



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL INTO FUN AT THE Y

YOUTH & TEEN ACTIVITIES

**SWIM, SPORTS & PLAY**

FALL II 2019 • YMCA OF GREENWICH

**SESSION DATES:**

NOV. 11, 2019 - JAN. 26, 2020

Member Registration: Monday, October 28

Non Member Registration: Monday, November 4

# REGISTRATION POLICIES

NO CLASSES Nov. 27–Dec. 1, Dec. 20 – Jan. 1, and Jan. 20, 2020



## FALL II 2019

NOV. 11, 2019 – JAN. 26, 2020

### MEMBER REGISTRATION

Monday, October 28

### NON-MEMBER REGISTRATION

Monday, November 4

### HOW TO REGISTER

Registering for our programs is fast and easy! **Register Online.** Visit our online registration portal at <https://apm.activecommunities.com/greenwich>.

**Register In-Person.** Our Front Desk staff is also available to assist you in signing up for classes and programs.

**Participants may only attend classes for which they are registered.**

**NOTE:** Swim School classes may require an evaluation. Evaluations prior to registration for new participants and those who missed the last session are mandatory. Please schedule in a timely fashion prior to classes beginning.

### PROGRAM CANCELLATION & ABSENCES POLICIES

- Classes that are canceled by the YMCA due to unforeseen circumstances or facilities related issues, 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](http://greenwichymca.org), Facebook, Instagram, and Twitter.
- Check with local announcing stations -1490 AM WGCH (radio) and News 12 CT (television).

- **In the event of wind, thunder and lightning storms,** the CEO and Aquatics staff will determine any cancellations and will notify families accordingly via email.
- **If Greenwich Public Schools are closed:** All Youth Classes are canceled. All adult programs will 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 for the session, 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 prior to attending the first class, a full 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.

# TWO'S TIME

A "FIRST CLASSROOM" EXPERIENCE FOR TWO-YEAR-OLDS

Minimum Participants: 4



### LOCATION: MAIN YMCA, LEGO ROOM

This program will provide a casual and nurturing introduction to nursery school. We look forward to welcoming your child to our safe, stimulating, child-centered pre-nursery separation program.

During class time, your toddler will be introduced to such activities as:

- SAND and WATER PLAY
- CIRCLE TIME
- MOTOR ACTIVITIES
- BLOCK BUILDING
- ART
- IMAGINATIVE PLAY
- PUPPETRY
- HANDS-ON "MANIPULATIVES"
- LANGUAGE DEVELOPMENT
- STORY-TIME
- MUSIC & DANCE

### 2-3 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Two's Time	Tu	9 classes	9:30am – 11am	\$180	\$225	\$315
Two's Time	Th	9 classes	9:30am – 11am	\$180	\$225	\$315

\*Children participating in Childwatch may be walked to/from Two's Time if needed.

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

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

If you have any questions, please contact Diana Gonzalez 203.869.1630 Ext. 283 or [dgonzalez@gwymca.org](mailto:dgonzalez@gwymca.org)



# PARENT & CHILD CLASSES

NO CLASSES Nov. 27-Dec. 1, Dec. 20 - Jan. 1, and Jan. 20, 2020

## MUSIC & ART CLASSES

Minimum Participants: 4  
Maximum Participants: 10

Inspire your child's imagination and creativity with a wide variety of hands-on activities. Through songs, instruments, and creative projects such as painting, drawing, collage and more, our classes engage and inspire your child to express themselves beyond their words.



### RHYMES & SONGS

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

6-18 MONTHS (PARENT & CHILD CLASS)						
Class Name	Day	Duration	Time	Family	Youth	Non Member
Rhymes & Songs	Tu	9 classes	9:30am - 10am	FREE	\$45	\$90

### MAKING MUSIC

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.

