

YOUTH LESSONS

Please Note: All children's swimming skills will be tested during the first class to ensure they are registered for the appropriate level. Children may also be swim tested prior to signing up for classes.

Parent/Child Lessons: 6 months to 3 years

Please register according to the age of the child, not the skill level.

Pre-requisite: Must be 6 months of age and able to hold up his or her own head independently. Swim diapers covered by rubber pants ONLY in pool, as mandated by the Department of Public Health.

Group reinforcement and positive teaching methods are the ingredients of your child's early development. Teacher and parent guidance will emphasize safety and encourage parent-child interaction. All classes are water orientation classes. They are designed to teach your child to enjoy the water in a safe, fun and comfortable environment.

Shrimp/Kipper: Shrimp/Kippers are introduced, along with their parents, to the aquatic environment.

Inia: Inias are encouraged to move independently through the water under a parent's watchful eye.

Perch: Perch are encouraged to be less dependent on their parent as we begin the transition to the preschool program.

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|-------------|----------|----------------|-------|---------|-----------------|--------------------|--------------|
| Spring | Shrimp | 6-12 mo | 8 | Sat. | 11:30am | \$64 | \$112 | 03AQSHS1130 |
| Spring | Shrimp/Inia | 6-12 mo | 8 | Mon. | 6:00pm | \$64 | \$112 | 03AQSHINM600 |
| Spring | Shrimp/Inia | 6-12 mo | 8 | Tues. | 9:00am | \$64 | \$112 | 03AQSHINT900 |
| Spring | Inia | 13-18 mo | 8 | Sat | 10:30am | \$64 | \$112 | 03AQINS1030 |
| Spring | Perch | 19-36 mo | 8 | Sat | 9:00am | \$64 | \$112 | 03AQPRS900 |
| Spring | Perch | 19-36 mo | 8 | Sat | 9:30am | \$64 | \$112 | 03AQPRS930 |
| Spring | Perch | 19-36 mo | 8 | Tues | 9:30am | \$64 | \$112 | 03AQPRT930 |
| Spring | Perch | 19-36 mo | 8 | Wed. | 6:00pm | \$64 | \$112 | 03AQPRW600 |
| Spring | Perch | 19-36 mo | 8 | Fri. | 9:30am | \$64 | \$112 | 03AQPRF930 |

Pre-school Lessons: 3 to 5 years

In the pre-school group there are four levels, Pikes to Starfish. Children and instructors work together to develop progressive skills. Children will receive certificates of progression at the end of the session. At these levels parents do not participate in lessons.

Pikes: No pre-requisites. We adjust to a group situation and learn to move through the water independent of adult support.

Eels: This class is for children that can swim, float and jump with minimum flotation.

Rays: Rays must be able to jump in and swim 25 feet independently without flotation. They must also be able to float on their backs independently, and have the beginnings of a backstroke.

Starfish: Starfish must be able to swim a 25 yard front crawl with rudimentary rotary breathing and back crawl for 25 yards. They must also be able to float on their back for one minute and tread water for 30 seconds.

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|------------|---------|----------------|--------|---------|-----------------|--------------------|--------------|
| Spring | Pike | 3-5 yrs | 8 | Sat. | 10:00am | \$64 | \$112 | 03AQPKS1000 |
| Spring | Pike | 3-5 yrs | 8 | Sat. | 11:00am | \$64 | \$112 | 03AQPKS1100 |
| Spring | Pike | 3-5 yrs | 8 | Sat. | 12:00pm | \$64 | \$112 | 03AQPKS1200 |
| Spring | Pike | 3-5 yrs | 8 | Mon. | 9:00am | \$64 | \$112 | 03AQPKM900 |
| Spring | Pike | 3-5 yrs | 8 | Mon. | 2:00pm | \$64 | \$112 | 03AQPKM200 |
| Spring | Pike | 3-5 yrs | 8 | Mon. | 4:30pm | \$64 | \$112 | 03AQPKM430 |
| Spring | Pike | 3-5 yrs | 8 | Tues. | 10:30am | \$64 | \$112 | 03AQPKT1030 |
| Spring | Pike | 3-5 yrs | 8 | Tues. | 2:00pm | \$64 | \$112 | 03AQPKT200 |
| Spring | Pike | 3-5 yrs | 8 | Wed. | 9:30am | \$64 | \$112 | 03AQPKW930 |
| Spring | Pike | 3-5 yrs | 8 | Wed. | 6:30pm | \$64 | \$112 | 03AQPKW630 |
| Spring | Pike | 3-5 yrs | 8 | Thurs. | 11:30am | \$64 | \$112 | 03AQPKTH1130 |

| | | | | | | | | |
|--------|----------|---------|---|--------|---------|------|-------|-------------|
| Spring | Pike | 3-5 yrs | 8 | Thurs. | 2:00pm | \$64 | \$112 | 03AQPETH200 |
| Spring | Pike | 3-5 yrs | 8 | Thurs. | 6:00pm | \$64 | \$112 | 03AQPETH600 |
| Spring | Pike | 3-5 yrs | 8 | Fri. | 9:00am | \$64 | \$112 | 03AQPKE900 |
| Spring | Pike | 3-5 yrs | 8 | Fri. | 11:30am | \$64 | \$112 | 03AQPKE1130 |
| Spring | Eel | 3-5 yrs | 8 | Sat. | 10:00am | \$64 | \$112 | 03AQELS1000 |
| Spring | Eel | 3-5 yrs | 8 | Sat. | 11:00am | \$64 | \$112 | 03AQELS1100 |
| Spring | Eel | 3-5 yrs | 8 | Sat. | 12:00pm | \$64 | \$112 | 03AQELS1200 |
| Spring | Eel | 3-5 yrs | 8 | Mon. | 5:30pm | \$64 | \$112 | 03AQELM530 |
| Spring | Eel | 3-5 yrs | 8 | Tues. | 9:45am | \$64 | \$112 | 03AQELT945 |
| Spring | Eel | 3-5 yrs | 8 | Tues. | 6:00pm | \$64 | \$112 | 03AQELT600 |
| Spring | Eel | 3-5 yrs | 8 | Wed. | 9:00am | \$64 | \$112 | 03AQELW900 |
| Spring | Eel | 3-5 yrs | 8 | Thurs. | 9:45am | \$64 | \$112 | 03AQELTH945 |
| Spring | Eel | 3-5 yrs | 8 | Fri. | 10:00am | \$64 | \$112 | 03AQELF1000 |
| Spring | Ray | 3-5 yrs | 8 | Sat. | 11:00am | \$64 | \$112 | 03AQRYS1100 |
| Spring | Ray | 3-5 yrs | 8 | Wed | 9:45am | \$64 | \$112 | 03AQRYS945 |
| Spring | Ray | 3-5 yrs | 8 | Thurs. | 2:00pm | \$64 | \$112 | 03AQRYS200 |
| Spring | Starfish | 3-5 yrs | 8 | Tues. | 10:30am | \$64 | \$112 | 03AQSFT1030 |
| Spring | Starfish | 3-5 yrs | 8 | Sat. | 12:00pm | \$64 | \$112 | 03AQSFS1200 |

Youth: 6 to 13 years

The YMCA youth swim program is a seven level progression program with each level building upon the skills learned and mastered in the preceding levels. At every level, participants are involved in instruction related to the following five components: personal safety, stroke development, water sports and games, personal growth, and rescue.

Polliwog: No pre-requisites. This level teaches water orientation skills, arm stroke, kicking, rhythmic breathing, flotation and developing self-confidence.

Guppy: A guppy must be comfortable immersing his or her face in the water, floating on his or her back, and swimming 30 feet independently.

Minnow: Minnows must be able to swim a 25 yard front crawl using consistent rotary breathing and a 25 yard back crawl. They must also be able to tread water for one minute as well as jump into the deep water and float for one minute.

Fish: Fish must be able to swim a 50 yard front crawl utilizing consistent rotary breathing and a 50 yard back crawl. They must also be able to perform a front dive, float on their back for two minutes and tread water for two minutes.

Flying Fish and Shark: Swimmers must be able to demonstrate advanced technique in front and back crawl. Flying Fish/Shark must be able to perform the breaststroke, dolphin kick, and elementary backstroke.

