



FIND YOUR ADVENTURE. FIND YOUR Y.

SUMMER SESSION

June 17 - August 11

Program lengths may vary.

**SUMMER
GUIDE 2024**

DARIEN YMCA

2420 POST ROAD

DARIEN, CT 06820

203-655-8228

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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](#)

SEND A KID TO CAMP CAMPAIGN

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.



GIVE TODAY

"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

SUMMER SESSION

June 17 – August 11 (Session length varies)

Some programs may run two 4-week sessions.

Session 1: June 17–July 14 (no classes July 4)

Session 2: July 15–August 11

FACILITY WILL BE CLOSED ON THURSDAY, JULY 4

REGISTRATION SCHEDULE

TUESDAY, MAY 14, 10AM: Priority Registration for members who are Darien Residents and/or members currently enrolled in Spring Session.

THURSDAY, MAY 16, 10AM: Priority Registration for current members who are not Darien residents.

TUESDAY, MAY 21, 10AM: Registration for non members.

NOTE: Registrations cannot be done over the phone. You may come in person and visit 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 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 class) will receive a full online system credit or a refund to original payment method 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 to original payment method less a \$20 processing fee.
- No refund or credit 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

Thursday, July 4: CLOSED

BABYSITTING AT THE DARIEN YMCA

WORK OUT STRESS FREE

Babysitting is available for Darien YMCA members in our Playroom!

- Ages 8 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 per hour for Adult/ Senior Memberships
- Free with a Family Membership



[REGISTER ONLINE](#)
or at the Front Desk

WELCOMING NEW MEMBERS MEMBER INFORMATION AND RATES

<u>Membership Type</u>	<u>Membership Description</u>	<u>Monthly</u>	<u>Annual</u>
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.

[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!

*Rules and restrictions apply

SCAN FOR FREE PASS





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.

ANYWHERE, ANYTIME
HEALTHY LIVING SUPERCHARGED BY YMCA360

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

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](#)

OPEN KETTLEBELL SERIES

Age: 15+
Day: Wednesday
Time: 8:30AM-9:15AM
MP: \$280 **NMP:** \$360

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.



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 Wednesday 4:30PM - 5:30PM (at the Y)
 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

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

[Fitness Schedule](#)

[Youth/Teen Policy](#)

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.

Agers 10+ (Age 10-12 require parental supervision). **Members Only**

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.

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.



SUMMER CAMP – FILLING UP FAST!

The Darien YMCA Summer Camp is a wonderful opportunity for children of all ages and abilities to experience a wide range of activities and build lasting memories and friendships.

Campers can choose from:

Preschool Camp

School Age Traditional Camp

Gymnastics Camp

Afternoon Navigators

Swim & Sail Camp (for children with special needs)

Registration began in early 2024 but spots are still available. See www.darien-ymca.org/summercamp for more information and to enroll, or visit our front desk for more information.

[Learn More about Summer Camp](#)



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 2024 - 2025 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: Cooking

Friday: Music

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 September 2024 to June 2025

Morning or Afternoon Session

	5 Days	4 Days	3 Days	2 Days	1 Day	Drop-In
MP:	\$670	\$590	\$480	\$370	\$280	\$70
NMP:	\$720	\$640	\$530	\$420	\$330	\$140

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

	5 Days	4 Days	3 Days	2 Days	1 Day	Drop-In
MP:	\$1,340	\$1,180	\$960	\$740	\$560	\$140
NMP:	\$1,440	\$1,280	\$1060	\$840	\$660	\$280



SUMMER BASEBALL

LOCATION: MCGUANE FIELD IN DARIEN

Play ball with the Blue Wave this summer! The Darien YMCA Summer Baseball Program is designed to help your son reach his baseball potential. Players in this program will be grouped according to age and ability.

Older/more experienced players will develop all aspects of their game in an advanced skills clinic. They will learn the same throwing, fielding, and hitting techniques taught to and used by every player in the DHS baseball program. Players will also have the chance to incorporate these skills in daily controlled scrimmages. Younger/novice players will learn the fundamental skills necessary to play ball at the higher levels (throwing, catching, fielding & hitting) through a variety of drills and contests in a safe and friendly environment.

Each clinic is run and directed by the Darien High School varsity baseball coaching staff. Mike Scott (DHS Head Coach) and John Miceli (DHS Assistant Coach), have over 30 years of combined coaching experience, so players can be assured that they will be coached by knowledgeable professionals who truly care about their development.

BASEBALL PROGRAM (BOYS GRADES 1-6)

MP: \$250 NMP: \$300

Choose your week.

