



YMCA OF GREENWICH 2018 SPRING

SESSION DATES:
APRIL 2- JUNE 24

Member Registration: Monday, March 12 at 9am

Non Member Registration: Monday, March 19 at 9am



COMMUNITY DRIVEN GREENWICH STRONG

OUR MISSION

To bring together and strengthen the community through programs and services that build a healthy spirit, mind and body for all men, women and children

OUR CAUSE

Delivering lasting personal and social change so everyone has the opportunity to grow and thrive regardless of age, income or background

OUR PROMISE FOR THE NEXT CENTURY OF SERVICE

The Y's presence and partnerships will reach farther, ensuring future generations will live healthier lives, create stronger connections with one another and contribute to a better community



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CODE OF CONDUCT

The YMCA of Greenwich expects that all our members, visitors, and staff behaves appropriately, acting respectfully and responsibly towards others. Our Code of Conduct does not allow the use of inappropriate language or actions that can hurt or frighten another person. The YMCA of Greenwich reserves the right to suspend or revoke any membership privileges for any violation of the Code of Conduct, as determined by the Chief Executive Officer or the Board of Directors. The length of suspension or refund of membership dues or fees will be determined by the same authority. The YMCA of Greenwich does not allow harassment or intimidation of any kind. This includes use of inappropriate words, gestures, body language, swearing, name-calling, shouting or physical contact; any sexual contact, demonstration of sexual activity, inappropriate or sexually revealing attire; behavior which intends to or results in the theft or destruction of property; illegal substances; carrying or concealing a weapon or any device or object that may be used as a weapon. The YMCA of Greenwich Staff are trained and expected to respond to any reported violation of our Code of Conduct. Please do not hesitate to notify a staff member if you need assistance. The YMCA of Greenwich will investigate all reported incidents.

EXECUTIVE STAFF

Bob DeAngelo | Chief Executive Officer
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BOARD OF DIRECTORS

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MEMBERSHIP RATES & PAYMENTS

Membership Categories	Joiner's fee	Monthly fee	Annual fee
YOUTH 6 weeks. – 13 years. Required for participation in any youth pay-for program. Participation in other activities such as family/open gym, family/open swim, or open Y Play requires Youth or Family Membership or payment of guest fee for each use.	N/A	N/A	\$220
STUDENT 14 years and older. Students must provide proof of current high school or full-time college enrollment.	\$50	\$50	\$600
YOUTH AQUATICS Required for children who participate in a competitive aquatics team with the exception of Noodle Water Polo, Novice 3 Swim Team, or Learn to Dive participants.	\$50	\$56	\$672
ADULT 18 years old and older. Includes unlimited access to the Wellness Center, Base Fitness, over 70 hours of adult wellness classes per week, free swim, adult lap swim and free gym time.	\$100	\$95	\$1,140
SENIOR 65 yrs. & up. Current members are responsible for notifying the Front Desk when they turn 65 in order to obtain senior membership rates.	\$100	\$52	\$624
NANNY/AU PAIR Nanny/Au Pair must provide proof of current employment, such as a notarized letter from an employer or pay stub.	\$50	\$50	\$600
FAMILY Two adults and dependent children 21 years and under, living in the same home. Not Included: Nannies, au pairs or live-in sitters.	\$100	\$145	\$1,740
SINGLE PARENT FAMILY One adult and dependent children 21 years and under.	\$100	\$120	\$1,440
SENIOR FAMILY Two seniors and dependent children 21 years and under, living in the same household. Nannies, au pairs or live-in baby sitters are not included.	\$100	\$92	\$1,104

Day Rate	
ADULT (20+)	\$20 per visit
TEEN (13 – 19 YEARS)	\$15 per visit
YOUTH (12 YRS. & UNDER)	\$10 per visit

Children under 12 years of age must remain under the supervision of an adult at all times while at the YMCA of Greenwich or its premises.

AUTOMATIC MONTHLY PAYMENT PLAN

With this plan, membership dues are automatically deducted from a checking account or credit card (MC, Visa, or Amex) each month with your authorization. When joining, you will pay the joiner's fee plus the first month prorated. The automatic payments will begin the second month. This plan grants you continuous membership. A \$20 service charge will be applied for any declined bank/ credit card drafts.

ANNUAL PAYMENT PLAN

One year membership can be purchased by paying with cash, check, Amex, Visa or MC. New members will be required to pay the joiner's fee. Annual membership renewals are due on the same anniversary date every year.

MEMBERSHIP CANCELLATION

The YMCA will not take responsibility to cancel your bank or credit card draft. A 30-day written notice is required prior to your next scheduled draft date to stop a bank or credit card draft. It is the member's responsibility to check their monthly bank statements to ensure the cancellation has taken effect. No refund will be given for a bank or credit card draft that occurs during the 30-day cancellation period. Membership fees are not refundable. Please see the front desk to obtain a cancellation form or visit greenwichymca.org. Members may not cancel a membership while they are enrolled in a paid-for program.

MEMBERSHIP FREEZE

Members may freeze their membership for a minimum period of one month and a maximum of six months for a fee of \$15.00 for each month. Memberships may be frozen once per membership year. Members may not freeze a membership while they are enrolled in a paid-for program. A 7-days written notice is required before your next draft date. Freeze forms are available at the front desk or visit greenwichymca.org.

Fees are charged for all new memberships and to past members whose memberships have lapsed more than 30 days.

"Y FOR ALL" MEMBERSHIP

Our YMCA is a membership organization open to all people. The YMCA welcomes women and men, girls and boys of all ages, races, ethnicities, religions, abilities and financial circumstances. We are now more affordable than ever thanks to the "Y For All Membership" program. Under this program, your membership rates are based on total household income. Please see one of our Front Desk Staff for more information.

GUEST OF A MEMBER

Each membership unit is entitled to six (6) free guest passes per year, with the exception of Youth, Youth Aquatics and Student members under the age of 18 years. After six (6) visits, guests will be charged the Y's Day Rate. Non members who are not accompanied by a member must pay the daily rate listed above. Picture i.d. is required.

CORPORATE WELLNESS PROGRAM

If you are interested in enrolling your company in our corporate wellness program which includes a discount on your membership dues, contact Ricky Perez, Membership Manager, at 203.869.1630 ext. 308.

BABYSITTING (6 MONTHS-12 YEARS)

The YMCA of Greenwich offers babysitting for children 6 months to 12 years for a maximum stay of 90 minutes. Parents must remain in the YMCA facility and sign their child in and out. Passes must be purchased at the Front Desk:

Drop in Fee: \$5/ per Child
10 Punch Pass: \$40
20 Punch Pass: \$75

No food or beverages are allowed in the baby sitting area. For times, please visit the front desk.

AMENITIES & POLICIES

MEMBERSHIP POLICIES & PROCEDURES

- Membership cards must be carried at all times and scanned at the front desk upon entering the facility. For safety and security purposes, all members must take their picture and receive their I.D. upon registration. There is a \$10 fee to replace a lost card
- Memberships are non-transferable and membership dues are non-refundable
- The YMCA parking lots are accessed via Mason Street and/or 50 East Putnam Ave. Both lots are for the use of the members only while they are using our facility. Vehicles must be parked in a designated parking space
- Parking permits are available at the front desk and must be predominately displayed on member vehicles
- Annual membership renewals are due on the same anniversary every year
- The YMCA reserves the right to cancel any program that fails to meet minimum enrollment requirements
- Schedules and rates are subject to change
- Program fees are payable upon registration
- The YMCA has personal trainers, exercise specialists and private swim instructors on staff. The use of outside personal trainers or swim instructors at the YMCA facility is strictly prohibited and will result in a canceled membership
- The YMCA reserves the right to take pictures/video of its participants for brochures, publications and marketing purposes. If you would prefer not to be photographed for these purposes, please let us know in writing.
- Please set your cell phone to silent mode upon entering the facility
- Cell phone use is allowed only in the cellphone friendly zones and is forbidden in all other areas of the building including locker rooms and workout areas. For more information, please see front desk

- Please respect other members by refraining from taking cell phone pictures at any time
- The YMCA reserves the right to terminate the membership of individuals who do not abide by the YMCA Code of Conduct
- If your account has a membership balance, it must be paid prior to membership reactivation or program registration

LOCKER ROOMS

The Y offers you five locker room options:

- Adult men only (18 yrs+)
- Adult women only (18 yrs+... access code required)
- General women/girls (all ages)
- General men/boys (all ages)
- Family/special needs (co-ed, all ages)

Children are not allowed in the adult locker rooms, with exception on overflow days: Saturday & Sunday, 8:00am- 1:30pm. During this time, female parents/caregivers with girls under 8 years may use the Adult Womens locker room. Male parents/caregivers with boys under 8 years may use the Adult Mens locker room.

All other circumstances should use appropriate locker rooms. Policies will be enforced. The family/special needs locker room is available for people with special needs, parents with children of the opposite sex (moms with sons, dads with daughters) and caregivers providing assistance to those who need it. Individual adults and/or couples may not use the family locker room. The family/ special needs locker room is co-ed, so please get dressed/undressed in the private changing rooms. We urge all members to place used towels in the towel bins, located throughout the facility.

LOCKER RENTALS

Lockers are available for daily use or they may be rented overnight for the year (see front desk for rates). Lockers are available for rent in all the locker rooms except for in family locker room. Fees may be

paid on an annual basis or automatically deducted from a checking account or credit card (MC, Visa or Amex) each month, and must be charged in the same manner as your membership dues. Daily lockers are available for day-use only when you are in the building and using the facilities. We strongly advise members to invest in a lock and always secure belongings. Complimentary security pouches are available at the front desk for storage of smaller valuables. Any locker that is used overnight and is not registered with the front desk will be clipped and contents will be held for a 30 day period. The YMCA of Greenwich is not responsible for lost or stolen personal belongings. There are no refunds on locker rentals.

