



**PRIORITY
REGISTRATION
STARTS
FEBRUARY 6**

SPRING GUIDE 2024

March 11 – June 10

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

TABLE OF CONTENTS

Registration Information	2
Membership Information	3
Special Offers	4
Healthy Kids Day	5
Fitness and Wellness	6-7
Youth Enrichment	8-9
Youth Sports	10-12
Youth Swim	13-14
Adult Aquatics & Youth Boating	15
Piranha Swim Program	16
Gymnastics	17-18
Diverse Abilities	19
Staff Directory	20

SEND A KID TO CAMP CAMPAIGN -2024

MAKE SUMMER DREAMS COME TRUE!

Every child deserves the magic of summer camp! The Darien YMCA is committed to supporting local families in need by offering discounted camp registration fees through our financial assistance program.

When you contribute to the **Darien Y's Send a Kid to Camp Campaign**, you're providing the gift of unforgettable memories! Your donation ensures more kids experience growth, self-confidence, independence, new friendships, and the development of skills for healthy and active lives.

A **\$435 donation can help a child in our community** embark on new adventures, regardless of their family's financial situation. Every dollar counts, and no amount is too small!

Please help **Send A Kid to Camp** this summer!

Ways to contribute:

- Donate **online [here](#)**.
- Mail a **Pledge Form** to the Darien YMCA.
- Set up a **recurring monthly donation** for sustained support.
- Explore **matching gift** options with your employer.
- Contribute through stock donations, create a **legacy gift**, or honor someone special.

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](#)



"Darien YMCA is a beautiful facility where my son attended Summer Camp for two weeks. He loved the swimming, sailing, playing outside and seeing gorgeous views of Holly Pond. We are definitely considering coming back next year for another happy and healthy summer."

REGISTRATION INFORMATION



PROGRAM SESSIONS & REGISTRATION DATES

SPRING SESSION

March 11 – June 10 (12 weeks)

REGISTRATION SCHEDULE

TUESDAY, FEBRUARY 6, 10AM: Priority Registration for members who are Darien Residents and/or members currently enrolled in Winter Session.

THURSDAY, FEBRUARY 8, 10AM: Priority Registration for current members who are not Darien residents.

TUESDAY, FEBRUARY 13, 10AM: Registration for non members.

SESSION BREAKS

Session based classes will not run on the following dates:

Easter: Sunday, March 31

April Recess: Monday, April 15 – Sunday, April 21

Memorial Day: Monday, May 27

[Register Online](#)

CHECKING INTO THE YMCA

- Everyone entering our building must sign a one-time Facility Usage Waiver upon check in.
- All members should scan in via their membership card or use their barcode loaded into the APP.
- All guests or non-members must show a valid 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](#) or [CAMP REFUND POLICY](#).

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

Sunday, March 31: Closed

Monday, May 27: 7:00AM – 12:00PM

WELCOMING NEW MEMBERS

MEMBER INFORMATION AND RATES

Membership Type	Membership Description	Monthly	Annual
Family 1 Adult	One adult 23+, including children*	\$135	\$1620
Family 2 Adults	Two adults 23+, including children*	\$190	\$2280
Family 3 Adults	Three adults 23+, including children*	\$245	\$2940
Family 4 Adults	Four adults 23+, including children*	\$300	\$3600
Adult	One individual age 26+	\$115	\$1380
Adult Couple	Two individuals age 26+	\$170	\$2040
Senior	One senior age 65+	\$72	\$864
Senior Couple	Two seniors age 65+	\$125	\$1500
Young Adult	One young adult age 19 – 25	\$72	\$864
Teen	One teen age 13 – 18		\$455
Youth	One Child age 0 – 12		\$300

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

Membership fees are not refundable or transferable. Rates are subject to change.

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 \$50
- 2 Weeks \$60
- 1 Month \$72
- 2 Months \$144
- 3 Months \$216
- 4 Months \$288



\$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



HEALTHY KIDS DAY

Healthy Kids Day® April 27, 2024

SPONSORSHIP OPPORTUNITIES



EVENT OVERVIEW

Healthy Kids Day® is the Y's national initiative to improve the health and well-being of kids and families. YMCAs across the country host free community events aimed to inspire kids to keep their minds and bodies active throughout the summer months. Here in Darien, the day-long event will feature activities that range from sports, swimming and rock climbing to healthy eating, a relaxation station, story time and kayak rides. All activities are designed to inspire kids to get active while simultaneously teaching families how to develop routines that support mental and physical health at home.

