combination of static and active movements will challenge your balance and strength endurance, pushing you past the burning threshold. Be prepared to leave feeling powerful and ready to take on the day.

**Zumba Lite**— Looking for an easy-to-follow Zumba class? Engage in modified original Zumba moves that focus on balance, range of motion, and coordination. This class is perfect for all ages looking for a fun dance class that will leave you feeling strong and empowered!

**Re-Flex**— Allow this Yoga based class to release hidden muscle tension and renew your mind to a state of pure Zen. Focus on increasing your range of motion with static yoga poses and breathing techniques. Calm your bodies stretch response and leave this class with your mind and body re-flexed.

**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. Specific emphasis is placed on improving the student’s cardiovascular efficiency.

**Light ‘N’ Easy**— This class includes exercises for toning and strengthening the entire body with dumbbells, ankle weights and tubing. Designed for active older adults, this class will make you feel energized throughout the day.

**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. 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.

**Sweet Morning Flow**— Start your day with inner radiance with this complete workout emphasizing stretching, strengthening and inner awareness. This ALL LEVELS class consists of a flowing practice designed to warm the joints slowly and gently bring fluidity back into your body, helping to increase flexibility, balance and opening of joints and connective tissue. Come wake up your body, settle your mind, and find your breath. It’s the perfect way to start your day.

**Corrective Yoga Therapy**— Combines the ancient practice of yoga with the modern technique of corrective exercise to help relieve pain, improve posture and enhance performance. In this class, we will use yoga blocks, therapy balls and foam rollers to release tight muscles, then we’ll stretch to help lengthen you into a more natural healthful posture. Rehabilitate your own body while learning self-care.

**Corrective Exercise**— Ever want to learn the proper way to squat or why your back hurts in a certain area? Well, 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.
Class Descriptions

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—Find the better balance of strength, lean muscles, and power, all in one class. 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.

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.

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, backbends, 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.
Class Descriptions

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.

**Zumba Toning** – This total body combo class features a variety of dance movements to tone and shape your body. The use of lightweight Zumba toning sticks will target your arms, core, and lower body, all while moving to the beat of music.

**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.

**Midday Madness** – A total body workout that will get your heart pumping and brain cleared before going back to your daily responsibilities. This new approach to conditioning incorporates a multitude of cross training techniques that can be modified to all fitness levels providing clients with the constant element of surprise and challenge.

**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.
Rock Climbing Wall

Take your level of fitness to new heights at the Darien Y by adding the functionality of rock climbing to your routine. Our brand-new, 24-foot tall rock climbing wall presents challenges for both the novice and experienced climber!

The climbing wall is for members only.

**Family Open Hours** *(Ages 6 and up. Children under the age of 15 MUST be accompanied by an adult)*

Saturdays 11 a.m. to 1 p.m.

**Cost:** Purchase a single climb or pay $90 dollars for a 10-pack of 30 minute climbs *(Accompanying adult does not need to purchase a climb, but must be present in the rock climbing area)*

Rock Wall Classes

**Survivor** *(Ages 15 and older)*

**When:** Thursdays from 9:30-10:15 a.m.

**Rate:** Members only. Session 1: $80, Session 2: $80

*This high-intensity, circuit-based workout incorporates climbs of our rock wall and climbing rope, with functional training and body weight exercises. Participants will be challenged to work in pairs and as a team, as they put their strength, stamina, and determination to the test.*

**Survivor Kids** *(Ages 10-15)*

**When:** Fridays from 4:00-4:45 p.m.

**Rate:** Members only. Session 1: $80, Session 2: $80

*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.*

Session 1: June 22—July 19 (4 weeks)
Session 2: July 20—August 16 (4 weeks)
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 to 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 to right)

**Youth Certification**

13 to 17 years of age

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).

**Teen Fitness**

A great social activity for youth who need to stay fit, teen fitness features a combination of spinning, Zumba and yoga, all designed to help equate exercise with fun. The Monday class features a half hour of spinning followed by half hour of Zumba; the Wednesday class features an hour of yoga.

