



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



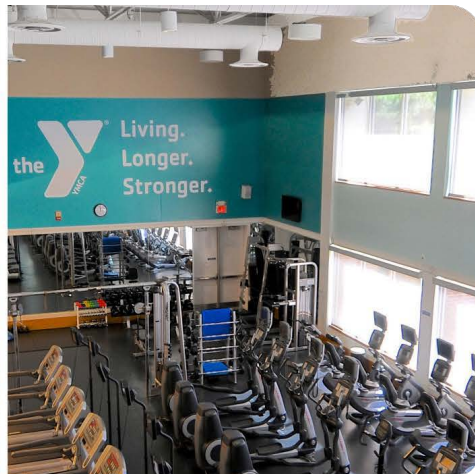
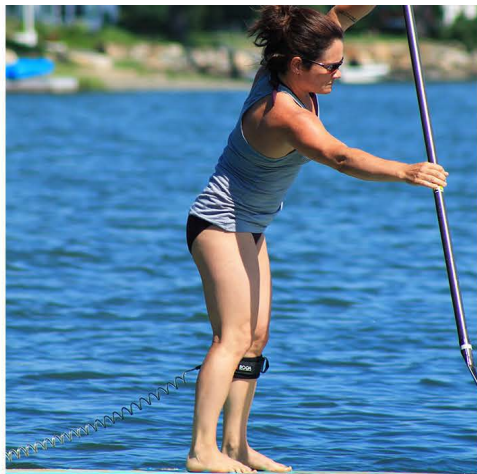
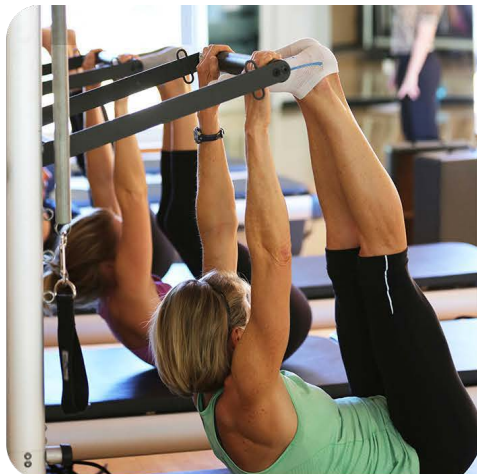
SUMMER GUIDE 2020

SESSION DATES VARY BY PROGRAM

DARIEN YMCA, 2420 POST RD, DARIEN, CT 06820 | WWW.DARIEN-YMCA.ORG



A \$30 joiner's fee is charged for each youth and teen membership.



HEALTHY LIVING

ADULT FITNESS

PILATES REFORMER

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

SCHEDULE: Classes start July 26

Mondays from 9:00 – 10:00 am • [Register Online](#)

Wednesdays 5:30 – 6:30 pm • [Register Online](#)

Fridays 10:30 – 11:30 am • [Register Online](#)

INSTRUCTOR: Karyn

FEE: Member \$35

STAND UP PADDLE BOARD

- Paddle and Fit - learn SUP and get a workout!
- SUP Yoga - Enjoy the splendor of floating on water and become a better Yogi.
- SUP Youth - Children will have fun while learning to balance and focus (ages 11-14).

SUP Youth will not be held on July 10th

All SUP classes will be held right in Holly Pond, a sheltered and safe inlet, making stand up paddleboarding safer and a wide variety of SUP fitness classes and workouts possible.

SCHEDULE: Classes start July 6. Registration will open for Y Members on June 30th and July 1st for Non-members. Registration 24 hours in advanced is strongly encouraged.

INSTRUCTOR: The Y paddleboard programs will be taught by Instructors who are certified in PaddleFit, First Aid and lifeguard training, making our instructors experts in both fitness and safety.

FEE: Members \$35 Non Members \$45

YOUTH FITNESS

YOUTH SMALL GROUP TRAINING

Need a Strength & Conditioning Coach to train you and your friends? Small Group Training is a great option for all levels of athletes to work with one of Darien Y's certified Strength & Conditioning coaches. Small group training currently requires a minimum of 3 participants and a maximum of 4 participants.

Please reach out to Training and Exercise Director, Gene DeNota to get set up with a coach on a day/time that works best for your group!

Please find details and rates here: <https://darien-ymca.org/small-group-personal-training/>



FITNESS DIRECTOR:

Jess Van Sciver

Phone: (203) 655-8228 ext. 1311

Email: jvansciver@darien-ymca.org

TRAINING & EXERCISE DIRECTOR:

Gene DeNota

Phone: (203) 655-8228 ext. 1359

Email: gdenota@darien-ymca.org

AQUATICS

AQUATICS: SCHOOL AGE

SCHEDULE:

Weekdays: Meets twice a week for 2 week sessions.

Weekend: Meets for 6 weeks on Saturdays.

STAGE 2 WATER MOVEMENT

(AGES 5 - 13 YEARS)

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

Mondays and Wednesdays 5:00-5:45 pm

Session 1: July 6-15

Session 2: July 20-29

Session 3: Aug 3-12

FEE: Member \$96 Non-Member \$128

Tuesday and Thursdays: 5:00 – 5:45 pm

Session 1: July 7-16

Session 2: July 21-30

Session 3: Aug 4-13

FEE: Member \$96 Non-Member \$128

Saturday 11:00-11:45 am

Session: July 11- Aug 15

FEE: Member \$144 Non Member \$192

STAGE 3 WATER STAMINA

(AGES 5 - 13 YEARS)

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

Tuesdays and Thursdays 4:30-5:15 pm

Session 1: July 7-16

Session 2: July 21-30

Session 3 August 4-13

FEE: Member \$96 member Non Member \$128

Saturdays 10-10:45 a.m.