By becoming a sponsor of this event, you can:

- **Position your company as a key advocate** in supporting healthy children and families at a time when many need it most.
- **Showcase your brand** with appearances, recognition and/or product distribution.
- **Secure high-profile visibility** with potentially over 300 community and YMCA Members, 25-30 staff and volunteers, and over 2,500 through social media outreach.

Interested in sponsoring Healthy Kids Day? Please contact Karen Ford at kford@darien-ymca.org.

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 at 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 at 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 **Members Only**
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). **Members Only**

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 (Hybrid)

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.

[Fitness Schedule](#)

[Youth/Teen Policy](#)

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. 1315

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.

Note: If you are interested in registering for the **CURRENT 2023–2024 school year**, please reach out to the **School Age Director** for availability at jnovak@darien-ymca.org .

FOR AGE 3 YEARS TO 5TH GRADE

Kids Club Fees for 2024–2025 School Year

Monthly fee September – May (no payments for June)
Pre-School – 5th Grade:

- 1 Day: \$189
- 2 Days: \$279
- 3 Days: \$394
- 4 Days: \$483
- 5 Days: \$590
- Drop-in: \$55 Per day

- Must be a member of the Darien YMCA to participate.
- 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.

Registration Procedure: Registration for the 2024 – 2025 school year begins May 13, 2024. 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: MP / NMP

Half Day: \$85/\$95 per day
Full Day: \$105/\$115 per day
Extended Care: \$15 per hour

UPCOMING VACATION CAMP DATES:

- FEBRUARY 16
- FEBRUARY 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



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

Registration for 2024-2025 began in January 2024.

[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 through June 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



YOUTH SPORTS

MP: Member Price | NMP: Non-Member Price

PRE-K 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!

MP: \$240 **NMP:** \$290
Dates: February 26 - May 23
No classes: 4/15, 4/17, 4/18

BOYS AND GIRLS AGES 3-5

Class 1

Day: Mondays,
Time: 1:00PM - 1:45PM

Class 2

Day: Wednesdays,
Time: 1:00PM - 1:45PM

Class 3

Day: Thursdays,
Time: 11:00AM - 11:45AM

[Click to Register](#)



FUTSAL

LOCATION: DARIEN YMCA GYMNASIUM

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 past 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. *Space is Limited*

MP: \$225 **NMP:** \$270
Dates: March 22 - June 7
No classes: 3/29, 4/19

BOYS AND GIRLS GRADES 1-2

Day/Time: Fridays, 4:00PM - 5:00PM

BOYS AND GIRLS GRADES 3-4

Day/Time: Fridays, 5:00PM - 6:00PM

[Click to Register](#)



TENNIS

LOCATION: DARIEN YMCA GYMNASIUM

New Level Sports introduces the life-long sport of tennis at a young age through a program that provides a fun and enriching experience for children. Classes will utilize drills, coordination exercises and age appropriate games to enhance students' understanding and aptitude for tennis

MP: \$290 **NMP:** \$340
Dates: March 6 - May 15 (10 weeks)
No class: 4/17

BOYS AND GIRLS AGES 4-5

Day/Time: Wednesdays, 3:15PM - 4:00PM

[Click to Register](#)

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: February 27 - May 7
No Class: 4/16
Day: Tuesdays
Time: 3:15PM - 4:00PM

MP: \$250 NMP: \$300

[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: \$320 NMP: \$384
Dates: March 25 - May 22
Day: Mondays & Wednesdays
Time: 5:30PM - 6:30PM
No Class: 4/15, 4/17

JUNIOR PROGRAM (GIRLS GRADES 3-5)

MP: \$160 NMP: \$192
Dates: March 25 - May 20
Day: Mondays
Time: 4:30PM - 5:30PM
No Class: 4/15

[Click to Register](#)

Sports Contact:
Joe Marzano
Sports Director
(203) 655-8228 EXT. 1349



YOUTH SPORTS

MP: Member Price | NMP: Non-Member Price

HIGH SCHOOL HOUSE BASKETBALL LEAGUE

LOCATION: DARIEN YMCA GYMNASIUM *SPACE IS LIMITED*

This competitive league will follow Connecticut High School rules with a few Darien YMCA Sports Department modifications. Games will be played 4v4. The league will meet two times a week with games on Tuesday and Thursday evenings at the Darien YMCA. This is an 8-week program ending with a post season single elimination tournament. A pre-season draft will determine the teams. Each player will receive a t-shirt.