SAUNA & STEAM ROOMS

The YMCA of Greenwich follows YMCA National Guidelines that restrict children under 18 years of age from steam room and sauna use. Patrons must adhere to the following policies:

- Cool down at least five minutes after exercising prior to use
- Swim suits must be worn at all times
- Limit usage to ten minutes or less
- Use of body lotions, oils or suntan lotions is not permitted
- Food or drinks are not permitted

WELLNESS CENTER & BASE FITNESS RULES

- Members must be 15 years of age to use the Wellness Center, 16 to use Base Fitness or be under the direct supervision of a Y Coach/Trainer. Members between the ages of 12-14 may use the Wellness Area if they have participated in the YFit: Youth 101. Children under the age of 12 may not be in the Wellness Area under any circumstance
- Horseplay or unsafe activity, including the use of profanity is not acceptable and will not be tolerated
- Proper workout attire/shirts/shoes are required (no jeans, dress shoes, flats, heels, sandals, etc.). Gym bags, coats, purses, etc., must be kept in the

storage area or in a YMCA locker. Bags may not be left by exercise equipment or at trainer's area

- For security reasons, the Front desk cannot accept or "hold" personal items, such as duffle bags, backpacks or packages at the lobby desk or membership office. The front desk will not accept these items or be responsible for anything left unattended
- No food or drink permitted. Only water and fitness drinks in sealed plastic bottles are allowed. The use of cell phones is prohibited
- Please clean equipment after each use.
- Always remove plates from bars and return all weights/ equipment to proper areas. Equipment may not be leaned against walls or mirrors
- When using free weights, always use a spotter
- Please respect 30 minute limit on cardio equipment if a member is waiting to use a machine
- Weights/ equipment must stay in Wellness Center
- All personal training and/ or equipment instruction must be provided by the YMCA of Greenwich Fitness staff only. No exceptions!

OLYMPIC & ALUMNI POOL RULES

- Deck changing is prohibited. Please use appropriate locker rooms
- Proper swim attire is required for both pools i.e swim trunks, suits, swim diapers
- Children wearing flotation devices must be within arms reach of an adult in the water at all times
- No swimming under the Olympic Pool bulk head
- In the event of thunder and lightning storms, we follow the 30-minute rule that both pools close and reopen 30 minutes following the last thunderclap or lightning flash
- Everyone must shower before entering the pool
- When three or more swimmers are in a lane, members must circle swim
- Pool schedules and lane spaces may change at the Aquatics Director's discretion

PROGRAM REGISTRATION & POLICIES

SPRING 2018: APR 2– JUN 24

Member Registration Monday, March 12

Non Member Monday, March 19

*No classes April 9–15, May 26–28

Our front desk staff can assist you in signing up for classes and programs. Forms may be downloaded from our website: greenwichymca.org. Participants may only attend classes for which they are registered.

PROGRAM CANCELLATION/ABSENCES POLICIES

- Classes that are canceled by the YMCA will be rescheduled for make-up if possible or issued a class credit
- Absences of any kind will not result in any refund of class fees

INCLEMENT WEATHER POLICIES

For the safety of our members and staff, the YMCA of Greenwich may close the facility due to inclement weather.

Members may access information regarding closures and delays by:

- Calling 203.869.1630
- Checking the YMCA's website and social media accounts: greenwichymca.org, Facebook, Instagram, Twitter, and YMCA App
- Check with local announcing stations –1490 AM WGCH (radio) and News 12 CT (television).
- In the event of thunder and lightning storms, we follow the 30-minute rule that the pool closes and reopens 30 minutes following the last thunderclap or lightning flash

STAY CONNECTED!

Download the “YMCA of Greenwich” Mobile App, available for Apple and Android devices

- **If Greenwich Public Schools are closed:** All Youth Classes are canceled. All adult programs run based on the availability of instructors
- **If Greenwich Public Schools have a 1 hour delay:** All Youth Classes scheduled to start before 9:45 am are canceled. All classes after 9:45 am will run. All adult programs run based on the availability of instructors
- **If Greenwich Public Schools have a 2 hour delay:** All Youth Classes scheduled to start before 10:45 am are canceled. All classes after 10:45 am will run. All adult programs run based on the availability of instructor
- **If Greenwich Public Schools have an early dismissal:** All programs run based on the availability of instructors and at the discretion of the YMCA. Please call or check the website

REFUNDS

- If a program is canceled, all enrollees will receive a full refund of class fees only
- If a participant cancels prior to the first class, a refund will be given with a \$10 service charge
- Classes canceled due to inclement weather will not result in any refund of class fees

CREDITS

- If a participant withdraws from a program during the first week of classes, a full program credit will be issued
- If a participant withdraws during the second or third week of classes, a prorated credit will be issued
- If a participant withdraws after the third week of classes, no credit will be issued.
- Program credits expire after one year



DISCOVERY SUMMER CAMP

(1-5 GRADE)

Discover something new this summer! Sports, games, crafts, LEGOS, swimming, cooking and more. Campers will enjoy weekly themes and take trips to local museums, attractions and town beaches.

***Rising Kindergarteners are eligible to attend with older sibling in program.**

CAMP DATES: JUNE 25- AUGUST 10

Monday - Friday, 9am - 4pm

***Early drop-off 8am**

****Extended hours: 4pm-6pm**

For more information about YMCA summer camps and programs, please contact Angela Rende Wilson, Community Engagement & Programs Manager, at 203.869.1630 Ext. 283 or arendew@gwymca.org



EARLY LEARNING CENTER

(6 weeks - 5 years)



Our approach to learning is based on the Creative Curriculum and the emergent learning philosophy. All of our age groups are designed to help children learn through play and interactions with adults and peers.

INFANTS, TODDLERS & TWO'S

Our safe, loving and positive environment for infants and toddlers provides a flexible program to match each child's social, emotional, cognitive and motor skill needs. Daily communication highlights the child's activities and programs. In addition to our certified teachers are a robust staff of Music, Yoga and Zumba instructors who specialize in infant/toddler programming.

PRESCHOOL (3-5 YEARS)

Through careful observation, thoughtful questions and deep reflections, our Preschool teachers and assistant staff work in partnership with the children in developing important skills:

- Social: Through play, children learn how to share, negotiate and take turns
- Self-help: Students are encouraged to pour/collect their own snack and make their own cots
- Kindergarten-Readiness: Holding a pencil, writing their name, using scissors, learning the letters of the alphabet and practicing early math

Extracurriculars incorporated in the Preschool program include Yoga, Zumba, Music, Cooking, Boot Camp, Gardening, and Swimming Lessons

The YMCA Early Learning Center is open year round, 7am-6pm and offers flexible schedules:

- Full time, Monday through Friday
- Part time (you choose your days!)
- Half day, 9am-1pm

The Y's Early Learning Center is located at 2 St. Roch Ave. To schedule a tour of the center, please contact Carly Adames, Director of Educational Programs at 203.869.3381 or cadames@gwymca.org.

★NEW★ SUMMER BUGS (3-5 YEAR OLDS)

Qualified and experienced early childhood professionals provide preschool-age children with an exciting summer program. Children engage in daily morning meeting and snack, followed by creative and engaging indoor and outdoor adventures such as arts and crafts, sensory play, and science experiments. Discover how fast, strong and creative your child can be enjoying an array of creative activities and adventures this summer.

6 WEEKS June 25 – August 3 *No camp July 4
Monday – Friday, 9:00 am – 4:00 pm
Download forms at greenwichymca.org

L.E.A.P AFTER SCHOOL PROGRAM

(Kindergarten – 5th grade)



With a focus on safety, health, social growth and academic enhancement, our YMCA L.E.A.P afterschool program at Hamilton Avenue School provides a variety of programmatic and activity options to explore and develop their interests and talents.

COMPONENTS INCLUDE:

- Health & Wellness (physical activity and education)
- Academic Support (tutoring, homework help and math/literacy enrichment)
- 21st Century Skills
- College & Career
- Leadership
- Service Learning
- Arts
- Global Learning
- Parent Engagement

Transportation is provided from Julian Curtiss, North Street, Glenville, New Lebanon, and North Mianus.

No child or family will be turned away for inability to pay. Financial assistance is available.

To register, please contact Michele Czarnecki at 203-869-3381 or mczarnecki@gwymca.org.

VACATION CAMP PROGRAM (K- 5TH)

MAIN YMCA , 50 EAST PUTNAM

Our Vacation camp program offers tons of creative, engaging and fun choices- field trips, arts & crafts, gym games, pool time, dance, YMCA classes and more!

SPRING BREAK: April 9-13

REGISTRATION, IMMUNIZATIONS & PHYSICAL RECORDS ARE REQUIRED

Download forms at greenwichymca.org

★NEW★ Y SUMMER LITERACY LEARNERS (GRADES 1 & 2)

*YMCA'S EARLY LEARNING CENTER, 2 ST. ROCH AVE.

Join us this summer for our third year of Y Summer Literacy Learners, a nationally recognized literacy program. Our program focuses on improving students' literacy skills and self-confidence in the classroom. Participants enjoy a variety of quality enrichment activities plus a weekly field trip.

**6 WEEKS June 25 – August 3 *No camp July 4
Monday – Friday 8am – 6pm**

Download forms at greenwichymca.org

OPEN TUMBLE

(8 mos – 5 yrs)



Y PLAY TUMBLE ROOM

Mon/Wed/Fri/Sat
1pm–6pm

Tue/Thu
8am–12pm, 1pm–6pm

Sun
8am–12pm, 1pm–5pm

FREE for children currently enrolled in any YMCA Spring 2018 Land/Swim Class or Childwatch Program.