Session: July 11- August 15

FEE: Member \$144 Non Member \$192

STAGE 4 STROKE INTRODUCTION

(AGES 5 - 13 YEARS)

Students develop stroke technique in front crawl, back crawl, breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Lessons are held in the large pool.

Tuesdays and Thursdays 4:30-5:15 pm

Session 1: July 7-16

Session 2: July 21-30

Session 3 August 4-13

FEE: Member \$96 Non-Member \$128

STAGE 5 STROKE DEVELOPMENT

(AGES 5 - 13 YEARS)

Students work on technique and learn all 4 competitive strokes. Reinforces safety through treading water and sidestrokes. Students develop skills that foster a lifetime of physical activity. Lessons are held in the large pool.

Saturday only 10:00 -10:45 am

Session: July 11-August 15

FEE: Member \$144 Non Member \$192



PRIVATE SWIM LESSONS

Private swim lessons for children, 6 lessons, 30 minutes each. By appointment- contact Amy D'Andrea, Aquatics Director

FEE: Member \$275 Non Member \$380



AQUATICS DIRECTOR:

Amy D'Andrea

Phone: (203) 655-8228 ext. 1307

Email: dandreaa@darien-ymca.org



YOUTH SAILING

Open to everyone from ages 7 to 12

SCHEDULE:

Mondays and Wednesdays 3:30-4:45 pm

Session 1 July 6 – July 23

FEE: Member \$195 Non Member \$250



YMCA MASTERS SWIMMING

The Masters' program is designed for adult lap swimmers who are 19 and older who want to swim under the guidance of a coach. There are three training levels targeted for swimmers of varying abilities and fitness levels.

For more information please call Coach Liz Blau at 655-8228 x1308 or email:

lblau@darien-ymca.org.

SCHEDULE:

MASTERS SESSION

Monday-Friday 8:00-9:00 AM

Session: July 6th – Aug 21st

FEE: Members \$125 Non-members \$200

COMPETITIVE SWIMMING

PIRANHA HOUSE SWIMMING

The Piranha house program is designed for children 6 years & over with advanced basic swimming skills. Swimmers must be able to complete at least 25 yards of freestyle and backstroke without assistance, and have either a legal butterfly or breaststroke.

Returning House swimmers will have priority for the Summer session. New swimmers who wish to be evaluated should contact Henk 655-8228 x1397 or piranha@darien-ymca.org.

SCHEDULE:

HOUSE TEAM

Saturday 9:00-9:45 AM

Sessions: July 6th – August 22nd

FEE: Members: \$175, Non-members \$235



COMPETITIVE SWIM DIRECTOR:

Henk Jansen

Phone: (203) 655-8228 ext. 1397

Email: piranha@darien-ymca.org

YOUTH SPORTS

BASEBALL CLINICS

Play ball with the Blue Wave this summer! The Darien YMCA Summer Baseball Program is designed to help your son reach his baseball potential. Players in this program will be grouped according to age and ability. Clinics are taught by Darien High School varsity coaches Mike Scott and John Miceli.

SCHEDULE:

WEEK 1,2 & 3 - FULL

WEEK 4 July 20 - July 23 - 9am-12pm

This Clinic is designed for boys in grades 1st through 6th. Program will be held at McGuane Field in Darien.

FEE: \$250 per week



FIELD HOCKEY CLINICS

The goal of our summer clinics is to teach the love of field hockey. The clinic is dedicated to providing individual instruction to players of all ages and abilities. Clinics are taught by Darien H.S. varsity head coach Mo Minicus.

SCHEDULE:

WEEK 1 July 6 - July 9 - 8:30am-10:30am

WEEK 2 July 20 - July 23 - 8:30am-10:30am

WEEK 3 August 3 - August 6 - 8:30am-10:30am

Clinics are designed for girls in grades 3rd through 8th (2020-2021 school year). Program will be held at Darien High School Stadium Field.

FEE: \$250 per week

[Register online](#) or over the phone at 203-655-8228 x 1349



FALL FLAG FOOTBALL

WHILE THIS IS A FALL PROGRAM, REGISTRATION IS TAKING PLACE NOW DURING THE SUMMER.

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

SCHEDULE:

Begins Sept. 13. Ends Nov. 8

1 Weekday practice on Wednesdays

@ Ox Ridge, 4:30-6:00

1 Weekend game on Sundays

@ DHS Baseball turf, 9:00, 10:00 or 11:00

Season ends with a round robin tournament

Flag Football is designed for boys in grades 4th through 8th. It is a NON-CONTACT sport. Velcro flags are worn and pulled off for a "tackle". Each player will receive a team t-shirt. Flags and jerseys are provided. Sneakers or rubber cleats are recommended. Mouthpiece is optional. No experience is necessary and EVERYONE plays!

FEE: \$200 for Members - \$250 for Non-Members

All safety rules that will be in place at the time of the program will be enforced

SPORTS DIRECTOR:

Joe Marzano

Phone: (203) 655-8228 ext. 1349

Email: jmarzano@darien-ymca.org

DARIEN YMCA SUMMER CAMP IS OPEN!



Darien YMCA Summer Camp is now in session!!

To see a list of precautions we are taking to keep our campers safe, please review our letter to parents from our Camp Director on our website www.darien-ymca.org.

CAMP CONTACTS:

Preschool Camp, to register you must contact April Greene, agreene@darien-ymca.org.

School Age Camp, register online or contact Suzanne Richards, srichards@darien-ymca.org.

Gymnastics Camp, register online or contact Nicole Kapitan, nkapitan@darien-ymca.org.

Afternoon Navigators, register online or contact Suzanne Richards, srichards@darien-ymca.org.

Darien YMCA Camp Phone: (203) 415-0361.

[REGISTER ONLINE](#)



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