



# FALL BROCHURE

## 2020

**FALL SESSION 1: AUG. 31 – OCT. 12**

**FALL SESSION 2: OCT. 13 – NOV. 23**

**YOU CAN REGISTER FOR BOTH SESSIONS  
TOGETHER OR ONE AFTER THE OTHER.**

**REGISTRATION FOR FALL SESSION 2 IS ON  
FIRST COME FIRST SERVED BASIS.**

**DARIEN YMCA, 2420 POST ROAD, DARIEN, CT 06820**

**[WWW.DARIEN-YMCA.ORG](http://WWW.DARIEN-YMCA.ORG)**



## **SESSION DATES:**

**FALL SESSION 1: August 31 – October 12\***

**FALL SESSION 2: October 13 – November 23**

**\*No youth lessons or programs on Labor Day, Monday, September 7th, 2020**

## **REGISTRATION DATES:**

Tuesday, August 4 at 10:00am: Priority registration for Darien YMCA Members who are currently enrolled in the Summer session.

Thursday, August 6 at 10:00am: Registration for Darien YMCA Member swho are residents of Darien.

Tuesday, August 11 at 10:00 am: Registration for Darien YMCA Members who are not residents of Darien.

Thursday, August 13 at 10:00am: Non-Members can register for any programs.

**You can register for both sessions together or individually.**

**Registration will continue on a rolling basis following posted registration dates.**

**Our Mission:** To put Christian principles into practice through programs that build healthy spirit, mind & body for all.

## **TEMPORARY HOURS OF OPERATION**

Mon. – Fri.: 6:00a.m. – 8:00p.m.

Saturday: 8:00a.m. – 4:00p.m.

Sunday: 8:00a.m. – 3:00p.m.





## WHY YOUR DONATION MATTERS:

Membership fees keep the doors open and the lights on. Donations invite everyone inside.

When you support the Darien YMCA, you strengthen our community, you make a better us. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right in our local area.

Your donation ensures those who need us most have access to quality programs, activities, and facilities—designed to help individuals, seniors, kids and families thrive.

Financial contributions from individuals and families allow us to remove financial barriers to being an active member of the Y community.

From safe spaces to academic achievement to family, well-being and more, when you donate to the Y, you're giving those in need the opportunity thrive. Give for a better us.





## HEALTHY LIVING

### ADULT FITNESS

#### PILATES APPARATUS CLASSES

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

**Participants can sign up per class;**

**Fees:** Member: \$35, Non-Member: \$45

Please refer to website for Apparatus class schedules

#### PRIVATE & SEMI PRIVATE PILATES REFORMER

Additionally, the Darien YMCA is proud to offer private and semi-private reformer sessions upon request, in our private pilates studio in the Wellness Center. Semi privates include 2 people and price is per pair. Pricing is as follows:

**Private Session and Member/Non-Member Fees:**

1 Session: \$95/\$105

6 Sessions: \$510/\$570

**Semi-Private Session and Member/Non-Member Fees:**

1 Session: \$115/\$125

6 Sessions: \$630/\$690

#### SMALL GROUP PERSONAL TRAINING

##### TRAIN WITH FRIENDS AND SAVE!

Did you know that the Y offers Small Group Personal Training packages that cost as little as \$35 per workout? 3 to 5 people train once or twice per week with a personal trainer, in workouts tailored to the participants' preferences and skill levels. Grab 2 or more friends and set up sessions with the Wellness Center desk. Small Group Personal Training is open to both Member & non-Member.

#### OPEN KETTLEBELL SERIES • AGES 15+

Open Kettlebell Series is for beginners (those of you who workout but who have never picked up a bell) and for kettlebell enthusiasts who are experienced with all of the fundamental movements such as the kettlebell swing, Turkish getup and snatch. Open level kettlebell is suitable for all participants.

**Session 1:** August 31st – October 12th (6 weeks)

**Session 2:** October 13th – November 23rd (6 weeks)

**Day/Time:** Tuesdays & Thursdays at 8:45 – 9:30 am

**Fees: Session 1 & 2** Member: \$325, Non-Member: \$425

### YOUTH FITNESS

**Session 1:** August 31st – October 12th (6 weeks)

**Session 2:** October 13th – November 23rd (6 weeks)

#### YOUTH BOXING • AGES 9 – 11 YEARS

Calling all teens! Put on your gloves and enjoy the Y's newest Teen Boxing class! Sign up now to save your spot!

**Day:** Wednesday

**Time:** 3:30 pm – 4:30 pm

**Fees: Session 1 & 2** Member: \$120, Non Member: \$150

#### TEEN FIT CERTIFICATION • AGES 13 – 17 YEARS

This training provides one personal training session to acquaint participants with the equipment in the Wellness Center. Upon completion of this training, teens will be qualified to use the Wellness Center on their own during the Teen Fitness Center Hours.

### SPORTS PERFORMANCE & CONDITIONING • AGES 12+

Designed for middle and high school athletes, this series is designed to improve the following fundamental components of sports training: Agility, Balance, Explosiveness, Core Strength, Cardiovascular Endurance, Mental Toughness, Overall Athletic Performance.

**Day:** Tuesdays & Thursdays

**Ages:** 12+

**Time:** 4:00 pm – 5:00 pm

**Fees:** Session 1 & 2: Member \$340, Non-Member \$440

### ACTIVE OLDER ADULTS

#### RESTORATIVE YOGA

Turn down the fight-or-flight response and tap into the relaxation response with this series of supported postures designed to promote physical and emotional healing at the cellular level.