DROP IN DAILY FEE for children not enrolled: \$10

Check in is required before entering the Y Tumble Room.

Parents are required to stay and supervise play.

Open Tumble is subject to change at any time.

TODDLER OPEN LEGOS

(18 mos. – 3 yrs)



Y PLAY LEGO ROOM

Mon–Fri
9am – 12pm

FREE for children currently enrolled in any YMCA Spring 2018 Land/Swim Class or Childwatch Program.

DROP IN DAILY FEE for children not enrolled: \$10

Check in is required before entering the Y Lego Room.

Parents are required to stay and supervise play.

Open Lego is subject to change at any time.

AFTERNOON OPEN LEGOS

(Ages 5 and Up)



Y PLAY LEGO

Mon–Thu
4pm–6pm

FREE for children currently enrolled in any YMCA Spring 2018 Land/Swim Class or Childwatch Program.

DROP IN DAILY FEE for children not enrolled: \$10

Check in is required before entering the Y Lego Room.

Parents are required to stay and supervise play.

Open Lego is subject to change at any time.

If you have any questions, please contact Angela Rende Wilson, Community Engagement & Programs Manager, at 203.869.1630 Ext. 283 or arendew@gwymca.org

TUMBLING

Minimum Participants: 4
No classes April 9-15, May 26-28

TUMBLE BUMBLES Y PLAY TUMBLE ROOM

This 30 minute class creates special parent-child bonding time through sensory stimulation and physical play. Rocking, rolling, tummy time and social interaction are the essential components of the class.

TUMBLE JUMPERS Y PLAY TUMBLE ROOM

Parent and child will work with instructors to gain self-confidence in all of their newly acquired physical skills, helping child to become independent in a safe, fun, age-appropriate setting. Each class will include stimulating structured activities and free play time to keep your toddler engaged.

TUMBLE JAMMERS Y PLAY TUMBLE ROOM

Children will really shine in this class which stresses cooperation, self-confidence, independence and basic gymnastic skills. Each class begins with circle time and features a different piece of gym equipment each week.

Times and offerings are subject to change. Registration forms can be picked up at our front desk or downloaded at greenwichymca.org



8 - 17 MONTHS

Class Name	Day(s)	Duration	Time	Family	Youth	Non Member
Tumble Bumbles	M	10 classes	9am - 9:30am	\$170	\$200	\$220
Tumble Bumbles	W	11 classes	9am - 9:30am	\$187	\$220	\$242
Tumble Bumbles	F	11 classes	9am - 9:30am	\$187	\$220	\$242
Tumble Bumbles	M,W	21 classes	9am - 9:30am	\$357	\$420	\$462

18 - 2.5 YEARS

Class Name	Day(s)	Duration	Time	Family	Youth	Non Member
Tumble Jumpers	M	10 classes	9:45am - 10:30am	\$170	\$200	\$220
Tumble Jumpers	W	11 classes	9:45am - 10:30am	\$187	\$220	\$242
Tumble Jumpers	F	11 classes	9:45am - 10:30am	\$187	\$220	\$242
Tumble Jumpers	M,W	21 classes	9:45am - 10:30am	\$357	\$420	\$462
Tumble Jumpers	Sa	10 classes	9am - 9:30am	\$170	\$200	\$220

2.5 - 3.5 YEARS

Class Name	Day(s)	Duration	Time	Family	Youth	Non Member
Tumble Jammers	M	10 classes	10:45am - 11:30am	\$170	\$200	\$220
Tumble Jammers	W	11 classes	10:45am - 11:30am	\$187	\$220	\$242
Tumble Jammers	F	11 classes	10:45am - 11:30am	\$187	\$220	\$242
Tumble Jammers	M,W	21 classes	10:45am - 11:30am	\$357	\$420	\$462
Tumble Jammers	Sa	10 classes	10:45am - 11:30am	\$170	\$200	\$220

If you have any questions, please contact Angela Rende Wilson, Community Engagement & Programs Manager, at 203.869.1630 Ext. 283 or arendew@gwymca.org

LEGO CREATE!

Minimum Participants: 4

No classes April 9-15, May 26-28

Y PLAY LEGO ROOM

Lego Create! nurtures curiosity, inspires creativity and teaches our kids how to succeed. We're building new projects each week like model cities, mobile vehicles, creative creatures and more. Learn how to solve a problem, develop critical-thinking skills, get comfortable with failure and trying again, and learn to work successfully in teams.

Times and offerings are subject to change.

Registration forms can be picked up at our front desk or downloaded at greenwichymca.org



5 - 7 YEARS

Class Name	Day(s)	Duration	Time	Family	Youth	Non Member
Lego Class	Sa	10 classes	9:30am - 10:30am	\$150	\$180	\$200

8 - 10 YEARS

Class Name	Day(s)	Duration	Time	Family	Youth	Non Member
Lego Class	Sa	10 classes	11:00am - 12:30pm	\$150	\$180	\$200



If you have any questions, please contact Angela Rende Wilson, Community Engagement & Programs Manager, at 203.869.1630 Ext. 283 or arendew@gwymca.org

BIRTHDAY PARTIES

Give your child a memorable birthday with a celebration at the YMCA! Our Birthday Party Host and support staff are ready to celebrate with you!

NEW! BASIC PARTY PACKAGE:

- Two Party Attendants
- 1 Hour themed activity (see below)
- 1 Hour private party room
- Room set up/ clean up
- Pizza
- Paper products & juice boxes
- Up to 20 children (\$15/per additional child)
- Free Family Guest Pass for each guest

NEW! DELUXE PARTY PACKAGE:

Includes all of the Basic Party amenities PLUS

- Personalized Cake (serves 16-20)
- Birthday party t-shirt for birthday boy or girl
- Party Favors
- Party Invitations

Our party packages include two party attendants that will set up and clean up. Select parties include a separate instructor and fee. Outside food and soda/ water are welcomed for the parents. All party attendee's parents must complete a birthday party waiver before participating in any activity.

PARTY THEMES

- | | |
|-------------------|------------------|
| • Sports/Bootcamp | • Karate |
| • *Alumni Pool | • Easel Painting |
| • Gym Inflatables | • Ballet |
| • Yoga | |

ALUMNI POOL PARTIES

We require any child that is a non-swimmer have an adult accompany them in the water. In case of thunder and lightning the pool closes for 30 minutes. All children will be given a swim test prior to swimming. All guests should bring a towel and wear swimming attire. A non-refundable \$100 deposit is required at the time of booking. The balance is due the day of the party. **BOOK YOUR PARTY BY VISITING GREENWICHYMCA.ORG**



PARENT DATE NIGHTS (5-12 YEARS)

Enjoy a night out on the town while your children enjoy dinner and super fun activities like swimming, movies, games and more. Drop off begins at 4:45 PM and pick up is no later than 8 PM. Our program is staffed by trained personnel. **REGISTRATION IS REQUIRED.**

FAMILY FUN NIGHTS

There's no better deal in town. Super fun activities for families of all sizes and ages. Activities change seasonally:

For dates of upcoming Y Family Friendly Events, join the YMCA email list at greenwichymca.org

BALLET

Minimum Participants: 4
No classes April 9-15,
May 26-28

*Why walk
when you
can dance!*



Get to know Greenwich YMCA Ballet's Miss Audrey

Audrey Chevance began her ballet training with Patricia Wilde and Michael Maule at the American Ballet Theatre School, and later studied with Wilhelm Burmann in New York. Her love of every aspect of the ballet world led her to write and illustrate a children's book "TUTU". She started photographing and drawing dancers, designed t-shirts for the New York City Ballet, and was commissioned by ballet patrons to do portraits of principal dancers at ABT and NYCB. The Greenwich YMCA is so pleased to have Audrey here, inspiring a new generation of dance and art enthusiasts!



BALLET BEGINNERS

AEROBIC STUDIO 2

Each class is comprised of the reading of a classical ballet story, followed by a warm-up section and learning ballet movements to music in a group setting, with an emphasis on posture, coordination and imagination.

3-5 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Ballet Beginner	W	11 classes	4pm - 4:45pm	\$198	\$220	\$253
Ballet Beginner	Sa	10 classes	9:45am - 10:30am	\$180	\$200	\$230
Ballet Craft	Sa	10 classes	10:45am - 11:30am	\$100	\$120	\$200
Ballet Beginner	W/Sa	21 classes		\$378	\$420	\$483

BALLET CRAFTS

Y PLAY ART ROOM

Enjoy a fun crafting class before or after you ballet class. Create fun accessories like tiaras, wands and more.

Maximum number of participants: 8

5-7 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Ballet 1	W	11 classes	5pm - 5:45pm	\$198	\$220	\$253
Ballet 1	Sa	10 classes	11:30am - 12:30pm	\$180	\$200	\$230
Ballet Craft	Sa	10 classes	10:45am - 11:30am	\$100	\$120	\$200
Ballet 1	W/Sa	21 classes		\$378	\$420	\$483

BALLET 1

AEROBIC STUDIO 1

Each class is comprised of the reading of a classical ballet story, followed by a warm-up section and learning steps and simple phrases of ballet movement, with an emphasis on musicality. Barre work is introduced.