**Who:** Youth ages 12—18

**When:** Mondays and Wednesdays from 3:45—4:45 PM

**Members:** $160 per session

**Non-Members:** $200 per session

**Session 1:** June 22—July 19 (4 weeks)

**Session 2:** July 20—August 16 (4 weeks)

**Notes:** 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.
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 coaches Drew Accomando, and Jermaine Morgan.

Reach out to our Health and Fitness Director at Jvansciver@darien-ymca.org to set up training sessions for your team.

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<th># of Participants</th>
<th>Member/Non–Member Cost for 16 Sessions</th>
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<td></td>
<td>*Price is per athlete</td>
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<tr>
<td>Team Option 2: 11–15 Athletes</td>
<td>$240/$320</td>
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<tr>
<td>Team Option 3: 15–20 Athletes</td>
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Sports Performance & Conditioning

Designed for middle school 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, and overall athletic performance.

Who: Athletes ages 10 and up

When: 2 classes/week: Tuesdays and Thursdays from 3:00—4:00 PM

Members: $240 per session.

Non-Members: $270 per session.
Pilates Reformers

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.

Pilates Reformer Class Schedule
Mondays at 12:00 PM
Tuesdays at 9:30 AM
Wednesdays at 10:30 AM
Thursdays at 9:45 AM
Fridays at 10:45 AM

Session 1: June 22—July 19 (4 weeks)
Session 2: July 20—August 16 (4 weeks)

Members: $135 per session Non-Members: $185 per session

Additionally, the Darien YMCA is proud to offer private and semi-private reformer sessions upon request, in our NEW Private Pilates studio in the Wellness Center. Pricing is as follows:

Member Rates:

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<th>PRIVATES</th>
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<tr>
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<td>3 Sessions: $250</td>
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<td>6 Sessions: $480</td>
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<td>12 Sessions: $925</td>
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Non-Member Rates:

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<tr>
<th>PRIVATES</th>
<th>SEMI-PRIVATE -- 2 People</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Session: $100</td>
<td>1 Session: $60</td>
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<tr>
<td>3 Sessions: $275</td>
<td>3 Sessions: $165</td>
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<tr>
<td>6 Sessions: $525</td>
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<tr>
<td>12 Sessions: $1020</td>
<td>12 Sessions: $625</td>
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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.

Member Rate: $240/Package of 8 Sessions
Non-Member Rate: $320/Package of 8 Sessions
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: (for beginners)**
  - **Who:** Ages 15 and up
  - **When:** Tuesdays & Thursdays at 9:30 AM
  - **Members:** $150 per session
  - **Non-Members:** $220 per session

- **Advanced Kettlebell Series**
  - **Who:** Ages 15 and up
  - **When:** Tuesdays & Thursdays at 8:45 AM
  - **Members:** $150 per session
  - **Non-Members:** $220 per session

- **Open Level Kettlebell**
  - **Who:** Ages 15 and up
  - **When:** Mondays & Wednesdays at 6:00PM
  - **Members:** $150 per session
  - **Non-Members:** $220 per session

**Session 1:** June 22—July 19 (4 weeks)
**Session 2:** July 20—August 16 (4 weeks)

**Active Older Adults Fitness**

- **Tai-Chi**
  - Tuesdays at 11:15 AM

- **Light n’ Easy**
  - Tuesdays and Thursdays at 3:30 PM

- **Corrective Yoga Therapy**
  - Wednesdays at 6:45 AM

- **Restorative Yoga**
  - Tuesdays and Thursdays at 4:30 PM

- **Corrective Exercise**
  - Saturdays at 9:45 AM
**Gymnastics**

**The Darien YMCA Gymnastics Program**

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 Romanian Olympians, former Elite Russian, and Ukrainian 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. Yet their coaching expertise is felt throughout the gymnastics programs, even at the pre-school level (Tumble Bees). All programs are now being held at our new state of the art, 11,000 sq. ft Gymnastics facility, located at our main location, 2420 Post Road East. 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 annual fee is broken into 12 equal monthly payments: 2 days a week / levels 3–6: $225 per month.