18-35 MONTHS (PARENT & CHILD CLASS)						
Class Name	Day	Duration	Time	Family	Youth	Non Member
Making Music	Th	9 classes	9:30am - 10am	FREE	\$45	\$90

### LITTLE ARTISTS

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

2-4 YEARS (PARENT & CHILD CLASS)						
Class Name	Day	Duration	Time	Family	Youth	Non Member
Little Artists	Tu	9 classes	11am - 11:30am	FREE	\$45	\$90
Little Artists	Th	9 classes	11am - 11:30am	FREE	\$45	\$90

## TUMBLING

Minimum Participants: 4

Rock, roll and jump your way through this fun and stimulating, confidence-boosting physical class. Perfect to get moving!



### 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 children 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.

8 - 17 MONTHS (PARENT & CHILD CLASS)						
Class Name	Day(s)	Duration	Time	Family	Youth	Non Mem
Tumble Bumbles	M	8 classes	9am - 9:30am	FREE	\$96	\$136
Tumble Bumbles	W	8 classes	9am - 9:30am	FREE	\$96	\$136
Tumble Bumbles	F	8 classes	9am - 9:30am	FREE	\$96	\$136

18 - 30 MONTHS (PARENT & CHILD CLASS)						
Class Name	Day(s)	Duration	Time	Family	Youth	Non Mem
Tumble Jumpers	M	8 classes	9:45am - 10:30am	FREE	\$96	\$136
Tumble Jumpers	W	8 classes	9:45am - 10:30am	FREE	\$96	\$136
Tumble Jumpers	F	8 classes	9:45am - 10:30am	FREE	\$96	\$136

2 - 3 YEARS (PARENT & CHILD CLASS)						
Class Name	Day(s)	Duration	Time	Family	Youth	Non Mem
Tumble Jammers	M	8 classes	10:45am - 11:30am	FREE	\$96	\$136
Tumble Jammers	W	8 classes	10:45am - 11:30am	FREE	\$96	\$136
Tumble Jammers	F	8 classes	10:45am - 11:30am	FREE	\$96	\$136

If you have any questions, please contact Diana Gonzalez 203.869.1630 Ext. 283 or [dgonzalez@gwymca.org](mailto:dgonzalez@gwymca.org)

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# YOUTH LAND ACTIVITIES

NO CLASSES Nov. 27-Dec. 1, Dec. 20 - Jan. 1, and Jan. 20, 2020

## ADAPTIVE SPORTS

Age Group: TEENS+

Adaptive Programs provide participants with physical limitations and other special needs the chance to play sports and participate in learning opportunities in a fun atmosphere.



### TEENS+

Class Name	Day	Time	Pricing Information
Adaptive Basketball	Sa	11am - 1pm	Free with Membership*
Adaptive Yoga	W	4:30pm - 5:30pm	Free with Membership*

\*Adaptive Memberships are \$10 per year.

## BASKETBALL

Participants are taught the fundamentals of basketball through drills and games. Enjoy a unique social opportunity to play basketball while making new friends.

## YOGA

Participants will learn how to stretch, breathe and find their zen!

### LOOKING FOR ADAPTIVE SWIM LESSONS TOO?

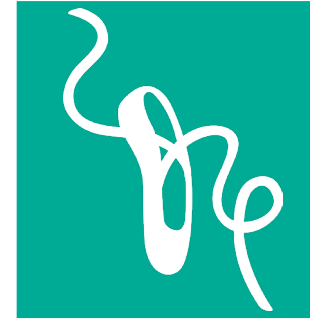
Check out Page 14 to learn more about our Safe & Strong Swim Lessons for water safety and skill building for children with Special Needs.

If you have any questions, please contact Lauren Chiappetta at 203.869.1630 Ext. 208 or [swimschool@gwymca.org](mailto:swimschool@gwymca.org) or Andrea Basso at 203.869.1630 Ext. 521 or [abasso@gwymca.org](mailto:abasso@gwymca.org).

## BALLET

Minimum Participants: 4

WHY WALK WHEN YOU CAN DANCE



### Get to know Instructor 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 TOTS

Each class is comprised of the reading of a ballet story, followed by warm-up exercises and listening and moving to music using props and imagination in a friendly group setting.