No Practice. Games only on Tuesday and Thursday nights.
The season will end with a single elimination tournament.

BOYS GRADES 9-12

MP: \$200 **NMP:** \$250
Dates: March 26 - May 23 (Tuesday & Thursday nights)
No games: 4/16, 4/18

[Click to Register](#)

SMALL GROUP BASKETBALL TRAINING

LOCATION: DARIEN YMCA GYMNASIUM

LEARN FROM FORMER UCONN STAR CRAIG AUSTRIE

Craig will be offering small group training sessions this spring. Sessions will focus on ball handling, shooting form, footwork and individual moves. *Space is limited.*

BOYS AND GIRLS GRADES 5-8

MP: \$200 **NMP:** \$250
Dates: March 25 - May 20
Day/Time: Mondays, 3:15PM - 4:15PM
No class: 4/15

[Click to Register](#)



BASKETBALL CLINICS

LOCATION: DARIEN YMCA GYMNASIUM

The Darien YMCA will once again be offering our Spring Hoops after school basketball program. This program is the largest and most prominent program that the Darien YMCA offers.

This program is designed for all basketball players. The emphasis will be on fundamental skills of dribbling, shooting, rebounding, defense and passing through drills and games. Scrimmaging will take place as well.

MP: \$175 **NMP:** \$225
Dates: March 26 - May 23 (8 weeks)
No classes: 4/16, 4/18

BOYS AND GIRLS KINDER HOOPS

Day/Time: Tuesdays 4:45PM - 5:45PM

BOYS AND GIRLS GRADES 1-2

Day/Time: Tuesdays, 3:45PM - 4:45PM

BOYS AND GIRLS GRADES 3-4

Day/Time: Thursdays, 4:30PM - 5:30PM

BOYS GRADES 5-8

Day/Time: Thursdays, 3:30PM - 4:30PM

[Click to Register](#)

YOUTH SWIM PROGRAM

SPRING SESSION

March 11 – June 10 (12 weeks)

No classes: 3/31, 4/15 – 4/21, 5/27

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

MP: \$336

NMP: \$468

Day/Time: Saturday, 10:30AM–11:00AM

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

MP: \$336

NMP: \$468

Day/Time: Saturday 9:00AM–9:30AM

MP: \$312

NMP: \$384 (non-prime time)

Day/Time: Tuesday, 10:30AM–11:00AM
Thursday, 10:30AM–11:00AM

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)

MP: \$480 **NMP:** \$556 (12 classes)

Day/Time: Sunday, 10:15AM–10:45AM Gym (Parent/Child)
Sunday, 11:00AM–11:30AM Pool (Parent/Child)

MP: \$440 **NMP:** \$517 (11 classes)

Age: 3–6 years old (drop off- parents remain inside YMCA)

Day/Time: Saturday, 9:45AM–10:15AM Gym
Saturday, 10:30AM–11:00AM Pool

MP: \$480 **NMP:** \$556 (12 classes)

Day/Time: Sunday, 9:45AM–10:15AM Gym
Sunday, 10:30AM–11:00AM Pool

MP: \$440 **NMP:** \$517 (11 classes)

Aquatics Programs Registration



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: \$513 **NMP:** \$702 (9 classes)

4 DAY OPTION – 3 WEEKS

MP: \$684 **NMP:** \$936 (12 classes)

5 DAY OPTION – 3 WEEKS

MP: \$855 **NMP:** \$1170 (15 classes)

PRIVATE SWIM LESSON PACKAGES

PRIVATE **MP:** \$342 **NMP:** \$468
SEMI PRIVATE: **MP:** \$408 **NMP:** \$576
YOUR CHOICE: 6 (30-minute) 1x per week or
4 (45-minute) 1x per week

SINGLE LESSON: Members Only: \$65 (30-minute)
Members Only: \$90 (45-minute)

CONTACT:

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

YOUTH SWIM PROGRAM

SPRING SESSION
March 11 – June 10 (12 weeks)
No classes: 3/31, 4/15 – 4/21, 5/27

MP: Member Price | NMP: Non-Member Price

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
Tuesday: 4:00PM–4:40PM
Wednesday: 4:00PM–4:40PM
Thursday: 4:00PM–4:40PM
Saturday: 11:00AM–11:30PM
Saturday: 11:30AM–12:00PM
Saturday: 12:00PM–12:30PM

