



**FIND YOUR
FRIENDS**
FIND YOUR Y



WINTER
GUIDE 2023 – 2024

NOVEMBER 27 – MARCH 10

DARIEN YMCA
2420 POST ROAD
DARIEN, CT 06820
203-655-8228

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IMAGINE

THE DIFFERENCE YOU CAN MAKE

Your unwavering support has always been the driving force behind our success. As we navigate through ever-changing times, your commitment to our cause becomes even more meaningful. By contributing to the Darien YMCA Annual Campaign, you are investing in the well-being of our community.

Your generosity enables us to:

- Provide working parents with a safe place to send their kids after school
- Provide seniors the joy of better health and lasting friendships
- Provide cancer survivors the chance to rebuild their health and wellness
- Support our entire community and ensure access to the Y for ALL

Your donations allow us to further our mission in the spirit of community.

Imagine what your gift could do. Give today by:

- Giving **online**.
- Downloading a **pledge form** & mailing it to the Darien Y.
- Spreading your gift over time by making it **recur monthly**.
- Creating a **matching gift donation** with your employer.
- Donating stocks, setting up a **legacy gift** or honor someone.

FINANCIAL ASSISTANCE

The Darien YMCA strives to serve everyone in the community, regardless of individual economic circumstances. Financial assistance is made possible through the generous contributions of individual donors, foundations, and corporate sponsors.

ELIGIBILITY

Financial assistance is based on family income, number of household members and the availability of YMCA funds. Adults applying for financial assistance for an adult membership at the Darien YMCA, who live in another YMCA service area, are expected to apply to their YMCA first. If an applicant can demonstrate that his or her application for financial assistance has been denied by another YMCA, the Darien YMCA will consider each out of town adult application on an as needed basis.

To apply for Financial Assistance, please visit our website or stop by our front desk today!

[Learn About Financial Assistance](#)



REGISTRATION INFORMATION



PROGRAM SESSIONS & REGISTRATION DATES

WINTER SESSION

NOVEMBER 27 – MARCH 10
(11, 12, or 13 weeks)

REGISTRATION SCHEDULE

TUESDAY, OCT. 24, 10AM: Priority Registration for members who are Darien Residents or members currently enrolled in Fall Session.

THURSDAY, OCT. 26, 10AM: Priority Registration for current members who are non Darien residents.

TUESDAY, OCT. 31, 10AM: Registration for non members.

BREAKS

- December 23 – January 1
- February 17 – February 23

No youth program classes. See modified group fitness, gym, and pool schedules online.

NOTE: Registration cannot be done over the phone. You may come in person to the front desk or register online.

[Register Online](#)

CHECKING INTO THE YMCA

- Everyone entering our building must sign a one-time Facility Usage Waiver upon check in.
- All members must scan in via their membership card or use their barcode loaded into the APP.
- All guests or non-members must show a valid photo I.D.

REFUND AND CREDIT POLICY

- Membership fees and gift certificates are NOT refundable.
- A participant canceling prior to the first day of the session (not the first day of the class) will receive a full online system credit or a refund check less a \$20 processing fee.
- A participant canceling after the session begins, whether or not they attended, will receive a pro-rated refund as an online system credit or a refund check less a \$20 processing fee.
- No refund after the third class whether or not participant attended.
- Canceling due to medical reasons will be pro-rated.
- Written verification from a physician is required upon refund/credit request.
- All services expire 1 year from date of purchase. (Personal Training, Private Swim Lessons, etc.)
- Please see program specific policies for the following programs: Nursery School, Kid's Club, Vacation Camp, Summer Camp, Winter Basketball, Competitive Swim & Gymnastics Team.
- All refund/credit requests may take up to 2 weeks to process. System credits can be viewed on your account online.

Download the

[CREDIT POLICY REFUND FORM](#)

MEMBERSHIP INFORMATION

DARIEN YMCA

OUR MISSION

The Darien YMCA is a 501(c)(3) nonprofit charitable organization. Our mission is to strengthen the foundation of the community through programs, services and relationships that build a healthy spirit, mind and body for all.

HOURS OF OPERATION

Monday – Friday: 5:00AM to 9:30PM

Saturday: 7:00AM to 6:00PM

Sunday: 8:00AM to 5:00PM

*These times are subject to change

HOLIDAY HOURS

Thanksgiving, Thurs., Nov. 23 – Open 7AM – 12PM

Christmas Eve, Sun., Dec. 24 – Open 8AM – 12PM

Christmas Day, Mon., Dec. 25 – Closed

New Year's Eve, Sun., Dec. 31 – Open 8AM – 2PM

New Year's Day, Mon., Jan. 1 – Open 8AM – 2PM

WELCOMING NEW MEMBERS

MEMBER INFORMATION AND RATES

Membership Type	Membership Description	Monthly	Annual
Family 1 Adult	One adult 23+, including children*	\$132	\$1584
Family 2 Adults	Two adults 23+, including children*	\$185	\$2220
Family 3 Adults	Three adults 23+, including children*	\$238	\$2856
Family 4 Adults	Four adults 23+, including children*	\$291	\$3492
Adult	One individual age 26+	\$110	\$1320
Adult Couple	Two individuals age 26+	\$163	\$1956
Senior	One senior age 65+	\$69	\$828
Senior Couple	Two seniors age 65+	\$122	\$1464
Young Adult	One young adult age 19 – 25	\$69	\$828
Teen	One teen age 13 – 18		\$435
Youth	One Child age 0 – 12		\$290

*Children – age 22 and under residing at the same address

Membership fees are not refundable or transferable. New rates will take effective January 1, 2024.

A \$100 joiner's fee is charged for all new adult and family memberships.

A \$75 joiner's fee is charged for all senior and young adult memberships.

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

YMCA memberships and programs are open to everyone. When the costs of our services prevent an individual or family from participating, the YMCA will offer Financial Assistance when available, for those who are eligible. Get priority Registration, become a member today.

BABYSITTING AT THE DARIEN YMCA

WORK OUT STRESS FREE

Babysitting is available for members in our Playroom!

- Ages 6 weeks – 6 years
- Monday through Friday
- 9:00am – 1:00pm
- Reservations Recommended
- Space is limited
- Caregiver must stay in the facility while working out
- \$8.00/hour
- Free with a Family Membership



REGISTER ONLINE
or at the Front Desk

[JOIN TODAY](#)

[DOWNLOAD OUR APP](#)

[MEMBERSHIP INFO](#)

SPECIAL OFFERS

COLLEGE TEMPORARY MEMBERSHIP

Perfect for when students are home for break

The Darien YMCA offers a special membership for college students so they can stay active and get their workouts in while they are home for breaks.

College Temporary Membership Options:

- 1 Week \$40
- 2 Weeks \$55
- 1 Month \$69
- 2 Months \$138
- 3 Months \$207
- 4 Months \$276



\$30 Joiner's Fee applies but is waived if you are a returning college temporary member.