#### 3 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Ballet Tots	W	8 classes	4pm - 4:45pm	\$144	\$160	\$200
Ballet Tots	Sa	8 classes	11am - 11:30am	\$144	\$160	\$200

### BALLET BEGINNERS

Students will enjoy reading a classical ballet story, followed by a warm-up section and learning ballet movements to music in a group setting.

#### 4-5 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Ballet Beginner	Tu	9 classes	4pm - 4:45pm	\$162	\$180	\$225
Ballet Beginner	Sa	8 classes	10am - 10:45am	\$144	\$160	\$200

### BALLET 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.

#### 6-8 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Ballet 1	W	8 classes	5pm - 6pm	\$144	\$160	\$200
Ballet 1	Sa	8 classes	11:45am - 12:45pm	\$144	\$160	\$200

Times and offerings are subject to change.

If you have any questions, please contact Audrey Chevance at 203.869.1630 Ext. 530 or [achevance@gwymca.org](mailto:achevance@gwymca.org) or Diana Gonzalez 203.869.1630 Ext. 283 or [dgonzalez@gwymca.org](mailto:dgonzalez@gwymca.org).

# YOUTH LAND ACTIVITIES

NO CLASSES Nov. 27-Dec. 1, Dec. 20 - Jan. 1, and Jan. 20, 2020



## FLOOR HOCKEY

Empower your child through hockey. Classes introduce players to the basic skills of "puck-handling", passing and shooting during the first half of the class, followed by a fun scrimmage during the second half; age adjusted rules are used as necessary. Emphasis is on fun and learning.

## YOUTH SOCCER

Soccer is an exciting sport combining team play and individual skills. Child-to-coach ratios and positive reinforcement ensure that each child improves at his or her own pace while having a blast! Every participant gets to play and the games are safe, exciting and fun. We encourage fair play, positive competition and family involvement.

## Y WARRIORS

Improve your strength and stamina for any activity. This fun workout consists of sports drills, obstacle courses, jump rope, circuits, games and fun! Get moving!

Times and offerings are subject to change.

If you have any questions, please contact Nodar Karanadze at 203.869.1630 Ext. 527 or [nkaranadze@gwymca.org](mailto:nkaranadze@gwymca.org)

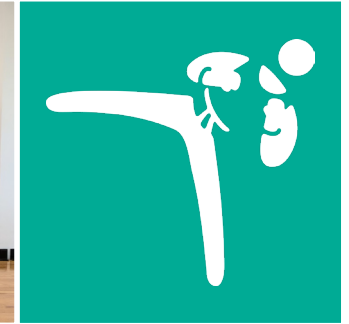
### MINIMUM PARTICIPANTS: 4

Class Name	Day	Duration	Time	Family	Youth	Non-Member
Soccer: 3-4yrs.	F	8 classes	3:30pm - 4:15pm	\$144	\$160	\$200
Soccer: 4-5yrs.	F	8 classes	4:30pm - 5:15pm	\$144	\$160	\$200
Y Warriors: 3-5yrs.	M	8 classes	4:15pm - 5pm	FREE	\$120	\$144
Y Warriors: 5-8yrs.	M	8 classes	5:15pm - 6pm	FREE	\$120	\$144
Floor Hockey: 6-10yrs	Th	9 classes	5:15pm - 6pm	FREE	\$135	\$162

## KARATE

Minimum Participants: 4

**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.



### BEGINNERS

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.

### INTERMEDIATE

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!

### 3-5 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Beginners	Tu	9 classes	4pm - 4:45pm	\$162	\$180	\$225

### 6-10 YEARS

Class Name	Day	Duration	Time	Family	Youth	Non Member
Intermediate	Tu	9 classes	5pm - 5:45pm	\$162	\$180	\$225

Times and offerings are subject to change.

If you have any questions, please contact Nodar Karanadze at 203.869.1630 Ext. 527 or [nkaranadze@gwymca.org](mailto:nkaranadze@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!

**REGISTRATION, IMMUNIZATIONS & PHYSICAL RECORDS ARE REQUIRED.**

For a schedule of dates, please visit [greenwichymca.org/schoolvacationcamp](http://greenwichymca.org/schoolvacationcamp) or contact Diana Gonzalez at 203.869.1630 Ext. 283 or [dgonzalez@gwymca.org](mailto:dgonzalez@gwymca.org).