**New:** Level 5 and up only—A 3rd day option is now available. Fee: $275/month

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

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Team Registration Fees are due in September and January:

Travel: $225 and 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 gymnasts 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 January through July, however, the program and workout commitment run year-round.

The annual fee is broken into 12 equal monthly payments:

3 days a week / level 4: $340 per month
4 days a week / level 5: $360 per month
5 days a week / levels 6–10: $385 per month
6 days a week/ levels 9–10 (optional): $410 per month

The Darien YMCA Travel Team is a highly competitive gymnastics experience. Travel Team gymnasts must be YMCA members.

Team Registration Fees are due in September and January:

Travel: $225 and House: $175
# Summer Gymnastics Classes

Session 1: June 22-July 19  
Session 2: July 20-August 16

| Age 12-36 months (Mom & Me) | Saturdays  
9:10 AM—9:55 AM |
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<tbody>
<tr>
<td>For boys and girls</td>
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<tr>
<td>Fees: Members-$85 Non-Member-$100</td>
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| Age 2 years (Mom & Me)      | Fridays  
1:15PM—2:00PM |
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<td>For boys and girls</td>
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<tr>
<td>Fees: Members-$85 Non-Members-$100</td>
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| Age 3-5 years                | Tuesdays  
1:15 PM—2:00 PM  
Saturdays 10:00 AM—10:45 AM |
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<tr>
<td>For boys and girls, Drop-off.</td>
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<td>Fees: Members-$95 Non-members-$110</td>
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| Rollers                      | Tuesdays  
4:00 PM—5:00 PM |
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<tr>
<td>For boys and girls, Kindergarten &amp; 1st grade</td>
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<tr>
<td>Fees: Members-$95 Non-Members-$145</td>
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| Swingers and Cartwheels      | Tuesdays  
5:15—6:15 PM |
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<tr>
<td>For boys and girls, 2nd through 5th grade</td>
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<td>Fees: Members-$95 Non-members-$145</td>
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| Team Development (Invite Only)| Mondays & Wednesdays  
3:30—4:30 PM |
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<td>Invite only $140 (Requires Y membership)</td>
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| Level 2 ( Invite Only)       | Mondays & Wednesdays  
4:30—6:00 PM |
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<td>Invite only $171 (Requires Y membership)</td>
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| Boys Power Tumbling (Age 7-13) | Monday, Wednesday, & Friday 5:00—6:00  
*Fee: Members $240 Non-members $300 |
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<tr>
<td>Invite only</td>
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<tr>
<td>Monday &amp; Friday  5:00—6:00</td>
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<td>*Fee: Members $160 Non-members $200</td>
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<td>Tuesday &amp; Thursday  5:00—6:00</td>
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<td>*Fee: Members $160 Non-members $200</td>
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<td>* 1st session Yury will be at Y Nationals for 1 week.</td>
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| Prorated Boy’s Power Tumbling Fees for Session 1 | Monday, Wednesday, & Friday  
Members $180 Non-members $225 |
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<tr>
<td>Monday &amp; Friday/ Tuesday &amp; Thursday</td>
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<td>Members $120 Non-members $150</td>
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| OPEN GYM                                       | Mondays & Wednesdays  
1:15 PM—2:00 PM |
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<td>Ages 1—5 with parents</td>
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<td>Fee: Members $10 Non-Members $15</td>
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*Prices are per 4 week session
Youth Sailing Program

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

Instruction will include 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”

**Session I:** Mondays & Wednesdays 6:15-7:30PM
June 22, 24, 29, July 1, 6, 8

**Fee:** Members $195  Non-members $245

**Session II:** Mondays & Wednesdays 6:15-7:30PM
July 13, 15, 20, 22, 27, 29

**Fee:** Members $195  Non-members $245

Members may register beginning Tuesday, June 2nd at 10:00AM.
Non-members may register beginning Thursday, June 11th at 10:00AM

*On-water activities will be cancelled during periods of heavy rain and thunderstorms. Children will participate in classroom activities during inclement weather.
Aquatic Water Safety Programs

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

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), Minimum of 6 people. Course lasts 25—30 hours.

