

AQUATICS

ALL REGISTRATIONS MUST BE DONE BY MARCH 1ST
A \$10 FEE PER CLASS WILL APPLY IF REGISTERED AFTER THIS DATE

Please see our website or contact Aquatics Director, Carolyn Boyce for additional information: carolyn@norwalkymca.org or 866-4425 ext. 336

All Aquatic classes are 7 weeks – March 1-April 18, 2010
Make-up classes will be held April 19 – April 25 - *Make ups are only done if the YMCA cancel the class- There are no make ups, credits or refunds for inclement weather.*

Aqua Fit/Aqua jog
Members: Free
Non-Members:
2 days per week: \$125.00 aqfit102
3 days per week: \$185.00 aqfit103

Monday, Wednesday, Friday 8:00am-9:00am
Tuesday & Friday: 11:00am-12:00pm
Monday thru Wednesday: 6:15pm-7:15pm

Aqua Jog/fit -Thursday at 6:15pm and Saturday at 8:00am

Senior Fit M/W/F 9:30am-10:30am

Arthritis
Members: Free
Non-Members \$125.00 AqArth101
Monday and Thursday: 1:00pm-2:00pm

Senior Swim – Continual swim program:
Members: Free
Non-Members: Swim cards can be purchased at front desk - \$20.00 or Drop-in fee: \$3 per day
Monday, Wednesday & Friday: 12:00pm-1:00pm

Adult and Teen Learn to Swim

REGISTRATION FEE: Member: \$65.00 Non-Member: \$140.00

Adult Beginner - No Swim ability required

Monday 7:15pm to 8:00pm AqABSw101

Adult Intermediate - Must have passed Adult Beginner or have some swim ability
Wednesday 7:15pm to 8:00pm AqAISW10

Teen Swim - No Swim ability required
Monday 7:15pm to 8:00pm AqTBSw101

Specialty Classes

Lifeguard Training course:
The Norwalk YMCA will be offering Lifeguard Training courses for March, on Saturdays from 1pm to 6pm and Sundays from 11am to 3pm starting March 20, 21, 27, 28. Recertification Course: Will be March 6 & 7 from 1pm to 6pm on Sat. and 11am to 3pm on Sunday. For more dates and times please contact Carolyn Boyce at 203-866-4425 ext.336 or carolyn@norwalkymca.org.

Private Swim Lesson: For children or Adults – all class arranged- 30 min.
Cost: Single Class \$40 Group of 5 \$190
Semi-Private-single \$40 Semi- Private Group \$240

Master/Swim for fit: Adult swim for those that use to compete and still want to stay in shape or for people that just want to swim to stay fit
3 days per week MWF 6:15am-7:15am \$190
2 days per week MW 8:00pm-9:00pm \$160

NOTES:
For safety purposes - Parents are not allowed beyond the deep end of the Aux pool deck during swim classes
Make-up classes are only provided if the YMCA cancels a class.
There are no credits, refunds or make up classes due to inclement weather.
The YMCA will not give refunds, credits or make-up classes for classes you elect to not attend. . Classes are not interchangeable.
There are no credits or refunds for any cancellation after the classes have started, unless a doctor's note is provided.
Medical notes from a doctor is required for any class missed due to illness. Only in-house credit will be issued.
All classes are subject to cancelation due to a lack of registration.

Youth Learn to Swim

Learn to Swim Classes- 3 yrs and above - all classes are 30 min.