# GO THE EXTRA FUN MILE

NO CLASSES Nov. 27–Dec. 1, Dec. 20 – Jan. 1, and Jan. 20, 2020



## 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!

### BASIC PARTY PACKAGE:

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

### 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.

### \*ALUMNI POOL PARTIES\*

We require any child that is a non-swimmer have an adult accompany them in the water. In the event of wind, thunder and lightning storms, the CEO and Aquatics staff will determine any cancellations and will notify families accordingly via email. 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 TODAY with Nodar Karanadze at [nkaranadze@gwymca.org](mailto:nkaranadze@gwymca.org).

## KIDS NIGHT OUT

(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. FEES APPLY.

For dates and times, of upcoming Kids Night Out Events, please contact Diana Gonzalez 203.869.1630 Ext. 283 or [dgonzalez@gwymca.org](mailto:dgonzalez@gwymca.org).



## FAMILY FUN DAYS

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

For dates and times of upcoming Y Family Friendly Events, please contact Diana Gonzalez 203.869.1630 Ext. 283 or [dgonzalez@gwymca.org](mailto:dgonzalez@gwymca.org).



# LEGO FUN NIGHT

(AGES 5+)

Our Lego Fun Nights will get your child's imagination building to new heights!

A great option for parents who work out in the evening, or for siblings of children participating in other Y programs.

All participants must have a signed enrollment form on file. For your child's safety, a parent or guardian is required to sign their child in and out.

### TUESDAY & THURSDAY NIGHTS 4–7PM

\$5 per class with advance registration

\$10 Drop-In Fee

CHILDREN CAN STAY FOR A MAX. OF 90 MINUTES.

If you have any questions, please contact Diana Gonzalez 203.869.1630 Ext. 283 or [dgonzalez@gwymca.org](mailto:dgonzalez@gwymca.org).

# YOUTH SWIM LESSONS

NO CLASSES Nov. 27–Dec. 1, Dec. 20 – Jan. 1, and Jan. 20, 2020



Following the YMCA National Swim Instruction Program, our curriculum focuses on teaching water safety and comfort followed by stroke development. All lessons are held in our Alumni warm-water pool for 30 minutes with the exception of YOUTH levels 4–6 which are 45 minutes, and Level 7's which are 1 hour.

## REQUIRED SWIM EVALUATIONS

If you are not a member of the YMCA of Greenwich, or have not taken a class within the last session at our facility, a swim evaluation is necessary. Registration without an evaluation will result in non-refund. Evaluations take approximately 5 minutes. No evaluation needed for children under 3 years old (i.e. Parent & Child Classes). If you would like to schedule a swim evaluation, please contact Lauren Chiappetta, Swim School Specialist, at [swimschool@gwymca.org](mailto:swimschool@gwymca.org).



## LEVEL A1 & A2

LEVEL A1 – 6 MONTHS – 13 MONTHS  
LEVEL A2 – 14 MONTHS – 21 MONTHS

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

## LEVEL B1 & B2

LEVEL B1 – 22 MONTHS – 28 MONTHS  
LEVEL B2 – 29 MONTHS – 35 MONTHS

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

## LEVEL 1

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

## LEVEL 2

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.

## LEVEL 3

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.

## LEVEL 4

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.

## LEVEL 5

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.

... LEVELS CONT. ON PAGE 13 ...

Times and offerings are subject to change.

## NOT SURE WHAT CLASS YOU SHOULD SIGN UP FOR?

We'd love to help.

Please contact Lauren Chiappetta, Swim School Specialist, at [swimschool@gwymca.org](mailto:swimschool@gwymca.org)



## LEVEL 5

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.

## LEVEL 6

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.

## LEVEL 7A & 7B

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.

Times and offerings are subject to change.