Stroke and Turn: The primary goal for this class is to develop stroke quality through stroke development. Both stroke repair and maintenance will be the on-going theme for this class. Students must be at a Flying Fish/Shark level to enter this class.

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|-------------------|----------|----------------|--------|---------|-----------------|--------------------|--------------|
| Spring | Polliwog | 6-13 yrs | 8 | Mon. | 3:45pm | \$80 | \$128 | 03AQPWM345 |
| Spring | Polliwog | 6-13 yrs | 8 | Thurs. | 6:30pm | \$80 | \$128 | 03AQPWTH630 |
| Spring | Polliwog | 6-13 yrs | 8 | Fri. | 6:00pm | \$80 | \$128 | 03AQPWF600 |
| Spring | Polliwog | 6-13 yrs | 8 | Sat. | 12:00pm | \$80 | \$128 | 03AQPWS1200 |
| Spring | Guppy | 6-13 yrs | 8 | Tues. | 6:30pm | \$80 | \$128 | 03AQGPT630 |
| Spring | Guppy | 6-13 yrs | 8 | Sat. | 9:00am | \$80 | \$128 | 03AQGPS900 |
| Spring | Guppy | 6-13 yrs | 8 | Sat. | 11:00am | \$80 | \$128 | 03AQGPS1100 |
| Spring | Minnow | 6-13 yrs | 8 | Sat. | 9:00am | \$80 | \$128 | 03AQMNS900 |
| Spring | Minnow | 6-13 yrs | 8 | Sat. | 10:00am | \$80 | \$128 | 03AQMNS1000 |
| Spring | Fish | 6-13 yrs | 8 | Sat. | 9:00am | \$80 | \$128 | 03AQFSS900 |
| Spring | Flying Fish/Shark | 6-13 yrs | 8 | Sat. | 11:00am | \$80 | \$128 | 03AQFFSS1100 |
| Spring | Stroke and Turn | 9-12 yrs | 8 | Wed. | 6:30pm | \$80 | \$128 | 03AQSTRKW630 |

Private Swim Lessons

Instruction is provided on a one-to-one basis by experienced, certified instructors. Great for people who need help grasping a certain skill, getting over a hump, or training for a swim event. Lessons may be purchased one at a time, or as a package of five. For ages 5 through adult. Please contact the Aquatic Office to schedule at (203)775-4444 ext. 133.

MAKO SWIM TEAM

The Mako Swim Team is the Regional YMCA of Western Connecticut's competitive swim program for swimmers age 6 and over. On this value orientated team, everyone participates in order to improve swimming technique, improve physical conditioning, learn good sportsmanship, and enjoy team fun. Swimmers must be full members. For more information, visit www.makoswim.org or contact Head Coach Roger Simmons at (203)775-4444 ext. 124.

Mini Mako Swim Lessons 3-5 year olds

Classes will be taught by a USS Certified Swim Team Coach to improve your child's strokes. Children need to be comfortable in the water and willing to swim with or without assistance.

Junior Mako Swim Lessons 5-10 year olds

Classes are taught by USA/USS Certified Swim Team Coaches focusing on learning efficient stroke techniques and developing endurance for enjoyable swimming. If the Mako team, a high school swim team, or just a solid level of swimming ability is your goal, than a Junior Mako Class is the best place to start out!

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|------------|----------|----------------|--------|---------|-----------------|--------------------|----------------|
| Spring | Mini Mako | 3-4 yrs | 8 | Mon. | 9:15AM | \$72 | \$120 | 03AQMINIM915 |
| Spring | Mini Mako | 3-4 yrs | 8 | Thurs. | 10:00AM | \$72 | \$120 | 03AQMINITH1000 |
| Spring | Mini Mako | 4-5 yrs | 8 | Mon. | 10:00AM | \$72 | \$120 | 03AQMINIM1000 |
| Spring | Mini Mako | 4-5 yrs | 8 | Thurs. | 9:15AM | \$72 | \$120 | 03AQMINITH915 |
| Spring | Jr. Mako | 5-6 yrs | 8 | Mon | 5:30PM | \$72 | \$120 | 03AQJRM530 |
| Spring | Jr. Mako | 5-6 yrs | 8 | Tues | 5:30PM | \$72 | \$120 | 03AQJRT530 |
| Spring | Jr. Mako | 5-6 yrs | 8 | Wed. | 6:00PM | \$72 | \$120 | 03AQJRW600 |
| Spring | Jr. Mako | 5-6 yrs | 8 | Thurs. | 6:00PM | \$72 | \$120 | 03AQJRT600 |
| Spring | Jr. Mako | 5-6 yrs | 8 | Fri. | 5:30PM | \$72 | \$120 | 03AQJRF530 |
| Spring | Jr. Mako | 7-8 yrs | 8 | Mon. | 6:00PM | \$72 | \$120 | 03AQJRM600 |
| Spring | Jr. Mako | 7-8 yrs | 8 | Tues. | 6:00PM | \$72 | \$120 | 03AQJRT600 |
| Spring | Jr. Mako | 7-8 yrs | 8 | Wed. | 5:30PM | \$72 | \$120 | 03AQJRW530 |
| Spring | Jr. Mako | 7-8 yrs | 8 | Thurs. | 5:30PM | \$72 | \$120 | 03AQJRT530 |
| Spring | Jr. Mako | 7-8 yrs | 8 | Fri. | 6:00PM | \$72 | \$120 | 03AQJRF600 |
| Spring | Jr. Mako | 9-10 yrs | 8 | Tues. | 5:00PM | \$72 | \$120 | 03AQJRT500 |
| Spring | Jr. Mako | 9-10 yrs | 8 | Thurs. | 5:00PM | \$72 | \$120 | 03AQJRT500 |

ADULT SWIM PROGRAMS

W.E.T. (Water Exercise Technique): One hour of non-impact, non-aerobic exercise in the Therapeutic Pool designed to strengthen all body parts. This class is for people who have had an injury or surgery and have finished their prescribed physical therapy, or for the individual who has a chronic physical condition that would benefit from this type of exercise. **Intensive Wet** is 15 minutes longer, and works you just a little bit harder!

Aqua Fit: Deep and shallow water exercises are used to burn fat, tone muscles, and improve your cardiovascular system for a healthier you.

Water Aerobics: Deep and shallow water exercises are used to burn fat, tone muscles, and improve your cardiovascular system for a healthier you- a little more intense than Aqua Fit.

Toning: Therapeutic toning and stretching in the warm water of the Therapeutic Pool. Great for sore muscles, aches and pains. This class is also excellent for managing chronic pain such as Fibromyalgia.

Water Power Hour: 16+ years. One hour of heart pumping, fat burning intense water exercise. Shallow and deep water exercises are used to burn fat, and tone and strengthen muscles. Followed by a nice, relaxing stretching session in the Therapeutic Pool.

Non-Impact Water Aerobics: (Specific Exercise Class for people who live with MS). This class is held in the main pool (82 degrees). It consists of shallow water exercise using the water as resistance. This class is for people with Mild to Moderate disabilities. Pick up a medical clearance form in advance at the front desk. The MS Society of Connecticut will pay for the class for its members. Please contact the Aquatic Office for more details at (203) 775-4444 ext. 133.

Synchronized Swim: Synchronized swimming for all ages and swimming abilities.

Triathlon Clinic: Beginner Swimming (Co-ed and Women Only). Have you ever wanted to do a triathlon, but the swimming has held you back? Join Kelly Moen, one of our Mako Swim Team Coaches, to learn proper swimming techniques, breathing, pacing etc.