REGISTRATION FEE: Member: \$60.00 Non-Member: \$130.00

Skipper Classes – 6 months to 5 yrs of age
Ratio - 10 students to 1 instructor

Kipper - Parent(s) and Me – 6 months to 18 months
Water acquaintance course
Tuesday 10:00 to 10:30 Aqkip101
Tuesday 4:00 to 4:30 Aqkip102
Saturday 11:00 to 11:30 Aqkip103
Sunday 11:00 to 11:30 Aqkip104

Perch - Parent(s) and Me – 19 months to 35 months
Water acquaintance & class readiness - without parent
Thursday 10:00 to 10:30 Aqkip101
Thursday 4:00 to 4:30 Aqkip102
Saturday 11:30 to 12:00 Aqkip103
Sunday 11:30 to 12:00 Aqkip104

The following classes have a ratio of 5 Students to 1 Instructor

Pike No swim Ability - 3yrs of age - no parents
Monday 4:30 to 5:00 Aqpik101
Tuesday 10:30 to 11:00 Aqpik102
Tuesday 5:00 to 5:30 Aqpik103
Tuesday 5:30 to 6:00 Aqpik104
Wednesday 4:00 to 4:30 Aqpik105
Thursday 4:00 to 4:30 Aqpik106
Friday 4:00 to 4:30 Aqpik107
Friday 5:00 to 5:30 Aqpik108
Saturday 9:30 to 10:00 Aqpik109
Saturday 10:30 to 11:00 Aqpik110

Pike2 Must have completed Pike
Friday 10:30 to 11:00 Aqpk101
Monday 5:00 to 5:30 Aqpk102
Tuesday 5:00 to 5:30 Aqpk103
Wednesday 4:30 to 5:00 Aqpk104
Wednesday 5:00 to 5:30 Aqpk105
Thursday 5:30 to 6:00 Aqpk106
Friday 4:30 to 5:00 Aqpk107
Saturday 10:00 to 10:30 Aqpk108
Sunday 10:30 to 11:00 Aqpk109

Eel (Must have completed Pike2 (or instructor recommended))
Monday 4:30 to 5:00 Aqeel101
Tuesday 5:30 to 6:00 Aqeel102
Wednesday 5:00 to 5:30 Aqeel103
Saturday 9:30 to 10:00 Aqeel104
Saturday 10:30 to 11:00 Aqeel105

Ray (Must have completed Eel (or Instructor recommended))
Monday 4:00 to 4:30 Aqray101
Monday 4:30 to 5:00 Aqray102
Thursday 5:30 to 6:00 Aqray103
Friday 5:00 to 5:30 Aqray104
Saturday 10:00 to 10:30 Aqray105

Starfish (Must have completed Ray (or instructor recommended))
Wednesday 4:30 to 5:00 Aqstar101
Thursday 5:00 to 5:30 Aqstar102
Sunday 10:00 to 10:30 Aqstar103



Progressive Programs

6 yrs and above or recommended by instructor - all classes are 30 min.
Ratio - 6 students to 1 Instructor

REGISTRATION FEE: Member: \$60.00 Non-Member: \$130.00

Polliwog: No Swim Ability required
Monday 5:30 to 6:00 Aqpol101
Tuesday 4:30 to 5:00 Aqpol102
Wednesday 4:00 to 4:30 Aqpol103
Wednesday 5:30 to 6:00 Aqpol104
Thursday 4:30 to 5:00 Aqpol105
Friday 4:00 to 4:30 Aqpol106
Saturday 9:30 to 10:00 Aqpol107

Guppy Must have passed Polliwog (or instructor recommended)
Monday 4:00 to 4:30 Aqgup101
Monday 5:00 to 5:30 Aqgup102
Tuesday 4:30 to 5:00 Aqgup103
Wednesday 4:00 to 4:30 Aqgup104
Wednesday 5:00 to 5:30 Aqgup105
Thursday 5:30 to 6:00 Aqgup106
Friday 4:00 to 4:30 Aqgup107
Saturday 10:00 to 10:30 Aqgup108

Minnow Must have Passed Guppy (or instructor recommended)
Monday 4:00 to 4:30 Aqmin101
Monday 5:00 to 5:30 Aqmin102
Wednesday 4:30 to 5:00 Aqmin103
Wednesday 5:30 to 6:00 Aqmin104
Thursday 5:00 to 5:30 Aqmin105
Friday 4:30 to 5:00 Aqmin106
Saturday 11:00 to 11:30 Aqmin107