DETAILS

- Must show college ID.
- Valid for ages 18-25.
- Does not include guest privileges or reciprocity to other YMCAs.
- To join, scan code, download and complete the form and bring it to the front desk.

Try the Y With a 5 Day Free Pass

Available to adults 21 years or older

Need more time to decide if this facility will work for you?

1. Scan the 5-day pass QR Code.
2. Enter your name and email and look for a confirmation email message.

This 5-day trial pass is for individuals 21 and over. It allows you to come and try the Y for FREE for 5 consecutive days and starts when you are ready! Simply present the email you received to the front desk either from your phone or by bringing in a printed copy!

Already a member? Share this with a friend and enjoy the YMCA TOGETHER!

SCAN FOR FREE PASS



FITNESS & WELLNESS

MP: Member Price | NMP: Non-Member Price



ADULT FITNESS

We offer many types of fitness classes, from indoor cycling to HIIT and Yoga to Pilates. Please refer to our website or app for the full list of our High Intensity and Mind Body group exercise offerings. Members will also have access to virtual live and on-demand classes.

ONE ON ONE PERSONAL TRAINING

We have a team of professionals who can customize a program for you. Their areas of expertise include, but are not limited to:

- Functional Training
- Increasing Total Body Strength & Conditioning
- Addressing Special Problem areas (i.e., back, knees, etc.)
- Building Cardiovascular Endurance
- Post Rehabilitation & Balance

[Personal Trainer Bios](#)

SMALL GROUP PERSONAL TRAINING

Available to Adult, Teen or Youth Groups

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 members & non-members. Please contact Gene DeNota @ gdenota@darien-ymca.org for price info.

KICKSTART PERSONAL TRAINING SESSION

One-time free session available to new and existing members.

Every single member receives a complimentary personal training session called a Wellness Kickstart. If you have any goals such as weight loss, strength, more energy, etc. this session will be great to give you a boost in the right direction. You will also get an In-Body 570 Body Composition Analysis and a feel for how all of our fitness equipment works!

[SIGN UP](#)

PILATES GROUP APPARATUS

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 and sculpted look. Our Pilates Apparatus training utilizes three main pieces of equipment: Reformers, Towers, and Chairs. **Max 5 per class.**

MP: \$35

NMP: \$45

PRIVATE AND SEMI PRIVATE PILATES APPARATUS

The Darien YMCA offers private and semi-private apparatus sessions upon request. Semi privates include 2 people.

For more information, contact:

Gene DeNota @ gdenota@darien-ymca.org

[Click to Register](#)

EXPANDED GROUP EXERCISE CLASSES

Pick up a schedule at the Front Desk or visit our website to see our Group Fitness classes. Please refer to our online **FITNESS SCHEDULE** or check out our **DARIEN YMCA APP** for the latest in Group Exercise.



YMCA360 AT THE DARIEN Y

An expanded library of online programming via a partnership with YMCA360.

From yoga to H.I.I.T to youth sports, members will be able to enjoy our exclusive collection of on-demand and livestream classes, on all your devices. Access is included with your Darien YMCA membership.

[SIGN UP](#)

FITNESS & WELLNESS

MP: Member Price | NMP: Non-Member Price

OPEN KETTLEBELL SERIES

Age: 15+
Day: Wednesday
Time: 8:30AM-9:15AM
MP: \$420 **NMP:** \$540

Looking to change your body and increase your strength in a minimal amount of time? Then a kettlebell workshop at the Darien Y is for you!

Open level kettlebell is suitable for all participants and is taught by our Fitness Operations Coordinator in our training center.



OPEN PICKLEBALL

Come down and try something new (or maybe revisit an old passion?) at the Darien YMCA with Open Pickleball! Players will manage their own matches, which will be assumed to be doubles unless there are less than 4 participants signed up. In the event that there are more than 12 signed up, matches will be timed to 12 minutes. The YMCA will provide all equipment, which will be managed by the Wellness Staff. Participants are encouraged to bring their own paddles.



***Day/Time:** Monday 11:45AM-12:45PM
Tuesday 12:00PM-1:00PM
Wednesday 8:45AM-10:15AM

MP: Free **NMP:** \$10

*Days and times are subject to change.

[Click to Register](#)

YOUTH FIT CLUB

Learn the fundamentals of fitness! A personal trainer will take the group through education-based fitness sessions along with fun and challenging workouts. This program is available free to members as part of our Group Exercise Programs. Youth ages 13 & 14 who complete this program gain access to the Wellness Center.

Age: 12-14

Day/Time: Tuesday or Thursday 4:00PM-5:00PM
Saturday 9:00AM - 10:00AM

[Click to Register](#)

ROCK WALL CLIMBING

Rock Climbing has returned for members only and is supervised by our Wellness staff! No registration required! See Wellness Desk for harness before you begin climbing. Climbing hours are the same as our facility hours. If you are new to climbing, please allow 5 extra minutes to learn how to use the equipment.

Ages 10+ (Age 10 -12 require parental supervision).

GENTLE MIND BODY CLASS OPTIONS

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.

Days/Time Monday - Wednesday 4:30PM - 5:30PM (at the Y)
Tuesday & Thursday 4:30PM - 5:30PM (Hyrid)

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.

Days/Time: Monday, (Hybrid)
Wednesday, Friday & Saturday (at the Y)
11:00AM - 11:45AM

SLOW AND GENTLE YOGA

Designed to open tight areas, strengthen and revitalize the body through a slow and gentle series of postures and breathing.

Days/Time: Tuesday 10:30AM - 11:30AM
Thursday 10:15AM - 11:15AM
Saturday 11:45AM - 12:45AM

TAI CHI

Tai Chi is an ancient Chinese art, also known as moving meditation. Some of the benefits of Tai Chi include: relaxation, strength, flexibility, and balance. Suitable for both beginner and advanced students.

Day/Time: Sunday 11:30AM-12:30PM
Wednesday 1:00AM-2:00PM

Refer to website or app or click below for more class options, days, and times.

MIND BODY WORKSHOPS

Be on the lookout for Pop-Up Mind Body Workshops. Learn more about specialized Mind Body programs. Topics and dates will be announced.

Day/Time: Saturdays 1:00PM-2:30PM

[Fitness Schedule](#)

LIVESTRONG AT THE YMCA

The Darien YMCA now offers LIVESTRONG at the YMCA, a 3-month, physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond.

Program includes:

- A complimentary 3-month membership to the Darien Y
- Access to our Wellness Center, pools, group fitness classes and other amenities
- 12 weeks of group training sessions with Y staff trained in supportive cancer care to achieve goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem.

To schedule your intake appointment for

LIVESTRONG at the YMCA, contact:

Beverly Wagner, LIVESTRONG at the YMCA Program Coordinator
bwagner@darien-ymca.org | 203-655-8228 ext. 1322

YOUTH ENRICHMENT

KIDS CLUB

AFTER SCHOOL PROGRAM

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.