## NOT SURE WHAT CLASS YOU SHOULD SIGN UP FOR? We'd love to help.

Please contact Lauren Chiappetta, Swim School Specialist, at [swimschool@gwymca.org](mailto:swimschool@gwymca.org)

## HAVE YOU SCHEDULED YOUR EVALUATION?

If you are not a member of the YMCA of Greenwich, or have not taken a class within the last 2 sessions at our facility, a swim evaluation is necessary. Registration without an evaluation will result in non-refund. Evaluations take approximately 5 minutes. No evaluation needed for children under 3 years old (i.e. Parent & Child Classes) If you would like to schedule a swim evaluation, please contact Lauren Chiappetta, Swim School Specialist, at [swimschool@gwymca.org](mailto:swimschool@gwymca.org).

## SAFE & STRONG

### ADAPTIVE SWIM LESSONS

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

### SATURDAYS – 30 MINUTES

October 19, 26, November 2, 9, 16 and 23

To register for Safe & Strong Adaptive Swim Lessons, please contact Lauren Chiappetta, Swim School Specialist, at [swimschool@gwymca.org](mailto:swimschool@gwymca.org).



Times and offerings are subject to change. Please be sure to schedule your swim evaluation.

Class Name	Age	Duration	Day	Time	Family	Youth	Non-Member
PARENT & CHILD - A1	6-22 months	8 classes	Sa	9am-9:30am	Free	\$160	\$240
PARENT & CHILD - A1	6-22 months	8 classes	Su	9am-9:30am	Free	\$160	\$240
PARENT & CHILD - A2	6-22 months	8 classes	Sa	9:35am-10:05am	Free	\$160	\$240
PARENT & CHILD - A2	6-22 months	8 classes	Su	9:35am-10:05am	Free	\$160	\$240
HYBRID LEVEL A1/ A2	6-22 months	8 classes	W	9:30am-10:00am	Free	\$160	\$240
PARENT & CHILD - B1	22-36 months	8 classes	Sa	10:15am-10:45am	\$144	\$160	\$240
PARENT & CHILD - B1	22-36 months	8 classes	Su	11:25am-11:55am	\$144	\$160	\$240
PARENT & CHILD - B1	22-36 months	8 classes	Sa	10:15am-10:45am	\$144	\$160	\$240
PARENT & CHILD - B1	22-36 months	8 classes	Su	11:25am-11:55am	\$144	\$160	\$240
PARENT & CHILD - B2	22-36 months	8 classes	Sa	10:50am-11:20am	\$144	\$160	\$240
PARENT & CHILD - B2	22-36 months	8 classes	Su	10:50am-11:20am	\$144	\$160	\$240
HYBRID LEVEL B1/ B2	22-36 months	8 classes	W	10am-10:30am	\$144	\$160	\$240
PRESCHOOL LEVEL 1	3-6 years	9 classes	Tu	3:40pm-4:10pm	\$198	\$243	\$378
PRESCHOOL LEVEL 1	3-6 years	9 classes	Th	4:50pm-5:20pm	\$198	\$243	\$378
PRESCHOOL LEVEL 1	3-6 years	8 classes	F	5:25pm-5:55pm	\$176	\$216	\$336
PRESCHOOL LEVEL 1	3-6 years	8 classes	Sa	9am-9:30am	\$176	\$216	\$336
PRESCHOOL LEVEL 1	3-6 years	8 classes	Su	9am-9:30am	\$176	\$216	\$336
PRESCHOOL LEVEL 2	3-6 years	8 classes	M	6pm-6:30pm	\$176	\$216	\$336
PRESCHOOL LEVEL 2	3-6 years	9 classes	Tu	4:15pm-4:45pm	\$198	\$243	\$378
PRESCHOOL LEVEL 2	3-6 years	8 classes	W	5:25pm-5:55pm	\$176	\$216	\$336
PRESCHOOL LEVEL 2	3-6 years	9 classes	Th	5:25pm-5:55pm	\$198	\$243	\$378
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PRESCHOOL LEVEL 2	3-6 years	8 classes	Su	9:35am-10:05am	\$176	\$216	\$336
PRESCHOOL LEVEL 3	3-6 years	8 classes	M	5pm-5:30pm	\$176	\$216	\$336
PRESCHOOL LEVEL 3	3-6 years	9 classes	Tu	4:50pm-5:20pm	\$198	\$243	\$378
PRESCHOOL LEVEL 3	3-6 years	8 classes	W	4:15pm-4:45pm	\$176	\$216	\$336
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PRESCHOOL LEVEL 3	3-6 years	9 classes	Th	3:40pm-4:10pm	\$198	\$243	\$378
PRESCHOOL LEVEL 3	3-6 years	8 classes	F	6pm-6:30pm	\$176	\$216	\$336
PRESCHOOL LEVEL 3	3-6 years	8 classes	Sa	10:15am-10:45am	\$176	\$216	\$336
PRESCHOOL LEVEL 3	3-6 years	8 classes	Su	10:15am-10:45am	\$176	\$216	\$336
PRESCHOOL LEVEL 4	3-6 years	8 classes	M	5:30pm-6pm	\$176	\$216	\$336
PRESCHOOL LEVEL 4	3-6 years	9 classes	Tu	5:25pm-5:55pm	\$198	\$243	\$378
PRESCHOOL LEVEL 4	3-6 years	8 classes	W	4:50pm-5:20pm	\$176	\$216	\$336
PRESCHOOL LEVEL 4	3-6 years	9 classes	Th	6pm-6:30pm	\$198	\$243	\$378
PRESCHOOL LEVEL 4	3-6 years	8 classes	F	4:15pm-4:45pm	\$176	\$216	\$336