**VIRTUAL**

**Day/Time:** Tuesdays & Thursdays, 4:30 pm

#### LIGHT N' EASY

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

**VIRTUAL**

**Day/Time:** Wednesday, 11:00 am.

#### SLOW AND GENTLE YOGA

Designed to open tight areas, strength and revitalize the body through a slow and gentle series of posture and breath.

**VIRTUAL**

**Day/Time:** Thursdays at 10:30 am

### WATER EXERCISE

These classes are free to Members.

#### HYDRO FIT PLUS

An energizing class focusing on core balance, strength training, flexibility, and muscle memory patterns set to music.

#### AQUA ZUMBA

Aqua Zumba blends the Zumba Philosophy with water resistance and traditional aqua fitness disciplines for one pool party you shouldn't miss. Low impact, joint friendly, high energy aquatic exercise. Just add water and shake.

#### TEACHER'S CHOICE

Class Instructor will choose among our variety of course curriculum and select that day's content based on the interest and needs of the participants.

#### DEEP CORE

This class focuses on deep water, no-impact, core-concentrated, full range of motion exercises for a unique challenge.

#### HYDRO HIT

This class will provide exhilarating workouts using the whole body to experience all the benefits of water training. It will incorporate natural hydro resistance, high energy and the challenge of added equipment.

#### AQUA AI CHI

A class that flows through slow, broad movements of the arms and legs. Class will focus on deep breathing to increase oxygen, relax and help with range of motion, mobility and balance.

#### WATER WORKS

A class that lets your body flow through movement and stretches, focusing on range of motion, core stability, breathing and body awareness.

**PLEASE REFER TO ONLINE SCHEDULES.  
DUE TO SOCIAL DISTANCING WATER EXERCISE CLASS  
WILL BE OFFERED ONLY IN LARGE POOL.**

### ADULT SWIM LESSONS

Group swim lessons for beginner adults to become comfortable in the water and learn beginner swimming techniques.

**Thursday:** 6:30–7:00 PM

**Fees:** Session 1 & 2: Member: \$132, Non-Member: \$192







## YOUTH DEVELOPMENT HOLLY POND SCHOOL

### PRE-SCHOOL

The Holly Pond School staff extends a warm welcome to each family joining our Nursery School Program. We are a state licensed non-profit organization which seeks to meet the needs of the individual child. Our program is offered to children 2 to 5 years of age.

Please contact April Greene, Youth Services Director at 203 655 8228 ext. 1309 with any questions.

#### Classes for 2020 – 2021 are as follows:

##### For 2 year olds we offer:

**Morning Session:** 9:00am–11:30PM, with an option of 2 days Tuesday and Thursday or 3 days Monday, Wednesday and Friday.

**Afternoon Session:** 12:00–2:30PM, with an option of 2 days Tuesday and Thursday and 3 days Monday, Wednesday and Friday.

##### For 3 Year olds we offer:

**Morning Session:** 9:00Am–11:45AM, with an option of 3 days Monday, Wednesday and Friday or Tuesday, Thursday and Friday and 5 days Monday–Friday.

**Afternoon Sessions:** 12:15PM–3:00PM, with an option of 3 days Monday, Wednesday and Friday or Tuesday, Thursday and Friday and 5 days Monday–Friday.

##### For 4 year olds we offer:

**Morning Session:** 9:00AM–11:45AM, with an option of 4 day, Monday– Thursday or 5 day, Monday–Friday.

**Afternoon Sessions:** 12:15 – 3:00 pm with an option of 4 days, Monday – Thursday or 5 days, Monday – Friday.

### PRE-KINDERGARTEN PROGRAM

The Holly Pond Pre-K program is designed for the older 4 and early 5 year old who will benefit from an additional year of nursery school before entering Kindergarten. This traditional program allows the Pre-K student to develop not only academically, but emotionally and socially. Our small classroom setting allows for individualized attention as we focus on early mathematical skills, language arts and exploration of scientific concepts. To enhance this curriculum, we have a weekly music program that helps develop students' imagination and language skills.

**5 Day Mix:** 9:00AM– 12:00PM on Monday, Wednesday and Friday and 9:00AM – 3:00PM on Tuesday and Thursday.

### HOLLY CARE

The Holly Care Program provides a structured environment in which children revel in their exploration of new ideas and new activities. Children may attend the morning, afternoon, or full day sessions. Each day's activities include supervised lunch time, outdoor play, story time, arts & crafts and more. In addition, children will participate in the special theme of the day (see chart) to help develop their motor and social skills. Children must be 3 years of age and fully potty trained.

#### Special Themes of the Day:

##### Morning sessions:

Monday: Swimming  
Tuesday: Music  
Wednesday: Swimming  
Thursday: Gymnastics  
Friday: Sports

##### Afternoon Sessions:

Monday: Swimming  
Tuesday: Sports  
Wednesday: Gymnastics  
Thursday: Music  
Friday: Cooking

**Registration begins on Monday, July 27, 2020.** You may register your child for the entire school year.

**Times:** Morning Program: Mon – Fri, 9:00 am – 12:15 pm.

Afternoon Program: Mon – Fri 11:45 am – 3:00 pm.

Full day runs 9:00 AM – 3:00 PM.

- Parents supply lunch. Lunch time is included in both morning and afternoon program.
- Holly Care follows the Darien Public School calendar.

