

Fitness Programs

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

Youth Fitness

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	Girl Power <i>NEW!</i> (Ages 9-13) Youth Wellness for Girls only! Monday & Wednesday 6:00 - 7:00pm Members: \$125 Non-Members: \$150
Junior Personal Training * (Ages 10-17) 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!	

C.A.R.E. Program Children at Risk Exercise Program is a medically supervised, family - based nutrition and weight management program for children ages 5 to 16. Tuesday & Thursday 5:30 – 6:30pm Members: \$150 Non-Members: \$199
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Adult Fitness

COMMIT 2B FIT in 2010 Join fellow members in our first fitness event of 2010! Compete to get to your goal and win prizes! Register at the front desk. For more information Email: commit2fit@norwalkymca.org Or Call ext. 313	Fit Camp Cardio, strength and flexibility activities with YMCA Personal Trainer Lilly Keize Tuesdays 9:30am - 10:30am Wednesdays 6:00am - 7:00am Saturdays 10:00am - 11:00am 1 Day per week Members: \$65 Non-members: \$75 2 Days per week Members: \$125 Non-members:\$150
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.	Fitness Assessment * Standardized fitness measurements and Fitness program design based on the results. By Appointment. Members: \$25 Non-Members: \$50 Nutrition Consultation* Diet analysis, menu planning and weight loss. By Appointment. Members: \$50 Non-Members: \$75
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	

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: ghannan@norwalkymca.org or 866-4425 x305

Biddy Soccer (Ages 5-7) Starter program for future stars. Saturday 8:15 – 9:00 am Members: \$45 Non-Members: \$65	Soccer Lessons (Ages 8 - 10) Drills, skills, techniques, and rules Saturday 9:00-10:00am or Monday 6:00 – 7:00pm Members: \$65 Non-Members: \$90
Biddy Basketball (Ages 5 - 7) Start early! Saturday 11:00 -11:45 am Members: \$45 Non-Members: \$65	Multi-Sport (Ages 4-6) Try several sports. Includes kickball, basketball, soccer, baseball and more Monday 4:00-4:45pm Members \$45 Non-members \$65
Middle School Basketball Learn how to play to your potential! Wednesday 6:30 – 7:30 pm Members: \$65 Non-Members: \$90	Basketball Lessons (Ages 8-11) Fundamental drills & games. Saturday 10:00-11:00 am Members: \$65 Non-Members: \$90
Kinder Karate (Ages 5 & 6) Teaches creative ways to protect yourself while having fun. Saturday 10:00-10:45 am Members: \$55 Non-Members: \$75	Karate - Beg/Intermediate (Age 7+) Learn self defense including blocks, kicks and punches. Saturday 9:00-9:45am Member \$55 Non-Member: \$75
Adult Karate (All levels) Soo Bahk Do led by certified instructors. Monday and Wednesday 7:00 pm Members \$65 Non-Members: \$90	Adult Soccer Play indoors this winter. Sunday 8:00-10:00am Members: \$75 Non-Members: \$100

Gymnastics

Little Tykes Thurs (12 – 18 mos) Mighty Mites Fri (18 mos – 2 yrs) Share the discovery of new activities such as climbing, swinging, crawling, or walking. parent participation required. 10:45 – 11:30 am Member \$65 Non-Member: \$90	Gym Stars (2½ – 4 yrs) A pre-gymnastics tumbling class. Monday 3:00 –3:45 pm 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 10:00 - 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 \$199 Non-members \$225	
PJ LeGrand Power Tumbling (Beginner/Advanced) Tumbling for all gymnasts and cheerleaders. The focus is on power, form, and skill development. Wednesdays: 6:30–8:00pm and Sundays: 1:00-2:30pm Members: \$100 Non-Members: \$120 (monthly fee)	PJ's Drop-in (Ages 10+) Supervised open gym Sunday 10:00am - 12:00 pm Drop-in fee: \$20 Passport: \$120 Cheerleader's Tumbling Sunday 2:00-3:30 pm Members: \$100 Non-Members: \$120 12 weeks