Adult Swim Instruction: Taught by an adult instructor with many years of experience you will learn to swim in a non threatening environment with people just like yourself. This class is taught in our small, shallow, warm Therapeutic Pool. The Intermediate Class is in the shallow end of our Main Pool with the goal of swimming in the deep end! The Advanced Class is for swimmers who can make it the length of the Main Pool (25 yards), but would like to learn proper technique.

| Session | Class Name | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|---------------------|----------------|-------------|---------|-----------------|--------------------|--------------|
| Spring | W.E.T. | 24 | Mon/Wed/Fri | 8:00am | \$72 | \$120 | 03AQWET800 |
| Spring | W.E.T. | 24 | Mon/Wed/Fri | 10:30am | \$72 | \$120 | 03AQWET1030 |
| Spring | Intensive W.E.T. | 8 | Wed | 8:00pm | \$40 | \$56 | 03AQINTWET |
| Spring | Aqua Fit | 24 | Mon/Wed/Fri | 9:00am | \$72 | \$120 | 03AQAQUA |
| Spring | Water Aerobics | 24 | Mon/Wed/Fri | 12:00pm | \$72 | \$120 | 03AQWA |
| Spring | Toning | 24 | Mon/Wed/Fri | 1:00pm | \$72 | \$120 | 03AQTON |
| Spring | Water Power Hour | 16 | Tues/Thu | 6:00pm | \$48 | \$80 | 03AQWPH |
| Spring | Non-Impact | 16 | Tues/Thu | 10:00am | \$48 | \$80 | 03AQNON |
| Spring | Synchronized Swim | 8 | Thu | 9:00am | Free | \$25 | 03AQSYNCHRO |
| Spring | Women's Tri. Clinic | 8 | Wed | 10:00am | \$95 | \$150 | 03AQWOMENTRI |
| Spring | Co-Ed Tri. Clinic | 8 | Thu | 7:30pm | \$95 | \$150 | 03AQCOEDTRI |
| Spring | Adult Beginner | 8 | Thu | 7:00pm | \$80 | \$128 | 03AQADBEG |
| Spring | Adult Intermediate | 8 | Thu | 7:45pm | \$80 | \$128 | 03AQADINT |
| Spring | Adult Advanced | 8 | Thu | 8:30pm | \$80 | \$128 | 03AQADADV |

Pay As You Go Option

All Adult Exercise classes may also be purchased on the "Pay As You Go Option." You may purchase packs of 10 classes. Please see the Front Desk for details.

Private Swim Lessons

Instruction is provided on a one-to-one basis by experienced, certified instructors. Great for people who need help grasping a certain skill, getting over a hump, or training for a swim event. Lessons may be purchased one at a time, or as a package of five. Please contact the Aquatic Office to schedule at (203) 775-4444 ext. 133.

CPR/AED, First-Aid, and Lifeguard Courses: 15+ years

American Red Cross courses are offered on a regular basis. For more information on courses at Greenknoll, call (203) 775-4444.

YOUTH PROGRAMS

Tots & Tumblers: This parent & tot interactive class emphasizes exploration, socialization, motor movement, group time & free play.

Roc n' Tots: An introduction to movement and music for growing minds and bodies.

Totnastics: Parent and tot interactive gymnastics class.

All Star Sports: Your child will learn the basics of a variety of team sports.

Soccer: our child will learn all the fundamental skills of soccer.

Basketball: Your child will have fun learning the basics of dribbling, passing and scoring.

Kindernastics: Your child will learn the basics of gymnastics.

Ballet and Creative Movement: This drop off program is designed to improve coordination, motor skills, and self-confidence while introducing the basics. Ballet slippers recommended.

Junior Weight Training: Your child will learn all of the safety protocol, terminology, rules and ethics of using our Wellness Center. If approved by instructor, members at least 12 years of age will be able to utilize the Wellness Center upon completion of class with a parent/guardian.

Racquetball: Instruction will include all aspects of the game. Equipment provided.

Tae Kwon Do: Learn the values of honor, honesty and humility while experiencing the many benefits of disciplined martial training.

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|----------------------------|------------------|----------------|---------|-------------------|-----------------|--------------------|--------------|
| Spring | Tots & Tumblers | Crawling – 24 mo | 8 | Sat. | 11:15am-12:00pm | \$45 | \$60 | 03PHSATTOT |
| Spring | Roc n' Tots | 18 mo – 4 yrs | 8 | Wed. | 10:30am-11:15am | \$45 | \$60 | 03PHWEDROC |
| Spring | Totnastics | 2-4 yrs | 8 | Sat. | 10:15am-11:00am | \$45 | \$60 | 03PHSATTN |
| Spring | Kindernastics | 3-6 yrs | 8 | Sat. | 9:15am-10:00am | \$45 | \$60 | 03PHSATKND1 |
| Spring | Kindernastics | 3-6 yrs | 8 | Sat. | 11:00am-11:45am | \$45 | \$60 | 03PHSATKND2 |
| Spring | All Star Sports | 3-5 yrs | 8 | Wed. | 3:00pm – 3:45pm | \$45 | \$60 | 03PHWEDASS |
| Spring | All Star Sports | 3-5 yrs | 8 | Sat. | 10:15am-11:00am | \$45 | \$60 | 03PHSATASS |
| Spring | Soccer | 3-5 yrs | 8 | Sat. | 9:15am-10:00am | \$45 | \$60 | 03PHSATSOC |
| Spring | Basketball | 3-5 yrs | 8 | Sat. | 11:15am-12:00pm | \$45 | \$60 | 03PHSATBB |
| Spring | Basketball | 3-5 yrs | 8 | Tue. | 10:15am-11:15am | \$45 | \$60 | 03PHTUESBB |
| Spring | Ballet & Creative Movement | 4-6 yrs | 8 | Sat. | 12:00pm – 12:45pm | \$45 | \$60 | 03PHSATBCM |
| Spring | Junior Weight Train | 10-13 yrs | 16 | Mon/Wed | 4:00pm– 4:45pm | \$45 | \$60 | 03PHJRWT |
| Spring | Racquetball | 10-15 yrs | 8 | Tue. | 3:30pm – 4:15pm | \$45 | \$60 | 03PHTUESRB |
| Spring | Racquetball | 10-15 yrs | 8 | Mon. | 3:30pm-4:15pm | \$45 | \$60 | 03PHMONRB |
| Spring | Tae Kwon Do | 7 yrs - Adult | 24 | M/W/F | 6:45pm-7:45pm | \$65 | \$90 | 03PHTKD |

ADULT PROGRAMS

Yoga: (held in Annex) Improve your overall health and harmony, body and spirit and leave feeling revitalized!

Yoga for MS: (held in Annex) Contact MS Society at (800) 344-4867 to learn more and to register.

Yoga For EveryBODY: Gain strength, flexibility and mind-body awareness in this Yoga Fitness class. All levels welcome!

Yo-Chi: Yoga and Tai-Chi come together to provide you with the most beneficial workout without putting any pressure on your joints.

Pilates: (held in Annex) Improve alignment, strengthen your core, condition your body, and give your body a longer and leaner appearance. Bring a mat or towel.

Tae Kwon Do: Learn the values of honor, honesty and humility while experiencing the many benefits of disciplined martial training.

Walk & Talk for Better Health: Get fit walking program for beginners. Nutrition topics discussed. Participants must be able to climb stairs to use the indoor track.

Indoor Cycling: Come and get one of the best workouts available during our Indoor Cycling classes. Keep your muscles fine tuned for outside riding. These classes are for people of all fitness levels. See website or get a schedule from the Member Services Desk. Reservations are taken 24-hours prior to class. Available to FULL MEMBERS ONLY. And it's FREE!

Group Exercise: We have the class for you! Whether you like to step, dance, tone or kick, our group fitness classes are sure to get you motivated week after week. Please visit our website or Members Services Desk for the current schedules. Over 30 classes each week! FREE TO FULL MEMBERS!

| Session | Class Name | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|------------------------|----------------|----------|---------------------|-----------------------------------|--------------------|--------------|
| Spring | Walk & Talk | 16 | Mon/Wed | 12:30pm-1:15pm | \$45 | \$90 | 03PHWALK1 |
| Spring | Walk & Talk | 16 | Tue/Thu | 12:30pm-1:15pm | \$45 | \$90 | 03PHWALK2 |
| Spring | Pilates (Beginner-Int) | 8 | Tue. | 9:15am-10:15am | \$50 | \$90 | 03PHTUEPIL |
| Spring | Pilates (Int-Advanced) | 8 | Mon. | 7:00pm-8:00pm | \$60 | \$90 | 03PHMONPIL |
| Spring | Yoga for EveryBODY | 8 | Fri. | 9:00am-10:00am | \$60 | \$90 | 03PHFRIYOGA |
| Spring | Yoga | 8 | Thu. | 7:30pm-9:00pm | \$80 | \$120 | 03PHTHYOGA |
| Spring | MS Yoga | | Wed. | 7:00pm-8:00pm | Contact MS Society (800) 344-4867 | | |
| Spring | Yo-Chi | 8 | Tue. | 12:30pm-1:30pm | Free | \$25 | 03PHYOCHI |
| Spring | Tae Kwon Do | 24 | M/W/F | 6:45pm-7:45pm | \$65 | \$90 | 03PHTKD |
| Spring | Indoor Cycling | | All Week | Pick up a schedule! | FREE | N/A | |
| Spring | Group Exercise | | All Week | Pick up a schedule! | Free | \$100 | 03PHAERO |

ACTIVE OLDER ADULT

Silver Sneakers - Muscular Strength and Range of Motion: Have fun and move to the music through a variety of exercises designed to increase strength, range of movement and activity for daily living skills.