Fee: Members $300  Non-Members $450
Recertification Course Fee: Members $150  Non-members $225

Lifeguard Courses
May 15th—18th SOLD OUT
Flyer now available online.
May 29th—June 1st SOLD OUT
Flyer now available online.
   June 5th—June 7th
   Flyer now available online
   June 12th—16th
Waterfront training available during this course for an extra fee. Flyer now available online.

Recertification Courses
May 16th—17th SOLD OUT
Flyer now available online.
   June 6th—7th
   Flyer now available online
   June 13th—14th
   Flyer now available online.

For more information about Lifeguard Training classes, please contact Jim Matthews at (203) 655-8228 ext.1332 or email yaquatics@darien-ymca.org.
Aquatic Water Safety and Water Therapy Programs

Adult Swim Lessons

Youth Lessons
This class is designed for the beginner or intermediate youth swimmer ages 9-15 who may be new to swimming or a slightly reluctant swimmer. This class is an alternative to swimming in a typical progressive swim class with significantly younger peers. Introduction to front crawl, back stroke are taught in this class.

Tuesday 6:30-7:00 pm

Fee: Members $74  Non-Members $107

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

Tuesday 7:00-7:30 pm.

Fee: Members $74  Non-members $107

Private 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:

Fee: Members $252  Non-members $360

Twinges in the Hinges (Small Pool)
Two classes designed for people with arthritis and arthritis related health problems. All exercises are performed in warm water therapy pool for added comfort.

Monday & Wednesday  8:15—9:00 AM
Tuesday, Thursday & Friday  8:30—9:30 AM
Monday—Friday  11:05 AM—12N

Fees: Members: Free
Non-Members: ClassPass

Aqua Aerobics (Large Pool)
A truly unique coed aquatic fitness program taught in the large pool in the shallow or deep end. This class concentrates on cardiovascular fitness and muscle strengthening while exercising to music in the water.

Monday: 9:00-9:45AM
Tuesday-Friday: 9:00-10:00AM

Fees: Members: Free
Non-Members: ClassPass
Early Aquatics
Parent & Child Classes

**SHRIMP / KIPPS**
6—12 Months
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 baby to enjoy the pool environment. The children will be taught basic water skills such as kicking, breath control and body control (balance).

**Wednesday** 9:30—10:00 AM
**Fee:** Members $66 per 4 week session
Non-Members $93 per 4 week session

**Saturday** 11:00—11:30 AM
**Fee:** Members $75 per 4 week session
Non-Members $107 per 4 week session

**Session 1:** June 22—July 19
(4 weeks)

**Session 2:** July 20—August 16
(4 weeks)

**INIA / PERCH**
13—36 Months
This class is designed to build on the skills from the Shrimp/Kippers level and to encourage the children’s growing, but limited independence in the water. The children will be encouraged to make intended movement, such as kicking and paddling, 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.

**Tuesday** 9:30—10:00 AM
**Fee:** Members $66 per 4 week session
Non-Members $93 per 4 week session

**Saturday** 10:00—10:30 AM
**Fee:** Members $75 per 4 week session
Non-Members $107 per 4 week session

**FLOUNDER**
2 1/2—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.

**Thursday** 9:30—10:00 AM
**Fee:** Members $66 per 4 week session
Non-Members $93 per 4 week session

**Saturday** 10:30—11:00 AM
**Fee:** Members $75 per 4 week session
Non-Members $107 per 4 week session
Aquatics: Pre-School