Holiday Sports Clinic – Dec. 28 – 30, 2009

This coed clinic supports and enhances agility, speed, and good muscle memory for Baseball, Soccer, Football, Basketball to name a few.
 Mon/Tue/Wed Members \$100
 9:00am – 12:30pm Non-Members \$125
 Contact Gail Hannan – 866-4425 x 305

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 introductory session with a Certified Personal Trainer
- 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

January 1, 2010 Babysitting is FREE for Members

Non-Members 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

Auto Debit
 1 child \$44.00 per month/ unlimited use.
 Family \$59.00 per month/ unlimited use

Use card
 1 child 10 visits for \$99.00
 Family 10 visits \$189.00

Drop in Rates
 1 Child \$12.00 per day.
 Family \$22.00 per day.

Norwalk YMCA



Norwalk YMCA

370 West Avenue Norwalk, CT 06850

(203) 866-4425

www.norwalkymca.org

Winter I Program

January 4, 2010 through February 28, 2010

Member Registration: Dec. 7 - Dec. 27, 2009
 Non-Member Registration: Dec. 14 - Dec. 27, 2009

An additional \$10 fee per class will apply on Dec. 28, 2009

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

Holiday Hours: CLOSED

December 24th & 25th
 December 31st & January 1st

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

January 1, 2010 Babysitting is FREE for Members

Have you seen our new fitness equipment?
 8 new Precor elliptical cross-trainers, 9 new Precor treadmills and 1 Nautilus Stepmill in our newly painted fitness center. Crosstrain with our diverse schedule of group exercise classes!

YMCA Events

Thursday, December 10th
 6:00-8:00 pm Pivot Ministries Christmas Concert

Week of December 21st – 23rd
 Make-up Classes

“Holiday Break” – December 27th – 31st
 9:00am – 5:00pm Red Cross Lifeguarding Training Class

Did You Know?

Norwalk YMCA Little Wonders Pre-School
 The Norwalk YMCA also provides Little Wonders preschool programs for children between the ages of 2-5. For more information contact Joyce Murray at 866-4425 x.338 or joyce@norwalkymca.org

S.A.C.C. - After School Child Care – On Site at School
 The Norwalk YMCA's SACC program provides before/after school care at 5 area elementary and 3 middle schools. For more information contact Jim Stewart at 866-4425 x 337 or jstewart@norwalkymca.org

AQUATICS

ALL REGISTRATIONS MUST BE DONE BY DEC. 27
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: Jan 4 – Feb, 28, 2010
There will be no classes the week of Feb. 15 – 21
Make-up classes will be held March 1- March 7
*See additional notes below

Aqua Fit
Members: Free
Non-Members:
1 day per week: \$65.00 aqfit101
2 days per week: \$125.00 aqfit102
3 days per week: \$185.00 aqfit103

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

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 starting Dec. 27 – Dec 31, 2009, and Feb 15 – Feb 19, 2010 from 9am to 5 pm. 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

Zeus Swim team Please contact Omar Cruz at cruzswim1@aol.com
Dive Program Please contact Jeanine Oburchay at joburchay@optonline.net

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 mins.

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 Aqpike101
Tuesday 10:30 to 11:00 Aqpike102
Tuesday 5:00 to 5:30 Aqpike103
Tuesday 5:30 to 6:00 Aqpike104
Wednesday 4:00 to 4:30 Aqpike105
Thursday 4:00 to 4:30 Aqpike106
Friday 4:00 to 4:30 Aqpike107
Friday 5:00 to 5:30 Aqpike108
Saturday 9:30 to 10:00 Aqpike109
Saturday 10:30 to 11:00 Aqpike110

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
Saturday 11:30 to 12:00 Aqmin108

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
Saturday 11:00 to 11:30 Aqfly104

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
Saturday 11:00 to 11:30 Aqfly104

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

CBII (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
ENJOY A DAY FILLED WITH CREATIVE ACTIVITIES: THEATER/ PLAYWRITING/ HIP-HOP/DRAWING/ BOOK ILLUSTRATING

- 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 **KIDSHAVE 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.