Silver Splash: Improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special Silver Sneakers Kickboard is used to develop strength, balance and coordination.

Senior Swim: Join us for water exercise, fun and socialization. Free for Full Members!

| Session | Class Name | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|-------------------------|----------------|----------|-------------------|-----------------|--------------------|--------------|
| Spring | Silver Sneakers (MSROM) | 8 | Mon. | 10:30am-11:30am | Free | \$25 | 03PHSS |
| Spring | Silver Sneakers (MSROM) | 8 | Wed/Fri | 11:30am-12:30pm | Free | \$25 | 03PHSS |
| Spring | Silver Splash | 16 | Tues/Thu | 11:15AM – 12:15PM | Free | \$25 | 03AQSS |
| Spring | Senior Swim 1 | 40 | M - F | 12:00PM-1:00PM | Free | \$25 | 03AQSENSWIM1 |
| Spring | Senior Swim 2 | 24 | M/W/F | 10:30AM-11:30AM | Free | \$25 | 03AQSENSWIM2 |

PERSONAL TRAINING & NUTRITIONAL COUNSELING (WITH FULL MEMBERSHIP)

Senior Citizens receive a 10% automatic discount.

Purchase a combo package (Personal Training and Nutritional Counseling) and receive 15% off entire payment.

Personal Training:

Work with a nationally certified personal trainer to perform a non-diagnostic fitness evaluation after reviewing an extensive medical history and receive an individually tailored exercise program. Get on board towards better fitness by working one-on-one with your personal trainer each week. To schedule with a personal trainer, contact the Physical/Wellness Director at (203) 775-4444, ext. 123.

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| 3 | one hour training sessions: | \$139 |
| 5 | one hour training sessions: | \$225 |
| 10 | one hour training sessions | \$439 |

price for all packages includes fitness evaluations

Nutritional Evaluation and Counseling Sessions:

Work with a Registered Dietician and certified Health educator to complete a health assessment survey and dietary analysis. Continue your plan and follow up with nutritional counseling to make change happen. For more information, contact Maureen Farrell, M.P.H., R.D., C.D.N. at (203) 775-4444, ext. 136.

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| 3 | one hour counseling sessions: | \$168 |
| 5 | one hour counseling sessions: | \$275 |
| 10 | one hour counseling sessions: | \$540 |

price for all packages includes health assessment and dietary analysis

Group Nutritional Counseling:

Get your friends together! Nutrition Counseling for four to eight people: optimize your health by learning to eat well. This is a great addition to an exercise routine. Group nutrition education and time of class will be determined by the focus of the group. Ideas for focus group education topics include:

- Weight control
- Diabetes
- Cholesterol
- Low Sodium
- Vegetarian

If you are interested in learning more or registering, contact Maureen Farrell, M.P.H., R.D., C.D.N. at (203) 775-4444, ext. 136.

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| 8 | sessions | \$1,500 |
| 4 | participants in group | \$375 per person |
| 6 | participants in group | \$250 per person |
| 8 | participants in group | \$187.50 per person |

YOUTH LESSONS

SWIM LESSONS - Please Note: All children's swimming skills will be tested during the first class to ensure they are registered for the appropriate level. Children may also be swim tested prior to signing up for classes.

Parent/Child Lessons: 6 months to 3 years

Pre-requisite: Must be 6 months of age and able to hold up his or her own head independently. Swim diapers covered by rubber pants **ONLY** in pool, as mandated by the Department of Public Health.

Classes are water orientation classes designed to teach your child to enjoy the water in a safe, fun and comfortable environment. During this parent-child class, we will introduce kicking, breath control and water safety, but most of all we have fun while providing a positive parent/child relationship. We will encourage the child to move independently through the water under a parent's watchful eye as the child begins their transition into the preschool program.

| Session | Class | No. of Classes | Day | Time | Full Member Fees | Program Member Fees | Program Code |
|---------|--------------|----------------|-----|-----------------|------------------|---------------------|--------------|
| Spring | Parent/Child | 8 | Mon | 9:00am-9:30am | \$64 | \$112 | 01AQPARENT01 |
| Spring | Parent/Child | 8 | Mon | 6:00pm-6:30pm | \$64 | \$112 | 01AQPARENT02 |
| Spring | Parent/Child | 8 | Sat | 9:00am-9:30am | \$64 | \$112 | 01AQPARENT03 |
| Spring | Parent/Child | 8 | Sat | 12:00pm-12:30pm | \$64 | \$112 | 01AQPARENT04 |

Pre-school Lessons: 3 to 5 years

In the pre-school group there are four levels, Pikes to Starfish. Children and instructors work together to develop progressive skills. Children will receive certificates of progression at the end of the session. At these levels parents do not participate in lessons.

Pikes: No pre-requisites. We adjust to a group situation and learn to move through the water independent of adult support.

Eels: This class is for children that can swim, float and jump with minimum flotation.

Rays: Rays must be able to jump in and swim 25 feet independently without flotation. They must also be able to float on their backs independently, and have the beginnings of a backstroke.

Starfish: Starfish must be able to swim a 25 yard front crawl with rudimentary rotary breathing and back crawl for 25 yards. They must also be able to float on their back for one minute and tread water for 30 seconds.

Special Needs Aquatic Program: This class is specifically designed for children with special needs. This developmental swim program uses water education to develop water safety and swimming skills, and also focuses on developing self-confidence and self-esteem. The program is customized for the child's emotional and developmental abilities, with the goal to help each child become physically active and learn the life-saving skill of swimming. Depending upon disability of child/children and number of children registered, this is a parent-child program.

| Session | Class | No. of Classes | Day | Time | Full Member Fees | Program Member Fees | Program Code |
|---------|-------|----------------|------|-----------------|------------------|---------------------|--------------|
| Spring | Pikes | 8 | Tues | 9:00am-9:30am | \$64 | \$112 | 01AQPIKES01 |
| Spring | Pikes | 8 | Tues | 6:00pm-6:30pm | \$64 | \$112 | 01AQPIKES02 |
| Spring | Pikes | 8 | Wed | 4:00pm-4:30pm | \$64 | \$112 | 01AQPIKES03 |
| Spring | Pikes | 8 | Thu | 1:00pm-1:30pm | \$64 | \$112 | 01AQPIKES04 |
| Spring | Pikes | 8 | Fri | 10:00am-10:30am | \$64 | \$112 | 01AQPIKES05 |
| Spring | Pikes | 8 | Sat | 9:30am-10:00am | \$64 | \$112 | 01AQPIKES06 |
| Spring | Pikes | 8 | Sat | 12:00pm-12:30pm | \$64 | \$112 | 01AQPIKES07 |
| Spring | Eels | 8 | Mon | 4:45pm-5:15pm | \$64 | \$112 | 01AQEELS01 |
| Spring | Eels | 8 | Wed | 9:00am-9:30am | \$64 | \$112 | 01AQEELS02 |
| Spring | Eels | 8 | Thu | 1:30pm-2:00pm | \$64 | \$112 | 01AQEELS03 |
| Spring | Eels | 8 | Thu | 5:15pm-5:45pm | \$64 | \$112 | 01AQEELS04 |
| Spring | Eels | 8 | Sat | 9:45am-10:15am | \$64 | \$112 | 01AQEELS05 |
| Spring | Eels | 8 | Sat | 10:45am-11:15am | \$64 | \$112 | 01AQEELS06 |
| Spring | Rays | 8 | Tues | 4:45pm-5:15pm | \$64 | \$112 | 01AQRAYS01 |
| Spring | Rays | 8 | Wed | 5:15pm-5:45pm | \$64 | \$112 | 01AQRAYS02 |
| Spring | Rays | 8 | Thu | 9:00am-9:30am | \$64 | \$112 | 01AQRAYS03 |

| | | | | | | | |
|--------|---------------|---|-----|-----------------|------|-------|------------|
| Spring | Rays | 8 | Thu | 2:00pm-2:30pm | \$64 | \$112 | 01AQRAYS04 |
| Spring | Rays | 8 | Sat | 9:45am-10:15am | \$64 | \$112 | 01AQRAYS05 |
| Spring | Rays | 8 | Sat | 10:45am-11:15am | \$64 | \$112 | 01AQRAYS06 |
| Spring | Starfish | 8 | Thu | 4:00pm-4:30pm | \$64 | \$112 | 01AQSTAR01 |
| Spring | Special Needs | 8 | Thu | 4:00pm - 4:30pm | \$64 | \$112 | 01AQSNAP01 |