Dates:
Week 1: June 17 - June 20
Week 2: June 24 - June 27
Week 3: July 8 - July 11
Week 4: July 15 - July 18
Week 5: July 22- July 25

Day/Time Weekdays (Mon-Thurs), 9:00AM - 12:00PM

[Click to Register](#)



SUMMER BASKETBALL CLINICS

LOCATION: DARIEN HIGH SCHOOL

The Darien Y and PHD offer a top-notch basketball curriculum for players of all levels and experience with the game. Whether you are looking to improve your shooting or become more explosive in the open court, this fun and intense clinic provides exactly the tools any young player needs. With the help of PHD's dedicated and enthusiastic coaches, campers will learn important fundamentals during daily skills and drills sessions and get plenty of in-game experience through scrimmaging.

MP: \$250 NMP: \$300
Dates: June 17 - June 21
July 29 - August 2

BASKETBALL PROGRAM (BOYS GRADES 4-6)

Day/Time: Weekdays, 9:00AM - 12:00PM

BASKETBALL PROGRAM (BOYS GRADES 7-8)

Day/Time: Weekdays, 12:30PM - 3:30PM

[Click to Register](#)

Joe Marzano

Sports Director

(203) 655-8228 EXT. 1349
jmarzano@darien-ymca.org

<https://www.dariensports.com/>

EARLY AQUATICS

Parent and Child Lessons

LOCATION: SMALL POOL

TWO 4- WEEK SESSIONS

SESSION 1 JUNE 17 – JULY 14

SESSION 2 JULY 15– AUGUST 11

PRICE IS PER 4 WEEK SESSION

Stage A: Water Discovery

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

Age: 6-12 months

MP: \$112 NMP: \$156

Day/Time: Saturday, 10:00AM-10:30AM

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: \$104 NMP: \$128

Day/Time: Tuesday 9:00AM-9:30AM

MP: \$112 NMP: \$156

Day/Time: Saturday 9:30AM-10:00AM

Gym & Swim

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

Age: 13-36 months (Parent/Child class)

MP: \$160 NMP: \$188

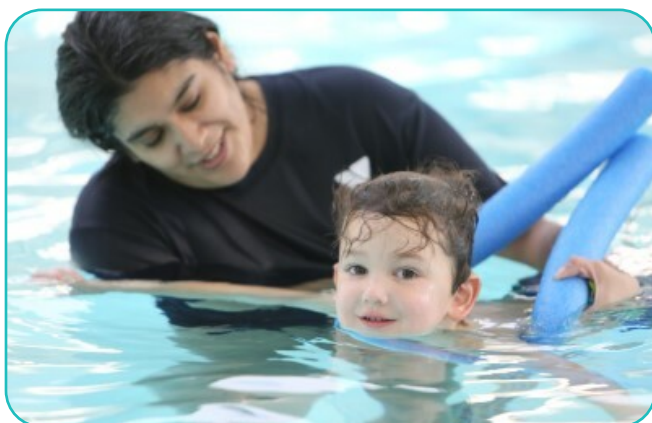
Day/Time: Saturday 10:00AM-10:30AM Gym (Parent/Child)
10:45AM-11:15AM Swim (Parent/Child)

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

MP: \$160 NMP: \$188

Day/Time: Saturday 10:30AM-11:00AM Gym
11:00AM-11:30AM Swim

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)

For private lesson inquiries, contact Deb Redcay:
dredcay@darien-ymca.org

AQUATICS: PRE-SCHOOL

LOCATION: SMALL POOL

TWO 4- WEEK SESSIONS

SESSION 1 JUNE 17- JULY 14 (NO CLASSES JULY 4)*

SESSION 2 JULY 15 - AUGUST 11

PRICE IS PER 4 WEEK SESSION

* No class on Thursday, July 4. Price will be prorated upon registration.

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: 11:15AM-11:45PM
 Saturday: 11:45AM-12:15PM

MP: \$120 NMP: \$168

Day/Time: Choose your day of the week

Tuesday: 9:00AM-9:30AM
 Thursday: 9:00AM-9:30AM

MP: \$100 NMP: \$140

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

Tuesday: 4:00PM - 4:40PM
 Wednesday: 4:00PM - 4:40PM
 Thursday: 4:00PM - 4:40PM
 Saturday: 11:15AM - 11:45AM
 Saturday: 11:45AM - 12:15PM

MP: \$120 NMP: \$168

Day/Time: Choose your day of the week

Monday, Thursday, or Friday: 9:00AM - 9:30AM

MP: \$100 NMP: \$140

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

Monday: 4:00 PM - 4:40PM
 Tuesday: 4:00 PM - 4:40PM
 Friday: 4:00 PM - 4:40PM
 Saturday: 12:15 PM - 12:45PM

MP: \$120 NMP: \$168

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: Thursday, 4:00 PM - 4:40PM

MP: \$120 NMP: \$168

AQUATICS: SCHOOL AGE

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

TWO 4- WEEK SESSIONS

SESSION 1 JUNE 17 - JULY 14 (NO CLASSES JULY 4)*

SESSION 2 JULY 15 - AUGUST 11

PRICE IS PER 4 WEEK SESSION

* No class on Thursday, July 4. Price will be prorated upon registration.