FOR AGE 3 YEARS TO 5TH GRADE

Kids Club Fees for 2023–2024 School Year

Monthly fee September – May (no payments for June)

Pre-School – 5th Grade:

1 Day: \$179

2 Days: \$271

3 Days: \$372

4 Days: \$460

5 Days: \$557

Drop-in: \$50 Per day

- Fees are spread equally among 9 months.
- Children enrolling in June only will pay a pro-rated fee.
- Fees are not adjusted for months that have vacation days.
- Must be a member of the Darien YMCA to participate.

Registration Procedure: Registration for the 2023 – 2024 school year began on May 15, 2023. All monthly fees are processed on the 20th of every month for the following month.



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 special events.

Pre-School:	Half Day 9:00AM – 1:00PM <u>OR</u> Full Day 9:00AM – 4:00PM
Grades K-5th:	Full Day 9:00AM – 4:00PM
Extended Care:	8:00AM – 9:00AM <u>OR</u> 4:00PM – 6:00PM

Fees: Member Price / Non-Member Price

Half Day: \$85/\$95 per day
Full Day: \$105/\$115 per day
Extended Care: \$20 per hour

UPCOMING VACATION CAMP DATES:

- NOVEMBER 7
- DECEMBER 26 – DECEMBER 29
- JANUARY 12
- JANUARY 15
- FEBRUARY 16, 19 – 23
- MARCH 29
- APRIL 15 – 19



School Age Child Care Contact:

John Novak
Youth Development Director
(203) 655-8228 EXT. 1331
jnovak@darien-ymca.org

YOUTH ENRICHMENT

MP: Member Price | NMP: Non-Member Price



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. All students are required to have a Darien Y membership.

HOLLY POND SCHOOL 2024 - 2025

We will begin registration for September 2024, in January 2024. All information will be posted our website end of November.

[CLICK FOR INFORMATION](#)
[HOLLY POND SCHOOL 2024 -2025](#)

Classes for 2023 - 2024 are as follows:

2 YEAR OLDS

Morning Session: 9:00AM - 11:30AM

Afternoon Session: 12:00PM - 2:30PM

2 day and 3 day options.

3 YEAR OLDS

Morning Session: 9:00AM - 11:45AM

Afternoon Session: 12:15PM - 3:00 PM

3 day and 5 day options.

4 YEAR OLDS

Morning Session: 9:00AM - 11:45AM

Afternoon Session: 12:15PM - 3:00 PM

4 day and 5 day options.

PRE-KINDERGARTEN

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.

5 Day Option only.

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. 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. Holly Care follows the Darien Public School calendar.

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

Days/Times:

Morning Program: Monday - Friday: 9:00AM - 12:15PM

Afternoon Program: Monday - Friday: 11:45AM - 3:00PM

Full Day Program: Monday - Friday: 9:00AM - 3:00PM

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

Holly Care Monthly Fees for 2023 - 2024

Morning or Afternoon Session

	5 Days	4 Days	3 Days	2 Days	1 Day	Drop-In
MP:	\$650	\$570	\$460	\$350	\$260	\$60
NMP:	\$700	\$620	\$510	\$400	\$310	\$120

Full Day (9:00AM - 3:00PM)

	5 Days	4 Days	3 Days	2 Days	1 Day	Drop-In
MP:	\$1,300	\$1,140	\$920	\$700	\$520	\$120
NMP:	\$1,400	\$1,240	\$1020	\$800	\$620	\$240

YOUTH ENRICHMENT PROGRAMS

EDUCATION AND STEM

The programs offer experiences that involve science, technology, engineering, and mathematics, provide children with opportunities to innovate, problem solve, be creative, and improve critical thinking. (Ages 4-5)

Days/Time: Monday OR Wednesday 1:00PM - 1:45PM
Fees: **MP** \$180 **NMP** \$205



PRE-SCHOOL INDOOR SOCCER

LOCATION: DARIEN YMCA GYMNASIUM

Our Pre-school 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. The All Star FC coaches will teach moves such as stop and roll, tunnel turn, drag back, circle-take, and fake-take within a fun atmosphere. The players will enjoy games such as cone monster, pirate ship, and candy store and will further develop their listening skills and ability to follow instructions.

As the players develop through the program, they will be introduced to playing small-sided soccer games. This will give them a chance to be more competitive and learn to play as a team. The coaches will not count the score or worry about who scores the most goals but focus on the players improving their skills and more importantly having fun!

Dates: 11/27 - 2/09
No Classes: 12/25, 12/27, 12/28

BOYS AND GIRLS AGES 3-5

Class 1

Day/Time: Mondays,
1:00PM - 1:45PM
MP: \$175 **NMP:** \$210 (8 classes)

[Click to Register](#)

Class 2

Day/Time: Wednesdays,
1:00PM - 1:45PM
MP: \$220 **NMP:** \$265 (10 classes)

[Click to Register](#)

Class 3

Day/Time: Thursdays,
11:00AM - 11:45AM
MP: \$220 **NMP:** \$265 (10 classes)

[Click to Register](#)

FUTSAL

LOCATION: ROYLE OR TOKENEKE ELEMENTARY SCHOOL

Futsal is the best way to play indoor soccer. It is a fast paced game that requires quick feet and quick decisions! The sessions will consist of 30 minutes of skill and technique training followed by 30 minutes of playing Futsal. The improvement shown by soccer players who have attended Futsal during the past five winter seasons has been very noticeable! Players have gained confidence in their own ability as well as learning when to be an individual and when to be more of a team player.

Dates: 11/13 - 3/15
No Classes: 11/22-24, 12/22, 12/25 -29,
1/1, 1/12, 1/15, 2/16, 2/19-23

BOYS AND GIRLS PRE-K

Day/Time: Tuesdays 4:15PM - 5:15PM at Royle
MP: \$315 **NMP:** \$340 (14 classes)

BOYS AND GIRLS KINDER

Day/Time: Wednesdays 4:15PM - 5:15PM at Royle
Thursdays 4:15PM - 5:15PM at Royle
MP: \$315 **NMP:** \$340 (14 classes)

BOYS AND GIRLS GRADES 1-2

Day/Time: Mondays 4:15PM - 5:15PM Boys at Tokeneke
Mondays 4:15PM - 5:15PM Girls at Royle
Tuesdays 4:15PM - 5:15PM Boys at Tokeneke
Wednesdays 5:15PM - 6:15PM Boys at Royle
Thursdays 4:15PM - 5:15PM Girls at Tokeneke
MP: \$315 **NMP:** \$340 (14 classes)
Fridays 4:15PM - 5:15PM Boys at Tokeneke
Fridays 5:15PM - 6:15PM Girls at Tokeneke
MP: \$270 **NMP:** \$295 (12 classes)