Fish Must have passed Minnow (or instructor recommended)
Ratio - 8 to 1
Monday 5:30 to 6:00 Aqfish101
Friday 5:00 to 5:30 Aqfish102
Saturday 9:30 to 10:00 Aqfish103

Flying Fish Must have passed Fish (or instructor recommended)
Ratio - 8 to 1
Monday 5:30 to 6:00 Aqfly101
Friday 5:00 to 5:30 Aqfly102
Saturday 9:30 to 10:00 Aqfly103

Shark Ratio - 8 to 1
Monday 5:30 to 6:00 Aqfly101
Friday 5:00 to 5:30 Aqfly102
Saturday 9:30 to 10:00 Aqfly103

Pre-Team Must be at Fish level
Tuesday & Thursday 4:30 to 5:15 AqpreT01
(Note - Class is 45 min. long and 2 days per week)

Fee: Member: \$130 Non-member: \$270

Not sure what level your child should be enrolled? Please contact Aquatics Director, Carolyn Boyce to set up an evaluation time. Call 203-866-4425 ext. 336 or carolyn@norwalkymca.org.



Dance, Art & Music

Please see our website or contact Cynthia Izoldi for additional information: cynthia@norwalkymca.org or 866-4425 x.306

SPRING SESSION: 16 WEEKS – FEBRUARY 2 – JUNE 12, 2010
*Schedule subject to change

Registration Fee:
45 min/class: \$195 member/ \$225 non-member
60 min/class: \$215 member/\$250 non-member
*ANY 2 classes/week: \$390 member/\$450 non-member

CBI (3-4 yrs old): Beginning Creative Movement
Thurs: 4:30-5:15pm / Sat: 9:00-9:45am

CBIII (5-6 yrs old): Advanced Creative Movement
Tues: 5:00-5:45pm/ Sat: 12:00-12:45pm

Pre-Ballet (7-8 yrs old): Beginning of Ballet Syllabus
Thurs: 5:15-6:15pm/ Sat: 9:45-10:45am

Ballet I (8-10 yrs old): Ballet Technique
Sat: 12:45-1:45pm

Hip-Hop (6-12 yrs old) - Groovy Street Dancing
Tues: 6:00-7:00pm / Thurs: 6:00-7:00pm

Dance with Mommy (2-3yrs old): Introduction to music with movement
Fri: 9:30-10:15am

Music with Me (4-7 yrs old): Explores various musical rhythms
Tues: 4:00-4:45pm/ Thurs: 4:00-4:45pm

Art with Me (6-10 yrs old): Learn about creating lines, colors & images
Sat: 10:30-11:30am

"ART CAMP"--- SCHOOL BREAK --- FEBRUARY 15-19, 2010 & APRIL 12-16
ENJOY A DAY FILLED WITH CREATIVE ACTIVITIES: THEATER/ PLAYWRITING/ HIP-HOP/DRAWING/ BOOK ILLUSTRATING

-MONDAY THOROUGH FRIDAY
- 9:00am-3:00pm
- COST: -- 5 days:\$300 --- 3 days: \$180 --- 2 days: \$145
- 15 SPOTS ONLY!!!



Birthday Parties

The Norwalk YMCA is a great place for birthday parties!
Our parties include a host room, and trained activity staff, so **KIDS HAVE FUN & ADULTS RELAX!** We provide a fun filled 2hr. party with themes such as:

- o Ballet
- o Hip Hop
- o Theatre
- o Arts & Crafts
- o Gymnastics
- o Swimming
- o Basketball
- o Soccer

Other options include choosing 2 activities and extending your party to 2 ½ hrs or rent our gym and create your own theme.

Fitness Programs

*Please see our website or contact Gail Hannan, Health & Wellness Director:fitness@norwalkymca.org or 866-4425 x305

Youth Fitness

Youth Fitness Center Member *NEW*
Upon completion of 2 – 7 week sessions of Youth Wellness, Girl Power, or 4 Junior Personal training sessions, 12 & 13 year old youth will be allowed to use the Norwalk YMCA Fitness Center when accompanied by an adult. Please schedule at the front desk or by calling ext. 313.*

***Youth Wellness Class** (Ages 9 -13)
Introduces youth of all abilities to sound strength and conditioning principles. Classes integrate cardiovascular, resistance and flexibility training.