#### Monthly Fees for September 2020–June 2021:

##### Morning/Afternoon Sessions:

**1 Day:** \$230/\$460

**2 Days:** \$315/\$630

**3 Days:** \$410/ \$820

**4 Days:** \$510/\$1,020

**5 Days:** \$580/\$1,160

**Drop-in:** \$60/\$120

Non-Member: There is an additional \$50.00 fee per month.

- Fees are based on the number of days per week your child will attend and the length of time per day.
- Daily drop – in is also available if space permits.
- Fees are based on 180 days and are equally divided among 9 months (Sept.–May). No payments in June.
- Fees are not adjusted for months that have vacation days.



### KIDS CLUB AFTER SCHOOL PROGRAM

Holly Pond School's "Kids Club" is an ideal after-school program for children of active and working parents. Kids Club is a state-licensed program designed for children age 3 through 5th grade. Participating children can ride the "Y Bus" directly from their Darien school to the Kids Club program held at the Darien YMCA. Children may stay as late as 6:30 pm. Kids Club follows the Darien public school calendar. The program operates during early dismissal time and conference days. We welcome children of all abilities.

#### Kids Club Fees and Registration 2020 - 2021

Monthly fee September - May (no payments for June)

Pre-School - 5th Grade:

**1 Day:** \$160

**2 Days:** \$245

**3 Days:** \$303

**4 Days:** \$415

**5 Days:** \$505

**Drop-in:** \$30 Per day

- Fees are based on 177 days and are equally divided among 9 months.

- Children enrolling in June only will pay a pro-rated fee.

- Fees are not adjusted for months that have vacation days.

**Registration Procedure:** Registration for the 2020 - 2021 school year begins May 11, 2020. Kids Club will begin on September 3rd, 2020 and end June 15, 2021. All monthly fees are processed on the 20th of every month for the following month. **1st payment will be processed on August 20th. Participants must be Member of the Darien YMCA to participate in this program.**

### VACATION CAMP

Vacation Camp is designed for school breaks and holidays. Attendees enjoy their time off by swimming, creating arts and crafts, playing in the gym, and participating in field trips and special events.

**Pre-School Vacation Club:** Half Day 9:00AM - 1:00PM or Full Day 9:00AM - 4:00PM

**Grades K-5th:** Full Day 9:00AM - 4:00PM

**Extended Care:** 8:00AM - 9:00AM/or 4:00PM - 6:00PM

#### Fees: Member/Non-Member

Half Day: \$75/\$85 per day

Full Day: \$95/\$105 per day

Extended Care: \$10 per hour

**September 2020 - June 2021 School Year breaks \*All dates TBD\* No programs on Staff Development Days.**

• Yom Kippur • Holiday Break • Martin Luther King Jr. Day • February Break • April Break



For further info, contact Suzanne Richards,  
Director of Youth Development & Special Needs  
Programs at (203) 655-8228 ext 1331.





## YOUTH SPORTS

### INDOOR PRE-K SOCCER

#### Indoor Soccer for 3-5 year old boys & girls

Our Pre-K classes are the first chance for young soccer players to learn some moves and skills that will not only help them to become good players in the future, but give them a love for the game of soccer itself.

**Registration open August 4, 2020**

#### Class Schedule:

**Dates:** September 14 - December 21

**Day/time:** Mondays, 1:00-1:45pm

**Dates:** September 9 - December 16

**Day/Time:** Wednesdays, 1:00-1:45pm

**Dates:** September 10 - December 17

**Day/Time:** Thursdays, 11:00-11:45am

**Fees:** Member: \$315, Non-Member: \$365

\*SPACE IS LIMITED\*

### FALL HOOPS

The Darien YMCA will once again be offering our FALL HOOPS after school basketball program. This program is designed for ALL BASKETBALL PLAYERS.

#### 3rd & 4th Grade Boys & Girls

**Dates:** September 2 - October 21 (8 classes)

**Day/Time:** Wednesday, 4:15-5:15pm

**Location:** Darien YMCA

**Fees:** Member: \$150, Non-Member: \$200

#### 1st & 2nd Grade Boys & Girls

**Dates:** September 4 - October 23 (8 Classes)

**Day/Time:** Friday, 4:15-5:15pm

**Location:** Darien YMCA

**Fees:** Member: \$150, Non-Member: \$200

### SMALL GROUP PRIVATE BASKETBALL TRAINING

Craig will be offering small group training sessions this fall. Sessions will focus on ball handling, shooting form, footwork and individual moves. For boys and girls in grades 5th through 8th.

**Dates:** September 1st - October 22nd (8 classes)

**Days/Time:** Tuesday: 4:00 - 5:00pm or 5:00 - 6:00pm

Thursday: 4:00 - 5:00pm or 5:00 - 6:00pm

**Location:** YMCA

**Fees:** Member \$225, Non-Member \$275

\*Space is limited. Program will fill up\*

### FALL HIGH SCHOOL BASKETBALL LEAGUE

#### 9TH-12TH GRADE BOYS HOUSE BASKETBALL

Draft: No tryouts, coaches will select teams

**Dates:** September 24 - November 19.

**Location:** Darien YMCA

**Fees:** Member \$150, Non-Member \$200

### VOLLEYBALL

For beginners and the experienced. This level will emphasize the basic fundamental skills of volleyball. Athletes will learn how to pass, set, spike, dig and serve. Progressive drills and mini-games will be used to help give athletes a better understanding of volleyball.