MORNING PRE-SCHOOL SCHEDULE
Fees:  Members $70   Non-Members $96

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>PIKE</th>
<th>EELS</th>
<th>RAYS</th>
<th>STARFISH</th>
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<tbody>
<tr>
<td>Monday</td>
<td>9:30—10:00</td>
<td>Class</td>
<td>Class</td>
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<td>Monday</td>
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<td>Friday</td>
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<td>Friday</td>
<td>1:00—1:30</td>
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AFTERNOON “PRIME TIME” PRE-SCHOOL SCHEDULE
Fees:  Members $74   Non Members $107

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>PIKE</th>
<th>EELS</th>
<th>RAYS</th>
<th>STARFISH</th>
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<tbody>
<tr>
<td>Monday</td>
<td>3:45—4:15</td>
<td>Class</td>
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<tr>
<td>Monday</td>
<td>4:15—4:45</td>
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<tr>
<td>Monday</td>
<td>5:00—5:30</td>
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<tr>
<td>Tuesday</td>
<td>3:45—4:15</td>
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<td>4:15—4:45</td>
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<td>Wednesday</td>
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<td>Thursday</td>
<td>3:45—4:15</td>
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<tr>
<td>Saturday</td>
<td>10:30—11:00</td>
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<td>Saturday</td>
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<td>Saturday</td>
<td>11:30—12:00</td>
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Swim Evaluation: Not sure which level your child belongs in? Schedule a swim evaluation to determine the correct level for your child. Contact Amy D’Andrea at (203) 655-8228 ext. 1307

*Class descriptions on following page.
Aquatics: Pre-School
Class Descriptions

The Pre-School Swim Program is for children from 3 years old to Kindergarten. Levels are based on specific skills, rather than age. If you are new to the YMCA Swimming Program and wish to register above the Pike level, please call Amy D’Andrea at (203) 655-8228 ext. 1307 or Jim Matthews ext. 1332

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Pike</td>
<td>This level is designed for new and beginner swimmers, teaching them basic breathing, paddle stroke, and kicking skills. For completion of this level children must show comfort in the water, follow pool rules, get their face wet blowing bubbles and be able to do front and back float with assistance.</td>
</tr>
<tr>
<td>Eel</td>
<td>This level is for the advanced beginner and reinforces Pike skills. They are taught floating independently, flutter kicking, and paddle stroke. For completion of this level children must be able to swim one width of the small pool independently and front and back float without assistance.</td>
</tr>
<tr>
<td>Ray</td>
<td>Children at this level will build endurance and learn to tread water as well as improve and review previous skills such as rhythmic breathing and backstroke as well as learning breaststroke and elementary backstroke. For completion of this level children will be able to swim one length of the small pool with front crawl and backstroke using proper reaching and arm movement.</td>
</tr>
<tr>
<td>Starfish</td>
<td>At this level children gain endurance and build on their Ray skills. They gain more endurance while performing front and back crawl. They will be introduced to more treading water and safety skills as well as learn more about the breaststroke and elementary backstroke.</td>
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</tbody>
</table>

* Please note our convenient new 5:00PM pre-school swim classes to coordinate your school-aged child and your preschool swimmer!
Aquatics: Youth Classes

The YMCA Progressive Swim Program

The Y’s progressive swimming program is designed for children Kindergarten and older. Each level is based on specific skills, as outlined in the Parent’s guide to the YMCA Swimming Program. Throughout the levels of the program, students will increase strength and endurance as they are encouraged to tackle longer distances and quicken their pace.

**Fees:** Members $82/session Non-Members $115/session

**Polliwog (Small Pool)**
This is for the beginner swimmer. Emphasis is on water adjustment, floating, and paddle stroke. For completion of this level children must be able to swim 1 length front crawl stroke and back stroke crawl, and front and back float without assistance.

**Guppy 1 (Small Pool)**
This level is for the swimmer that is comfortable in the water. Emphasis is on refining the front crawl stroke. Children are taught rotary breathing and backstroke. For completion of this level children must be able to perform two lengths of the small pool, front crawl stroke and backstroke and front and back float for 1 minute.