BOYS AND GIRLS GRADES 3-4

Day/Time: Mondays 5:15PM - 6:15PM Boys at Tokeneke
Tuesday 5:15PM - 6:15PM Girls at Tokeneke
Wednesdays 4:15PM - 5:15PM Boys at Tokeneke
MP: \$315 **NMP:** \$340 (14 classes)

BOYS GRADES 5-6

Day/Time: Thursdays 5:15PM - 6:15PM Boys at Tokeneke
MP: \$315 **NMP:** \$340 (14 classes)

[Click to Register](#)

Sports Contact:

Joe Marzano
Youth Development Director
(203) 655-8228 EXT. 1349
jmarzano@darien-ymca.org



YOUTH SPORTS

MP: Member Price | NMP: Non-Member Price

KARATE

LOCATION: DARIEN YMCA STUDIO 1

Kempo is a comprehensive and diverse style of martial arts and an effective means of unarmed self-defense. The roots of the Kempo Karate trace back to the warrior monks of the Shaolin Temple, the renowned home of Kung Fu. Throughout centuries, the techniques of Kempo Karate have been refined and its content expanded to include the most effective strikes, throws, and movements in the martial arts. Combined with pioneering teaching techniques, anti-bullying and leadership content, and personal development paradigms, students become leaders among their peers.

BOYS AND GIRLS AGES 4-5

Dates: 11/28 - 2/6
No Class: 12/26
Day/Time: Tuesdays,
3:15PM - 4:00PM
MP: \$250 **NMP:** \$300

[Click to Register](#)

BASEBALL CLINICS

LOCATION: MCGUANE FIELD

Each clinic will be run by Darien High School varsity coaches Mike Scott (former Detroit Tiger) & John Miceli along with members of the D.H.S. team.

Hitting clinics will focus on the fundamentals of the baseball swing including approach, balance, weight transfer and swing path. Players will develop these fundamentals in drills designed to improve their hitting ability and overall confidence.

HITTING CLINIC OPEN TO LITTLE LEAGUE PLAYERS AGES 8-12

Dates: 1/8 - 3/7
No Clinics: 2/15, 2/19-22
Day/Time:
Mondays 5:00PM
Thursdays 5:00PM
MP: \$225 **NMP:** \$275 (7 classes)
Day/Time: (Choose Your Day)
Tuesdays 5:00PM
Wednesdays 5:00PM
MP: \$265 **NMP:** \$315 (8 classes)

[Click to Register](#)



VOLLEYBALL

LOCATION: DARIEN YMCA GYMNASIUM

For beginners and the experienced player. This program 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 the game. This level will help prepare athletes planning to play competitively at the high school level and for those who just want to learn the sport. All activities will focus on developing confidence and skill while promoting enjoyment of the sport.

Our program will be led by Erin McHugh. Erin played volleyball locally at Stamford High School where she was voted team captain, All-FCIAC, and All-State. She went on to play at Division 1 Long Island University, again being voted team captain and All-NEC. Erin continues to play competitively in multiple adult leagues.

SENIOR PROGRAM (GIRLS GRADES 6-8)

MP: \$200 **NMP:** \$240
Dates: 11/29-2/7
No Class: 12/27
Day/Time: Wednesdays, 5:45PM - 6:45PM

[Click to Register](#)

JUNIOR PROGRAM (GIRLS GRADES 3-5)

MP: \$200 **NMP:** \$240
Dates: 11/29-2/7
No Class: 12/27
Day/Time: Wednesdays, 4:45PM - 5:45PM

[Click to Register](#)

KINDER HOOPS

LOCATION: DARIEN YMCA GYMNASIUM

This program is designed for children in kindergarten to learn the basics of basketball in a fun game filled environment. This introductory program was created to teach young kids basketball fundamentals, sportsmanship, and teamwork. Each Child will receive a team t-shirt.

MP: \$175 **NMP:** \$225

BOYS AND GIRLS IN KINDERGARTEN

Dates: 11/28 - 2/8
No Classes: 12/26, 12/28
Day/Time: Tuesdays,
 4:15PM - 5:15PM OR
 5:15PM - 6:15PM
 Thursdays
 4:15PM - 5:15PM OR
 5:15PM - 6:15PM

[Click to Register](#)

PEE-WEE BASKETBALL

LOCATION: HOLMES OR ROYLE ELEMENTARY SCHOOL

Pee-Wee Basketball builds strong skills needed for playing basketball as well as helping develop sportsmanship and teamwork. Taught by "Overtime Athletics", the players learn basic skills using various drills, contests, and games. The programs emphasis is on having fun, while also fostering life lessons and basic understanding of fitness. During the season each participant will be able to develop their skills in "5 on 5" play. The hour is broken up into 30 minutes of skills and drills and 30 minutes of game play. The teams will meet on once a week on Saturdays for an hour at Holmes or Royle School. Each child will receive a team T-shirt.

MP: \$200 **NMP:** \$250

BOYS AND GIRLS GRADES 1-2

Dates: 12/2 - 3/2
No Classes: 12/23, 12/30, 2/17, 2/24
Day/Time: Saturdays

[Click to Register](#)

HIGH SCHOOL HOUSE BASKETBALL LEAGUE

LOCATION: DARIEN YMCA GYMNASIUM *SPACE IS LIMITED*

There are no practices in this league. Strictly business and strictly games. Games will be played on Sundays and Wednesdays. A pre-season draft will determine the teams. Connecticut High School rules will be enforced with a few Darien YMCA modifications. Each player will receive a Darien YMCA Basketball T-shirt. The season will end with a single elimination tournament.

BOYS GRADES 9-12

MP: \$300 **NMP:** \$400
Dates: 12/6 - 3/10

Note: The league will begin AFTER Darien H.S. tryouts are completed.



HOUSE BASKETBALL

LOCATION: MIDDLESEX MIDDLE SCHOOL

The Darien YMCA House Hoops program is the largest and most prominent program that the Darien YMCA offers. The fun filled program is offered for players who are in grades 3rd through 8th. After an exciting regular season of House Hoops, each player will participate in the town wide double elimination playoff tournament which is attended by thousands of spectators.

- This program meets 2 times a week.
- One weekday practice and one weekend game.

BOYS AND GIRLS GRADES 3 - 8

Dates: 11/27 - 3/10
MP: \$350 **NMP:** \$450

[HOUSE BASKETBALL REGISTRATION](#)

YOU MUST BE REGISTERED FOR HOUSE BASKETBALL IN ORDER TO PARTICIPATE IN EVALUATIONS.

HOUSE BASKETBALL EVALUATIONS

The purpose of our House basketball evaluations is to ensure that all the teams in the league are created as balanced as possible. The House basketball evaluations will be held in November at Middlesex Middle School. The evaluation schedule is below. Individual skills will be tested briefly followed by modified scrimmages.