**Registration open August 4, 2020**

#### SENIOR PROGRAM - GIRLS IN GRADES 6-8

**Dates:** September 2. Ends October 28.

**Date/Time:** Mondays and Wednesdays 5:30-7:00pm

**Location:** Darien YMCA

**Fees:** Member \$300, Non-Member \$350

#### JUNIOR PROGRAM - GIRLS GRADES 4-5

**Dates:** September 14. Ends November 2.

**Day/Time:** Monday from 4:30-5:30pm

**Location:** Darien YMCA

**Fees:** Member \$150, Non-Member \$175

### FALL FLAG FOOTBALL

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 rules, tactics and skills, improve their game and most importantly, HAVE FUN!

**Registration is open**

For 4th-8th grade boys

**Dates:** Sept. 13 - Nov. 8

**Day/Time/Location:** 1 Weekday practice on Wednesdays at Ox Ridge, 4:30-6:00 pm

**Day/Time/Location:** 1 Weekend game on Sundays at DHS Baseball Turf, 9:00, 10:00 or 11:00

**Fees:** Member \$200, Non-Member \$250

Season ends with a round robin tournament each player will receive a team jersey





## FUTSAL

FOR BOYS & GIRLS IN 1ST GRADE THROUGH 4TH GRADE  
Futsal is a fast-paced form of soccer, which many world class players played in their youth; Messi, Pele and Ronaldo all credit Futsal with playing a major role in their soccer development. Our program is designed to take all players to the next level of their game, ultimately making them a more confident and complete player.

**Location:** DHS Oval Turf

**Time:** 5:00p – 6:00p

**Dates:** September 11th – October 30th

**Fees:** \$180

**Instructors:** DHS Girls varsity soccer coach Leigh Parsons & Alan Marsh

“I played Futsal growing up in Baurd. In Futsal you need to think quick and play quick so it’s easier for you when you move to normal football”. – Pele

## BASEBALL SESSION A (OUTDOORS)

Each clinic will be run by Darien High School varsity coaches Mike Scott (former Detroit Tiger) & John Miceli along with Member of the D.H.S. team. Sessions will focus on teaching and perfecting the fundamental skills of the game while also giving players a chance to practice what they learn through controlled scrimmages. These clinics are a great way for players who are participating in baseball to get extra practice for their games, as well as for players not playing fall baseball to practice their skills in a non-competitive environment!

Clinics are open to players ages 8-12.

### Fall Session A Outdoors (6 weeks)

#### Hitting/Fielding Clinic

**Location:** McGuane Field

**Fee:** \$175

**Date:** September 8 – October 13

**Day/Time:** Tuesdays 4:30p-6:00p

## BASEBALL SESSION B (INDOORS)

Each clinic will be run by Darien High School varsity coaches Mike Scott (former Detroit Tiger) & John Miceli along with Member of the D.H.S. varsity team. Sessions will focus on teaching and perfecting the fundamental of hitting and pitching.

Hitting clinics are open to players ages 8-12.

Pitching clinic is open to players ages 10-12.

### Fall Session A Outdoors (5 weeks)

**Location:** McGuane Indoor Cages

#### SCHEDULE

##### Mondays (Hitting)

**Date/Time:** 4:00-5:00 (10/12, 10/19, 10/26, 11/2, 11/9)

**Fees:** \$150

##### Mondays (Hitting)

**Date/Time:** 5:00-6:00 (10/12, 10/19, 10/26, 11/2, 11/9)

**Fees:** \$150

##### Tuesdays (Pitching)

**Date/Time:** 4:00-5:00 (10/13, 10/20, 10/27, 11/10, 11/17) No clinic 11/3

**Fees:** \$200

**Tuesdays (Hitting)** 5:00-6:00 (10/13, 10/20, 10/27, 11/10, 11/17) No clinic 11/3

**Fees:** \$150





## GYMNASTICS TEAM OPTIONS

The Darien YMCA is fortunate to have a long history and reputation for producing some of the most talented gymnasts in the region and country. Our team of former Elite Russian, Ukrainian, & Romanian Olympian coaches lead our gymnastics program. This international team has created and coached a winning team whose successes include winning the gold at YMCA National Championships in 2007, 2008, & 2015. Our facility is one of the best in New England, incorporating today's latest training innovations including two spring floors, an in-ground competitive trampoline, in ground Tumble Trak, two vaulting runways, 8 American Athletic Elite Beams, 5 sets of uneven bars, two huge foam training pits, an observation deck, and many other incredible features.

### HOUSE TEAM

The Darien YMCA House Team is for gymnasts who have progressed through the YMCA class program or have successfully demonstrated a mastery of skills required for level 3, U.S.A.G. The objective of the House Team is to provide a recreational gymnastics experience. House Team gymnasts are required to participate in at least four YMCA meets per year. Opportunities to compete in more meets will be available upon the discretion of the coach. Movement from the house team to the travel team is a decision also made by the travel team coach.

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

**Monthly Fees:** The annual fee is broken into 12 equal monthly payments.

**Monthly fees are distributed to team participants upon team and level selection.**

**Registration fees: Due in January and April**

**House Team Registration Fees: \$175**

**Invitation Only**

### TRAVEL TEAM

The Darien YMCA Travel Team is coached by a talented team of international coaches. The Travel Team is for gymnasts who are seriously committed to developing, perfecting, and competing at the higher levels of gymnastics, including U.S.A.G. compulsory and optional meets through level 10. Gymnasts are selected from our class program, pre-team or House Team. The Travel Team athletes are required to participate on all four Olympic events, and compete in as many as 12 YMCA and U.S.A.G. meets per season. The competitive season runs from November through July, however, the program and workout commitment run year-round. Travel Team gymnasts must be YMCA Member.