Youth: 6 to 13 years

The YMCA youth swim program is a five level progression program with each level building upon the skills learned and mastered in the preceding levels. At every level, participants are involved in instruction related to the following five components: personal safety, stroke development, water sports and games, personal growth, and rescue.

Polliwog: No pre-requisites. This level teaches water orientation skills, arm stroke, kicking, rhythmic breathing, flotation and developing self-confidence.

Guppy: A guppy must be comfortable immersing his or her face in the water, floating on his or her back, and swimming 30 feet independently.

Minnow: Minnows must be able to swim a 25 yard front crawl using consistent rotary breathing and a 25 yard back crawl. They must also be able to tread water for one minute as well as jump into the deep water and float for one minute.

Fish: Fish must be able to swim a 50 yard front crawl utilizing consistent rotary breathing and a 50 yard back crawl. They must also be able to perform a front dive, float on their back for two minutes and tread water for two minutes.

Stroke and Turn (9 to 12 years): The primary goal for this class is to develop stroke quality through stroke development. Both stroke repair and maintenance will be the on-going theme for this class. Students must be at the Fish level to enter this class.

Special Needs Aquatic Program: This class is specifically designed for children with special needs. The developmental swim program uses water education to develop water safety and swimming skills, and also focuses on developing self-confidence and self-esteem. The program is customized for the child's emotional and developmental abilities, with the goal to help each child become physically active and learn the life-saving skill of swimming.

Private Swim Lessons: Instruction is provided on a one-on-one basis by experienced instructors. Perfect for the beginner or for the child who is interested in developing their strokes. Lessons are a ½ hour in length and you can purchase one at a time or a package of 5 lessons. Contact the Aquatics Director at (203) 744-1000 for appointments.

| Session | Class | No. of Classes | Day | Time | Full Member Fees | Program Member Fees | Program Code |
|---------|--------------------------|----------------|------|-----------------|------------------|---------------------|----------------|
| Spring | Polliwog | 8 | Tues | 5:15pm-6:00pm | \$80 | \$128 | 01AQPOLL01 |
| Spring | Polliwog | 8 | Wed | 4:30pm-5:15pm | \$80 | \$128 | 01AQPOLL02 |
| Spring | Polliwog | 8 | Sat | 9:00am-9:45am | \$80 | \$128 | 01AQPOLL03 |
| Spring | Polliwog | 8 | Sat | 10:00am-10:45am | \$80 | \$128 | 01AQPOLL04 |
| Spring | Polliwog | 8 | Sat | 11:00am-11:45am | \$80 | \$128 | 01AQPOLL05 |
| Spring | Polliwog | 8 | Sat | 11:45am-12:30pm | \$80 | \$128 | 01AQPOLL06 |
| Spring | Guppy | 8 | Mon | 4:00pm-4:45pm | \$80 | \$128 | 01AQGUPPY01 |
| Spring | Guppy | 8 | Thu | 5:45pm-6:30pm | \$80 | \$128 | 01AQGUPPY02 |
| Spring | Guppy | 8 | Sat | 10:15am-11:00am | \$80 | \$128 | 01AQGUPPY03 |
| Spring | Guppy | 8 | Sat | 11:15am-12:00pm | \$80 | \$128 | 01AQGUPPY04 |
| Spring | Guppy | 8 | Sat | 11:45am-12:30pm | \$80 | \$128 | 01AQGUPPY05 |
| Spring | Minnow | 8 | Wed | 5:45pm-6:30pm | \$80 | \$128 | 01AQMINN01 |
| Spring | Minnow | 8 | Thu | 4:30pm-5:15pm | \$80 | \$128 | 01AQMINN02 |
| Spring | Minnow | 8 | Sat | 10:00am-10:45am | \$80 | \$128 | 01AQMINN03 |
| Spring | Minnow | 8 | Sat | 11:00am-11:45am | \$80 | \$128 | 01AQMINN04 |
| Spring | Minnow | 8 | Sat | 11:15am-12:00pm | \$80 | \$128 | 01AQMINN05 |
| Spring | Fish | 8 | Mon | 5:15pm-6:00pm | \$80 | \$128 | 01AQFISH01 |
| Spring | Fish | 8 | Sat | 10:15am-11:00am | \$80 | \$128 | 01AQFISH02 |
| Spring | Stroke & Turn | 8 | Sat | 9:00am-10:00am | \$96 | \$144 | 01AQSTROKE01 |
| Spring | Special Needs | 8 | Tues | 4:00pm-4:45pm | \$80 | \$128 | 01AQSNAP02 |
| Spring | Private Swim | | | | \$40 | \$60 | Call for appt. |
| Spring | Private Swim (5 lessons) | | | | \$180 | \$270 | Call for appt. |

ADULT SWIM PROGRAMS

Adult Swim Instruction: Ages 13 years and older. Are you a beginner, or would you like to improve your strokes? This is the class for you. Learn new skills and improve on current ones.

Aqua-Cardio: Deep water aerobics is a go at your own pace, intense cardio workout for all levels. Good for head, back, knee and joint conditions.

Hydro-Fitness: Go at your own pace with this unique water experience. Great for fibromyalgia and arthritis. Deep and shallow water exercises to burn fat, tone muscles, and improve cardiovascular function for a healthier you.

Aquacize: Go at your own pace with this unique water experience. Great for fibromyalgia and arthritis. Deep and shallow water exercises to burn fat, tone muscles, and improve cardiovascular function for a healthier you.

Baby Boomer Bootcamp: A new class for pre-natal, post-natal and anyone else who wants a high intensity water workout! Get in shape, stay in shape while working on every muscle, including your heart, and designing the program to meet your specific needs.

Senior H2O Exercise: Join us for a recreational swim or optional water exercise. This is a year-round program. During the occasional "off" week or holiday, class will not be held. Showers are required.

| Session | Class | No. of Classes | Day | Time | Full Member Fees | Program Member Fees | Program Code |
|---------|------------------------|----------------|-------------|-----------------|------------------|---------------------|--------------|
| Spring | Adult Swim Instruction | 8 | Wed | 8:00pm-9:00pm | \$96 | \$144 | 01AQADULT01 |
| Spring | Adult Swim Instruction | 8 | Fri | 9:00am-10:00am | \$96 | \$144 | 01AQADULT02 |
| Spring | Baby Boomer Bootcamp | 16 | Tue/Thu | 10:30am-11:30am | \$48 | \$80 | 01AQBOOTCAMP |
| Spring | Aquacize | 24 | Mon/Wed/Fri | 10:30am-11:30am | \$72 | \$120 | 01AQQAQUA |
| Spring | Hydro-Fitness | 16 | Tue/Thu | 6:30pm-7:30pm | \$48 | \$80 | 01AQHYDRO |
| Spring | Aqua Cardio | 16 | Tue/Thu | 8:00am-9:00am | \$48 | \$80 | 01AQCARDIO |
| Spring | Senior H2O Exercise | 24 | Mon/Wed/Fri | 1:00pm-2:00pm | FREE | \$15 | 01AQSENSWIM |

Private Swim Lessons

Instruction is provided on a one-to-one basis by experienced, certified instructors. Great for people who need help grasping a certain skill, getting over a hump, or training for a swim event. Lessons may be purchased one at a time, or as a package of five. Please contact the Aquatic Office to schedule at (203) 744-1000.

| Session | Class | No. of Classes | Day | Time | Full Member Fees | Program Member Fees | Program Code |
|---------|--------------------------|----------------|-----|------|------------------|---------------------|----------------|
| Spring | Private Swim | | | | \$40 | \$60 | Call for appt. |
| Spring | Private Swim (5 lessons) | | | | \$180 | \$270 | Call for appt. |

CPR/AED, First-Aid, and Lifeguard Courses:

American Red Cross courses are offered at both the Boughton Street and Greenknoll Branch YMCAs on a regular basis. For more information on courses at Boughton Street, please call (203) 744-1000.