**NOT SURE WHAT CLASS YOU SHOULD SIGN UP FOR? We would love to help.**  
Please contact Lauren Chiappetta, Swim School Specialist, at [swimschool@gwymca.org](mailto:swimschool@gwymca.org).



Times and offerings are subject to change. Please be sure to schedule your swim evaluation.

Class Name	Age	Duration	Day	Time	Family	Youth	Non-Member
PRESCHOOL LEVEL 4	3-6 years	8 classes	Sa	10:50am-11:20am	\$176	\$216	\$336
PRESCHOOL LEVEL 4	3-6 years	8 classes	Su	10:50am-11:20am	\$176	\$216	\$336
PRESCHOOL LEVEL 5	3-6 years	9 classes	Tu	6pm-6:30pm	\$198	\$243	\$378
PRESCHOOL LEVEL 5	3-6 years	8 classes	W	3:40pm-4:10pm	\$176	\$216	\$336
PRESCHOOL LEVEL 5	3-6 years	9 classes	Th	4:15pm-4:45pm	\$198	\$243	\$378
PRESCHOOL LEVEL 5	3-6 years	8 classes	F	4:50pm-5:20pm	\$176	\$216	\$336
PRESCHOOL LEVEL 5	3-6 years	8 classes	Sa	11:25am-11:55am	\$176	\$216	\$336
PRESCHOOL LEVEL 5	3-6 years	8 classes	Su	11:25am-11:55am	\$176	\$216	\$336
YOUTH HYBRID 1 & 2	6-13 years	8 classes	M	6pm-6:30pm	\$176	\$216	\$336
YOUTH HYBRID 1 & 2	6-13 years	9 classes	Tu	3:45pm-4:15pm	\$198	\$243	\$378
YOUTH HYBRID 1 & 2	6-13 years	9 classes	Th	6pm-6:30pm	\$198	\$243	\$378
YOUTH HYBRID 1 & 2	6-13 years	8 classes	F	3:35pm-4:05pm	\$176	\$216	\$336
YOUTH LEVEL 3	6-13 years	8 classes	M	5:25pm-5:55pm	\$176	\$216	\$336
YOUTH LEVEL 3	6-13 years	9 classes	Tu	4:20pm-4:50pm	\$198	\$243	\$378
YOUTH LEVEL 3	6-13 years	8 classes	W	4:20pm-4:50pm	\$176	\$216	\$336
YOUTH LEVEL 3	6-13 years	9 classes	Th	5:25pm-5:55pm	\$198	\$243	\$378
YOUTH LEVEL 3	6-13 years	8 classes	F	4:10pm-4:40pm	\$176	\$216	\$336
YOUTH LEVEL 3	6-13 years	8 classes	Sa	11:25am-11:55am	\$176	\$216	\$336
YOUTH LEVEL 3	6-13 years	8 classes	Su	11:25am-11:55am	\$176	\$216	\$336
YOUTH LEVEL 4	6-13 years	9 classes	Tu	4:55pm-5:40pm	\$243	\$288	\$423
YOUTH LEVEL 4	6-13 years	8 classes	W	3:30pm-4:15pm	\$216	\$256	\$376
YOUTH LEVEL 4	6-13 years	9 classes	Th	4:35pm-5:20pm	\$243	\$288	\$423
YOUTH LEVEL 4	6-13 years	8 classes	F	4:45pm-5:30pm	\$216	\$256	\$376
YOUTH LEVEL 4	6-13 years	8 classes	Sa	12pm-12:45pm	\$216	\$256	\$376
YOUTH LEVEL 4	6-13 years	8 classes	Su	12pm-12:45pm	\$216	\$256	\$376
YOUTH LEVEL 5	6-13 years	9 classes	Tu	5:45pm-6:30pm	\$243	\$288	\$423
YOUTH LEVEL 5	6-13 years	8 classes	W	4:55pm-5:40pm	\$216	\$256	\$376
YOUTH LEVEL 5	6-13 years	8 classes	F	5:35pm-6:20pm	\$216	\$256	\$376
YOUTH LEVEL 5	6-13 years	8 classes	Sa	12pm-12:45pm	\$216	\$256	\$376