**Monthly Fees:** The annual fee is broken into 12 equal monthly payments.

**Monthly fees are distributed to team participants upon team and level selection.**

**Registration Fees: Due in January and April.**

**Travel Team Registration Team Fees: \$225**

**Invitation Only**

### BOYS TEAM

The Boy's Team at the Darien YMCA, requires 3-6 days a week commitment based on the level of each gymnast and is a year round commitment. Gymnasts compete in local, regional, and national meets and compete on all six events. All Boys on the team, must be a Darien YMCA member and the team tuition will be broken into 12 equal monthly payments.

Boys Level 4 Team (Invitation Only)

3 days per week

Boys Level 5 Team (Invitation Only)

5 Days per week

Boys Level 6 Team (Invitation Only)

6 Days per week

**Monthly Fees:** The annual fee is broken into 12 equal monthly payments.

**Monthly fees are distributed to team participants upon team and level selection.**

**Registration Fee: Due in January and April.**

**Boys Team Registration Fee: \$160**

**Boys Preteam (Invitation Only) • 2 days per week**

**Fees:** Member Only: \$243

Tuesday & Thursday: 3:45 - 4:45PM





## TUMBLEBEES

### PRE-SCHOOL AGE GYMNASTICS

#### 12 - 24 months • Parent & Child

**Fees:** Member \$153, Non-Member \$174

Monday: 9:10 - 9:55AM

Thursday: 10:00 - 10:45AM

#### 2 years old • Parent & Child

**Fees:** Member \$153, Non-Member \$174

Monday: 10:00 - 10:45AM

Friday: 10:00 - 10:45AM

#### 3-4 years old • Drop Off

**Fees:** Member \$168, Non-Member \$191

Tuesday: 1:00 - 1:45PM

Wednesday: 10:50 - 11:35AM

Thursday: 1:00 - 1:45PM

Friday: 10:50 - 11:35AM

Friday: 1:00 - 1:45PM

#### 3-5 years old • Drop Off

**Fees:** Member \$168, Non-Member: \$191

Monday: 10:50 - 11:35AM

Monday: 2:00 - 2:45PM

Wednesday: 2:00 - 2:45PM

#### 4 & 5 years old • Pre-school • Drop Off

**Fees:** Member: \$168, Non-Member: \$191

Monday: 1:00 - 1:45PM

Tuesday: 2:00 - 2:45PM

Wednesday: 1:00 - 1:45PM

Thursday: 2:00 - 2:45PM

Friday: 2:00 - 2:45PM

#### Tiny Tumbler • This is an intense curriculum for Pre-K

**Fees:** Member \$168, Non-Member \$191

Monday: 2:15 - 3:15PM

Wednesday: 2:15 - 3:15PM

**OPEN GYM • Ages 1 - 5 with Parents**  
Advanced Registration Required (6 Weeks Sessions)

**Day/Time:** Tuesday: 10:00 - 10:45AM

Tuesday: 10:50 - 11:35AM

Tuesday: 12:00 - 12:45PM

Wednesday: 9:10 - 9:55AM

Thursday: 10:50 - 11:35AM

Thursday: 12:00 - 12:45PM

Saturday: 1:30 - 2:15PM

**Fees (per child):** Member: \$60, Non-Member: \$90

### SCHOOL AGE GYMNASTICS

Beginner and Intermediate classes

**Fees:** Member \$189, Non-Member \$235

#### GIRLS

##### Rollers • K - 1st grade

Monday: 3:15 - 4:15PM

Monday: 4:00 - 5:00PM

Tuesday: 4:00 - 5:00PM

Wednesday: 4:00 - 5:00PM

Thursday: 4:00 - 5:00PM

Saturday: 10:45 - 11:45AM

##### Swingers • 2nd - 3rd grade

Monday: 5:15 - 6:15PM

Tuesday: 3:15 - 4:15PM

Wednesday: 5:15 - 6:15PM

Saturday: 12:00 - 1:00PM

##### Cartwheels • 4th-5th grade

Tuesday: 5:15 - 6:15PM

Thursday: 5:15 - 6:15PM

##### Middle School • 4th-8th grade of all abilities welcomed

Thursday: 3:30 - 4:30PM

#### BOYS

##### Boys Rec 5 - 7 years • 1 Day per week

Wednesday: 3:45 - 4:45PM

##### Boys Rec 8 - 10 years • 1 Day per week

Friday: 3:45 - 4:45PM

### ADVANCED YOUTH CLASSES

Advanced gymnastics training for children who show early potential for competition. Instructor Referral Only.

Team Development Program • 2 days a week

**Fees:** Member Only \$ 223

Monday/ Wednesday: 3:45 - 4:45PM

Level 2 • 2 days a week

**Fees:** Member Only \$258

Monday/ Wednesday: 4:45 - 6:15PM

**\* Prices for class programs is per 6 week session.**



## PIRANHA SWIM TEAM

The Piranha Swim Team is the Darien YMCA's year-round competitive swimming program. The goal of the Piranhas is to create an environment for developing not only the finest of athletes but also the finest of citizens. We strive to teach life lessons and skills through the sport of swimming and to create lifelong swimmers. We offer swimmers 7 years and older the opportunity to train and reach the highest level of swimming available in the U.S. The Piranhas compete in both USA Swimming and the CT YMCA Swimming League. The Team is under the leadership of Head Coach Henk Jansen.

## 2020 - 2021 COMPETITIVE SWIMMING YEAR

The Piranha Swim Team operates on an annual fee basis for all 9/overs; Maia swimmers have the option of signing up for the year or seasonally. Please see the Piranha website for training group descriptions, fees, meet and practice schedules, refund policies and parental obligations.