LOCATION: SMALL POOL

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
 Friday: 4:50PM-5:30PM

MP: \$128 NMP: \$184

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

Friday: 4:00PM-4:45PM
 Mon., Tues., Wed., OR Thurs.: 4:50PM-5:30PM
 Saturday: 12:15PM-12:55PM

MP: \$128 NMP: \$184

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: \$128 NMP: \$184

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: \$128 NMP: \$184

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: \$128 NMP: \$184

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: Thursday, 4:50PM - 5:30PM

MP: \$128 NMP: \$184

[Aquatics Programs Registration](#)

WATERFRONT ACTIVITIES

PADDLE ON THE POND

6 WEEK SESSION

Age: School Age Youth (5+ years old)

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: June 17 - July 26 (6 weeks)
Day/Time: Mondays, 4:00PM-5:15PM
MP: \$252 **NMP:** \$312

[Waterfront Program Registration](#)



Contact: Amy D'Andrea

adandrea@darien-ymca.org



SUMMER SAILING

6 WEEK SESSION

Age: School Age Youth (5+ years old)

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: June 17 - July 26 (6 weeks)
Day/Time: Wednesdays, 4:00PM-5:15PM
MP: \$252 **NMP:** \$312

ADULT AQUATICS & WATER SAFETY

ADULT SWIM LESSONS

ONE-TO-ONE ADULT PRIVATE LESSONS

Package (4) of 30 minutes each session

MP: \$228 **NMP:** \$312

Location: Small Pool

Private lesson inquiries: Contact Deb Redcay, dredcay@darien-ymca.org



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.

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 SUMMER SESSION

Dates: May 13 - August 16 (Summer Session)
Day/Time: Monday - Friday 10:00AM - 11:00AM May 13-June 14
 Monday - Friday 7:30AM - 8:30AM June 17-August 16

MP: \$275 **NMP:** \$375

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. Contact Amy D'Andrea, adandrea@darien-ymca.org

LIFEGUARD RECERTIFICATION:

Dates: June 7 & 8
Time: 10:00AM-4:00PM
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/Times:
 June 10-14 5:00PM-9:30PM

June 28-30 Fri: 5:00PM-9:30PM
 Sat: 8:00AM-5:00PM
 Sun: 8:00AM-5:00PM

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



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

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.

Dates: August 7 - August 8 (Wed & Thurs)
Must attend both days

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

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

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.

[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 2024 Spring session will have priority for the Summer session.

Dates: June 20 - August 10
Day/Time: Thursday 4:45PM - 5:30PM
Saturday 9:15AM - 10:00AM

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

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 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.

WOMEN'S DEVELOPMENT TEAM

The Darien YMCA Women's Development Team is coached by Dana (Head Coach), Valentina, and Ruslan. The Development Team is for gymnasts who are committed to developing, perfecting, and competing in USA Gymnastics Levels 3-10, in preparation for college. The Development 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 our Development Team coaches from our class or XCEL programs. In the past, the Development 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 lead by our Head Coach Anatolie and Coach 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

ADVANCED YOUTH CLASSES (Invite Only)

TWO 4- WEEK SESSIONS

SESSION 1 JUNE 17 - JULY 14 (NO CLASSES JULY 4)

SESSION 2 JULY 15 - AUGUST 11

PRICE IS PER 4 WEEK SESSION

Advanced gymnastics training for girls 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.

Team Development Program **MP=Member Price**

Day/Time: Monday/Wednesday: 3:30PM-4:30PM

MP: \$192

Level 2

Day/Time: Tuesday/Thursday: 3:00PM-4:30PM

MP: \$216

INTERESTED IN ADVANCED GYMNASTICS CLASSES?

Girls currently enrolled in our recreational classes are assessed and referred to our Team Coaches if the girl is displaying advanced skills. These assessments allow for newcomers and currently enrolled girls to work with our Team Coaches and see what they have mastered, what they are currently working on, and where they should be properly placed within the Darien YMCA Gymnastics Program.

Assessments typically occur in:

December, February, April, July/August

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.

Age: 1-5 years (No exceptions)

Day/Time:

Monday, 1:15PM - 2:00PM

Wednesday, 1:15PM - 2:00PM

Saturday, 11:00AM - 11:45AM

MP: \$10/class

NMP: \$15/class



TWO 4- WEEK SESSIONS

SESSION 1 JUNE 17 - JULY 14 (NO CLASSES JULY 4)

SESSION 2 JULY 15 - AUGUST 11

PRICE IS PER 4 WEEK SESSION

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.

