



**Early Fall 2017 Class Index**  
**Session Dates: September 5 – November 4**

Member online registration begins Monday, August 14th at 9AM  
 Registration opens to everyone on Monday, August 21st at 9AM  
 Classes will not run on Columbus Day, Monday, 10/09/17

**AQUATIC PROGRAMMING**

**Parent / Child Programming: (6-35 months)** \*Levels based on age\*

**Water Discovery 1: 6-14 months**

*This program introduces and emphasizes basic water safety to parents and provides a positive family aquatic experience.*

<b>Ratio:</b>	1 Instructor : 10 Swimmers		
<b>Class Times:</b>	Wednesday 9-9:30am	Saturday 9-9:30am	Saturday 11-11:30am
<b>Class Cost:</b>	Family Member Cost: FREE	Child Member Cost: \$144	Non-Member Cost: \$288

**Water Discovery 2: 15-23 months**

*This program builds relationships among and between parents and children by providing opportunities for fun and interaction in the water.*

<b>Ratio:</b>	1 Instructor : 10 Swimmers		
<b>Class Times:</b>	Wednesday 9:30-10am	Saturday 9:30-10am	Saturday 11:30-12pm
<b>Class Cost:</b>	Family Member Cost: FREE	Child Member Cost: \$144	Non-Member Cost: \$288

## Water Exploration: 24-30 months

In this stage, children focus on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

<b>Ratio:</b>	1 Instructor : 10 Swimmers		
<b>Class Times:</b>	Wednesday 10-10:30am	Saturday 10-10:30am	Saturday 12-12:30pm
<b>Class Cost:</b>	Family Member Cost: FREE	Child Member Cost: \$144	Non-Member Cost: \$288

## Water Acclimation: 31-36 months

This stage increases students' comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

<b>Ratio:</b>	1 Instructor : 10 Swimmers		
<b>Class Times:</b>	Wednesday 10:30-11am	Saturday 10:30-11am	Saturday 12:30-1pm
<b>Class Cost:</b>	Family Member Cost: FREE	Child Member Cost: \$144	Non-Member Cost: \$288

## Pre-School Programming: (3-5 years) \*Levels based on ability\*

### Water Acclimation

This stage increases students' comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Prerequisite: NONE

<b>Ratio:</b>	1 Instructor : 4 Swimmers						
<b>Class Times:</b>	Monday 3-3:30pm	Tuesday 4:30-5pm	Wednesday 4-4:30pm	Thursday 3:30- 4pm	Friday 4- 4:30pm	Saturday 9- 9:30am	Saturday 12:30- 1pm
<b>Class Cost:</b>	Member Cost: \$144			Non-Member Cost: \$288			

### Water Movement

In this stage, students focus on forward movement in water and basic self-rescue skills performed independently.

Prerequisite: Be able to independently swim 5ft on front and back

<b>Ratio:</b>	1 Instructor : 4 Swimmers						
<b>Class Times:</b>	Monday 3:30-4pm	Tuesday 3-3:30pm	Wednesday 4:30-5pm	Thursday 4:30- 5pm	Friday 3- 3:30pm	Saturday 9:30- 10am	Saturday 12- 12:30pm
<b>Class Cost:</b>	Member Cost: \$144			Non-Member Cost: \$288			

## Water Stamina

This stage develops forward movement on the front and back, while integrating arm action, leg action, and rhythmic breathing in back and front glides.

Prerequisite: Be able to independently swim 15ft on front and back

<b>Ratio:</b>	1 Instructor : 4 Swimmers						
<b>Class Times:</b>	Monday 4-4:30pm	Tuesday 3:30-4pm	Wednesday 3-3:30pm	Thursday 4- 4:30pm	Friday 3:30- 4pm	Saturday 10- 10:30am	Saturday 11:30- 12pm
<b>Class Cost:</b>	Member Cost: \$144			Non-Member Cost: \$288			

## Stroke Introduction

This stage introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Prerequisite: Be able to independently swim 15yd (45ft) on front and back

<b>Ratio:</b>	1 Instructor : 4 Swimmers						
<b>Class Times:</b>	Monday 4:30-5pm	Tuesday 4-4:30pm	Wednesday 3:30-4pm	Thursday 3-3:30pm	Friday 4:30-5pm	Saturday 10:30- 11am	Saturday 11- 11:30am
<b>Class Cost:</b>	Member Cost: \$144			Non-Member Cost: \$288			

## Youth Programming: (6-12 years)

*\*Levels based on ability\**

## Water Movement

In this stage, students focus on forward movement in water and basic self-rescue skills performed independently.

