



2019/2020

Programs
Services
Events



Space
is Limited!

Register Online
www.ywcagreenwich.org

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Facility Closings	
Thursday, July 4, 2019	
Monday, September 2, 2019	
Thursday, November 28, 2019	
Wednesday, December 25, 2019	
Wednesday, January 1, 2020	
Sunday, April 12, 2020	
Monday, May 25, 2020	

Building Hours	
Monday - Friday, 6 am - 9:30 pm	
Saturday, 8 am - 5 pm	
Sundays, open 9 am - 3 pm through May 17	
Sundays, closed May 24 - September 15	

For information on weather-related closures and delays, check our website, www.ywcagreenwich.org, or call 203-869-6501.

YWCA Membership required for all programs.

One-Year Youth Membership - \$75
Six-Month Youth Membership - \$50
For Full and Adult Memberships, please refer to our website.

Financial aid available for qualified applicants.

Stop in to receive a Free One-Week Trial Pass at the Member Services Desk.

YWCA MEMBERSHIP BENEFITS

When you become a member of YWCA Greenwich, you become part of a community of courage, compassion and commitment to every person who walks through our doors. Through leadership, innovative programs, services and educational opportunities, YWCA Greenwich is a driving force for a healthier, safer and more equitable community.

YWCA Greenwich is a place where:

- Babies learn to swim, experience music and begin to make friends.
- Children are happy, supported, safe and encouraged to learn.
- Children learn teamwork and develop socially, emotionally and physically through organized after-school enrichment and sports programs.
- Adults find a community where friendships are developed through common interests and activities that promote wellness and physical fitness.
- Victims of domestic abuse find compassion, support and a variety of services.
- An organization leads on important social issues that affect the equity, well-being and financial stability of women and girls, and stands against all forms of racism and bigotry.

Member Benefits:

- A convenient, modern facility with indoor and outdoor amenities, including the **new Arcuri's Café**
- Priority placement in YWCA Greenwich preschool, after-school and summer camp programs
- Discounts on children's athletic and aquatics programs
- Access to an outstanding aquatics program and a nationally recognized swim team, the YWCA Dolphins
- A wide-variety of adult group exercise programs for all fitness levels and discounts on personal training
- Volunteer opportunities for a variety of departments
- Invitations to participate in YWCA Greenwich mission-related programs and community events
- Learning opportunities through "Trending at YWCA Greenwich," and YWCA print and social media
- Opportunities to participate in advocacy efforts on the municipal, state and federal level



IN GREENWICH FOR GOOD SINCE 1919

100 Years of Compassion, Commitment and Courage

In 1919, eight women from Greenwich raised \$50,000 to purchase the old Greenwich Hospital building on Milbank Avenue and open YWCA Greenwich for women and girls. These visionary women understood the need for a local voice for women and girls following the establishment of YWCA USA sixty years earlier and the growth of the YWCA movement across the country.

Since then, YWCA Greenwich has played an important role at the forefront of every significant social justice issue in this century. From the suffrage movement in the 1920s, to the civil rights movement in the 1960s, to today's #MeToo movement, YWCA Greenwich has supported women's empowerment, inclusion and dignity for all.

YWCA Greenwich has always put the community first, creating programs that meet the needs of women and girls, and we were ahead of our time on issues important to residents of Greenwich. Here are some highlights:

1919 – Husbands and fathers were still away fighting in World War I. YWCA taught auto mechanics and electrical repair to women and girls who were living alone.

1945 – YWCA Greenwich engaged the NAACP to advise Board members on fair employment practices in Connecticut.

1949 – Five years before the US Supreme Court outlawed segregation and eight years before the first Civil Rights Act, YWCA adopted programs to eliminate segregation and discrimination.

1979 – The Young International Club was formed as a support for women from abroad working with Greenwich families.

1981 – Domestic Abuse Services was formed and served 47 clients.

1989 – The New Horizons programs were established to help women re-enter the workforce.

1992 – The Nancy Yeaw Women's Leadership Forum was established to help women run for elected office and manage political campaigns.

1994 – The Women's Enterprise Center expanded to teach English as a second language.

1997 – "TechGirls" was introduced to help girls ages 9 - 13 learn, play and invent with computers.

2006 – The Steven & Alexandra Cohen Preschool Center introduced Spanish lessons to children as young as 15 months.

2018 – Civil Legal Clinic was launched to provide free civil legal advice to survivors of domestic abuse.

2019 – Financial Literacy Consultations was launched, free for survivors of domestic abuse.

2019 – YWCA Greenwich celebrates 100 years of service to Greenwich and sustained commitment to social justice, women's empowerment and eliminating racism.

This is a snapshot of our rich history. We hope you will be compelled to become part of our community. Learn more at ywcagreenwichtimeline.org



YWCA MISSION INITIATIVES

Eliminating Racism

YWCA Greenwich is dedicated to promoting inclusion and dignity in our community, raising awareness about the negative impact of all forms of racism and acting against bigotry and hate in our community.