Times and offerings are subject to change. Registration forms can be picked up at our front desk or downloaded at greenwichymca.org

If you have any questions, please contact Angela Rende Wilson, Community Engagement & Programs Manager, at 203.869.1630 Ext. 283 or arendea@gwymca.org

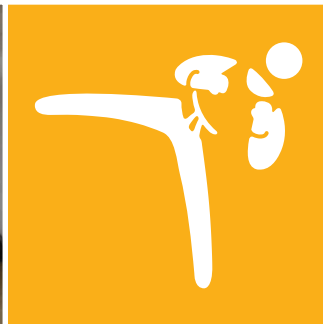
KARATE

Minimum Participants: 4
No classes April 9-15,
May 26-28

Strength, Defense, Discipline

Get to know Instructor Nodar Karanadze

Nodar Karanadze started practicing karate at age of 4 in 1999 and has many first, second, and third, place titles of Georgian championships as well as the Kavkasus region from early 2000s to 2008. He became champion of the world in wado karate at age of 13 in 2008 championship in Braga, Portugal taking first and second places and again at the 2011 World Wado Karate Championship in Texas, taking first and third places at age of 16. Nodar currently teaches both group and private karate lessons to all ages and abilities.



YOUTH Y-DO

AEROBIC STUDIO 1

Have fun meet new friends and learn the fundamentals of Karate in a non-competitive environment. Uniform can be purchased through the instructor after the first class.

TEEN Y-DO

AEROBIC STUDIO 1

Combines fitness, self-defense, sport, discipline, and self-confidence. Learn a variety of tactics that involve punches, kicks, blocks, take downs, and weapon defense. You will work closely with an experienced teacher while having fun and keeping fit!

Times and offerings are subject to change. Registration forms can be picked up at our front desk or downloaded at greenwichymca.org

3-5 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Youth Y-Do	Tu	11 classes	4pm -4:45pm	\$165	\$198	\$220

6-9 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Youth Y-Do	Tu	11 classes	5pm -5:45pm	\$165	\$198	\$220

9-12 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Youth Y-Do	W	11 classes	4:15pm -5pm	\$165	\$198	\$220

13-16 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Teen Y-Do	By Appointment Only - Contact Nodar Karanadze at youthsports@gwymca.org					

If you have any questions, please contact Angela Rende Wilson, Community Engagement & Programs Manager, at 203.869.1630 Ext. 283 or arende@gwymca.org

MIND & BODY FOR KIDS

Minimum Participants: 4

No classes April 9-15,

May 26-28

GIGGLE & GROW

Y PLAY YOGA & MUSIC ROOM

Shake your silly's out and get centered! This fun & playful class encourages both parents and little ones to move, shake and streeetch as they're introduced to the basic components of kids yoga. As the activity level of the class changes, both parents and children will develop tools on how to calm down, focus and get centered after burning some energy!

STORYBOOK YOGA

Y PLAY YOGA & MUSIC ROOM

From farmhouse animals to mystical dragons, this class will have you and your child posing your way through your favorite children's stories. Guardian participation is required and children should be able to stand independently and follow simple instructions.

MIND YOUR

P'S & Q'S YOGA

Y PLAY YOGA & MUSIC ROOM

Children will learn Poses "P's" and Quiet "Q's" in an effort to relax their mind, focus, and pose their way to health and happiness! With weekly fun, mindfulness-themed activities, peer interaction and plenty of moving, we'll stretch and grow our way to becoming strong and mindful Yogis.

Y SPORTS

GYMNASIUM

Intramural sports promote physical fitness and introduce children to a variety of sport and social skills in a fun, recreational setting. Program includes dodgeball, floor hockey, basketball and more!



18 -24 MONTHS (PARENT/CHILD CLASS)

Class Name	Day	Duration	Time	Family	Youth	Non Member
Giggle & Grow	W	11 classes	10am - 10:30am	FREE	\$132	\$220

3-5 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Storybook Yoga	Sa	10 classes	11:15am - 11:45am	FREE	\$120	\$200
Y Sports	M	10 classes	4:15pm - 5pm	\$100	\$120	\$200

6-9 YEARS

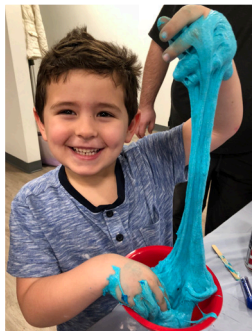
Class Name	Day	Duration	Time	Family	Youth	Non Member
Mind Ps&Qs	W	11 classes	4:15pm - 5:15pm	\$110	\$132	\$220

Times and offerings are subject to change. Registration forms can be picked up at our front desk or downloaded at greenwichymca.org

If you have any questions, please contact Angela Rende Wilson, Community Engagement & Programs Manager, at 203.869.1630 Ext. 283 or arendew@gwymca.org

CREATIVE KIDS

Minimum Participants: 4
No classes April 9-15,
May 26-28



RHYMES, FINGERPLAYS & SONGS

Y PLAY YOGA & MUSIC ROOM

Children and adults will have fun learning new songs, fingerplays and rhythmic rhymes.

MAKING MUSIC

Y PLAY YOGA & MUSIC ROOM

You're in the band! Come for a fun introduction and exploration of different musical instruments. Bang, strum and shake it to your favorite kid songs.

LITTLE ARTISTS

Y PLAY ART ROOM

Both parents and children will enjoy creating unique works of art, promoting self-expression and developing social skills.

6-18 MONTHS (PARENT/CHILD CLASS)

Class Name	Day	Duration	Time	Family	Youth	Non Member
Rhymes & Songs	Th	11 classes	9:30am - 10am	FREE	\$132	\$220

19-35 MONTHS (PARENT/CHILD CLASS)

Class Name	Day	Duration	Time	Family	Youth	Non Member
Making Music	Tu	11 classes	9:30am - 10am	FREE	\$132	\$220

28-35 MONTHS (PARENT/CHILD CLASS)

Class Name	Day	Duration	Time	Family	Youth	Non Member
Little Artists	W	11 classes	10:45am - 11:15am	FREE	\$132	\$220

Times and offerings are subject to change. Registration forms can be picked up at our front desk or downloaded at greenwichymca.org

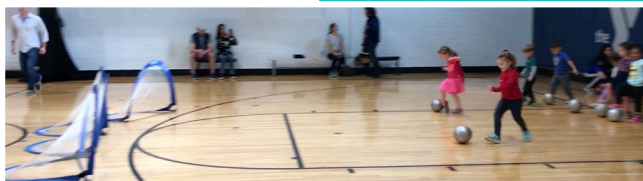
If you have any questions, please contact Angela Rende Wilson, Community Engagement & Programs Manager, at 203.869.1630 Ext. 283 or arendew@gwymca.org

SOCCER

Minimum Participants: 4

No classes April 9-15, May 18-20,

May 26-28, Jun 22-24



SUPER SOCCER STARS

GYMNASIUM

Super Soccer Stars teaches soccer skills in a fun, non-competitive and educational environment. Through our age-specific curriculum, we use soccer to nurture, build self-confidence and develop teamwork. Low child-to-coach ratios and positive reinforcement ensure that each child improves at his or her own pace while having a blast!

OLDER PLAYERS

Development objectives include receiving and controlling the ball with confidence, developing dribbling techniques and learning to strike the ball with power and accuracy. As players progress through the program's milestones, increased focus is placed on developing 1v1 dribbling moves, passing techniques, shooting and juggling. Later in the program players are introduced to basic tactical information such as positions, different types of passes are encouraged, and awareness of teammates on the field become the focus.

2-5 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
2's	F	9 classes	3:30pm - 4:10pm	\$225	\$243	\$270
3 - 4's	W	11 classes	3:30pm - 4:15pm	\$275	\$297	\$330
3 - Young 4's	Sa	8 classes	9:55am - 10:45am	\$200	\$216	\$240
4-5's	Th	11 classes	4:00pm - 4:50pm	\$275	\$297	\$330
Older 4-5's	Sa	8 classes	9:00am - 9:50am	\$200	\$216	\$240
Older 4-5's	Su	8 classes	1:00pm - 1:50pm	\$200	\$216	\$240

6-10 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
6 - 7's	Su	8 classes	2:00pm - 3:00pm	\$200	\$216	\$240
8 - 10's	M	10 classes	5:00pm - 6:00pm	\$250	\$270	\$300

Times and offerings are subject to change. Registration forms can be picked up at our front desk or downloaded at greenwichymca.org

If you have any questions, please contact Angela Rende Wilson, Community Engagement & Programs Manager, at 203.869.1630 Ext. 283 or arendew@gwymca.org

BOXING & TEEN FITNESS

Minimum Participants: 4
No classes Feb 12-19

Y FIT: YOUTH 101 WELLNESS CENTER

Age: 12- 14 yrs.
This introductory training program is taught by a YMCA trainer and is for 12- 14 years old. Learn how to work safely and proper gym etiquette. Y Trainers will provide wellness and nutrition tips and workout regimes suitable for your child. After the one hour session is complete, participants will receive a "PASS" or bracelet allowing them to use the Fitness Center. For participants that would like to continue personal training, regular rates will be applied; participants may only take the Y Fit Program once.

MUST BOOK AN APPOINTMENT
2 SESSIONS / 1 HOUR EACH
Member \$100
Non-Member \$140

TEEN VOLUNTEERING

Be a champion by building healthy spirit, mind and body for people in your community. Get your service hours in for school while making new contacts. You'll not only positively impact your own wellness about also learn important life skills.

For information on programs and events needing Y volunteers, please contact Ricky Perez at rperez@gwymca.org



BOXING CLUB BOXING LOFT

Boxing helps our youth to play positive roles in their community through self-discipline and character development. We help students develop strong bodies, minds, and hearts. Youth and teens work directly with an experienced coach and learn balance, foot work, defensive, and offensive skills.