Prerequisite: NONE

<b>Ratio:</b>	1 Instructor : 4 Swimmers				
<b>Class Times:</b>	Monday 3:30-4pm	Tuesday 4:30-5pm	Thursday 4-4:30pm	Saturday 9-9:30am	Saturday 11-11:30am
<b>Class Cost:</b>	Member Cost: \$144		Non-Member Cost: \$288		

## Water Stamina

This stage develops forward movement on the front and back, while integrating arm action, leg action, and rhythmic breathing in back and front glides.

Prerequisite: Swim independently on front and back 15ft

<b>Ratio:</b>	1 Instructor : 4 Swimmers			
<b>Class Times:</b>	Monday 4-4:30pm	Wednesday 3:30-4pm	Thursday 4:30-5pm	Saturday 9:30-10am
<b>Class Cost:</b>	Member Cost: \$144		Non-Member Cost: \$288	

## Stroke Introduction

This stage introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Prerequisite: Swim independently on front and back 25yd

<b>Ratio:</b>	1 Instructor : 6 Swimmers			
<b>Class Times:</b>	Monday 4:30-5pm	Wednesday 4-4:30pm	Friday 3:30-4pm	Saturday 10-10:30am
<b>Class Cost:</b>	Member Cost: \$144		Non-Member Cost: \$288	

## Stroke Development:

This stage introduces breaststroke and butterfly and reinforces water safety through treading water and side stroke.

Prerequisite: Swim independently Freestyle 25yds, Backstroke 25yds, Breast Stroke 12yds

<b>Ratio:</b>	1 Instructor : 6 Swimmers			
<b>Class Times:</b>	Tuesday 3:30-4pm	Wednesday 4:30-5pm	Friday 4-4:30pm	Saturday 10:30-11am
<b>Class Cost:</b>	Member Cost: \$144		Non-Member Cost: \$288	

## Stroke Mechanics:

This stage refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Prerequisite: Swim independently Freestyle 25yds, Backstroke 25yds, Breast Stroke 25yds, Butterfly 12 yds

<b>Ratio:</b>	1 Instructor : 4 Swimmers				
<b>Class Times:</b>	Tuesday 4-4:30pm	Thursday 3:30-4pm	Thursday 5-5:30pm	Friday 4:30-5pm	Saturday 11-11:30am
<b>Class Cost:</b>	Member Cost: \$144		Non-Member Cost: \$288		

## Private /Semi-Private Lessons: (Ages 3+)

<b>Ratio:</b>	Private Lesson: 1 Instructor : 1 Swimmers Semi-Private Lesson: 1 Instructor : 2 Swimmers					
<b>Class Times:</b>	Monday 2pm, 2:30pm; 3pm; 3:30pm; 4pm; 4:30pm	Tuesday 2pm, 2:30pm; 3pm; 3:30pm; 4pm; 4:30pm	Wednesday 2pm, 2:30pm; 3pm; 3:30pm; 4pm; 4:30pm	Thursday 2pm, 2:30pm; 3pm; 3:30pm; 4pm; 4:30pm; 5pm	Friday 2pm, 2:30pm; 3pm; 3:30pm; 4pm; 4:30pm	Saturday 11:30am; 12pm; 12:30pm
<b>Class Cost:</b>	Private Lesson- Member Cost: \$450 Semi-Private Lesson- Member Cost: \$585			Private Lesson- Non-Member Cost: \$630 Semi-Private Non-Member Cost: \$765		

## Non-Competitive Swim Teams:

An entry level pre-competitive program designed for the 10& under swimmer who is serious about becoming a Wahoo. Swimmers will have the opportunity to practice three times per week for one hour. Wahoo Academy swimmers will learn the proper stroke technique of all four competitive strokes, streamlining, and basic diving in preparation for racing starts in a fun and creative environment. Swimmers will participate in one mini swim meet at the end of each session. Swimmers new to the program must be evaluated by a member of the Wahoo coaching staff or Aquatics Department prior to enrollment.