Monday & Wednesday 6:00 - 7:00pm
Tuesday & Thursday 6:00 - 7:00pm
Members: \$125 Non-Members: \$150

***Junior Personal Training** (Ages 9-17)

Whether you are a budding athlete or just need to get in shape, training with one of our coaches is the safest way to get strong and healthy!

***Girl Power** (Ages 9-13)
Youth Wellness for Girls only!

Monday & Wednesday 6:00 - 7:00pm
Members: \$125 Non-Members: \$150

C.A.R.E. Program* (Ages 5 to 16)

Children at Risk Exercise Program is a medically supervised, family - based nutrition and weight management program. Co-sponsored by the United Way of Coastal Connecticut. Scholarships available.

Tuesday & Thursday 5:30 – 6:30pm
Members: \$150 Non-Members: \$199

Adult Fitness

Adult Personal Training*

Do you have a fitness goal, but not sure how to get there? Our certified trainers will structure a program for you based on your fitness assessment goals.

Pilates Training*

Visit our fully equipped Pilates Studio
Pilates is for people of all fitness levels. It is helpful in preventing and rehabilitating injuries, improving posture, circulation, and balance.

We offer 1-to-1, 2-to-1 and small group training. Call for details

Nutrition Consultation*

Diet analysis, menu planning and weight loss. By Appointment.

Members: \$50 Non-Members: \$75

Fit Camp

Cardio, strength and flexibility activities with YMCA Personal Trainer Lilly Keize

Tuesdays 9:00am - 10:00am
Wednesdays 6:00am - 7:00am
Saturdays 9:00am - 10:00am

1 Day per week
Members: \$65 Non-members: \$75
2 Days per week
Members: \$125 Non-members:\$150

Fitness Assessment*

Standardized fitness measurements and fitness program design based on the results. By Appointment.*

Members: \$25 Non-Members: \$50

Champions of Character Boys Gymnastics Team

We are committed to providing a high quality gymnastics experience for your son. We will do everything we can to meet your expectations and earn you trust.

A Variety of offerings to choose from:

- Little Champions classes. Level 1 - 3 Ages 5 - 9
- Champions Pre-Team. Level 3 - 4 Ages 5 -10
- Championship Jr. Olympic Team. Level 4 -10 Ages 5 -18

Are you looking for a challenging, fun and safe sport for your son to turn himself upside down, rather than your house? Men's Gymnastics is the perfect sport to teach your son focus and self-discipline - skills that can assist with their learning and concentration.

Stop by the Champions Training Center at the Norwalk YMCA
5:30 – 8:30 pm Monday – Friday and meet the team

Contact Coach Michael Pedicini
mpedicini@mac.com
203-979-0852

Sports and Recreation

Please see our website or contact Gail Hannan for additional information:fitness@norwalkymca.org or 866-4425 x305

Biddy Basketball (Ages 5 - 7)
Learn the basics of the game, dribbling, shooting and passing!

Saturday 11:00 -11:45 am
Members: \$65 Non-Members: \$90

Soccer Lessons (Ages 5 - 8)
Drills, skills, techniques, and rules

Saturday 9:00-10:00am

Members: \$65 Non-Members: \$90

Basketball Lessons (Ages 8-11)
Fundamental drills & games.

Saturday 10:00-11:00 am

Members: \$65 Non-Members: \$90

NEW Archery (Ages 8 & Older)

Learn the proper technique for shooting a bow and arrow. We supply the equipment for this instructional program.
Tuesday 4:00 - 4:45 pm
Saturday 12:15 -1:00 pm

Members: \$65 Non-Members: \$90

Multi-Sport (Ages 4-6)
Try several sports includes kickball, basketball, soccer, T-ball and more

Monday 4:00-4:45pm
Members \$65 Non-members \$90

Soo Bak Do Karate

Learn self defense including blocks, kicks and punches.