MP: \$360 **NMP:** \$504

Day/Time: Choose your day of the week

Monday 10:00AM – 10:30AM
Thursday: 1:30PM–2:00PM
Friday 10:30AM–11:00AM

MP: \$300 **NMP:** \$420

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
Tuesday: 4:00PM – 4:40PM
Wednesday: 4:00PM – 4:40PM
Thursday: 4:00PM – 4:40PM
Friday: 4:00PM – 4:40PM
Saturday: 11:00AM – 11:30AM
Saturday: 11:30AM – 12:00PM
Saturday: 12:00PM – 12:30 PM

MP: \$360 **NMP:** \$504

Day/Time: Choose your day of the week

Monday: 10:00AM – 10:30AM
Friday: 10:30AM – 11:00AM

MP: \$300 **NMP:** \$420

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
Saturday: 12:00PM – 12:30PM

MP: \$360 **NMP:** \$504

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: \$360 **NMP:** \$504

AQUATICS: SCHOOL AGE

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
Wednesday 4:50PM–5:30PM
Friday 4:50PM–5:30PM

MP: \$384 **NMP:** \$552

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

Mon., Tues., Wed., Thu., **OR** Fri.: 4:50PM–5:30PM
Tuesday: 5:30PM–6:10PM
Friday: 4:00PM–4:45PM
Saturday: 12:30PM–1:10PM

MP: \$384 **NMP:** \$552

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
Saturday: 10:00AM – 10:40AM

MP: \$384 **NMP:** \$552

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
Saturday: 10:00AM – 10:40AM

MP: \$384 **NMP:** \$552

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
Saturday: 10:00AM – 10:40AM

MP: \$384 **NMP:** \$552

Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes. Butterfly and flip turns are taught. For completion of this level, students must perform 100 yards of freestyle, backstroke, and breast stroke and 25 yards of butterfly.

Day/Time: Saturday, 12:00PM – 12:40PM

MP: \$384 **NMP:** \$552

[Aquatics Programs Registration](#)

[Aquatics Programs Registration](#)

ADULT AQUATICS & YOUTH BOATING

ADULT SWIM LESSONS

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

Location: Small Pool

Dates: March 11 - June 10

Day/Time: Choose your day of week

Monday: 12:30PM - 1:00PM (no class 4/15, 4/22, 5/27)

Wednesday: 12:30PM - 1:00PM (no class 4/17)

MP: \$384 **NMP:** \$468

[Aquatics Programs Registration](#)

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

Day/Time: Monday-Friday 10:00AM - 11:00AM

MP: \$600 (Full-Year Members Only)

MP: \$275

NMP: \$375

Dates: February 19 - May 10 (Spring)

[Click to Register](#)

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. Includes CPR for the Professional Rescuer and Community First Aid. Participants must be a minimum of 15 years old and be able to pass swimming prerequisites. No refunds given to those who cannot pass the prerequisites. All course materials are included.

LIFEGUARD RECERTIFICATION:

(Choose one date)

Dates: Sunday, February 25 or

Saturday, March 16

Time: 12:00PM-6:00PM

MP: \$200 **NMP:** \$275

LIFEGUARD CERTIFICATION:

FULL COURSE, BLENDED LEARNING

The blended learning Lifeguarding classes combine the traditional classroom environment along with online learning. Participants complete all required lecture materials via online video and attend in person for rescue skills and testing.

(Choose one in-person date)

Dates: Saturday, February 24 or

Saturday, March 23

Time: 10:00AM-6:00PM

MP: \$395 **NMP:** \$550

[Aquatics Programs Registration](#)

PADDLE ON THE POND

Your child will learn the basics of stand up paddleboarding, kayaking, and canoeing and have a blast doing it. Each day is focused on teaching a new activity. Instructors will teach balance, control, steering, paddle etiquette, marine education, and water safety. They will participate in paddle races, go exploring, and more! The daily agenda will be subject to daily weather, wind, and tide conditions. At the end of the class, kids will have learned beginner paddle skills and have gained some skills and confidence to continue paddling all summer long.