Prerequisite: Swim independently on front and back 25yd

## Junior Bronze: 5-7 years

<b>Practice Times:</b>	Tuesday 5-6pm	Thursday 5:30-6:30pm	Friday 5-6pm
<b>Class Cost:</b>	Member Cost: \$450		

## Bronze: 8-10 years

<b>Practice Times:</b>	Tuesday 5-6pm	Thursday 5:30-6:30pm	Friday 5-6pm
<b>Class Cost:</b>	Member Cost: \$450		

## Fitness Programs

**Early Morning Boot Camp** 5:30am-6: 15am \$285/\$385  
Monday-Wednesday-Friday

**Body Shred** 9:30-10:15am \$120/\$220  
Tuesday

**FITSANITY** \$285/\$385  
Monday-Wednesday & Friday 9:30-10:15

**Small Group training with Jeff-** small group personal training  
weekly group session (four needed to run class)

Wednesday's 9:30-10:30am \$225/325

**Small Group Personal Training with Courtney** small group personal training  
week session (four needed to run class)

Friday's 9:30-10:30am \$225/325

**TRX- Unleashed** (8 weeks/16 classes)  
8-week session

Wednesday 10:30-11:15am 0/\$200  
Fridays 10:30-11:15am 0/\$200

Free to Family Members/\$200 non-members

**The Right Start** – Personal Nutrition & Fitness Program  
By Appointment \$550/\$650

**Healthy Weight and Your Child-**A year long lifestyle change program for youth ages 7-13 in the 95<sup>th</sup> percentile for weight and their families. Please contact Mary Ann Genuario for additional information 203-762-8384 ext.282

**YMCA Diabetes Prevention Program -** Lifestyle Change Program for those at risk for Type II diabetes. Please contact Mary Ann Genuario for additional information 203-762-8384 ext.282.

**Reiki, Meditation & Energy Healing Techniques**  
Please contact Mary Ann Genuario for additional information 203-762-8384 ext.282.

**Live Strong at the YMCA**  
A Cancer Survivor Exercise Program  
Please contact Mary Ann Genuario for additional information 203-762-8384 ext.282.

**Pre Wedding Pack-** (30 sessions must be completed in 10 week period)  
by appointment – Call Mary Ann Genuario 762-8384 x282

**Sports Conditioning (all team sports) Individual & Group Training Available**  
by appointment – Call Mary Ann Genuario at 762-8384 x282 or Fred at ext.272

**Stroller Moves** (For Mom and Baby)

Thursday. 9:30am – 10:30AM \$185/\$285

**Prenatal Yoga** (Childcare available)

Friday 11:30 am \$185/\$285

**Zumba Fit-** Zumba fitness fun for ages 8-12. This class includes strength and conditioning for preteens.

Thursday 3:15 \$185/285

**Pre-teen Strength** Strength training specially designed for youth ages 8-12

Monday 3:15– 4:15PM \$185/\$285

**Agility Zone for the Young Athlete-**

Sports conditioning class \$185/\$285

Friday 3:15-4:15

**Youth Strength Training (Free to Family Members)** \*This class is offered to children of family members at no cost. \*\*Participants may only receive the member benefit ONE time. Any additional sessions enrolled participant will be charged a fee \*Limited class size of 8 per section

Monday 4:15pm – 5:15pm \$185/285

Tuesday 3:15pm-4:15pm

**Youth Strength Training Phase II-**offered to those who have completed phase one and are looking for additional opportunities to work under the direction of a trainer-Free weights-kettlebells, agility skills and drills are just some of what participants will experience-

Ages 12 & up

Wednesdays 3:15 -4:15 \$185/\$285

**\*Teen Spinning** (10 Class Card) purchase at the Front Desk-This class is included in family membership-you must register at the front desk \* New Day

Wednesday 4:30 – 5:15 PM \$95/\$195

**Youth/Teen Yoga**

Tuesday 3:30-4:30pm \$185/\$285

\*This class is included in family membership- you must register at the front desk

## **ARCHERY & FENCING**

Classes will run every week during their time slot from 9/5/17-11/4/17, except on noted exceptions. Classes marked [Wilton] will be held at the main facility at 404 Danbury Rd in Wilton. Classes marked [Ridgefield] will be held at Way of the Sword at 21 Governor St in Ridgefield.