YOUTH PROGRAMS

1, 2, & You: Parents and toddlers interact using movement education equipment, parachute, games and circle time.

Squeaky Sneakers: Children participate in a different sport every week including basketball, soccer, kickball and t-ball.

Storytime Yoga: This literature based yoga program has inviting, child-friendly activities which stimulate children's verbal, spatial and physical skills. Bring a mat and water bottle and wear loose fitting clothes.

Introduction to Dance: A sample of Jazz, Ballet and Tap are introduced in a fun way to keep your child engaged and moving.

Pee Wee Soccer: Basic skills of the game will be introduced in a nothing but fun way.

Kick It Up Kids: Dance routines with motivating international music and movement that kids will love!

Kindernastics: Preschoolers learn the fundamentals of gymnastics in a fun, noncompetitive atmosphere.

Youth Co-Ed Basketball: Fundamentals of the game such as dribbling, passing & shooting taught in this 45-minute class.

Youth Soccer: Improve or learn more skills for this fun and popular sport.

Pre-Teen Basketball: This class is designed to help your child improve his or her basketball skills, focusing on teamwork, rules and team strategy while running drills and playing many practice games.

Teen Basketball: Hone your skills and stay in shape with practice drills and pickup game during class.

Youth Tae Kwon Do: Taught by an ATA certified instructor, students learn controlled self-defense techniques, kicks, punches and more while advancing through belt ranks. Emphasis on confidence, self-awareness and cooperation.

Junior Strength Training: Children will learn how to properly use cardiovascular machines along with strength training on Nautilus equipment and free weights. Focus will be on form and proper techniques to strengthen and avoid injury.

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|-----------------------|------------------|----------------|----------|-----------------|-----------------|--------------------|--------------|
| Spring | 1,2 & You | Crawling -24 mo. | 8 | Mon | 10:30am-11:15am | \$48 | \$72 | 01PH12Y |
| Spring | Squeaky Sneakers | 3-5 yrs | 7 | Mon | 10:30am-11:15am | \$42 | \$63 | 01PHSQS |
| Spring | Storytime Yoga | 3-5 yrs | 8 | Fri | 11:45am-12:30pm | \$48 | \$72 | 01PHSYOGA |
| Spring | Intro To Dance | 3-5 yrs | 8 | Wed | 11:45am-12:30pm | \$48 | \$72 | 01PHDAN1 |
| Spring | Pee Wee Soccer | 3-5 yrs | 8 | Tue | 4:00pm-4:45pm | \$48 | \$72 | 01PHSOCC1 |
| Spring | Kick It Up Kids | 3-5 yrs | 8 | Thu | 4:30pm-5:15pm | \$48 | \$72 | 01PHKUK |
| Spring | Kindernastics | 3-6 yrs | 7 | Tue | 10:30am-11:15am | \$42 | \$63 | 01PHKDN1 |
| Spring | Kindernastics | 3-6 yrs | 6 | Sat | 9:15am-10:00am | \$36 | \$54 | 01PHKDN2 |
| Spring | Youth CoEd Basketball | 5-8 yrs | 8 | Fri | 4:30pm-5:20pm | \$48 | \$72 | 01PHPWBB |
| Spring | Youth Soccer | 6-9 yrs | 8 | Thu | 4:15pm-5:00pm | \$48 | \$72 | 01PHSOCC2 |
| Spring | PreTeen Basketball | 9-11 yrs | 8 | Fri | 5:30pm-6:20pm | \$48 | \$72 | 01PHPTBB |
| Spring | Teen Basketball | 12-14 yrs | 8 | Fri | 6:30pm-7:20pm | \$48 | \$72 | 01PHTBB |
| Spring | Youth Tae Kwon Do | 6-11 yrs | 16 | Tues/Thu | 6:30pm-7:30pm | \$80 | \$120 | 01PHYTKD |
| Spring | Jr. Strength Training | 11-14 yrs | 16 | Tues/Thu | 3:00pm-4:00pm | \$60 | \$90 | 01PHJST |

TEEN - ADULT PROGRAMS

Tae Kwon Do for Teens and Adults: The American Tae Kwon Do Association (ATA) is now offering its internationally recognized program at the Danbury YMCA. Come learn traditional Tae Kwon Do from an ATA certified black belt.

Teen and Adult Tae Kwon Do Black Belt: Take your Tae Kwon Do skills to the next level!

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|--------------------------|----------------|----------------|----------|---------------|-----------------|--------------------|--------------|
| Spring | Black Belt | 12 yrs - Adult | 8 | Fri | 7:00pm-8:00pm | \$50 | \$75 | 01PHTKBB |
| Spring | Teen & Adult Tae Kwon Do | 16+ yrs | 16 | Tues/Thu | 7:30pm-8:30pm | \$80 | \$120 | 01PHTKD |

ADULT PROGRAMS

Morning Yoga: (Boughton Street Studio) Enjoy this mind/body workout based on the ancient science of Hatha yoga. Bring a mat or towel.

Pilates I: (Boughton Street Studio) Strengthen and lengthen core muscles through controlled movement and breathing. Improve balance, flexibility and body awareness. Please bring a mat, towel and water.

Pilates II: (Boughton Street Studio) More advanced mat exercises will be introduced in this intermediate level class. Weights, stability balls and bands will be used. Please bring a mat, towel and water.

Yoga For Everybody: (Boughton Street Studio) The benefits of this Hatha yoga based class are improved balance, coordination, muscle tone, strength, weight control, sports performance, posture alignment, respiration, digestion, circulation, sleep and emotional wellbeing. Options are given in each pose. Please bring a mat or towel.

Indoor Cycling: Come and get one of the best workouts available during our Indoor Cycling classes. Keep your muscles fine tuned for outside riding. These classes are for people of all fitness levels. See website or get a schedule from the Member Services Desk. Reservations are taken 24-hours prior to class. Available to FULL MEMBERS ONLY. And it's FREE!

Group Exercise: We have the class for you! Whether you like to step, dance, tone or kick, our group fitness classes are sure to get you motivated week after week. Please visit our website or Members Services Desk for the current schedules. FREE TO FULL MEMBERS!

| Session | Class Name | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|--------------------|----------------|----------|----------------------------|-----------------|--------------------|--------------|
| Spring | Morning Yoga | 8 | Mon | 9:15am-10:15am | \$70 | \$105 | 01PHYOGA1 |
| Spring | Pilates I | 8 | Wed | 9:15am-10:15am | \$72 | \$108 | 01PHPIL1 |
| Spring | Pilates II | 8 | Tue | 9:15am-10:15am | \$72 | \$108 | 01PHPIL21 |
| Spring | Pilates II | 8 | Thu | 9:15am-10:15am | \$72 | \$108 | 01PHPIL22 |
| Spring | Pilates II | 16 | Tues/Thu | 9:15am-10:15am | \$112 | \$168 | 01PHPIL23 |
| Spring | Yoga for Everybody | 8 | Mon | 7:00pm-8:00pm | \$72 | \$108 | 01PHYOGAM |
| Spring | Yoga for Everybody | 8 | Wed | 7:00pm-8:00pm | \$72 | \$108 | 01PHYOGAW |
| Spring | Yoga for Everybody | 16 | Mon/Wed | 7:00pm-8:00pm | \$112 | \$168 | 01PHYOGAMW |
| Spring | Saturday Yoga | 8 | Sat | 10:30am-11:30am | \$72 | \$108 | 01PHYOGAS |
| Spring | Indoor Cycling | | All Week | Pick up a schedule! | FREE | N/A | |
| Spring | Group Exercise | | All Week | Pick up a schedule! | Free | \$100 | 03PHAERO |

ACTIVE OLDER ADULT

Silver Sneakers: Muscular Strength and Range of Motion: Have fun and move to the music through a variety of exercises designed to increase strength, range of movement and activity for daily living skills.