## FALL 2020 STROKE CLINIC

The Piranha Fall Stroke Clinic is designed for swimmers 6 years of age and older with advanced basic skills. Coaches will teach proper technique for all four competitive strokes including turns. For more information please check the Piranha homepage or contact Henk in the Piranhas Office.

**Fees:** Member: \$110 Non-Member: \$170

## Stroke Clinic Schedule • August 31 – September 3

### 9/Unders

Monday 5:40 – 6:25p  
 Tuesday 5:40 – 6:20p  
 Wednesday 5:40 – 6:25p  
 Thursday 5:40 – 6:20p

### 10/Overs

Monday 4:45 – 5:30p  
 Tuesday 6:25 – 7:05p  
 Wednesday 4:45 – 5:30p  
 Tuesday 6:25 – 7:05

## PIRANHA FALL HOUSE SWIMMING

This Piranha House Program is designed for children 6 years of age and older with advanced basic skills. Swimmers must be able to swim 25 yards of legal freestyle and backstroke and have either a legal butterfly or breaststroke.

Returning swimmers from the 2020 Summer sessions will have priority for both Fall sessions.

## Fall 1 – House August 31 – October 12

### House I – 11/Overs

Friday ONLY 4:45-5:30p

### House II – 9/under

Saturday ONLY 9:00-9:45a

### House III – 10/Over

Saturday ONLY 9:00-9:45a

**Fees:** Member: \$175, Non-Member: \$235

## Fall 2 – House October 13 – November 23

### House I – 11/Overs

Friday ONLY 4:45-5:30p

### House II – 9/under

Saturday ONLY 9:00-9:45a

### House III – 10/Over

Saturday ONLY 9:00-9:45a

**Fees:** Member: \$175, Non-Member: \$235

## YMCA MASTERS SWIMMING

The YMCA Masters' program is for adult swimmers 19 years of age or older who want to swim under the guidance of a coach. Masters swimmers must be able to swim multiple laps of freestyle and backstroke. Masters is under the direction of Coaches Liz Blau and Henk Jansen. For more information please call Liz at 655-8228 x1308.

Monday-Friday: 11:15-12:15p

**Fees:** Member: \$480 (Full Year)

Fall Session August 31- November 23

**Fees:** Member: \$200, Non-Member: \$300





### THINKING OF JOINING THE TEAM?

#### IMPORTANT DATES TO REMEMBER FOR PIRANHA'S AND HOUSE TEAM!

August 4: Start of Fall registration for Fall House I & II

Early August: Fall Packets sent to returning Piranhas

August 28: Piranha Returnee Registration due  
August 31- September 3: Fall Clinic for new swimmers who wish to join Piranhas or House

Please contact Henk Jansen at  
piranha@darien-ymca.org for more information



## SWIM LESSONS

### EARLY AQUATICS

**Fall 1 (August 31-Oct 12)**

**Fall 2 (Oct 13-Nov 23)**

#### Parent & Child Lessons:

##### Stage A: Water Discovery (Ages, 6 - 12 mos)

This is an introduction to the aquatic environment for This is an introduction to the aquatic environment for parents and their children. This is a water adjustment class to teach help parents set developmentally appropriate expectations for infants enrolled in swim lessons

**Day/Time:** Wednesday, 10:45-11:15 a.m.

**Fees:** Member: \$108, Non Member: \$156 (6 classes)

**Day/Time:** Saturday, 10:30-11:00 a.m.

**Fees:** Member: \$138, Non Member: \$186 (6 classes)

##### Stage B: Water Exploration (Ages, 13 - 36 mos)

This class is designed to build on the skills from the Water Discovery level and to encourage the children's growing, but limited independence in the water. If the child is close to 3 years of age, the instructor will begin to prepare them for the pre-school level program.

**Day/Time:** Tuesday, 10:45-11:15 am

**Fees:** Member: \$108, Non-Member: \$156 (6 classes)

**Day/Time:** Saturdays, 9:00 - 9:30 am

**Fees:** Member: \$138 Non-Member: \$186 (6 classes)

##### Gym & Swim (Ages, 13 - 36 mos)

The class consists of 30 minutes of developmentally appropriate movement and exercise and 30 minutes of swimming lessons. This program is designed to develop your child's gross motor skills.

**Day/Time:** Saturday, 9:00 - 9:30 am Gym

9:45 - 10:15 am Pool

**Child Only:** 3-5 years olds Parent remains inside YMCA building

**Day/Time:** Saturday, 9:45 - 10:15 am Gym

10:30 - 11:00 am Pool

**Fees:** Member: \$186, Non-Member: \$222



## WATER READINESS – PARENT CHILD TO PRESCHOOL BRIDGE CLASS

This exciting program is intended for children who have participated in Parent/Child classes are beginning to swim independently either with or without the use of flotation aid. This class will gradually progress from Parent/Child to Child Only over the course of 6 weeks to help your child transition into our Preschool drop off swim program. This is a skill based class similar to Water Acclimation Stage one in the Preschool Swim Program. Ages 2-3 years old.

### Fall 1 ( August 31-Oct 12) Fall 2 (Oct 13-Nov 23)

**Day/Time:** Saturday, 9:00 am- 9:30 am

**Fees:** Member: \$132 Non-Member: \$192 (6 classes)

## AQUATICS: PRE-SCHOOL

### Stage 1: Water Acclimation (Ages 2 – 6 years )

This level is designed for new and beginner swimmers, teaching them basic breathing, paddle stroke, and kicking skills. Students will be introduced to basic self rescue skills.