### **Try Archery Day**

SATURDAY, September 2 [Ridgefield]

11:00pm-3:00pm

*\$0 for Wilton Y Members / \$0 for Non-Members*

### **USA Archery Level 1 Coach Certification**

Participants must be at least 15 years old

SATURDAY, OCTOBER 28

8:00am-6:30pm, with a 30 min. lunch break (12 Archers)

*\$125*

### **Introduction to Archery Safety**

MONDAYS [Wilton]

3:30pm-4:30pm (9 Archers) – NO CLASS on October 9

*\$135 for Wilton Y Members / \$185 for Non-Members*

WEDNESDAYS [Wilton]

3:30pm-4:30pm (9 Archers)

*\$153 for Wilton Y Members / \$203 for Non-Members*

SATURDAYS [Ridgefield]

11:00am-12:00pm (9 Archers) – NO CLASS on October 28

*\$135 for Wilton Y Members / \$185 for Non-Members*

### **Archery/Fencing Introductory Combo**

TUESDAYS [Ridgefield]

4:00pm-5:30pm (18 Archer/Fencers)

*\$299 for Wilton Y Members / \$349\* for Non-Members*

THURSDAYS [Ridgefield]

4:00pm-5:30pm (18 Archer/Fencers)

*\$299 for Wilton Y Members / \$349\* for Non-Members*

### **Adult Archery**

SATURDAYS

12:00pm-1:00pm (9 Archers) – NO CLASS on October 28

*\$150 for Wilton Y Members / \$200 for Non-Members*

SUNDAYS

12:00pm-1:00pm (9 Archers) – NO CLASS on November 5

*\$150 for Wilton Y Members / \$200 for Non-Members*



## **Recreational Archery**

Participants must have taken one session of Introduction to Archery Safety or have Coach Approval

### **THURSDAYS**

3:30pm-4:30pm (9 Archers)

*\$169 for Wilton Y Members / \$219 for Non-Members*

### **SATURDAYS**

10:00am-11:00am (9 Archers) – NO CLASS on October 28

*\$150 for Wilton Y Members / \$200 for Non-Members*

## **Introduction to Competitive Archery**

Participants must have taken one session of Introduction to Archery Safety or have Coach Approval

### **FRIDAYS**

3:30pm-5:00pm (12 Archers)

*\$197 for Wilton Y Members / \$247 for Non-Members*

### **SATURDAYS**

1:15pm-2:45pm (12 Archers) – NO CLASS on October 28

*\$175 for Wilton Y Members / \$225 for Non-Members*

### **SUNDAYS**

1:15pm-2:45pm (12 Archers) – NO CLASS on November 5

*\$175 for Wilton Y Members / \$225 for Non-Members*

## **Wilton Archery Club JOAD**

Participants must have Coach Approval

### **SATURDAYS**

3:00pm-4:30pm (12 Archers) – NO CLASS on October 28

*\$185 for Wilton Y Members / \$235 for Non-Members*

Participants must bring their own equipment

### **SUNDAYS**

3:00pm-4:30pm (12 Archers) – NO CLASS on November 5

*\$185 for Wilton Y Members / \$235 for Non-Members*

Participants must bring their own equipment

## **Open Range**

Participants must have taken one session of Introduction to Archery Safety or have Coach Approval.

*Open Range begins November 1.*

## **Beginner Fencing**

Learn the fundamentals and discover fencing in this engaging and rewarding program offered by WAY of the Sword fencing located at 21 Governors St. Ridgefield CT. Fencing is a game of "physical chess" and an Olympic sport played in Division I schools across the country.