7-13 YEARS					
Class Name	Day	Duration	Time	Member	Non Member
Youth Boxing	Tu	11 classes	6pm - 7pm	\$110	\$165
Youth Boxing	Th	11 classes	6pm - 7pm	\$110	\$165
Drop In Fee: Members: \$12, Non Members: \$25					

14 AND UP					
Class Name	Day	Duration	Time	Member	Non Member
Teen/Adult Boxing	W	11 classes	6pm - 7pm	\$110	\$165
Drop In Fee: Members: \$12, Non Members: \$25					

Times and offerings are subject to change. Registration forms can be picked up at our front desk or downloaded at greenwichymca.org

If you have any questions about our boxing programs, please contact Greg Loomis, Wellness Manager, at 203.869.1630 ext. 210 or gloomis@gwymca.org

SWIM SCHOOL

No classes April 9-15, May 18-20



SWIM STARTERS

ALUMNI POOL

A1 & A2/ WATER DISCOVER

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

B1 & B2/ WATER EXPLORATION

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

SWIM BASICS

ALUMNI POOL

1 / WATER ACCLIMATION

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

If you would like to schedule an evaluation, please contact Lauren Chiappetta, Swim School Specialist, at swimschool@gwymca.org.

Following the new YMCA National Swim Instruction Program, our curriculum focuses on teaching water safety and comfort followed by stroke development. All lessons are 30 minutes with the exception of YOUTH levels 4-6 which are 45 minutes.

6-21 MONTHS (PARENT/CHILD CLASS)

Class Name	Day	Duration	Time	Family	Youth	Non Mem
A1 - Water Discovery	W	11 classes	9:30am - 10am	Free	\$220	\$330
A1 - Water Discovery	Sa	10 classes	9am - 9:30am	Free	\$200	\$300
A1 - Water Discovery	Su	10 classes	9am - 9:30am	Free	\$200	\$300
A2 - Water Discovery	W	11 classes	10:05am - 10:35am	Free	\$220	\$330
A2 - Water Discovery	Sa	10 classes	9:35am - 10:10am	Free	\$200	\$300
A2 - Water Discovery	Su	10 classes	9:35am - 10:10am	Free	\$200	\$300

22-35 MONTHS (PARENT/CHILD CLASS)

Class Name	Day	Duration	Time	Family	Youth	Non Mem
B1 - Water Exploration	W	11 classes	10:40am - 11:10am	\$198	\$220	\$330
B1 - Water Exploration	Sa	10 classes	10:15am - 10:45am	\$180	\$200	\$300
B1 - Water Exploration	Sa	10 classes	11:25am - 11:55am	\$180	\$200	\$300
B1 - Water Exploration	Su	10 classes	10:15am - 10:45am	\$180	\$200	\$300
B1 - Water Exploration	Su	10 classes	11:25am - 11:55am	\$180	\$200	\$300
B2 - Water Exploration	W	11 classes	11:15am - 11:45am	\$198	\$220	\$330
B2 - Water Exploration	Sa	10 classes	10:50am - 11:20am	\$180	\$200	\$300
B2 - Water Exploration	Sa	10 classes	12pm - 12:30pm	\$180	\$200	\$300
B2 - Water Exploration	Su	10 classes	10:50am - 11:20am	\$180	\$200	\$300
B2 - Water Exploration	Su	10 classes	12pm - 12:30pm	\$180	\$200	\$300

SWIM SCHOOL

2 / WATER MOVEMENT

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

3 / WATER STAMINA

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

SWIM STROKES

ALUMNI POOL

4 / STROKE INTRODUCTION

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

5 / STROKE DEVELOPMENT

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

Times and offerings are subject to change. Registration forms can be picked up at our front desk or downloaded at greenwichymca.org

If you have any questions, please contact Lauren Chiappetta, Swim School Specialist, at 203.869.1630 Ext. 208 or swimschool@gwymca.org.

3-5 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Mem
1 - Water Acclimation	Tu	11 classes	3:40pm - 4:10pm	\$220	\$275	\$440
1 - Water Acclimation	W	11 classes	6pm - 6:30pm	\$220	\$275	\$440
1 - Water Acclimation	Th	11 classes	4:50pm - 5:20pm	\$220	\$275	\$440
1 - Water Acclimation	F	11 classes	5:25pm - 5:55pm	\$220	\$275	\$440
1 - Water Acclimation	Sa	10 classes	9am - 9:30am	\$200	\$250	\$400
1 - Water Acclimation	Su	10 classes	9am - 9:30am	\$200	\$250	\$400
2 - Water Movement	Tu	11 classes	4:15pm - 4:45pm	\$220	\$275	\$440
2 - Water Movement	W	11 classes	5:25pm - 5:55pm	\$220	\$275	\$440
2 - Water Movement	Th	11 classes	5:25pm - 5:55pm	\$220	\$275	\$440
2 - Water Movement	F	10 classes	3:40pm - 4:10pm	\$220	\$275	\$440
2 - Water Movement	F	10 classes	4:50pm - 5:20pm	\$220	\$275	\$440
2 - Water Movement	Sa	10 classes	9:35am - 10:10am	\$200	\$250	\$400
2 - Water Movement	Su	10 classes	9:35am - 10:10am	\$200	\$250	\$400
3 - Water Stamina	M	10 classes	5pm - 5:30pm	\$200	\$250	\$400
3 - Water Stamina	Tu	11 classes	4:50pm - 5:20pm	\$220	\$275	\$440
3 - Water Stamina	W	11 classes	4:15pm - 4:45pm	\$220	\$275	\$440
3 - Water Stamina	Th	11 classes	3:40pm - 4:10pm	\$220	\$275	\$440
3 - Water Stamina	F	10 classes	6pm - 6:30pm	\$220	\$275	\$440
3 - Water Stamina	Sa	10 classes	10:15am - 10:45am	\$200	\$250	\$400
3 - Water Stamina	Su	10 classes	10:15am - 10:45am	\$200	\$250	\$400
4 - Stroke Introduction	M	10 classes	5:30pm - 6pm	\$200	\$250	\$400
4 - Stroke Introduction	Tu	11 classes	5:25pm - 5:55pm	\$220	\$275	\$440
4 - Stroke Introduction	W	11 classes	4:50pm - 5:20pm	\$220	\$275	\$440
4 - Stroke Introduction	Th	11 classes	6pm - 6:30pm	\$220	\$275	\$440
4 - Stroke Introduction	F	10 classes	4:15pm - 4:45pm	\$220	\$275	\$440
4 - Stroke Introduction	Sa	10 classes	10:50am - 11:20am	\$200	\$250	\$400
4 - Stroke Introduction	Su	10 classes	10:50am - 11:20am	\$200	\$250	\$400
5 - Stroke Development	M	10 classes	6pm - 6:30pm	\$200	\$250	\$400
5 - Stroke Development	Tu	11 classes	6pm - 6:30pm	\$220	\$275	\$440
5 - Stroke Development	W	11 classes	3:40pm - 4:10pm	\$220	\$275	\$440
5 - Stroke Development	Th	11 classes	4:15pm - 4:45pm	\$220	\$275	\$440
5 - Stroke Development	Sa	10 classes	11:25am - 11:55am	\$200	\$250	\$400
5 - Stroke Development	Su	10 classes	11:25am - 11:55am	\$200	\$250	\$400

SWIM SCHOOL



SWIM STROKES ALUMNI POOL

6 / STROKE MECHANICS

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

7/ COMPETITIVE & NON COMPETITIVE TRACK

Student in stage 7 are able to swim all four strokes and are looking to join a competitive team or are looking to reinforce skills in a non competitive setting.

**If you have any questions,
please contact
Lauren Chiappetta,
Swim School Specialist, at
203.869.1630 Ext. 208 or
swimschool@gwymca.org**

6-12 YEARS (30 MIN. CLASSES CONT.)

Class Name	Day	Duration	Time	Family	Youth	Non Member
Hybrid 1 & 2	Tu	11 classes	3:45pm - 4:15pm	\$220	\$275	\$440
Hybrid 1 & 2	Th	11 classes	6pm - 6:30pm	\$220	\$275	\$440
Hybrid 1 & 2	F	11 classes	3:35pm - 4:05pm	\$220	\$275	\$440
Hybrid 1 & 2	Sa	10 classes	10:50am - 11:20am	\$200	\$250	\$400
Hybrid 1 & 2	Su	10 classes	10:50am - 11:20am	\$200	\$250	\$400
3 - Water Stamina	Tu	11 classes	4:20pm - 4:50pm	\$220	\$275	\$440
3 - Water Stamina	W	11 classes	4:20pm - 4:50pm	\$220	\$275	\$440
3 - Water Stamina	Th	11 classes	5:25pm - 5:55pm	\$220	\$275	\$440
3 - Water Stamina	F	11 classes	4:10pm - 4:40pm	\$220	\$275	\$440
3 - Water Stamina	Sa	10 classes	11:25am - 11:55am	\$200	\$250	\$400
3 - Water Stamina	Su	10 classes	11:25am - 11:55am	\$200	\$250	\$400

6-12 YEARS (45 MIN. CLASSES)

4 - Stroke Introduction	Tu	11 classes	4:55pm - 5:40pm	\$275	\$330	\$495
4 - Stroke Introduction	W	11 classes	3:30pm - 4:15pm	\$275	\$330	\$495
4 - Stroke Introduction	Th	11 classes	4:35pm - 5:20pm	\$275	\$330	\$495
4 - Stroke Introduction	F	11 classes	4:45pm - 5:30pm	\$275	\$330	\$495
4 - Stroke Introduction	Sa	10 classes	12pm - 12:45pm	\$250	\$300	\$450
4 - Stroke Introduction	Su	10 classes	12pm - 12:45pm	\$250	\$300	\$450
5 - Stroke Development	Tu	11 classes	5:45pm - 6:30pm	\$275	\$330	\$495
5 - Stroke Development	W	11 classes	4:55pm - 5:40pm	\$275	\$330	\$495
5 - Stroke Development	F	11 classes	5:35pm - 6:20pm	\$275	\$330	\$495
5 - Stroke Development	Sa	10 classes	12:50pm - 1:35pm	\$250	\$300	\$450
5 - Stroke Development	Su	10 classes	12:50pm - 1:35pm	\$250	\$300	\$450
6 - Stroke Mechanics	W	11 classes	5:45pm - 6:30pm	\$275	\$330	\$495
6 - Stroke Mechanics	Th	11 classes	3:45pm - 4:30pm	\$275	\$330	\$495
6 - Stroke Mechanics	Sa	10 classes	12:50pm - 1:35pm	\$250	\$300	\$450
6 - Stroke Mechanics	Su	10 classes	12:50pm - 1:35pm	\$250	\$300	\$450

SWIM STRONG

Water Safety/Skill Building for Children with Special Needs

Thanks to a very generous \$10,000 grant from the Abilis Community Foundation, the YMCA of Greenwich will be again offering a free six week course designed to teach basic water safety and swimming concepts to children ages 3-12 with special needs.