**Guppy 2 (Large Pool)**
This level is for the comfortable swimmer, emphasis is on stroke refinement for front crawl, with rotary breathing and backstroke. This level is designed to work longer distances, utilizing the large pool for exposure to deep water and early diving skills.

**Minnow**
This level is for those who can swim one length of the large pool doing front crawl and backstroke, with competent rhythmic breathing. The breaststroke, and diving are introduced here. For completion of this level children must perform front and back crawl for 25 yards.

**Fish**
This level is for the swimmer who can successfully complete 25 yards of the front crawl stroke as well as the backstroke. Children will continue to build up their endurance, and are introduced to open turns. For completion of this level children must be able to swim 50 yards of front crawl, backstroke, and breaststroke, with proper technique.

**Flying Fish**
In this advanced level children work on refining their strokes and increasing endurance. They will be introduced to flip turns, and butterfly. For completion of this level children must be able to swim 100 yards for front crawl, backstroke, breast stroke, and 25 yards of butterfly.

**Shark**
This level is designed for the experienced swimmer who has progressed through all levels in the YMCA program. This level safety skills and rescue techniques will be taught. Skills will also include a review of all 4 strokes and emphasis on endurance, as well as introduction to the individual medley.

**Progressive Swim Schedule : Spring 2015**

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<thead>
<tr>
<th>DAYS</th>
<th>TIME</th>
<th>POLLIWOG</th>
<th>GUPPY 1 Small Pool</th>
<th>GUPPY 2 Large Pool</th>
<th>MINNOW</th>
<th>FISH</th>
<th>FLYING FISH</th>
<th>SHARK</th>
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<tbody>
<tr>
<td>Mondays</td>
<td>4:50—5:40</td>
<td>CLASS</td>
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* We have extended our progressive lessons to 45 minutes and added 10 minutes of free play exploration time at the end of each class. Children can use this time to practice on their own, or just play!
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 of age 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. The Long Course season (meets in 50 m pools) begins April 8th and ends July 31st.

Please see the Piranha website for more information about the program.

Piranha House Swimming

The Piranha house program is designed for children 7-13 years old who may not be ready for Team, or may not be ready to commit to a full year with the Piranhas. House Swimmers must have advanced basic swimming skills, be able to complete at least 25 yards of freestyle and backstroke without assistance, and have either a legal butterfly or breaststroke. The group will learn drills and proper technique for all four competitive strokes, and the emphasis during practice will be fun and learning. Please be aware that the number of swimmers we can accommodate in House is limited due to pool space and time.

Returning House swimmers will have priority for the Summer session. New swimmers who wish to be evaluated for Summer House must contact the Piranha office at (203) 655-8228 ext. 1353 for an evaluation. There are no guarantees if you are evaluated that you will get into the program. Although the Summer usually does not fill up, please understand that due to pool space we are limited to the number of swimmers we can accept into the program. All returning House swimmers should register according to their summer registration schedule. Summer House swimmers do not have to be evaluated for the 2015 Fall House session, but do need to be evaluated through the Fall Evaluation Stroke Clinic if they wish to try out for team.

Summer House Schedule

June 30th—July 30th
Fees: Members $150
Non-members $230
Tuesday & Thursday 4:45-5:30PM

YMCA 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 up to 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.

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.

MEMBERS ONLY: $600 annual fee (must be paid in full at time of registration)

Fees (paid quarterly): Members $210  Non-Members $320  Class Pass $20

*Quarterly payments are due on August 29th, November 29th, February 28th and May 29th.
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 tacco-mando@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.

AQUATICS

Special Needs Swim Lesson...Ages 3 to 12

The Y’s swim program for children ages 3–5 with developmental disabilities. The program is designed for children with beginner or intermediate swim skills, and will be held in the small pool. Contact Jim Matthews at (20) 655-8228 ext. 1332 to schedule a class.