Silver Sneakers Cardio Circuit: Non-impact standing choreography alternated with safe, fun, effective exercises for upper-body strength work.

| Session | Class Name | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|-------------------------------|----------------|---------|---------------|-----------------|--------------------|--------------|
| Spring | Silver Sneakers MSROM | 16 | Mon/Fri | 8:00am-9:00am | | \$16 | 01PHSSP |
| Spring | SilverSneakers Cardio Circuit | 8 | Wed | 8:00am-9:00am | | \$8 | 01PHSCC |

PERSONAL TRAINING (WITH FULL MEMBERSHIP)

Work with a nationally certified personal trainer to perform a non-diagnostic fitness evaluation after reviewing an extensive medical history and receive an individually tailored exercise program. Get on board towards better fitness by working one-on-one with your personal trainer each week. To schedule with a personal trainer, please contact the Physical/Wellness Director at (203) 744-1000.

- 3 one hour training sessions: \$139
 - 5 one hour training sessions: \$225
 - 10 one hour training sessions: \$439
- price for all packages includes fitness evaluations

YOUTH CLASSES

Dabbling in the Arts

(4 - 6 years)

Dabble in a variety of art projects in this exciting class. Explore painting, drawing, cutting and gluing, sculpting and constructing with a lot of fun materials.

Saturday Sampler

(5 -12)

Explore a variety of media in this sampler of our classes! Try each of the following: ceramics, drawing, painting and sewing.

Introduction to Ceramics

(6 -12 years)

Learn basic hand building skills in clay to make pinch pots, coil pots, textured tiles and clay sculptures. Use the potter's wheel to create functional pieces. Works will be glazed and fired.

Cartooning

(6 – 12 years)

Draw known characters or create your own. Learn terms and techniques in coloring, inking, storyboarding and more.

Drawing & Painting - Day

(6 -12 years)

Explore drawing and painting techniques including pen and ink, pencil, pastel, watercolor and acrylics. Learn about values and shading, color mixing, proportions and perspective in a fun creative way.

Drawing & Painting - Evening

(9 -12 years)

Use a variety of paints and your imagination to create wonderful works of art. Learn color theory and basic drawing and brush techniques. Choose your own subject matter.

Cartoon Sculpture

(9 -12 years)

This class combines the fun creative style of cartooning with free form ceramic sculpture. Begin by drawing cartoons, studying different styles, and then translate them into 3-D art.

RockonAmerica: Band Jams 1

(9 -12 years)

Learn to play and perform in an actual Rock style band! This course is designed for beginners who would like to try out electric guitar, drums, bass, keyboard and singing before deciding on what instrument to pursue. RockonAmerica provides all instruments.

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|--------------------------------------|----------|----------------|-------|----------------|-----------------|--------------------|--------------|
| Spring | Intro to Ceramics | 6-12 yrs | 8 | Mon | 4:00pm-5:30pm | \$130 | \$140 | 05ES CERAM1 |
| Spring | Cartoon Sculpture | 9-12 yrs | 8 | Tues | 6:30pm-8:30pm | \$160 | \$170 | 05ES CART2 |
| Spring | Dabbling in the Arts | 4-6 yrs | 8 | Wed | 4:00pm-5:30pm | \$120 | \$130 | 05ES DAB |
| Spring | Drawing & Painting | 9-12 yrs | 8 | Wed | 6:30pm-8:30pm | \$160 | \$170 | 05ES DP2 |
| Spring | RockonAmerica: Band Jams: Level 1 | 9-12 yrs | 8 | Wed | 6:30pm-8:30pm | \$135 | \$145 | 05ES ROCK |
| Spring | Drawing & Painting | 6-12 yrs | 8 | Thurs | 4:00pm-5:30pm | \$130 | \$140 | 05ES DP1 |
| Spring | Cartooning | 6-12 yrs | 8 | Fri | 4:00pm-5:30pm | \$130 | \$140 | 05ES CART1 |
| Spring | Drawing & Painting | 9-12 yrs | 8 | Fri | 6:30pm-8:30pm | \$160 | \$170 | 05ES DP3 |
| Spring | Saturday Sampler | 5-12 yrs | 8 | Sat | 12:00pm-1:30pm | \$120 | \$130 | 05ES SAMP |

TEEN & ADULT CLASSES

Drawing & Illustration

(13 – Adult)

Use a variety of media to learn drawing and illustration techniques: rendering shading, cross hatching, blending, smudging, dry brushing, mixing colors, composition and critiquing. Subjects matter includes realism, impressionism, surrealism, still life, photographs and your imagination.

Figure Drawing

(13 – Adult)

Advance your drawing skills with one of the most challenging subjects – the human being. Those with experience will further their skills under the guidance of a figure drawing enthusiast. However, no drawing experience is necessary in this relaxed class.

Ceramics

(13 – Adult)

This class is designed to give students step by step instruction on clay techniques. Hand building and throwing on the wheel will be explored. All levels are welcome. Works will be glazed and fired.

Woodworking

(13 – Adult)

Work with wood to build projects with your own hands! Learn about and use hand tools and small electric equipment. All ability levels welcome. Supplies are included.

Portfolio 101

(High School)

This course will focus on navigating the specific types of portfolio requirements for college applications; preparing a professional-looking portfolio that gets attention and expresses who YOU are as an artist; and polishing your presentation skills.

Oil Painting

(Adult)

This class will teach you drawing, under-painting, color mixing, composition and more. Develop new ways to view paintings and critique your work. All ability levels welcome. Supplies not included.

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|------------------------|----------------|----------------|-------|----------------|-----------------|--------------------|--------------|
| Spring | Drawing & Illustration | 13 yrs - Adult | 8 | Mon | 6:30pm-8:30pm | \$160 | \$170 | 05ESILL |
| Spring | Figure Drawing | 13 yrs - Adult | 8 | Tues | 6:30pm-8:30pm | \$160 | \$170 | 05ESFIG |
| Spring | Ceramics | 13 yrs - Adult | 8 | Thurs | 6:30pm-8:30pm | \$160 | \$170 | 05ESKERAM2 |
| Spring | Woodworking | 13 yrs - Adult | 8 | Sat | 12:00pm-2:00pm | \$160 | \$170 | 05ESWOOD |
| Spring | Portfolio 101 | High School | 4 | Thurs | 6:30pm-8:30pm | \$75 | \$85 | 05ESFOLIO |
| Spring | Oil Painting | Adult | 8 | Thurs | 6:30pm-8:30pm | \$135 | \$145 | 05ESOIL |

ESCAPE to GREENKNOLL

(classes held at the Greenknoll YMCA)

Mommy Music & Me

(6 mo – 4 yrs with adult)

A fun interactive circle time for child and caregiver full of music and movement. This class focuses on creativity and brain development through music, singing and rhythm. Learn different tonal patterns and rhythms and how essential music is to the developing child.

Introduction to the Arts

(6 – 12 yrs)

Find your inner artist while exploring a variety of fun art projects and a little bit of acting!

Watercolor Painting

(Adult)

Learn watercolor techniques and develop your own painting style through this creative and relaxed class. This is a great springboard for a lifetime of painting. All ability levels welcome. Supplies not included.

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|---------------------|---------------------------|----------------|------|-----------------|-----------------|--------------------|--------------|
| Spring | Mommy Music & Me | 6 mo – 4 yrs (with adult) | 8 | Fri | 10:15am-11:00am | \$65 | \$110 | 05ESGK2 |
| Spring | Intro to the Arts | 6-12 yrs | 8 | Fri | 5:30pm-6:30pm | \$80 | \$135 | 05ESGK1 |
| Spring | Watercolor Painting | Adult | 8 | Tues | 11:30am-1:30pm | \$135 | \$145 | 05ESWATER |

WHOLE EARTH HOMESCHOOL PROGRAMS

Call (203) 746-5852 to register or for more information or go to www.greathollow.wordpress.com.