FREE SWIM STRONG 1 & SWIM STRONG SPRING BREAK CLINIC ALUMNI POOL

Offering children exclusive and quiet use of the YMCA's warm water pool, each class will include information that will grow a child's water safety knowledge. Weekly lesson plans are custom designed to develop the aquatic skills that help to keep participants safe in, on and around the water. Our instructors factor in your child's interests to help keep the learning fun.

FREE SWIM STRONG 3: STROKE CLINIC OLYMPIC POOL

An Adaptive Stroke Clinic for students who can swim 25 yards independently. This is an adaptive approach to offer special need participants customized work out plans to build endurance and furthering stroke development. Participants will grow swim skills to increase safety in and around water and strengthen their personal fitness goals.



FREE SWIM STRONG 1			
Class Name	Day	Duration	Time
Section 1	Sa	April 21, 28 & May 5, 12, 19, 26	6:55am - 7:25am
Section 2	Sa	April 21, 28 & May 5, 12, 19, 26	7:25am - 8:25am
Section 3	Sa	April 21, 28 & May 5, 12, 19, 26	8:25am - 8:55am
FREE SWIM STRONG 3: STROKE CLINIC			
Contact for days and times			
FREE SWIM STRONG SPRING BREAK CLINIC			
Section A	M-Th	April 9 -12	10:30 - 10:55am
Section B	M-Th	April 9 -12	11:00 - 11:25am
Section C	M-Th	April 9 -12	11:30 - 11:55am
Section D	M-Th	April 9 -12	12:00 - 12:25pm

Times and offerings are subject to change.

For registration forms, please contact Betsy Culeman at 203.869.1630 ext. 306 or bculeman@gwymca.org.

MARLINS SWIM TEAM



The Marlins Swim Team is a USA Swimming and YMCA year-round program designed for swimmers ages 6 and up, from beginner to national level swimmers. The Marlins Swim Team provides children and families with opportunities to experience competitive swimming in a fun, exciting, and positive environment with a highly experienced and accomplished coaching staff. Practices begin in September and conclude at the end of July.

NOVICE LEVEL I, II, III

Age Requirement: 6 years or older.

Entry Standard: Must be proficient in freestyle and backstroke. Should have basic knowledge of breaststroke and butterfly.

JUNIOR LEVEL I, II

Age Requirement: 14 years or younger

Swimmers must be able to swim all 4 strokes proficiently and must be committed to attending practice and competitions.

SENIOR LEVEL

Age Requirement: 13 years of age and older

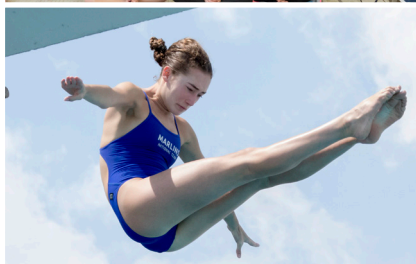
Entry Standard: Knowledge of strokes, competitive experience and commitment to training at highest level.

Competition Level: National, State, Regional and Local

For prices and registration dates, please visit greenwichmarlins.org or contact Aaron Montgomery at amontgomery@gwymca.org.

MARLINS DIVE CLUB

The YMCA of Greenwich Marlins Diving Club offers diving instruction from the beginner level to the senior competitive level. Our program emphasizes positive learning in a safe, fun and competitive environment and provides an opportunity for divers to participate at local, regional and national events. Greenwich YMCA membership is required for all levels of participation.



LEARN TO DIVE (5-7 YEARS)

The Learn to Dive team is a beginner level for those who are completely new to the sport. This level is the perfect intro to diving with emphasis on basic jumps and skills from the 1 meter board. Divers in the Learn to Dive class practice once a week for 30 minutes.

LEARN TO DIVE (8-10 YEARS)

The Learn to Dive team is a beginner level for those who are completely new to the sport. This level is the perfect intro to diving with emphasis on basic jumps and skills from the 1 meter board. Divers in the Learn to Dive class practice once a week for 1 hour.

PRE-TEAM (10 & UNDER)

The Pre-Team is an intermediate level of diving. To be on the Pre-Team, divers should successfully complete the Learn to Dive curriculum and/or be selected by coaches based on diver's evaluation. The Pre-Team continues to work on jumps, skills, basic and competitive dives on both the 1-meter and 3-meter boards, as well as gymnastic dry land drills and exercises related to diving. The Pre-Team practices 3 days a week for an hour each practice, and Pre-Team divers are introduced and invited to compete at local meets while giving each diver a chance to train at their own pace in a fun and safe environment.

PRE-TEAM (11 & UP)

The Pre-Team is an intermediate level of diving. To be on the Pre-Team, divers should successfully complete the Learn to Dive curriculum and/or be selected by coaches based on diver's evaluation. The Pre-Team continues to work on jumps, skills, basic and competitive dives on both the 1-meter and 3-meter boards, as well as gymnastic dry land drills and exercises related to diving. The Pre-Team practices for an hour, 3 days a week. Pre-Team divers are introduced and invited to compete at local meets while giving each diver a chance to train at their own pace in a fun and safe environment.

JO

The JO Team is an advanced level of training. JO divers are expected to compete a full list of skilled dives on both 1-meter and 3-meter springboards. This team practices 4-5 days a week for 2-2.5 hours each practice. JO divers are also invited to attend platform practices (off site) and are required to complete conditioning sessions. The JO team competes throughout the year at invitational, regional, national and international meets. Members of the JO Team are selected by the coaches based on skill level, dedication and behavior.

**For prices and registration dates, please contact
marlinsdiving@gmail.com.**

WATER POLO



The #1 program outside CA and the home to 2016 Olympian Thomas Dunstan. Since the program started in 2007, we serve over 250 athletes each year. As the largest and most elite program in the east coast, some athletes commit over 1 hour each way to come to our practices. Our elite athletes are highly sought after by collegiate coaches. We currently have players playing at Brown, Harvard, Princeton, Michigan, MIT, Pomona, USC - many of which are top 10 water polo schools!

CO- ED NOODLE POLO (5-7 YEARS)

Noodle Water Polo aims to introduce children to the sport of water polo by providing an enjoyable and challenging interactive game, which will encourage them to pursue the sport and go on to play water polo. Players will be using flotation devices so strong swimming skills are not necessary.

CO- ED HOUSE LEAGUE (8-13 YEARS)

The House League is an opportunity for players of all abilities to get in the water, have fun and compete against their peers. Children will be introduced to the basic skills of water polo in a fun and encouraging environment. Kids will practice one time during the weekday with players of similar ability and age and then all players we play in-house games on Sunday afternoon. Players will be divided evenly onto teams and all players will get equal playing time. No previous water polo experience required.

GREENWICH AQUATICS

TRAVEL TEAMS (10-18 YEARS)

- 10U Travel Team (summer season only)
- 12 & Under Girls Travel Team
- 12 & Under Boys Travel Team
- 14 & Under Girls Travel Team
- 14 & Under Boys Travel Team
- High School Age Boys & Girls Travel Team

The Travel Teams consist of age-group teams that play other teams locally, regionally, and internationally. The travel team player is a more seasoned player. For our 12U travel groups, at least one season of house league, novice water polo or summer country club league is recommended. The older travel team groups (14U, 16U 18U), should have at least a year of water polo experience and some competitive swimming. Selections for these teams are competitive and players will need to be evaluated before making any travel teams.

For questions and evaluation set-up, please contact Kim Tierney Wang at 646-220-9792 or ktierney@gwymca.org. Full practice schedules for all travel teams are posted on greenwichaquatics.com.

AQUATIC FITNESS

Water exercise is safe, effective and fun for all ages and all abilities, from a beginner to the professional athlete.

AQUA FIT DEEP

Take your body into high gear with a high-intensity workout designed to burn calories and make you sweat through water sports drills and water resistance training.

AQUA FIT DEEP WATER RUNNING

Deep water running is a high intensity workout designed to build endurance and burn lots of calories while keeping it gentle on the joints and muscles. This class includes a warm up, stretching and an excellent aerobic workout.

HYDRO HIIT

Shed calories and get strong in the water. Try our boot camp style high intensity training... in a pool...enough said!