#### 6 CLASSES (Per Session)

**Monday:** 4:00 – 4:40 PM

**Fees:** Member: \$132, Non-Member: \$192

**Wednesday:** 4:00- 4:40 PM

**Fees:** Member: \$132, Non-Member: \$192

**Friday:** 2:15- 2:45 PM

**Fees:** Member: \$114, Non-Member: \$162

**Friday:** 4:00- 4:40 PM

**Fees:** Member: \$132, Non-Member: \$192

**Saturday:** 11:15 – 11:45 AM

**Fees:** Member: \$132, Non-Member: \$192

### Stage 2: Water Movement (Ages 2 – 6 years)

This level is for the advanced beginner. They are taught floating independently, flutter kicking, and paddle stroke. Focus is on body position and control, directional change, and forward movement in the water.

#### 6 CLASSES (Per Session)

**Monday:** 10:45-11:15 AM

**Fees:** Member \$114, Non-Member \$162

**Monday:** 4:00 – 4:40PM

**Fees:** Member \$132, Non-Member \$192

**Tuesday:** 4:00 – 4:40PM

**Fees:** Member \$132, Non-Member \$192

**Wednesday:** 4:00 – 4:40PM

**Fees:** Member \$132, Non-Member \$192

**Thursday:** 4:00 – 4:40PM

**Fees:** Member \$132, Non-Member \$192

**Friday:** 4:00 – 4:40PM

**Fees:** Member \$132, Non-Member \$192

**Saturday:** 11:15 – 11:45AM

**Fees:** Member \$132, Non-Member \$192

**Saturday:** 12:00-12:30 PM

**Fees:** Member \$132, Non-Member \$192



### Stage 3: Water Stamina (Ages 2 – 6 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.

#### 6 CLASSES (Per Session)

**Monday:** 4:00 – 4:40PM

**Fees:** Member \$132, Non-Member \$192

**Tuesday:** 4:00 – 4:40PM

**Fees:** Member \$132, Non-Member \$192

**Wednesday:** 4:00 – 4:40PM

**Fees:** Member \$132, Non-Member \$192

**Thursday:** 10:45 – 11:15AM

**Fees:** Member \$114, Non-Member \$162

**Thursday:** 4:00-4:40 PM

**Fees:** Member \$132, Non-Member \$192

**Friday:** 4:00- 4:40 pm

**Fees:** Member \$132, Non-Member \$192

**Saturday:** 12:00 – 12:30 PM

**Fees:** Member \$132, Non-Member \$192

### Stage 4: Stroke Introduction

Having mastered the fundamentals, students learn additional safety skills and build stroke technique. Front & back crawl stroke and breast stroke are learned.

#### 6 CLASSES (Per Session)

**Tuesday:** 4:00 – 4:40PM

**Fees:** Member \$132, Non-Member \$192

**Saturday:** 12:00 – 12:30PM

**Fees:** Member \$132, Non-Member \$192



## AQUATICS: SCHOOL AGE

**Fall 1 (August 31–Oct 12) Fall 2 (Oct 13–Nov 23)**

**Fees:** Member \$144 Non-Member \$192

### 6 CLASSES (Per Session)

#### Stage 1 Water Acclimation (ages 5 – 13 years)

Students develop comfort and learn to safely enter and exit the pool. Basic skills such as kicking, paddling, breath control, and forward movement are taught.

**Monday OR Friday:** 4:50 – 5:30PM

#### 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.

**Tuesday, Wednesday OR Thursday:** 4:50 PM – 5:30 PM

#### 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.

**Tuesday OR Thursday:** 4:50 – 5:30PM

**Saturday:** 10:00 – 10:40 AM

#### Stage 4 (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.

**Tuesday OR Thursday:** 4:50– 5:30 PM

**Saturday:** 10:00 AM– 10:40 AM

#### 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.

**Tuesday:** 4:50 PM – 5:30 PM

**Saturday:** 10:00 AM– 10:40 AM

#### Stage 6 Stroke Mechanics (ages 5 – 13 years)

Students refine stroke technique on all major competitive strokes. They learn to incorporate swimming into a healthy lifestyle.

**Thursday:** 4:50– 5:30 PM

## PRIVATE SWIM LESSONS

One-on-one private lessons are offered for children and adults who desire special attention and instruction. Depending upon the instructors availability, we will try to accommodate lessons to individual schedule. Lessons are conducted on site at the YMCA. We offer the following in sessions of 6 half hour lessons.

**Fees:** Member: \$275, Non-Member: \$380



## WATER SAFETY PROGRAMS

### LIFEGUARD TRAINING

The Darien YMCA offers the latest course in nationally recognized American Red Cross and YMCA Lifeguard Training. This course will teach lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare lifeguard candidates to recognize emergencies, respond quickly and effectively to emergencies, and prevent drowning and other incidents. It also teaches individual needs to become a professional lifeguard such as CPR for the Professional Rescuer and Community First Aid. All course materials are included:

#### Lifeguard Recertification:

**Day:** Saturday, August 15

**Time:** 10:00 AM TO 2:30 PM

**Fees:** Member: \$175, Non-Member: \$225

#### CPR- FULL COURSE

**Day:** Saturday September 19

**Time:** 10:00 am to 2:30 PM

**Fees:** Member: \$60, Non Member \$80

### FALL SAILING ON HOLLY POND

Rain or Shine

**Dates:** August 31, Sept 2, 9, 14, 16, 21,

**Day/Time:** Monday & Wednesday, 3:45 – 5:00 PM

**Location:** Darien YMCA

**Fees:** Member \$195, Non-Member \$250





## SOCIAL RESPONSIBILITY

### SPECIAL NEEDS

#### AQUATICS

**Fall 1 (August 31-Oct 12)**

**Fall 2 (Oct 13-Nov 23)**

**(6 Week Sessions)**

The Darien Y would like to serve all Member of our community. We will do our best to accommodate all individuals with special needs into our programs. If you or a member of your family requires additional assistance or has a special circumstance, please let us know.