Fees: Members $74  Non-Members $108

Progressive Special Needs Swim

The Y’s swim program for children ages 6–12 with developmental disabilities. The program is designed for children with beginner or intermediate swim skills, and will be held in the small pool. Contact Jim Matthews at (203) 655-8228 ext. 1332 to schedule a class.

Fees: Members $74  Non-Members $108

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 $400  Non-Members $520

Swim and Sail for Children with Special Needs

The Swim and Sail program is offered to children with special needs and one typical sibling or friend. Participants will enjoy outdoor games, swimming at the YMCA, sailing, canoeing, and kayaking on Holly Pond. The program is conducted by the Y’s special needs staff, and certified sailing staff.

5-10 years: M-F 3:00-5:15PM
11-18 years: M-F 5:30-7:45PM

$220 per two week session, $100 additional for one typical sibling or friend per session, $836 for all four sessions, $380 additional for one typical sibling for friend for all 4 sessions.

Session 1: June 22—July 3
Session 2: July 6—July 17
Session 3: July 20—July 31
Session 4: August 3—August 14
Sports: Summer Soccer

HIGH SCHOOL SPRING LEAGUE BASKETBALL

The Darien YMCA and Darien High School’s Girls Varsity soccer coach Leigh Parsons are partnering to bring the ultimate soccer skill building game to Darien!

This summer we will be running an exciting Futsal program! The sessions will consist of 30 minutes of skill training and 30 minutes of playing Futsal. Futsal is the best way to improve soccer player’s ball skills and ability to score goals.

Schedule

Mondays
6/22—7/27
4PM-5PM: Kindergarten boys & girls
5PM-6PM: 1st & 2nd grade boys
6PM-7PM: 3rd & 4th grade boys

Wednesdays
6/24—7/29
4PM-5PM: 1st & 2nd grade girls
5PM-6PM: 3rd & 4th grade girls

The program will take place in the Darien YMCA gymnasium (air conditioned!)

*Space is limited*

The program will run from June 22nd—July 29th (6 weeks)

Registration is now open, sign up online or at the front desk. You may register for the entire six weeks, or for just the weeks you are available to play.

6 session fee: $135
Single session fee: $25

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

For 4th—8th grade boys & girls.

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 play 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 2015. 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, and 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 JMarzano@darien-ymca.org or call (203) 655-8228 ext. 1349.

Schedule

1 weekday practice on Wednesdays at Ox Ridge
4:30PM–6:00PM

1 weekend game on Saturdays at the DHS baseball turf
9:00AM, 10:00AM, 11:00AM or 12:00PM

The season ends with a round robin tournament.

Cost: Members $250  Non-members $350

Each player will receive a team jersey.

Registration is now open!

September 2nd—November 1st
(9 weeks)
### Our Earlier Hours as of September 2013

<table>
<thead>
<tr>
<th>Phys Ed Complex:</th>
<th>Office:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday-Friday</strong></td>
<td><strong>Monday-Friday</strong></td>
</tr>
<tr>
<td>5:00am-9:45pm</td>
<td>8:00am-9:00pm</td>
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<tr>
<td><strong>Saturday</strong></td>
<td><strong>Saturday</strong></td>
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<tr>
<td>7:00am-6:45pm</td>
<td>8:00am-4:30pm</td>
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<tr>
<td><strong>Sunday</strong></td>
<td><strong>Sunday</strong></td>
</tr>
<tr>
<td>8:00am-5:45pm</td>
<td>9:00am-5:00pm</td>
</tr>
</tbody>
</table>

### Registration Dates

**Fall 2015**

**Registration Dates**

- **Tuesday, July 28th 10:00am**
  - Priority registration for Darien Y members currently enrolled in the summer session

- **Thursday, July 30th 10:00am**
  - Registration for Darien Y members who are Darien residents

- **Tuesday, August 4th 10:00am**
  - Registration for Darien Y members who are not Darien residents

- **Thursday, August 6th 10:00am**
  - Non-members may register for any programs

### Fall Session Dates

- **August 31st—November 22nd**
  - (13 weeks)

Register on your computer or mobile device! For details see page 9.