BOYS AND GIRLS GRADES 3

Day/Time:
 Saturday, Nov. 4 12:00PM - 1:30PM Boys
 Saturday, Nov. 4 1:30PM - 2:30PM Girls

BOYS AND GIRLS GRADES 4

Day/Time:
 Saturday, Nov. 4 2:30PM - 3:30PM Girls
 Sunday, Nov. 5 9:00AM - 10:30AM Boys

BOYS AND GIRLS GRADES 5-6

Day/Time:
 Sunday, Nov. 5 10:30AM - 11:30AM Girls 5th/6th
 Saturday, Nov. 11 9:00AM - 10:30AM Boys 5th
 Saturday, Nov. 11 10:30AM - 11:30AM Boys 6th

BOYS AND GIRLS GRADES 7-8

Day/Time:
 Saturday, Nov. 11 11:30AM - 12:30PM Girls 7th/8th
 Saturday, Nov. 11 12:30PM - 1:30PM Boys 7th
 Saturday, Nov. 11 1:30PM - 2:30PM Boys 8th

YOUTH SWIM PROGRAM

WINTER SESSION
November 27 – March 10
No classes: 12/23 – 1/1 and 2/17 – 2/23
MP: Member Price | NMP: Non-Member Price

EARLY AQUATICS

Parent and Child Lessons

LOCATION: SMALL POOL

Stage A: Water Discovery

This is an introduction to the aquatic environment for parents and their children.

Age: 6–12 months

Day/Time: Saturday, 10:30AM–11:00AM

MP: \$324 **NMP:** \$444 (12 classes)

Stage B: Water Exploration

This class is designed to build on the skills from the Water Discovery level and to encourage the children's growth, but limited independence in the water.

Age: 13–36 months

Day/Time: Saturday 9:00AM–9:30AM

MP: \$324 **NMP:** \$444 (non-prime time, 12 classes)

Day/Time: Tuesday, 10:30AM–11:00AM

Thursday, 10:30AM–11:00AM

MP: \$325 **NMP:** \$403 (13 classes)

Gym & Swim

The class consists of 30 minutes of developmentally appropriate movement and exercise and 30 minutes of swimming lessons.

Age: 13–36 months

Day/Time: Saturday, 9:00AM–9:30AM Gym (Parent/Child)

Saturday, 9:45AM–10:15AM Pool (Parent/Child)

Sunday, 10:15AM–10:45AM Gym (Parent/Child)

Sunday, 11:00AM–11:30AM Pool (Parent/Child)

MP: \$418 **NMP:** \$495 (11 classes)

Age: 3–6 years old

Day/Time: Saturday, 9:45AM–10:15AM Gym

Saturday, 10:30AM–11:00AM Pool

Sunday, 9:45AM–10:15AM Gym

Sunday, 10:30AM–11:00AM Pool

(drop off– parents must remain inside YMCA)

MP: \$418 **NMP:** \$495 (11 classes)

CLICK TO REGISTER

NOTE: CLASSES WILL SHOW WHEN REGISTRATION OPENS

[Early Aquatics](#)

[Preschool Aquatics](#)

AQUATICS: PRE-SCHOOL

LOCATION: SMALL POOL

Age: 2 years 9 months – 6 years

Stage 1: Water Acclimation

This level is designed for new and beginner swimmers, teaching them basic breathing, paddle stroke, and kicking skills.

Day/Time: Choose your day of the week

Monday: 4:00PM–4:40PM

Saturday: 11:00AM–11:30PM

Saturday: 11:30AM–12:00PM

Saturday: 12:00PM–12:30PM

MP: \$348

NMP: \$492 (12 classes)

Tuesday: 4:00PM–4:40PM

Wednesday: 4:00PM–4:40PM

Thursday: 4:00PM–4:40PM

MP: \$377

NMP: \$533 (13 classes)

Thursday: 1:30PM–2:00PM

Friday: 10:30AM–11:00AM

MP: \$312

NMP: \$429 (13 classes)

Stage 2: Water Movement

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

Day/Time: Choose your day of the week

Monday: 4:00PM – 4:40PM

Saturday: 11:00AM – 11:30AM

Saturday: 11:30AM – 12:00PM

Saturday: 12:00PM – 12:30 PM

MP: \$348

NMP: \$492 (12 classes)

Tuesday: 4:00PM – 4:40PM

Wednesday: 4:00PM – 4:40PM

Thursday: 4:00PM – 4:40PM

Friday: 4:00PM – 4:40PM

MP: \$377

NMP: \$533 (13 classes)

Monday: 10:00AM – 10:30AM

MP: \$288 **NMP:** \$396 (12 classes)

Friday: 10:30AM – 11:00AM

MP: \$312 **NMP:** \$429 (13 classes)

Stage 3: Water Stamina

Children at this level will build endurance and learn how to swim to safety from a longer distance. Rhythmic breathing and alternating arm & leg movements.

Day/Time: Choose your day of the week

Tuesday: 4:00PM – 4:40PM

Wednesday: 4:00PM – 4:40PM

Thursday: 4:00PM – 4:40PM

Friday: 4:00PM – 4:40PM

MP: \$377

NMP: \$533 (13 classes)

Saturday: 12:00PM – 12:30PM

MP: \$348 **NMP:** \$492 (12 classes)

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.

Day/Time: Monday, 4:00PM – 4:40PM

MP: \$348 **NMP:** \$492 (12 classes)



YOUTH SWIM PROGRAM

WINTER SESSION

November 27 – March 10

No classes: 12/23 – 1/1 and 2/17 – 2/23

MP: Member Price | NMP: Non-Member Price

AQUATICS: SCHOOL AGE

LOCATION: SMALL POOL

Grade: Kindergarten and up (Stage placement based on ability)

Stage 1 Water Acclimation

For the beginner or fearful swimmer. They will learn breathing as well as front and back paddle stroke.

Day/Time: Choose your day of the week

Monday: 4:50PM–5:30PM

MP: \$372 **NMP:** \$528 (12 classes)

Wednesday: 4:50PM–5:30PM

Friday: 4:50PM–5:30PM

MP: \$403 **NMP:** \$572 (13 classes)

Stage 2 Water Movement

This level is for the swimmer that is comfortable in the water. Emphasis will be placed on refining the front and back crawl. Rotary breathing is taught.

Day/Time: Choose your day of the week

Tues., Wed., Thu., **OR** Fri.: 4:50PM–5:30PM

Tuesday: 5:30PM–6:10PM

Friday: 4:00PM–4:40PM

MP: \$403 **NMP:** \$572 (13 classes)

Monday: 4:50PM–5:30PM

Saturday: 12:30PM–1:10PM

MP: \$372 **NMP:** \$528 (12 classes)

LOCATION: LARGE POOL

Stage 3 Water Stamina

Children at this level will build endurance, swim longer distance in deep water. Emphasis on refinement of front & back crawl and introduction to deep water and diving skills.