Age: 1-2 year old with Caregiver

Day/Time:

Saturday, 9:00AM - 9:45AM

MP: \$112

NMP: \$128

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: 3-5 years old

Day/Time:

Tuesday, 2:15PM - 3:00PM

Thursday, 2:15PM - 3:00PM

Saturday, 10:00AM - 10:45AM

MP: \$124

NMP: \$140

Gymnastics Program Registrations



TWO 4- WEEK SESSIONS

SESSION 1 JUNE 17 - JULY 14 (NO CLASSES JULY 4)

SESSION 2 JULY 15 - AUGUST 11

PRICE IS PER 4 WEEK SESSION

TINY TUMBLERS

Pre-K Girls

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

Day/Time:

Monday, 2:30PM-3:30PM

Wednesday, 2:30PM-3:30PM

MP: \$148

NMP: \$176



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: Entering K in Fall 2023 -1st grade

Day/Time:

Tuesday, 3:30PM - 4:30PM

MP: \$148

NMP: \$176

Swingers/Cartwheels Combo

Age: 2nd - 5th grade

Day/Time:

Tuesday, 4:45PM-5:45PM

Saturday, 12:00PM - 1:00PM

MP: \$148

NMP: \$176



DIVERSE ABILITIES

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.

TWO 4- WEEK SESSIONS

SESSION 1 JUNE 17 - JULY 14 (NO CLASSES JULY 4)

SESSION 2 JULY 15 - AUGUST 11

PRICE IS PER 4 WEEK SESSION

Age: 3-12 years

MP: \$146

NMP: \$240

Swim and Sail for all Abilities

The Swim & Sail program will be offered to children with special needs to swim at the YMCA and sail, canoe, and kayak on Holly Pond. The YMCA's sailing staff and support staff will be conducting and facilitating this program, which includes social skills and development.

Age: 6-18 years

Schedule Choose Weeks

Session A: June 24 - June 28

Session B: July 1 - 5 (Closed July 4)

Session C: July 8 - 12

Session D: July 15 - 19

Session E: July 22 - 26

Session F: July 29 - August 2

FEES:

Session A, C-F:

MP: \$139

NMP: \$159

Session B (Closed July 4)

MP: \$110

NMP: \$127

We must have a minimum of four children to run the program. Register online under Summer Camp or at the YMCA Front Desk.

For questions about Diverse Abilities Swim Lessons and Swim and Sail, please contact Amy D'Andrea at adandrea@darien-ymca.org. For more information on other offerings for Diverse Abilities, please contact John Novak at jnovak@darien-ymca.org.

Camp Support for those the Diverse Abilities

The Darien YMCA is an inclusive camp. We feel that every child should be given the opportunity to participate. Campers are fully immersed in the camp program. At the discretion of the Special Needs Director, campers will have additional support at camp. Support staff will motivate campers to be actively engaged in their group activities and provide modification when needed. The Darien YMCA reserves the right to deem if a camper requires additional outside support. At this time, the Special Needs Director will contact the family to discuss a proper plan. Please see specific camp based on age/grade for fees and times.

Summer Innovative Vocations

Innovative Vocations is an integrated program that is dedicated to supplementing the occupational stepping stones between high school and college.

This wonderful summer program was designed to teach teenage students with special needs practical life skills that will allow them to be an integral part of summer camp. An extension of our school year program, students will broaden their social, functional, and task-oriented skills while working with the camp staff and campers in their daily activities.

Participants can come after 3:45PM and can leave before 6:00PM, but staff & volunteers will be there the whole time.

Day/Time: Monday, Wednesday, Friday, 3:45PM - 6:00PM

Age:

15-21 years

Schedule: Choose Weeks

Week 1: June 17 - 21

Week 2: June 24 - June 28

Week 3: July 1 - 5 (Closed July 4)

Week 4: July 8 - 12

Week 5: July 15 - 19

Week 6: July 22 - 26

Week 7: July 29 - August 2

Week 8: August 5 - 9

FEES:

Weeks 1, 2, 4-8:

MP: \$139

NMP: \$159

Week 3 (Closed July 4)

MP: \$110

NMP: \$127

All 8 weeks:

MP: \$1,028

NMP: \$1,178

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
adandrea@darien-ymca.org

Yani Gonzalez
Aquatics Lifeguard and Waterfront
Coordinator
ygonzalez@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

GYMNASTICS

Juan Gorecki
Gymnastics Director
jgorecki@darien-ymca.org

HUMAN RESOURCES

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

MARKETING

Eric Jozwiak
Marketing and Communications Director
ejozwiak@darien-ymca.org

Cecilia Huss
Marketing Assistant
chuss@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 to provide 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