Kinder Karate (Ages 5 & 6)
Saturday 10:00-10:30 am

NEW T- Ball (Ages 4-6)
Learn the right stance, grip and swing, base running, throwing, catching, basic game rules and good sportsmanship. Please bring your own glove.

Thursday 4:00 – 4:45pm
Members: \$65 Non-Members: \$90

Beginner (Ages 7 & up)
Saturday 8:30-9:15am

Intermediate (Ages 7 & up)
Saturday 9:15-10:00am or

Members: \$55 Non-Members: \$75

Gymnastics

Little Tykes (12 - 18 mos)
Activities such as walking, rolling, swinging. parent participation required

Mon. 10:45-11:30 am
Member \$65 Non-Member: \$90

Gym Stars (3 - 4 yrs)
A pre-gymnastics tumbling class. rolls, beam, bars and play!

Wednesday 10:45 – 11:30 am
Member \$65 Non-Member: \$90

Mighty Mites (18 - 24 mos)
Activities such as climbing, swinging, tumbling. parent participation required.

Friday 10:45 – 11:30 am
Member \$65 Non-Member: \$90

Sibnastics (2 - 6 yrs)
Tumbling, rolling and swinging with the family. Parent participation required.

Wednesday 4:00-4:45pm
Members \$85 Non-members \$125

Rollers and Leapers (Ages 4 - 7)
Learn basic bars, beam, floor, cartwheels, handstands and rolls

Tuesday, Thursday 4:00 - 4:45pm,
or Saturday 11:00 - 10:45 am

1 Day per week:
Member \$65 Non-Member: \$90
2 Days per week:
Member \$125 Non-Member: \$150

Twisters (Ages 8 - 12)
Children will continue through our dynamic curriculum.

Tuesday, Thursday 4:45 - 5:45pm,
or Saturday 11:00 – 12:00 pm

1 Day per week:
Member \$65 Non-Member: \$90
2 Days per week:
Member \$125 Non-Member: \$150

High School Recreational Gymnastics

For all levels - bars, beam, vault & floor. A great way to get & stay in shape!

Wednesday & Friday 4:00-5:30 pm
Members \$150 Non-members \$199

PJ LeGrand Power Tumbling
(Beginner/Advanced)

Tumbling for all gymnasts and cheerleaders. The focus is on power, form, and skill development.

Sundays: 1:00-2:30pm

Drop-in fee: \$20

PJ's Drop-in (Ages 10+)
Supervised open gym

Sunday 10:00am - 12:00 pm

Drop-in fee: \$20

Cheerleader's Tumbling
Sunday 2:00-3:30 pm

Drop-in fee: \$20

Little Wonders Pre-School

The Norwalk YMCA provides Little Wonders Pre-School programs for children between the ages of 2 - 5 years. Both full-time and part-time programs are available. For more information contact Joyce A. Murray at 866-4425 ext.338 or email her at joyce@norwalkymca.org

Membership Information

General Membership includes:

- Use of 3 Swimming Pools
- Spinning
- Group Exercise classes
- State-of-the-art Precor Fitness equipment & a new Nautilus Stepmill
- Basketball
- 4 Racquetball Courts, 1 Squash Court
- Fully equipped Pilates Studio
- 1 intro. session with a Certified Personal Trainer or Pilates Instructor
- Towel Service

Membership Fees

Membership Type	Prepaid Membership	Term	Monthly Fee
1. Adult prepaid	\$25 joiner fee + \$349.00	12	\$0
2. Adult Monthly	\$25 joining fee	12	\$45
3. Adult Monthly	\$25 joining fee	24	\$29
4. Ad family add on	\$25 joiner fee + \$199.00	12	\$0
5. Adult add on	\$25 joining fee	12	\$20
6. Adult add on	\$25 joining fee	24	\$18
7. Family-pre paid	\$25 joiner fee + \$649.00	12	\$0
8. Family monthly	\$25 joining fee	12	\$65
9. Family monthly	\$25 joining fee	24	\$57
10. Student prepaid	\$25 joiner fee + \$149.00	12	\$0
11. Student Monthly	\$25 joining fee	12	\$25
12. Student monthly	\$25 joining fee	24	\$13
13. Youth prepaid	\$25 joiner fee + \$99.00	12	\$0
14. Youth monthly	\$25 joining fee	12	\$17
15. Youth monthly	\$25 joining fee	24	\$8