Day/Time: Choose your day of the week

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

MP: \$403 **NMP:** \$572 (13 classes)

Saturday: 10:00AM – 10:40AM

MP: \$372 **NMP:** \$528 (12 classes)

Stage 4 Stroke Introduction

Students develop stroke technique in front crawl, back crawl, breaststroke and diving. Focus on endurance and breathing technique.

Day/Time: Choose your day of the week

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

MP: \$403 **NMP:** \$572 (13 classes)

Saturday: 10:00AM – 10:40AM

MP: \$372 **NMP:** \$528 (12 classes)

Stage 5 Stroke Development

Students work on technique and learn all 4 competitive strokes. Reinforces safety through treading water and sidestrokes. Diving from the starting block and open turns are taught. For the advanced swimmer who can complete 25 yards of front & back crawl & breast stroke.

Day/Time: Choose your day of the week

Tuesday: 4:50PM – 5:30PM

MP: \$403 **NMP:** \$572 (13 classes)

Saturday: 10:00AM – 10:40AM

MP: \$372 **NMP:** \$528 (12 classes)

CLICK TO REGISTER

NOTE: CLASSES WILL SHOW WHEN REGISTRATION OPENS

[School Age Aquatics](#)



DID YOU KNOW...

All of Darien YMCA swim lessons have safety components as part of the curriculum at all swim levels.

Swim students will learn and practice:

- back floating
- self rescue
- swim, float, swim and more

Living in a waterfront community, these are essential life-saving skills that the YMCA takes very seriously.

Be sure your child is enrolled today!

ADULT & PRIVATE AQUATICS

WINTER SESSION
November 27 – March 10
No classes: 12/23 – 1/1 and 2/17 – 2/23
MP: Member Price | NMP: Non-Member Price

ADULT SWIM LESSONS

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

Location: Small Pool
Day/Time: Mondays 12:30PM – 1:00PM
MP: \$360 **NMP:** \$444
Wednesdays 12:30PM – 1:00PM
MP: \$390 **NMP:** \$481

Mondays

Wednesdays

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 Jason at 203-655-8228 x1397 or email: jmemont@darien-ymca.org.

MASTERS SESSION

Date:
Day/Time: Monday-Friday 10:10AM – 11:10AM
MP: \$275 (Winter Session)
NMP: \$375 (Winter Session)
MP: \$600 (Full-Year Members Only)

Masters Swim Programs



WATER EXERCISE

AQUA ARTHRITIS

A safe and effective Arthritis focused class that provides a workout designed for more support and less pain.

HYDRO FIT PLUS

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

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.

WATER WORKS

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

WATER WALKING AND STRETCH

Concentrates on walking, balance, and gentle stretching

Refer to website or app pool schedule and search for "Water Exercise" to find day and time options.

JUMP START PRIVATE SWIM LESSONS

Going on vacation? Have a pool in your back yard? Want to try to speed up the learning process a bit? Our consecutive private lesson program will provide your child with the learning opportunity to swim 3-5 times per week and have less time in between lessons. Frequent, consistent practice in the pool builds the muscle memory and endurance to swim independently.

Empower your child with the ability to swim at an early age. Every child is unique and will learn to swim at their own pace. Developing skills and respect for the water takes time and consistent practice. The YMCA Swim Lesson program provides your child with a nurturing, safe and fun environment in which to learn this lifesaving skill.

In addition to learning breathing and building endurance, all swimmers will be taught water safety skills such as the swim-float-swim combination and the Jump-push-turn-grab skills to ensure they have the ability to return to safety if they become fatigued or fall into the water accidentally. As your child learns these skills, they will build confidence in the water and develop skills that will last a lifetime.

Our Jump Start program includes:

- One-on-one attention from experienced and caring instructors
- Personalized lessons based on your child's ability
- A progressive curriculum focused on stroke development and water safety

3 DAY OPTION – 3 WEEKS

MP: \$495 **NMP:** \$695 (9 classes)

4 DAY OPTION – 3 WEEKS

MP: \$660 **NMP:** \$900 (12 classes)

5 DAY OPTION – 3 WEEKS

MP: \$825 **NMP:** \$1125 (15 classes)

PRIVATE SWIM LESSON PACKAGES

PRIVATE	MP: \$330 NMP: \$450
SEMI PRIVATE:	MP: \$395 NMP: \$560
YOUR CHOICE:	6 (30-minute) 1x per week or 4 (45-minute) 1x per week

SINGLE LESSON:	Members Only: \$60 (30-minute) Members Only: \$85 (45-minute)
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CONTACT:

Deb Redcay to coordinate private lessons prior to purchasing your swim lesson package at dredcay@darien-ymca.org

PIRANHA SWIM TEAM

MP: Member Price | NMP: Non-Member Price

PIRANHA SWIM TEAM

The Piranha Swim Team is the Darien YMCA’s year-round competitive swimming program. The Team is under the leadership of **Head Coach Jason Memont**.

COMPETITIVE SWIMMING 2023 – 2024

The Piranha Swim Team operates on an annual fee basis for all 7/overs. Please see the Piranha website for training group descriptions, fees, meet and practice schedules, refund policies and parental obligations.

PIRANHA HOUSE SWIMMING 2023 – 2024

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 swimmers from the 2023 Fall session will have priority for the Winter session.

New swimmers who are interested and wish to be evaluated should contact:

Jason 655-8228 x1397 or jmemont@darien-ymca.org or
Mary 655-8228 x 1329 or swimadmin@darien-ymca.org

Dates:	12/2 – 2/17
No Classes:	12/23, 12/26, 12/30
Day/Time:	House I (10/over): Saturday 9:15AM – 10:00AM
	House II (9/under): Saturday 9:15AM – 10:00AM
	House III (10/over): Tuesday 4:45PM – 5:30PM
	House IV (9/under): Thursday 4:45PM – 5:30PM

MP: \$450	NMP: \$550 (one day/week)
MP: \$900	NMP: 1100 (two days/week)



House Swimming Info

FIND MORE PIRANHA
NEWS AND UPDATES
darien-ymca-piranhas.org

Piranha Contacts:
**Jason Memont, Competitive
Swim Head Coach**
(203) 655-8228 EXT. 1397
jmemont@darien-ymca.org

**Mary McCarthy, Competitive
Swim Administrator**
(203) 655-8228 EXT. 1329
swimadmin@darien-ymca.org

GYMNASTICS

WINTER SESSION
November 27 – March 10
No classes: 12/23 – 1/1 and 2/17 – 2/23
MP: Member Price | NMP: Non-Member Price

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 Ukrainian, Romanian and American Olympian coaches lead our gymnastics program. The Darien YMCA Gymnastics Team traditionally places in the top 3 overall at the Women's YMCA National Championships and won First Place in the Championship Division in 2007, 2008, & 2015.