#### **Special Needs Swim Lesson • Ages 3 to 12**

The Y's learn-to-swim program for pre-school children with developmental disabilities. Please call Amy D'Andrea prior to registering so that we can learn about your child's special needs and find a day and time convenient for you.

**Fees:** Member: \$144, Non-Member: \$192

(6 Week Sessions)

### SPORTS

#### **Sibs Gym • Ages 4 to 15**

An inclusive movement/gymnastics program for children with special needs and their sibling/friend.

Ages: 4-9, Sunday 10:00 - 10:45 am

Ages: 10-15, Sunday 11:00 - 11:45 am

**Fees:** Members: \$255, Non-members: \$305

#### **Sports Skill Builder • Ages 6 to 10**

An athletic program designed around the needs and abilities of the participants. In a fun yet challenging environment children will build motor skills and confidence while engaging in a variety of sports activities.

Ages 6-10: Sat. 12:15 - 1:00 pm

Ages 11-teens: Sat. 11:30 am - 12:15 pm

**Fees:** Members: \$195, Non-members: \$245

### FITNESS

#### **Soothing Yoga • Ages 8 to 12**

This class is designed to bring the many benefits of yoga to children in a fun and relaxed environment. Classes will include yoga poses, movement games, breathing techniques, and shavasana (relaxation time). Wear comfortable clothes and bring your curiosity. Parents and caregivers are welcome to join the class.

**Day/Time:** Tuesday, 3:30 - 4:15 pm

**Fees:** Members: \$225, Non-members: \$305

#### **Little Yogis • Ages 5 to 7**

**Day/Time:** Tuesday 4:30 - 5:00 pm

**Fees:** Members: \$180, Non-members: \$230

#### **Zumba • Ages 10 to Teens**

Popular dance fitness program set to Latin music. Provides a great aerobic workout. For ages 10 to teens.

**Day/Time:** Mondays, 5:45 - 6:30 pm

**Fees:** Members: \$160, Non-members: \$210

#### **Focus on Fitness • Ages 10 to 18**

This special fitness offering will use movement to improve your child's proprioception- mind/body coordination. Participants will engage in various exercises to enhance balance, core stability, muscular strength, and endurance, resulting in increased strength that will naturally translate to activities in their day-to-day world.

**Day/Time:** Thursdays, 4:45 - 5:30 pm

**Fees:** Members: \$255, Non-members: \$305





## ENRICHMENT AND CLUBS

### Unified Art • Ages 6 to 11

For those children with an interest in the arts, Unified Art provides a collaborative opportunity in the visual arts. Children with special needs will be paired with a partner and given the opportunity to develop artistically and socially. There is no fee for this class but all participants must register.

Ages 6-11: Mondays, 4:00 – 4:45 pm

Ages 12-Teen: Mondays, 5:00 – 5:45 pm

**Fees:** Member: \$150, Non Member: \$200

### Friday Nights • Ages 13 and up

This program is a great night out for socializing with other teenagers. The program offers fitness, aquatics and lite bites within a safe and comfortable setting and is centered on maintaining self sufficiency. Participants function independently with peer group mentoring.

Fridays: 6:00 – 8:00 pm

**Fees:** Member: \$385, Non-Member: \$435

### Innovative Vocations

Innovative Vocations is an integrated program that is dedicated to supplementing the occupational stepping stones between high school and college. During the student's time, in this program, they will be given the tools to learn important vocational skills such as: preparatory operations, social interactions, and management of time and money. Students will be a valued part of the community as a link between the YMCA's after school Kids Club children and teachers as they help prepare and hand out snacks, support teachers in organizing children's arts and crafts projects, and checking inventory to make sure all runs smoothly, all while earning "Y-Bucks" to be saved and spent on our uniquely modified Innovative Vocations Catalog. This program was built for learning social, financial and preparation skills for our special needs team.

Program runs 3:00 – 6:00PM. Participants can come after 3:00 and can leave before 6:00PM, but staff & volunteers will be there the whole time.

## REVIVE PROGRAM

The Darien YMCA is pleased to offer "REVIVE", a 3-month, progressive health, and fitness program designed to transition cancer patients from treatment to a renewed stamina for day-to-day living.

The program is for local residents who are currently undergoing or have undergone cancer treatment in the past year. It includes, a complimentary 3-month Membership to the Darien Y, with access to our Wellness Center, pools, group fitness classes and other amenities. In addition, all participants will receive a 12 pack of 1-hour personal training sessions with one of our certified Cancer Exercise Specialist (CES) trainers.

For more information please contact Jess Van Sciver at [jvansciver@darien-ymca.org](mailto:jvansciver@darien-ymca.org) or ext. 1311







**DARIEN YMCA, 2420 POST ROAD, DARIEN, CT 06820**  
**[WWW.DARIEN-YMCA.ORG](http://WWW.DARIEN-YMCA.ORG)**