SHALLOW WATER WALKING

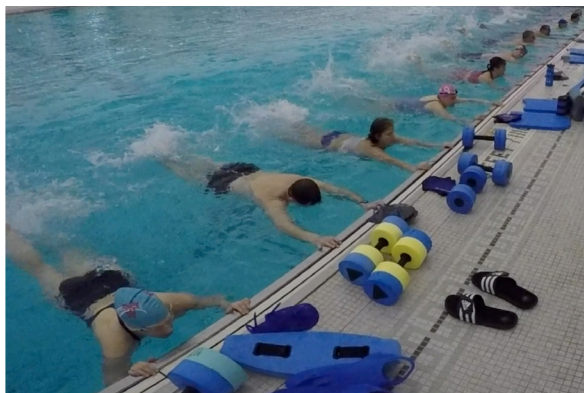
Walk your way to fitness using the resistance of the water. Fun and easy with long-lasting results. Reduce the risk of injury by lessening the impact on weight-bearing joints, muscles, and bones, plus it offers an excellent opportunity for muscle toning and body sculpting. Water walking shoes are recommended.

AQUA FIT

This class utilizes both the shallow and deep end of our warm water pool and will work endurance, toning, strength training, flexibility and range of motion.

AQUA FIT PRENATAL

This popular water class is just what you need to promote a healthy pregnancy. The supportive environment of the water will allow you to improve your endurance level and muscle strength as well as safely stretching those strained pelvic ligaments and muscles.



LAP SWIM

Lap swim is free to members. Non-members wishing to participate may pay the appropriate day fee. The number of lap lanes and recreational times available are subject to change due to special events.

SENIOR SWIM (65 years & up)

No Y membership required but all participants must register with the program and check in at the desk at each visit. For active older adults. This is an OPEN SWIM. We do not provide any instruction during this time.

YMCA POOL CLUB

Stay motivated with your pool workout! Technique is not a priority in this club, just the distance! Freestyle, backstroke, breaststroke, butterfly, dog paddle or aqua-run. It's your choice. Sign up by filling out the participant information form and returning it to the front desk. Your name or nickname will then be entered on the progress chart located on Olympic pool deck on the wall outside of the locker rooms. It will then be up to you to keep count of the number of lengths you do and enter them on the progress.

For more information on adult private swim lessons, please contact Lauren Chiappetta, Swim School Specialist, at 203.869.1630 Ext. 208 or swimschool@gwymca.org

GROUP FITNESS

STRENGTH/WEIGHT

BOOT CAMP

MAXIMUM calorie burn with 60 minutes of intense interval exercises and partners drills. Boot camp is indoors so you have no excuses. Rain or snow we're here to work!

CORE INTENSITY/EXPRESS

High intensity exercises involving core and more. What else could you ask for?

FULL BODY BLAST

Go ahead, challenge yourself! This total body blowout combines strength and high energy cardio. It's a perfect way to sculpt your body while having a BLAST!

GROUP POWER®

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout.

TOTAL BODY CONDITIONING

Who knows what kind of equipment you'll come across in this class! We know one thing...strength and cardio will not be ignored in this class.... 60 minutes of total body!

TRX CLASS

Born in the Navy SEALs, TRX Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

For more info on wellness classes, please contact Greg Loomis at gloomis@gwymca.org



CARDIO BASED

CARDIO SCULPT

Half hour of easy to follow Aerobic dance routines, and half hour of weights working upper body, legs and glutes.

HIIT CLASS

(HIGH INTENSITY INTERVAL TRAINING) HIIT class is a total body, heart pumping, aerobic, and strength conditioning workout.

LOW IMPACT

Get in your weights, cardio, and core without excess stress on your body!

STEP & SCULPT

Anyone can do this hour and a half class! Great cardio for about 45 minutes followed by weights, abs, and a nice stretch! This class covers it all

BOXING CLASSES

CARDIO BOXING

An intense cardio class where you will throw punches in bunches and do boxing style ab work! Increase your physical and mental strength and awareness.



DANCE BASED

CARDIO JAM

Torch calories and improve cardio. Learn choreographed dances and Brandon might even throw in some kick boxing moves!

HIP HOP

Full body workout with high energy playlists and fun routines.

TURBO SWEAT

If you're looking for the ultimate calorie burn, bring your towel because this class will leave you wiping the floor. Come to class ready because you will be in turbo mode for a full hour!

ZUMBA®

A super fun high-energy cardio dance workout based on international music and dance styles.

STUDIO CYCLING

SPIN/SPIN EXPRESS

Whether you're a serious cyclist or just love the calorie burn of Spinning, this is the class for you.*Select Spin Classes require reservation. Please see the front desk for more details.

SENIOR CLASS

FIT 4 LIFE

This class moves through a variety of movements and exercises, keeping our older active adults healthy and mobile.

PILATES/BARRE

BARRE

Based on the Lotte Berk Method we offer a Barre class with dance derived postures that contain elements of ballet, yoga, and Pilates.

PILATES

Improve core strength, flexibility, body awareness, proper breathing, and posture. Great low impact option, preventing stress on joints.

PILATES BARRE

Combine Pilates with Barre and you've got yourself one heck of a fitness class! See description above for more information.

YOGA/MEDITATION/ STRETCH

FULL BODY STRETCH/ EXPRESS

★ Active Adults Welcomed!

Stretching is a vital part of any exercise routine. Gives your muscles the ability to lengthen, expand, and restore with this one hour class.

GENTLE YOGA (Basic/ Open Level)

★ Active Adults Welcomed!

Increase flexibility, strength, and peace of mind with our most easeful yoga offering. Open to all levels!

GENTLE YOGA & MEDITATION

Approximately 20 minutes of slow, mindful, movements that nurture the body. Use of props is encouraged! All body types, injuries, and conditions welcome! Once the body is relaxed from the day, class continues to help you quiet your mind with the meditation portion! Brief discussion at the end of class!

HATHA YOGA (OPEN LEVEL)

★ Active Adults Welcomed!

Hatha is an alignment oriented practice that emphasizes the form with emphasis on core strength, flexibility, balance, concentration, and breathing.

KUNDALINI YOGA & MEDITATION

An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras, such as Sat Nam, meaning "truth is my identity." The goal is to build physical vitality and increase consciousness!

OPEN YOGA (OPEN LEVEL)

Welcoming to a range of yogis, open yoga classes offer modifications to deepen or lessen the intensity of the practice to suit your needs. Appropriate for advanced beginners and more experienced yogis.

MEDITATION

Learn a new form of meditation each week with proven benefits including: reducing anxiety, improving memory and creativity and helping sleeplessness. This 45 minute session begins with some gentle stretches before guided meditation.

TAI CHI/YOGA

Often described as meditation in motion, Tai Chi connects the mind and body through graceful movements. This ancient Chinese martial art helps relieve physical stress on the body with relaxation and coordination exercises.

VINYASA YOGA

(INTERMEDIATE/ ADVANCED)

Get energized while you build strength and flexibility. This upbeat, creative yoga practice, seamlessly linking breath and movement, will keep you present as you learn to move gracefully in and out of poses.



PERSONAL TRAINING

Whether you are looking to run a faster marathon, drop some extra weight, increase strength and muscle mass, or simply maintain a healthy lifestyle, working with one of our certified Personal Trainers can help you reach your goals effectively, efficiently, and safely. Sessions are by appointment only and have a 24-hour cancellation policy. Let our trainers design a customized program that helps you achieve your specific fitness goals.

OUR PERSONAL TRAINERS SPECIALIZE IN

- General Fitness
- Cardiovascular Endurance
- Strength, Sports, and Power Training
- Post Rehab Training
- Weight Loss
- Bodybuilding
- Functional Fitness Training (TRX, Kettlebell, Battle ropes, etc...)
- Boxing
- Yoga / Pilates
- Youth Fitness
- Pre- and Post-Natal Fitness
- Active Adult Fitness
- Special Needs Population

PERSONAL TRAINING POLICIES

- All Participants must fill out a PAR-Q before their first session
- Personal Training sessions are valid for 6 months from date of purchase.
- Personal Training sessions are **non-refundable and non-transferable**
- Non-Members must check in at the front desk before training session begins
- Sessions are by appointment only and have a 24-hour cancellation policy

For information on adult private swim lessons, please contact Lauren Chiappetta, Swim School Specialist, at 203.869.1630 Ext. 208 or swimschool@gwymca.org



FIT MOMS

Hour long sessions range from 4-8 participants and are ran by our talented personal training staff. Your trainer will keep your small group focused and entertained. Start your own group of friends, family or co-workers or join an established group. Custom workouts are tailored specifically to each participant based on personal preferences and fitness levels.

Registration required.

Drop In Daily Fee: \$20/Member, \$30/Non Members

For more info, contact Greg Loomis at 203.869.1630 ext. 210 or gloomis@gwymca.org

ADULT SPORTS & LEAGUES

MARTIAL ARTS/ SELF DEFENSE (17 & Up)

The YMCA's Martial Arts Program combines fitness, self-defense, sport, discipline, and self-confidence. Learn a variety of tactics that involve punches, kicks, blocks, take downs, and weapon defense. You will work closely with an experienced teacher while having fun and keeping fit!

For times and prices, contact Greg Loomis at 203.869.1630 ext. 210 or gloomis@gwymca.org

GREENWICH YMCA BOXING CLUB (14 & UP)

This class will teach you boxing fundamentals such as punching, slipping, footwork, and skipping rope along with giving you a great workout! This class will work directly with an experienced coach to develop core strength and physical stamina. Start training like a fighter TODAY! A Safe environment without any intimidation our club is open to all levels!



MASTERS WATER POLO

The Masters Water Polo Club is an opportunity for adults of all ages to continue their love for the sport in a fun and relaxed atmosphere. The Masters Water Polo Club is a year round program divided between three seasons: Fall (September-December), Spring (January-April) and Summer (May-August). Practice will consist of swim conditioning, ball handling, shooting and a lot of scrimmaging. During each season, players will have an opportunity to play local master teams as well as some national level tournaments. Water polo experience is highly encouraged.