OPEN ENROLLMENT STARTS September 2017.

\$199.00 for eight classes plus two private lessons. Classes are one hour long with open enrollment and available Monday, Tuesday, Thursday, Friday, 4 to 5 pm, or Saturday 10 am.

Contact Coach Mike Martin: 1 203 529 1320

OR Register online at <http://www.wayofthesword.org>

## **SPORTS**

### **Preschool Classes**

#### **Pee Wee Indoor Tennis (Pre-K)**

Monday	3:15 – 4:00 pm	\$148/\$248
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#### **Soccer Tots**

Wednesday	1:45 – 2:20 pm	\$205/\$305
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Thursday	1:45 – 2:20 pm	\$205/\$305
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#### **T-Ball Level I (ages 3 – 4)**

Monday	11:00 – 11:35 am	\$142/\$242
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Thursday	11:00 – 11:35 am	\$192/\$292
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#### **T-Ball Level II (ages 4 – 5)**

Tuesday	1:45 – 2:20 pm	\$192/\$292
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### **Youth Classes**

#### **Youth Indoor Tennis (Grade K - 2 and 3 - 4)**

Grades K – 2:

Monday	4:00 – 5:00 pm	\$156/\$256
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Grades 3 & 4:

Monday	5:00 – 6:00 pm	\$156/\$256
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#### **Youth Basketball**

Kindergarten	Tuesday 4:00 – 4:45 pm	\$205/\$305
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Grades 3 – 4	Thursday 3:00 – 3:45 pm	\$205/\$305
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Grades 1 – 2	Thursday 4:00 – 4:45 pm	\$205/\$305
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#### **Tae Kwon Do**

Beginners & Intermediate (Ages 4 – 9)	Friday 4:10 – 4:55 pm	\$260/\$360
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Beginners & Intermediate (Ages 10 & up)	Friday 5:00 – 5:45 pm	\$260/\$360
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Advanced	Friday 5:50 – 6:35 pm	\$260/\$360
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#### **Martial Arts/White Tiger Karate**

Sparring	Thursday 4:30 – 5:00 pm	\$152/\$252
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Juniors	Thursday 5:00 – 5:45 pm	\$260/\$360
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Junior Advanced	Thursday 5:00 – 6:00 pm	\$261/\$361
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ATP	Thursday 6:30 – 7:00 pm	\$248/\$348
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Combo (Sparring/Jr's)		\$338/\$438
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Combo (Sparring/Jr Adv)		\$335/\$435
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## **GYMNASTICS**

All CLASSES WILL BE HELD AT THE GYMNASTICS CENTER

644 DANBURY ROAD.

No Classes Monday October 9,

### **Tiny tumblers (parent/child class)**

Monday 10:00-10:45  
Thursday 10:00-10:45  
Friday 11:00-11:45

### **12 month-2 years**

\$179/\$279  
\$231/\$331  
\$231/\$331

### **Rollers**

Monday 11:00-11:45  
Tuesday 10:00-10:45  
Wednesday 10:00-10:45

### **2.5yrs-3.5yrs**

\$179/\$279  
\$205/\$305  
\$231/\$331

### **Flippers**

Tuesday 11:00-11:45  
Wednesday 1:45-2:30  
Thursday 11:00-11:45

### **3.5 – 4.5yrs**

\$205/\$305  
\$231/\$331  
\$231/\$331

### **Twisters**

Monday 1:45-2:30  
Tuesday 2:45-3:30  
Wednesday 2:45-3:30  
Thursday 2:00-2:45

### **4.5- 5.5 yrs**

\$179/\$279  
\$205/\$305  
\$231/\$331  
\$231/\$331

### **Pre School Combo**

Tuesday 1:45-2:30  
Wednesday 11:00-11:45  
Thursday 3:00-3:45  
Friday 2:00-2:45  
Saturday 9:30 – 10:15