TRAVEL TEAM

The Darien YMCA Travel Team is coached by Vladimir, Valentina, Ruslan & Dana. The Travel Team is for gymnasts who are committed to developing, perfecting, and competing in USA Gymnastics Levels 3-10, in preparation for college. Travel Team gymnasts compete in local, regional, and national competitions in both USAG and YMCA programs. The competitive season runs from November through July; however, the team practices year-round. Gymnasts are selected by the Travel Team coaches from our class or XCEL programs.

In the past, Travel Team gymnasts have gone on to compete in college gymnastics in both Division 1 and 3 programs. Most recently, Adnerys DeJesus was recruited as a Level 10 gymnast and competes for the Iowa State Cyclones. She is a Two-Time All-American and scored a perfect 10 on Vault in the 2020-21 season.

XCEL TEAM

The Darien YMCA XCEL Team is coached by Anatolie and staff. It is for gymnasts who have progressed through the YMCA class program and have successfully demonstrated a mastery of skills. The objective of the XCEL Team is to introduce gymnasts to regional and national YMCA and USAG competitions. Commitment for XCEL is 3 days a week.

Monthly Fees for teams:

The annual fee is broken into 12 equal monthly payments. Monthly fees are distributed to team participants upon team and level selection. All team participants must be YMCA members.



**Be Part of Something
EXTRAORDINARY!**

To learn more:
www.darien-ymca-gymnastics.org

MP: Member Price

ADVANCED YOUTH CLASSES (Invite Only)

Advance gymnastics training for children who show early potential for competition. These classes are invite only. Membership is required for Team Development and Level 2

Team Development Program • 2 days a week program (Girls only)

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

MP: \$600 (25 classes)

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

MP: \$624 (26 classes)

Level 2 • 2 days a week program (Girls only)

Day/Time: Tuesday/Thursday: 4:45PM-6:15PM

MP: \$702 (26 classes)



GYMNASTICS

WINTER SESSION
November 27 – March 10
No classes: 12/23 – 1/1 and 2/17 – 2/23
MP: Member Price | NMP: Non-Member Price

OPEN GYM

OPEN GYM IS FREE WITH A FAMILY MEMBERSHIP.

PARENT/CHILD

Open Gym is for children to enjoy the space while under the supervision of their caregiver. A Coach is onsite to maintain safety guidelines.

Advanced Registration Required

Age: 1-5 years (no exceptions)

Day/Time: Monday, 12:00PM – 12:45PM
Tuesday, 12:00PM – 12:45PM
Wednesday, 12:00PM – 12:45PM
Thursday, 12:00PM – 12:45PM
Friday, 12:00PM – 12:45PM

MP: \$10/class **NMP:** \$15/class
Fees are charged for no shows.

TUMBLEBEES

PRESCHOOL AGE FOR BOYS AND GIRLS

Preschool classes are designed for the child and adult to play while learning coordination, balance, self awareness, and motor skills. These classes are both open play and instruction.

Age: 1-2 year old with Caregiver

Day/Time: Monday, 10:45AM – 11:30AM
MP: \$336 **NMP:** \$384 (12 classes)

Wednesday, 9:45AM – 10:30AM
Thursday, 9:45AM – 10:30AM
Thursday 10:45AM – 11:30AM
Friday, 9:45AM – 10:30AM
MP: \$364 **NMP:** \$416 (13 classes)

Age: 2-3 years with Caregiver

Day/Time: Monday, 9:45AM – 10:30AM
MP: \$336 **NMP:** \$384 (12 classes)

Tuesday, 9:45AM – 10:30AM
Tuesday, 10:45AM – 11:30AM
MP: \$364 **NMP:** \$416 (13 classes)

DROP OFF FOR BOYS AND GIRLS

Gaining independence, 45 minutes drop-off classes are designed to help develop coordination, strength, and confidence. These classes will teach basic gymnastics skills and introduce children to 5 gymnastics apparatuses: vault, bars, beam, floor, and trampoline.

Age: 3-4 years old

Day/Time: Tuesday, 1:00PM – 1:45PM
Wednesday, 10:45AM – 11:30AM
Thursday, 1:00PM – 1:45PM
Friday, 10:45AM – 11:30AM
MP: \$405 **NMP:** \$455 (13 classes)

Age: 4-5 years old

Day/Time: Monday, 1:00PM – 1:45PM
MP: \$374 **NMP:** \$420 (12 classes)

Tuesday, 2:00PM – 2:45PM
Friday, 1:00PM – 1:45PM
MP: \$405 **NMP:** \$455 (13 classes)

Age: 3-5 years old

Day/Time: Wednesday, 1:00PM – 1:45PM
Friday, 2:15PM – 3:00PM
MP: \$405 **NMP:** \$455 (13 classes)

Gymnastics Program Registrations



TINY TUMBLERS

PRE-K GIRLS

Tiny Tumblers is a more intensive, structured curriculum for Pre-K girls.

Day/Time: Monday, 2:15PM–3:15PM
MP: \$444 **NMP:** \$528 (12 classes)

Wednesday, 2:15PM–3:15PM
Thursday, 2:45PM–3:45PM
MP: \$481 **NMP:** \$572 (13 classes)

SCHOOL AGE GYMNASTICS

BEGINNER AND INTERMEDIATE CLASSES

School Age classes are designed for children to develop coordination and learn basic gymnastics skills as well as build strength and confidence in a structured environment. Grouping is based on child's ability within the class.

GIRLS

Rollers

Age: K-1st grade

Day/Time: Monday, 3:15PM – 4:15PM
Monday, 4:00PM – 5:00PM
MP: \$444 **NMP:** \$528 (12 classes)

Tuesday, 4:00PM – 5:00PM
Wednesday, 4:00PM – 5:00PM
Thursday, 4:00PM – 5:00PM
Thursday, 5:15PM – 6:15PM
Friday, 4:00PM – 5:00PM
MP: \$481 **NMP:** \$572 (13 classes)

Saturday, 10:45AM – 11:45AM
MP: \$407 **NMP:** \$484 (11 classes)

Swingers

Age: 2nd-3rd grade

Day/Time: Monday, 5:15PM – 6:15PM
Monday, 6:15PM – 7:15PM
MP: \$444 **NMP:** \$528 (12 classes)

Wednesday, 5:15PM – 6:15PM
Friday, 5:15PM – 6:15PM
MP: \$481 **NMP:** \$572 (13 classes)

Saturday, 12:00PM – 1:00PM
MP: \$407 **NMP:** \$484 (11 classes)

Cartwheels

Age: 4th-5th grade

Day/Time: Tuesday, 5:15PM – 6:15PM
MP: \$481 **NMP:** \$572 (13 classes)

DIVERSE ABILITIES

WINTER SESSION
November 27 – March 10
No classes: 12/23 – 1/1 and 2/17 – 2/23
MP: Member Price | NMP: Non-Member Price

The Darien Y would like to serve all members of our community. We will do our best to accommodate all individuals with diverse abilities into our programs. If you or a member of your family requires additional assistance or has a special circumstance, please contact John Novak at jnovak@darien-ymca.org.