For pricing, please contact Kim Tierney Wang at ktierney@gwymca.org.

MASTERS SWIM

The Marlins Masters Swim Program is a year-round adult program that services the needs of all masters swimmers. There are three progressive levels to this program: beginner, intermediate, and advanced. Each swimmer will have the opportunity to train for freestyle as well as the other 3 competitive strokes: Butterfly, Breaststroke, & Backstroke. This program is ideally suited for first time masters swimmers, former competitive swimmers, and fitness enthusiasts with a passion for swimming.

For pricing, please contact the Y Front Desk at frontdesk@gwymca.org

DID YOU KNOW?

WE OFFER MASSAGE THERAPY

Whether you're looking to ease the tension in your body after a strenuous workout, recover from a sports injury, or simply just relax and recharge, our new massage program here at the Y is just the thing!

For pricing and information on booking, please visit our front desk or Greg Loomis at gloomis@gwymca.org

ACTIVE ADULTS

ACTIVE ADULT SPRING CALENDAR OF EVENTS

Date	Event	Time
4/12	International Food Night	5pm-8pm
5/1	Julie Jason - Retire Secure Now	7pm - 8:30pm
5/3	Bobby K's Trivia Night	7pm-8:30pm
5/5	Meet Up @ Pepsico Sculpture Gardens	10:30am - 11:30am
5/10	AARP Driver Safety Course	9:30am - 1:30pm

ACTIVE ADULTS MONTHLY MEETUP

1st Wednesday at Noon, M1 & M2

On the first Wednesday of every month the Y hosts a Meetup for Active Adults 55+. Members and non-members are welcome. This is a great opportunity to socialize with others while doing something fun and interesting. Program for each meetup will be posted.

BINGO 3rd Monday, Noon, TBD

Come enjoy a great game of Bingo. An hour long event. Every month we will host a bingo event for Active Adults 55+. The event is free to members and non-members. Please register by signing the sign-up sheet at the front desk

BOOK OF THE MONTH CLUB MEETUP

4th Wednesday 7:00 PM, Centennial Room

Each month we will meet to discuss a book and share our thoughts on what we have read. At the first meeting the reading list for the next 6 months will be chosen by the group. Suggestions are most welcome.

FUN & GAMES MEETUP

Every Friday, 12:30 PM, Centennial Room

Stimulate your brain. Bring your favorite games. Cards, Mahjong, Scrabble, Chess, Backgammon, Checkers, Dominoes, etc., to play with the group. There will be no instructors on-site, but if you wish to learn a new game, beginners are always welcome to observe.

GARDEN CLUB MEETUP

2nd Monday, 12:30 PM, Centennial Room

The Garden Club is a collaboration of garden enthusiasts who will assist with the beautification of the Y throughout the year. Overall goals are to plan and create green spaces designed to stimulate the mind and spirit.

KNITTING CIRCLE

Every Thursday, 12:30 - 1:30 PM, Y Family Lounge

Taught by YMCA member, Claudia Rupnik, this is a mixed-level knitting group, to teach new knitters how to make their first knit & purl stitches and for advanced knitters to complete more complex projects. Claudia is a master knitter, and has taught knitting to all levels and ages- kids to seniors- for the past 20 years!

LUNCH MEETUP

2nd Wednesday, Noon, TBD

Visit restaurants in our local area, try new food and make new friends. Participant is responsible for purchasing own lunch.

MAH JONGG MEETUP

Every Tuesday, 1:00PM, Centennial Room

This 5,000 year old Chinese game is catching on everywhere. It stimulates your memory, teaches you strategy and is just plain fun. There will be no instructors onsite, but if you wish to learn how to play, players will gladly help you learn the game.

VOLUNTEER SERVICE MEETUP

**1st Mon, 11:15-11:45am & 4th Wed 6-6:30pm
Centennial Room**

Here at the Greenwich Y, we recognize that volunteerism can help our community to learn, grow and thrive. Drop by to learn about our ongoing and one-time volunteer possibilities.

Y ACTIVE ADULTS STEERING COMMITTEE

4th Wednesday, Noon, M1

Join in to help build the Y's Active Adult community. The main focus will be to help organize social activities, special events and programs for Active Adults 55+.

PERFECTLY POLITE BRIDGE CLASSES

WED 1pm- 2:30pm, YMCA Members: \$120, Non-Members: \$144

Minimum registrations: 8

Late registration allowed 2nd week of class

PERFECTLY POLITE BRIDGE GROUP

WED 10am- 12pm, Weekly Admission: \$10 Mem/\$12 Non Mem

Beginners are our primary focus. Haven't played in a while? We welcome all who want to have fun, improve their bidding, defense, and play of cards. Drop ins are welcomed. The Wednesday AM meeting will evolve into a 30 minute or less lecture and 90 minutes of card playing. To reserve a seat, please call Frank Crocker at (203) 524-8032.

For more information, please contact Betsy Culeman at bculeman@gwymca.org or 203.869.1630 ext. 306

RED CROSS COURSES

The YMCA of Greenwich is an authorized provider of certification courses for the Greenwich chapter of the American Red Cross. We offer numerous courses throughout the year. Members and non-members welcome.

LIFEGUARD TRAINING – FULL Course Offerings:

LGT – Full Course C

Apr 3 Tues 8:00am 2:45pm
Apr 4 Wed 8:00am 2:45pm
Apr 5 Thur 8:00am 2:45pm
Apr 6 Fri 9:30am 1:30pm Waterfront participants

LGT – Full Course D

Apr 8 Sun 8:00am 4:30pm
Apr 15 Sun 8:00am 4:30pm
Apr 22 Sun 8:00am 1:30pm
Apr 22 Sun 8:00am 4:30pm Waterfront participants
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LGT – Full Course E

May 6 Sun 8:00am 4:30pm
May 13 Sun 8:00am 4:30pm
May 20 Sun 8:00am 1:30pm
May 20 Sun 8:00am 4:30pm Waterfront participants

LGT – Full Course F

May 4 Fri 3:30pm 10:00pm
May 11 Fri 3:30pm 10:00pm
May 18 Fri 3:30pm 10:00pm
May 25 9:00am 12:00pm OR
May 20 2:00pm 5:00pm
Waterfront Participants: Choose one 5 hour block to complete waterfront skills

LGT – Full Course G

May 21 Mon 8:00am 4:30pm
May 22 Tues 8:00am 4:30pm
May 23 Wed 8:00am 1:30pm
May 23 Wed 8:00am 4:30pm Waterfront participants

LGT – Full Course H

May 29 Tues 8:00am 4:30pm
May 30 Wed 8:00am 4:30pm
May 31 Wed 8:00am 1:30pm
May 31 Wed 8:00am 4:30pm Waterfront Participants

LGT – Full Course I

Jun 3 Sun 8:00am 4:30pm
Jun 10 Sun 8:00am 4:30pm
Jun 17 Sun 8:00am 1:30pm
Jun 17 Sun 8:00am 4:30pm Waterfront participants

LGT – Full Course – J

Jun 5 Tues 8:00am 2:30pm
Jun 6 Wed 8:00am 2:30pm
Jun 7 Thur 8:00am 2:30pm
Jun 8 Fri 10:30am 3:00pm Waterfront participants

LGT – Full Course K

Jun 11 Mon 8:00am 2:30pm
Jun 12 Tues 8:00am 2:30pm
Jun 13 Wed 8:00am 2:30pm
Jun 14 Thur 10:30am 3:00pm Waterfront participants

LGT – Full Course L

Jun 22 Fri 8:00am 4:30pm
Jun 23 Sat 8:00am 4:30pm
Jun 24 Sun 8:00am 1:30pm
Jun 24 Sun 8:00am 4:30pm Waterfront participants

LGT – Full Course M

Jun 30 Sat 8:00am 4:30pm
Jul 1 Sun 8:00am 4:30pm
Jul 2 Mon 8:00am 1:30pm
Jul 2 Mon 8:00am 4:30pm Waterfront participants


FULL COURSE Registration Fee = \$475

Times and offerings are subject to change.

Additional Red Cross offerings:

- Lifeguard Training Review
- Lifeguard Waterfront Skills (only)
- Water Safety Instructor – WSI
- Safety Training for Swim Coaches
- CPR/AED for the Professional Rescuer
- Adult and Pediatric First Aid / CPR / AED –
- Adult and Pediatric CPR / AED
- Connecticut Childcare
- Babysitter's Training

**For more information, please contact Betsy Culeman at
BCuleman@gwymca.org or call
203-869-1630 ext. 306**



US... IS EMPOWERING

Every day, the Y strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the "us" who live in them find the power of their full potential. **We can't do it alone. Here are a few ways you can give back to our Y:**

ANNUAL CAMPAIGN

The annual campaign raises funds to support our youth, family and senior programs. When you support the YMCA of Greenwich you:

- Ensure quality childcare for over 100 children
- Provide after school programming for 5 local elementary schools.
- Instill confidence and character through health and wellness programming for the community

PLANNED GIVING

A contribution to the YMCA of Greenwich planned giving fund signifies an investment in our future and helps us ensure that we'll always be here to support future generations while making an impact today. Here are a few ways to give:

- Include the YMCA in your estate plans
- Set up a trust that benefits the YMCA

MAKE A MATCHING GIFT

- Matching gifts are a great way for companies or foundations to help support their employees' charities while non-profits like the YMCA get the benefit of a double donation
- Participate in our corporate banner program



YMCA OF GREENWICH
50 East Putnam Avenue
Greenwich, CT 06830

T 203.869.1630
F 203.869.7252
greenwichymca.org

To learn more about how you can support the Y, please contact Elaine Grant at 203.869.1630 ext. 112.