YOUTH LEVEL 5	6-13 years	8 classes	Su	12pm-12:45pm	\$216	\$256	\$376
YOUTH LEVEL 6	6-13 years	8 classes	M	4:35pm-5:20pm	\$216	\$256	\$376
YOUTH LEVEL 6	6-13 years	8 classes	W	5:45pm-6:30pm	\$216	\$256	\$376
YOUTH LEVEL 6	6-13 years	9 classes	Th	3:45pm-4:30pm	\$243	\$288	\$423
YOUTH LEVEL 6	6-13 years	8 classes	Sa	12pm-12:45pm	\$216	\$256	\$376
YOUTH LEVEL 6	6-13 years	8 classes	Su	12pm-12:45pm	\$216	\$256	\$376
PRETEAM LEVEL 7A/7B	6-13 years	8 classes	F	6:45pm-7:45pm	n/a	\$210	\$210
PRETEAM LEVEL 7A/7B	6-13 years	8 classes	Su	1:30pm-2:30pm	n/a	\$210	\$210

**NOT SURE WHAT CLASS YOU SHOULD SIGN UP FOR? We would love to help.**  
Please contact Lauren Chiappetta, Swim School Specialist, at [swimschool@gwymca.org](mailto:swimschool@gwymca.org).



# COMPETITIVE AQUATICS >>



## GREENWICH WATER POLO

The #1 program outside CA and the home to 2016 Olympian Thomas Dunstan. Since the program started in 2007, we have served over 250 athletes each year. As the largest and most elite program on the east coast, some athletes commute over 1 hour each way to come to our practices. Our elite athletes are highly sought after by collegiate coaches. We currently have players competing in such schools as Brown, Harvard, Princeton, Michigan, MIT, Pomona, USC - many of which are top 10 water polo schools! **Membership is required for all levels.**

### 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. 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 will 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.

### 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 various age-groups who compete against 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. **Full practice schedules for all travel teams are posted on [greenwichaquatics.com](http://greenwichaquatics.com).**

**For questions and to set up an evaluation, please contact Kim Tierney Wang at 646-220-9792 or [ktierney@gwymca.org](mailto:ktierney@gwymca.org).**



## MARLINS DIVING CLUB

The YMCA of Greenwich Marlins Diving Club offers diving instruction from the beginner level to the senior competitive level. Our program emphasizes learning in a safe, fun and competitive environment and provides an opportunity for divers to participate at local, regional and national events. **At minimum a Youth Aquatics Membership is required for Levels 2 - JO A.**

### LEARN TO DIVE

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.