CLASS INFORMATION

Please dress accordingly. Bring a towel, sunglasses, water shoes (optional), sun-shielding hat, sunscreen, reusable water bottle, lip balm, and rash guard (or other sun-protective shirt). Life jackets will be provided as well as safety whistles and on-duty water staff.

Dates: May 8, May 15, May 22

Day/Time: Wednesdays, 4:15PM - 5:30PM

MP: \$126 **NMP:** \$156

SPRING SAILING

Beginner sailing lessons on Holly Pond: Children will learn about the Hobe Wave sailboat, how to rig and de-rig, and basic boating safety. Please wear closed toed shoes, sunscreen, and proper clothing - you may get wet!

Dates: May 24, May 31, June 7

Day/Time: Fridays, 4:15PM - 5:30PM

MP: \$126 **NMP:** \$156

WATERFRONT LIFEGUARD CERTIFICATION

The Waterfront skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in open-water areas. Candidates must possess a current American Red Cross Lifeguard certificate to participate in the Waterfront module.

Date: June 9

Day/Time: Sunday, 10:00AM - 4:00PM

MP: \$125 **NMP:** \$150

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.

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

[Pool Schedule](#)

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. The Team is under the leadership of **Head Coach Jason Memont**.

COMPETITIVE SWIMMING 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 SWIM TEAM STROKE CLINIC/ EVALUATION

In order for a **NEW** swimmer to be eligible for any of the House sessions or the Piranha Swim Team a swimmer must participate in a stroke clinic as an evaluation. **Swimmers should be prepared to attend all days of the clinic.**

New Swimmers who attend the stroke clinic are not guaranteed placement on the Team or House. We have limited space on both and some kids will be put on a wait list or referred to lessons in an effort to keep kids swimming. Swimmers from the previous House session do not have to participate in a Stroke Clinic to be eligible to continue with House. A swimmer **will** need to participate in the clinic if he/she wishes to move up to the Piranha Swim Team.

We also offer individual or group stroke evaluations when no clinic is available (for a small cost). Please contact the Piranha office to confirm that option is currently available and to schedule an evaluation.

Dates: Monday, 3/18 – Tuesday, 3/19
Must attend both days

Day/Time: 4:00PM – 4:45PM, Darien YMCA Large Pool

MP: \$120 **NMP:** \$160

Stroke Clinic/Evaluation



PIRANHA HOUSE SWIMMING

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

Returning swimmers from the 2023 Winter session will have priority for the Spring session.

Dates: 2/27 – 6/15

Day/Time: House I (10/over):
Saturday 9:15AM – 10:00AM

House II (9/under):
Saturday 9:15AM – 10:00AM

House III (10/over):
Thursday 4:45PM – 5:30PM

House IV (9/under):
Tuesday 4:45PM – 5:30PM

MP: \$600 **NMP:** \$700

House Swimming Info

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

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

GYMNASTICS

SPRING SESSION
March 11 – June 10 (12 weeks)
No classes: 4/15 – 4/21 and 5/27

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 Valentina, Dana, Ivan, and Ruslan. 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, Eva, and Emily. 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
Tuesday/Thursday: 3:45PM-4:45PM

MP: \$624

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

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

MP: \$744



GYMNASTICS

SPRING SESSION
March 11 – June 10 (12 weeks)
No classes: 4/15 – 4/21 and 5/27

MP: Member Price | NMP: Non-Member Price

OPEN GYM

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

Open Gym is FREE* for participants with a Family Membership.

*\$15 charge for no shows.



MP: \$10/class

NMP: \$15/class

Age: 1-5 years

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

TUMBLEBEES

Pre-School Age for Boys & 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.

MP: \$348

NMP: \$408

Age: 1-2 years old with Parent

Day/Time:

Monday, 10:45AM – 11:30AM
Wednesday, 9:45AM – 10:30AM
Thursday, 9:45AM – 10:30AM
Thursday, 10:45AM – 11:30AM
Friday, 9:45AM – 10:30AM

Age: 2-3 years with Parent

Day/Time:

Monday, 9:45AM – 10:30AM
Tuesday, 9:45AM – 10:30AM
Tuesday, 10:45AM – 11:30AM

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.