Classes are based on a minimum number of participants. Registration required.

Homeschool Session begins Tuesday, April 13, 2010

Wilderness Skills: Pioneer & Native American life & history, primitive skills, tools, fire making, survival, teamwork, plants & animals, tracking.

Explorers: Exploring, hiking, collecting, games, identification, tracking, animal stalking, and creative learning.

Wilderness Challenge: Physical challenges, survival skills & first aid, teamwork initiatives, navigation, wild food & water, tracking, shelters.

Scouts: Foundational nature skills, habitats, weather, story, history, plant and animal studies, eco-games, nature projects and more.

Pioneers: Intermediate nature skills & discovery; building projects, eco-games, teamwork, camouflage, tracking, awareness skills, & traditions.

Micro-Scouts: Observations, eco-games, nature art, collecting and sorting, examining and inquiry, hiking, weather, story, animals and plants.

Junior Naturalist: Observational skills, botany and herbal medicine making, animal/nature symbiosis, eco-games, nature journals, tracking, bird watching, and some primitive skills.

| Session | Class Name | Age | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|----------------------|-----------|----------------|----------|---------------|-----------------|--------------------|--------------|
| Spring | Explorers | 7-11 yrs | 10 | Tuesday | 9:00am-3:00pm | \$550 | \$550 | 04GHEXPLOLER |
| Spring | Wilderness Skills | 12-17 yrs | 10 | Tuesday | 9:00am-3:00pm | \$550 | \$550 | 04GHWSA |
| Spring | Scouts | 7-9 yrs | 10 | Thursday | 9:00am-3:00pm | \$550 | \$550 | 04GHSCOUTS |
| Spring | Pioneers | 9-12 yrs | 10 | Thursday | 9:00am-3:00pm | \$550 | \$550 | 04GHPIONEERS |
| Spring | Wilderness Challenge | 12-17 yrs | 10 | Thursday | 9:00am-3:00pm | \$550 | \$550 | 04GHWSC |
| Spring | Micro-Scouts | 4-6 yrs | 10 | Friday | 9:00am-3:00pm | \$550 | \$550 | 04GHMICROSCO |
| Spring | Junior Naturalist | 7-14 yrs | 10 | Friday | 9:00am-3:00pm | \$550 | \$550 | 04GHJTNATURA |

AFTERSCHOOL PROGRAM – AGES 6-12

Come and explore the world of leadership in nature on our 890 acres. Students will participate in exploratory workshops that expose them to their natural surroundings while learning to work cooperatively with one another. Students will leave this program with a greater appreciation of the environment that surrounds us while also learning to work within a team-oriented environment. Activities include, but are not limited to high ropes course, low ropes course and teambuilding. Class minimum is six. Advanced registration is required. Call (203) 746-5852.

Begins March 22, 2010.

| Session | Class Name | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|------------------------|----------------|----------|---------------|-----------------|--------------------|--------------|
| Spring | Afterschool Leadership | 4 | Monday | 4:00pm-6:00pm | \$120 | \$120 | 04GHASNT1 |
| Spring | Afterschool Leadership | 4 | Thursday | 4:00pm-6:00pm | \$120 | \$120 | 04GHASNT2 |

OTHER PROGRAMS Call (203) 746-5852 to register or for more information

Women in the Wilderness: Spend a weekend bonding with other women in the outdoors. This wilderness adventure is for women, led by women. Activities include: outdoor cooking, fire-building, storytelling, camping, high ropes course and light hiking. All camping and technical equipment provided. For women ages 14 - Adult. Participants may choose one of four possible weekends. *Minimum of 6 participants*

Women on the A.T.: Spend three days bonding with other women in the outdoors. Hike the picturesque Appalachian Trail and learn to navigate the trail while camping at a different campsite each night. This wilderness adventure is for women, led by women. Activities include: outdoor cooking, camping, Leave no Trace philosophies and hiking. All camping and hiking equipment provided. For women ages 18 – 21. *Minimum of 6 participants.*

Big Men, Little Men Overnight: Are you searching for an adventure to share with your son, nephew or someone you mentor? Then this is the weekend for you. Activities will include fire building and cooking over that fire, canoeing and caving. We will camp at a platform campsite, tell stories and enjoy food that we prepare and cook ourselves. Come join in the outdoor adventure together! *Minimum of 6 pairs*

Teens on the A.T.: Spend three days in the outdoors. Hike the picturesque Appalachian Trail and learn to navigate the trail while camping at a different campsite each night. Activities include: camping, Leave no Trace philosophies and hiking. All camping and hiking equipment provided. For ages 14 – 17. *Minimum of 6 participants*

| Session | Class Name | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|---------------------------|----------------|-------------|------------------------------|-----------------|--------------------|--------------|
| Spring | Women in the Wilderness 1 | 1 | April 3-4 | Saturday 1pm – Sunday 2pm | \$100 | \$100 | 04GHWOMEN1 |
| Spring | Women in the Wilderness 2 | 1 | April 10-11 | Saturday 1pm – Sunday 2pm | \$100 | \$100 | 04GHWOMEN2 |
| Spring | Women in the Wilderness 3 | 1 | April 17-18 | Saturday 1pm – Sunday 2pm | \$100 | \$100 | 04GHWOMEN3 |
| Spring | Women in the Wilderness 4 | 1 | May 1-2 | Saturday 1pm – Sunday 2pm | \$100 | \$100 | 04GHWOMEN4 |
| Spring | Women on the A.T. | 1 | March 22-24 | Monday 10am - Wednesday 3pm | \$200 | \$200 | 04GHWOMENAT |
| Spring | Men's Overnight 1 | 1 | April 3-4 | Saturday 11am-Sunday 2pm | \$150 per pair | \$150 per pair | 04GHMENOVER1 |
| Spring | Men's Overnight 2 | 1 | May 1-2 | Saturday 11am-Sunday 2pm | \$150 per pair | \$150 per pair | 04GHMENOVER2 |
| Spring | Teens on the A.T. 1 | 1 | April 15-17 | Thursday 10am – Saturday 1pm | \$200 | \$200 | 04GHTEENSAT1 |
| Spring | Teens on the A.T. 2 | 1 | April 22-24 | Thursday 10am – Saturday 1pm | \$200 | \$200 | 04GHTEENSAT2 |

FITNESS CLASSES Call (203) 746-5852 to register or for more information

Pilates: Streamline your body and focus your mind with classic Pilates mat exercises. The Pilates technique is a series of precise movements designed to increase strength, flexibility, stamina and concentration.

Yogalates: Develop strength using the ancient practice of Yoga with additional practice emphasizing the core through Pilates. Combining Yoga and Pilates, Yogalates creates an evenly conditioned body and increases muscle strength, joint mobility, flexibility, and muscle balance. Each class concludes with Yoga relaxation.

Hatha Yoga: Beginners and advanced students benefit from flowing movements, breathing and relaxation techniques. Awaken your potential by improving flexibility and health, reduce stress and bring calmness and joy to your life. This class is gentle and invigorating, with a focus on the breath to release tension, renew energy, and calm the mind. Modifications are given throughout the class.

| Session | Class Name | No. of Classes | Day | Time | Full Member Fee | Program Member Fee | Program Code |
|---------|------------|----------------|----------|----------------|-----------------|--------------------|--------------|
| Spring | Pilates | 8 | Monday | 8:45am-9:30am | \$80 | \$80 | 04GHPILATES |
| Spring | Yogalates | 8 | Tuesday | 9:00am-10:15am | \$120 | \$120 | 04GHYOGA1 |
| Spring | Yogalates | 8 | Friday | 9:00am-10:15am | \$120 | \$120 | 04GHYOGA2 |
| Spring | Yogalates | 16 | Tues/Fri | 9:00am-10:15am | \$200 | \$200 | 04GHYOGA3 |
| Spring | Hatha Yoga | 8 | Tuesday | 7:00pm-8:15pm | \$120 | \$120 | 04GHHATHA |