AQUATICS

Diverse Abilities Swim Lesson

The Y's learn-to-swim program for children with developmental disabilities. Please call prior to registering so that we can learn about your child's special needs and find a day and time convenient for you. For more support or information, contact: Amy D'Andrea at dandreaa@darien-ymca.org.

Age: 3–12 years

Dates: 12/11 – 3/2 (10 classes)

MP: \$440 **NMP:** \$600

[Click to Register](#)

FITNESS

Focus on Fitness

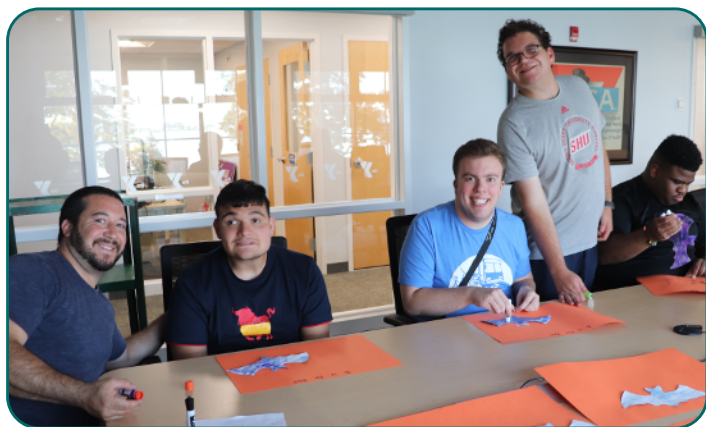
This special fitness offering will use movement to improve your child's proprioception – mind/body coordination. Participants will engage in various exercises to enhance balance, core stability, muscular strength, and endurance, resulting in increased strength that will naturally translate to activities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

Age: 10–18 years

Dates: 11/30 – 2/15

Day/Time: Thursdays, 4:45PM – 5:30PM

MP: \$268 **NMP:** \$320



Diverse Abilities Program Contact:

John Novak
Youth Development Director
(203) 655-8228 EXT. 1331
jnovak@darien-ymca.org

ENRICHMENT AND CLUBS

Friday Nights

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

Age: 13 and up

Dates: 12/1 – 3/8

No Classes: 1/12, 2/16, 2/23

Day/Time: Fridays, 6:00PM – 8:00PM

MP: \$404 **NMP:** \$457

Innovative Vocations

Innovative Vocations is an integrated program that is dedicated to supplementing the occupational stepping stones between high school and college. Participants can come after 3:00PM and can leave before 6:00PM, but staff & volunteers will be there the whole time.

Age: 15–21 years

Dates: 11/27 – 3/15

No Classes: 1/12, 2/16, 2/23

Day/Time:

Mondays, 3:00PM – 6:00P

MP: \$345 **NMP:** \$414

Wednesdays, 3:00PM – 6:00PM

MP: \$345 **NMP:** \$414

Fridays, 3:00PM – 6:00PM

MP: \$345 **NMP:** \$414

FunBusters

FunBusters is a weekly social group that serves individuals with diverse abilities. During these bi-weekly social sessions, participants will have an opportunity to participate in a variety of activities including interactive and life skills games, arts & crafts, social gathering activities, and any activities agreed upon by the group that they enjoy together. Participants' disabilities range from intellectually challenged to high functioning autism. The group meets Monday evenings at the Darien Depot Teen Center and attends a monthly outing in the community. To register for this program, please contact John Novak at jnovak@darien-ymca.org.

Location: Darien Depot Teen Center

Age: 18+ years

Day/Time: Monday 6:30PM – 8:30PM

MP: \$276 (12 sessions)

[Diverse Abilities Program Registrations](#)



ANYWHERE, ANYTIME

HEALTHY LIVING SUPERCHARGED BY YMCA360

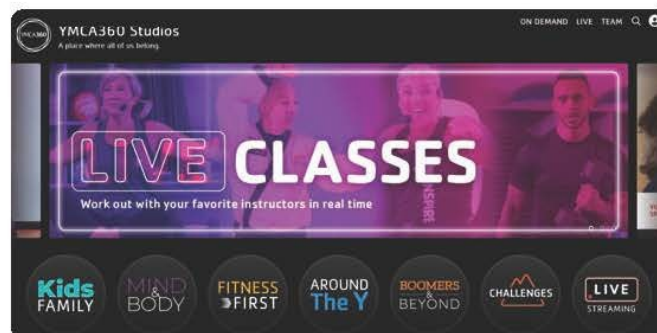


A 360-DEGREE SEAMLESS DIGITAL EXPERIENCE FOR Y MEMBERS ON MOBILE, TV AND WEB

WHAT IS YMCA360?

YMCA360 is an added benefit of membership that allows you to customize your health and wellness journey at our state-of-the-art facilities or at any other place life takes you.

- A healthy living network for people of all ages and activity levels.
- Livestream and on-demand classes taught by instructors from around the country.
- 1000+ pieces of content for the mind, body and spirit.
- Exercise classes, gymnastics, basketball and soccer videos, nutrition/cooking classes, personal training and more.



DOWNLOAD THE APP TODAY



Google Android



Apple iOS

YMCA360.org



ymca360



ymca.360

THE CAFÉ AT THE DARIEN YMCA

OPEN FOR BUSINESS

The Café at the Darien YMCA is a unique partnership between the Darien YMCA and Abilis and provides employment opportunities for adults with disabilities.



CURRENT HOURS

Monday – Friday

9:00 AM – 6:00 PM

Saturday

9:00 AM – 3:00 PM

MENU ITEMS



- Coffee Bar & Teas
- Snacks
- Kids Menu
- Salads & sandwiches
- Pastries & breads



STAFF DIRECTORY

EXECUTIVE TEAM

Jennifer Gardner
Chief Executive Officer
jgardner@darien-ymca.org

Daryl Dawson
Chief Financial Officer
ddawson@darien-ymca.org

Tanya Stack
VP of Operations
tstack@darien-ymca.org

DEPARTMENTS

AQUATICS

Amy D'Andrea
Aquatics Director
dandreaa@darien-ymca.org

Deb Redcay
Aquatics Coordinator
dredcay@darien-ymca.org

Yani Gonzalez-Ortiz
Aquatics Lifeguard & Waterfront Coordinator
ygonzalez@darien-ymca.org

COMPETITIVE SWIM TEAM

Jason Memont
Head Swim Team Coach
jmemont@darien-ymca.org

Mary McCarthy
Competitive Swimming Administrator
swimadmin@darien-ymca.org

DEVELOPMENT/FUNDRAISING

Karen Ford
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