### **3yrs- 5yrs.**

\$205-\$305  
\$231/\$331  
\$231/\$331  
\$231/\$331  
\$231/\$331

**\*Please see website for class descriptions**

**Kindergarten Gymnastics \*Please note we start promptly at 4pm!**

Wednesday 4:00 - 4:45 \$231/\$331  
Thursday 4:00 - 4:45 \$231/\$331  
Friday 4:00 - 4:45 \$231/\$331  
Saturday 10:15 -11:00 \$231/\$331

**ALL CLASSES WILL BE EVALUATED AND GROUPED BY ABILITY LEVEL AFTER THE FIRST CLASS!**

**Progressive Gymnastics** –Please note we start promptly at 4pm!

Monday	2:45-3:45	\$194/\$294
Monday	4:00-5:00	\$194/\$294
Tuesday	4:00-5:00	\$222/\$322
Tuesday	5:00-6:00	\$222/\$322
Thursday	5:00-6:00	\$250/\$350
Saturday	11am – 12:00	\$250/\$350

**ALL CLASSES WILL BE EVALUATED AND GROUPED BY ABILITY LEVEL AFTER THE FIRST CLASS!**

**Teen/Recreational gymnastics for ages 10 & up**

Friday	3:15-4:15pm	\$250/\$350
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**Open Gym**

Monday-Friday	12-1pm	\$5/\$10
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**PRE-Team must be YMCA member**

Monday and Friday	5:00-7:15pm	see website for cost and details
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**OUTREACH & SPECIAL NEEDS**

Drop in for all classes is now \$20.00 per day/program day.

**Special Needs Gymnastics** (Fall program/ Becomes Special Olympics in November)

Program: Open to individuals age 8 and above

Program Fee: \$50.00 members/ \$ 70.00 non member

TIME AND DAY STILL TO BE DETERMINED!!! Hopefully Monday nights. Waiting for Gymnastics schedule to be set for 644 Danbury Road. Will update as set.

### **Special Olympics Bocce Team Practice (No Cost)**

IN SPECIAL OLYMPIC SEASON through September Competition.

Practice: To Be Determined. One night a week from 6 p.m. to 7 p.m.

**SOCT Fall Festival:** September 9th and 10th

No Practice Labor Day.

### **Special Olympics Track & Field Club** Open to athletes 8 and older.

September 6th through Nov. 4th

Wednesdays 4 p.m. to 4:45 p.m. (Depending on the weather!)

Program: Open to ages 10 and above

Program Fee: \$70 members/\$85.00 non members

### **Friends & Buddies** (Teen/adult program) ( ages 13 and above)

Fridays 5:30 p.m. to 7:30 p.m.

Program Fee: members \$85.00/ non members \$105.00

September 8<sup>th</sup>, September 22, October 6<sup>th</sup>, October 20<sup>th</sup>, November 3<sup>rd</sup>

### **Friends & Buddies** ( open to ages 8 to 12 )

Fridays 5:30 p.m. to 7:30 p.m.

Program Fee: members \$85.00/ non members \$105.00

September 15<sup>th</sup>, September 29<sup>th</sup>, October 13<sup>th</sup>, October 27<sup>th</sup>

### **Roaring Twenties**

Sundays 4:30 p.m. to 6 p.m.\*\*

Program Fee: \$120.00 members/ \$140.00 non members

\*\* Times may vary depending on the activity/ additional costs may apply.

September 10<sup>th</sup>\*(Depending on our Special Olympic Bocce Schedule)

September 17<sup>th</sup>, September 24<sup>th</sup>, October 1<sup>st</sup>, October 15<sup>th</sup>, October 22<sup>nd</sup>,

October 29<sup>th</sup>

### **BOP: Basketball Outreach Program**

Program open to individuals age 8 and above.

- Unified Team will be practicing to play in Special Olympic Unified November tournament!!! All are welcome.

Program Fee: \$105.00 member/ \$120.00 non member

- NO Fee from November 3<sup>rd</sup> through December 1<sup>st</sup> as we prepare for tournament. If not playing in tournament players are still welcome in the program!

Sundays, September 10<sup>th</sup>\*( Depending on our Special Olympic Bocce Schedule)

September 17<sup>th</sup>, September 24<sup>th</sup>, October 1<sup>st</sup>, October 22<sup>nd</sup>, October 29<sup>th</sup>