MP: \$396

NMP: \$456

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

Age: 4-5 years old

Day/Time:

Monday, 1:00PM – 1:45PM
Tuesday, 2:00PM – 2:45PM
Friday, 1:00PM – 1:45PM

Age: 3-5 years old

Day/Time:

Wednesday, 1:00PM – 1:45PM
Friday, 2:15PM – 3:00PM

TINY TUMBLERS

Pre-K Girls

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

MP: \$456

NMP: \$552

Day/Time:

Monday, 2:15PM–3:15PM
Wednesday, 2:15PM–3:15PM
Thursday, 2:45PM–3:45PM

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.

MP: \$456

NMP: \$552

Girls

Rollers

Age: K-1st grade

Day/Time:

Monday, 3:15PM–4:15PM
Monday, 4:00PM–5:00PM
Tuesday, 4:00PM–5:00PM
Wednesday, 4:00PM–5:00PM
Thursday, 4:00PM – 5:00PM
Thursday, 5:15PM – 6:15PM
Friday, 4:15PM – 5:15PM
Saturday, 10:45AM – 11:45AM

Swingers

Age: 2nd-3rd grade

Day/Time:

Monday, 5:15PM–6:15PM
Monday, 6:15PM–7:15PM
Wednesday, 5:15PM–6:15PM
Friday, 5:15PM–6:15PM
Saturday, 12:00PM – 1:00PM

Cartwheels

Age: 4th-5th grade

Day/Time:

Tuesday, 5:15PM – 6:15PM
Friday, 3:15PM – 4:15PM



[Gymnastics Program Registrations](#)

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.

10 Weeks

Age: 3-12 years

MP: \$440 NMP: \$600

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

Day/Time: Thursdays, 4:45PM – 5:30PM

MP: \$281 NMP: \$336

V.I.P Gymnastics

Very Inclusive Program

Our Very Inclusive Program (V.I.P) at the Darien YMCA will ease the struggles that some children may face in the typical class environment. These classes will help children with gross and fine motorskills, physical strength, confidence, social skills, and the opportunity to overcome fears.

Caregivers are welcomed for these classes (and ABA therapists also) but the children will have support of our Y staff and the opportunity to attend class without an adult.

- A fun and stress-free environment, helping to meet sensory needs
- Benefits: social skills, gross and fine motor skills, physical strength and cardio development, confidence, overcoming fears
- Parents are encouraged to reach out with any tools that will help their child communicate and integrate into the class.

Age: V.I.P Toddlers 3-5 years-old

Day/Time: Thursdays, 2:00PM – 2:45PM

Age: V.I.P Elementary 6-9 years-old

Day/Time: Saturdays, 2:00PM – 2:45PM

Age: V.I.P Middle 10-14 years-old

Day/Time: Saturdays, 3:00PM – 3:45PM

Age: V.I.P High School 14 years & up

Day/Time: Saturdays, 4:00PM – 4:45PM

MP: \$330 NMP: \$385

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

Day/Time: Fridays, 6:00PM – 8:00PM

MP: \$416 NMP: \$470

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

Choose Day or Days

Day/Time: Mondays, 3:00PM – 6:00PM

Wednesdays, 3:00PM – 6:00PM

Fridays, 3:00PM – 6:00PM

MP: \$365 NMP: \$426

* You may choose number of days attending.

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 6:30 – 8:30 PM

MP: \$290 (12 sessions)



[Diverse Abilities Program Registrations](#)

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

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
Development Director
kford@darien-ymca.org

FITNESS

Nick Koproski
Health & Fitness Director
nkoproski@darien-ymca.org

GENERAL INQUIRIES

Front Desk
Member Engagement Team
frontdesk@darien-ymca.org

HUMAN RESOURCES

Nicole Chiappetta, SHRM-CP
Human Resources Director
nchiappetta@darien-ymca.org

MEMBERSHIP

Lee Malloy Stendardi
Membership Director
lmalloy-stendardi@darien-ymca.org

Lara Doggett
Membership Administrative Associate
ldoggett@darien-ymca.org

SCHOOL AGE CHILD CARE

John Novak
Youth Development Director - School Age
jnovak@darien-ymca.org

SPORTS

Joe Marzano
Sports Director
jmarzano@darien-ymca.org

PERSONAL TRAINING

Gene DeNota
Fitness Operations Coordinator
gdenota@darien-ymca.org

PRESCHOOL

April Greene
Youth Development Director - Preschool
agreene@darien-ymca.org

DARIEN YMCA

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



THE CAFÉ AT THE DARIEN YMCA

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

Sunday
CLOSED

MENU ITEMS



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