- Family membership is same household, same last name, kids 17 and under.
- Students are between the ages of 14-22
- Active Adults receive \$5 off monthly programs and \$50 off prepaid programs.
- Health Center membership includes 1 session with trainer, steam room, sauna, whirlpool & personal lockers assigned.
- Prepaid - additional \$249.00
- Monthly - \$27.00 per month.

Financial assistance is available for Norwalk residents. No one is turned away due to inability to pay. Please contact the Front Desk for an application.

Babysitting Information

Babysitting is FREE for Members

Non-Members Pay Additional Babysitting Fees

Hours
Monday - Friday 8:30am - 11:30am
Monday - Thursday 5pm – 8pm
Saturday 9am – 12 noon
Maximum visit 2 hours per child, per day

Norwalk YMCA



Norwalk YMCA

370 West Avenue Norwalk, CT 06850

(203) 866-4425

www.norwalkymca.org

Spring I Program

March 1, 2010 through April 18, 2010

(Make-up Classes: April 19th – 25th)

Member Registration: Feb. 15 - Feb. 28, 2010
Non-Member Registration: Feb. 22 - Feb. 28, 2010

An additional \$10 fee per class will apply on March 1, 2010

Hours of Operation:

Monday - Friday 5:30am-9:00pm
Saturday 8am-6:30pm & Sunday 8am-3:30pm

Holiday Hours: CLOSED

Good Friday, April 2nd
Easter Sunday, April 4th

No Classes Week of Feb. 15 – 21, 2010
During School Winter Break

Babysitting is FREE for Members

YMCA Events

Thursday, February 11th
4:30-8:00pm
"Swim for Haiti" with ZEUS

Tuesday, February 16th
1:00-3:00pm
Y Money Matters to Teens Workshop
Spring Picture Day at the YMCA

"School Break" – February 15th -19th
Red Cross Lifeguarding Training
Art Camp / "School Break"
Feb. 15th – 19th
April 12th – 16th

Saturday, March 20th
12:00-6:00 pm
Allan Houston Day
Basketball Tournament

Saturday, April 24th
Healthy Kids Day

Middle School Teen Dance Nights
8:00- 10:00pm Friday, February 5th
Friday, March 5th
Friday, April 9th

Family Fun Nights
6:00 -8:30pm Fri. Feb. 19th
Fri. March 19th
Fri. April 16th

S.A.C.C. "Vacation Weeks"
February 15th – 19th
April 12th – 16th

YMCA Lifeguard Recertification
1:00 – 6:00 pm - Sat. March 6th
11:00am – 3:00pm – Sun. March 7th

YMCA Lifeguard Training Course
Sat. 1:00 - 6:00pm March 20th
Sun. 11:00am - 3:00pm March 21st
Sat. 1:00 – 6:00pm March 27th
Sun. 11:00am – 3:00pm March 28th

S.A.C.C. – School Age Child Care on Site

The Norwalk YMCA's SACC program provides State Licensed Child Care Programs for before/after school care at 5 area elementary schools: Cranbury, Fox Run, Tracey, Columbus Magnet, Silvermine; and 2 middle schools: Ponus Ridge and West Rocks. Our programs offer homework help, community service projects, swimming at the YMCA, healthy snacks, arts & crafts, special events and parties. SACC Vacation Day Programs run 7:15 am-6:00 pm. The program includes field trips, swimming, games and activities. For more information contact Jim Stewart at 866-4425 x 337 or jstewart@norwalkymca.org