### LEVEL 1

The Level 1 class is a beginner level for those who have completed the Learn to Dive class or who have shown the proper skills at our evaluation.

This level emphasizes basic jumps and skills from the gutter platform, 1-meter and 3-meter board, as well as basic dives on the 1-meter board. Divers in this class practice once a week for 45 minutes.

### LEVEL 2

The Level 2 class is an intermediate level of diving. To be in the Level 2 group, divers should successfully complete the Level 1 curriculum and/or be selected by coaches based on diver's evaluation. Level 2 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. Level 2 practices 2 days a week for an hour each practice, and Level 2 divers are introduced to competition by competing at our Marlins Invitational Meet in November. This class gives each diver a chance to train at their own pace in a fun and safe environment.

### LEVEL 3

The Level 3 group is an intermediate level of diving. To be in Level 3, divers should successfully complete the Level 2 curriculum and/or be selected by coaches based on diver's evaluation. The Level 3 class works gaining a competitive list of dives on both the 1-meter and 3-meter boards, as well as gymnastic dry land drills and exercises related to diving. The Level 3 group practices for an hour, 3 days a week. Level 3 divers compete at our Marlins Invitational Meet in November and are invited to attend local meets throughout the year as well as a chance to dive at the AAU nationals. Level 3 allows each diver a chance to train at their own pace in a fun and safe environment.

### JO H

The JO H Team is for divers whose focus is on high school diving. This team practices 4 days a week for 2 hours each practice. JO H divers focus mainly on the 1-meter and are required to attend coach-run conditioning. The JO H team has the option to compete at local invitational, regional and national meets. Members of the JO H Team are selected by the coaches based on skill level, dedication and behavior.

### JO B

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

### JO A

The JO A Team is an advanced level of training. JO A divers are required to compete a full list of skilled dives on 1-meter and 3-meter springboards, and platform. This team practices 6 days a week for 2 hours each practice. JO A divers also attend platform practices (off-site) and are required to complete conditioning, personal training and ballet sessions. The JO A Team competes at local invitational, regional, national and international meets. Members of the JO A Team are selected by the coaches based on skill level, dedication and behavior.

**For prices and registration dates, please contact [marlinsdiving@gmail.com](mailto:marlinsdiving@gmail.com).**

## 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.

**Membership is required for all levels.**

### 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.

ENTRY STANDARD: 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](http://greenwichmarlins.org) or contact Maura O'Grady at [mogrady.marlins@gmail.com](mailto:mogrady.marlins@gmail.com).**



# EARLY LEARNING CENTER

(6 weeks - 5 years)



## LOCATION: The Y's Early Learning Center, 2 St. Roch Ave.

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

To schedule a tour of the center, please contact Carly Adames, Director of Educational Programs at 203.869.3381 or [cadames@gwymca.org](mailto:cadames@gwymca.org).

# L.E.A.P AFTER SCHOOL PROGRAM

(Kindergarten - 5th grade)



## LOCATION: HAMILTON AVE ELEMENTARY SCHOOL

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 programs 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, Glenville, and New Lebanon schools.

**No child or family will be turned away for inability to pay. Financial assistance is available. To register, please contact Brandon Yarborough at 203-869-3381 or [byarborough@gwymca.org](mailto:byarborough@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!

### REGISTRATION, IMMUNIZATIONS & PHYSICAL RECORDS ARE REQUIRED.

For a schedule of dates, please visit [greenwichymca.org/schoolvacationcamp](http://greenwichymca.org/schoolvacationcamp) or contact Diana Gonzalez at 203.869.1630 Ext. 283 or [dgonzalez@gwymca.org](mailto:dgonzalez@gwymca.org).

# 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

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



**YMCA OF GREENWICH**  
50 East Putnam Avenue  
Greenwich, CT 06830

T 203.869.1630

F 203.869.7252

[greenwichymca.org](http://greenwichymca.org)