YWCA Greenwich, in partnership with the Town of Greenwich and other community leaders, **honors the legacy of Dr. Martin Luther King, Jr.** by exploring topics we believe Dr. King would have cared deeply about. On **January 16, 2019**, YWCA Greenwich hosted an important panel discussion on the issue of labor trafficking. We will continue to be a vocal advocate for anti-trafficking legislation at the state and federal level.

Stand Against Racism is a signature event of YWCA USA to raise awareness about the negative impact of all forms of racism in our community. At this event, on **April 26, 2019**, we learned about current immigration issues and presented the **YWCA Greenwich Racial Justice Scholarship Awards** to students who have made a special effort to respect differences, promote equality, and eliminate all forms of bigotry, bias and racism in their schools.

YWCA Greenwich's new **D.I.V.E. Project** – Diversity, Inclusion, Values and Equity – seeks to improve our own skills and capabilities by promoting inclusivity and equity among our staff and constituents.

Empowering Women and Girls

Empowering women and girls is essential to the mission of YWCA Greenwich. To recognize outstanding women in our community, YWCA Greenwich hosts the **Women Who Inspire Awards Luncheon**. This event incorporates the best of the YWCA's previous two signature events, the Spirit of Greenwich and BRAVA Awards, and recognizes and celebrates outstanding women who have excelled in philanthropic, professional and volunteer pursuits, and enriched the lives of those in our community. On **November 8, 2019**, we will host the luncheon at Greenwich Country Club to celebrate a group of inspiring women and one organization that exemplifies leadership in women's empowerment.

YWCA Greenwich cares for individuals and families facing domestic violence. YWCA Greenwich is **the only state designated provider of domestic abuse services in Greenwich**, with staff who are licensed to provide a variety of victim services. YWCA Greenwich also conducts professional trainings, community workshops and custom presentations on wellness topics and healthy relationships.

Through the **YNet youth leadership program** at Greenwich High School, YWCA Greenwich promotes leadership and teen dating violence awareness and prevention. For middle school girls, **YWCA's Girls Circle and Girls Circle Camp** promote healthy relationship skills in an emotionally safe environment.

YWCA Greenwich also advocates on critical issues impacting women and girls on the local, state and federal level, including pay equity, sexual assault, paid family medical leave, sexual harassment, domestic violence, and human trafficking.



A 10-month educational program that prepares your child for Kindergarten

Space is
Limited

An **international student body** aged 15 months to 5 years experience a unique early learning curriculum that builds a strong platform for a life-long love of learning.

1-2-3 Grow

Girls and Boys 15 Months – 3 Years

A nurturing experience where children learn to separate, build early socialization skills and advance through play, discovery, exploration and observation. The process is warm, supportive and encourages both emotional and physical development.

Tinker Tots & Tinker Tots Plus

Girls and Boys 3 – 5 Years

Creative preschool at its best. An atmosphere rich in experiences, concepts and ideas. The focus is on a developmentally appropriate curriculum and activities that encourage the social, emotional, cognitive and physical development of the child. Teaching methods encourage intellectual growth and creative expression. **The result: a child prepared the right way for kindergarten and beyond.** Our curriculum and activities include:

- **Literacy** – encourages verbal communication skills and the recognition of letters
- **Hands-on Science** – forms a foundation for intellectual development, including experimenting in our STEAM Lab
- **Art** – encourages individual creative thoughts and expressions
- **Hands-on Math** – introduces experiences associated with numerical concepts
- **Manipulatives** – develops concentration, fine motor skills and hand-eye coordination
- **Music** – develops an awareness of one's body through creative movement and rhythmic activities and explores the use of voice and musical instruments
- **Foreign Language** – an introduction to Spanish through stories, word play and songs

Tinker Tots Plus is a full-day (7:30 am - 6:00 pm), 5-day-per-week, 49-week program that offers the same curriculum as Tinker Tots and is ideal for working parents.



Academic Program
September 9, 2019 -
June 17, 2020

Summer Camp 2019
June 24 - August 16, 2019

Included are seven special classes:

- Two-year-olds receive **Music** and **Gymnastics** instruction
- Ages three, four and five receive expert instruction in basic **Gymnastics**, **Music**, **Spanish** and **Swimming***
- Ages four and five receive **Yoga** and a visit from **Stamford Nature Center** monthly
- A new state-of-the-art **STEAM Lab** for all age groups to use imaginative and creative approaches to encourage critical thinking

**Only children attending five days per week get instruction in all courses.*

Flexible Scheduling

Part-Day for 10 months • Full-Day for 12 months

Attend morning sessions. Add lunch. Add extended day hours. Put them all together.

Choice 1	Day Segment	9:00 am - Noon
Choice 2	Lunch Bunch	Noon - 1:00 pm
Choice 3	Extended Day (3 - 5 years)	Add 1:00 - 3:30 pm
Choice 4	Extended Day Plus (3 - 5 years) (Early Drop Off and/or Late Pick Up)	Add 7:30 - 9:00 am and/or 3:30 - 6:00 pm
Choice 5	Number of Days per Week	15 month - 2-year-olds attend 2, 3 or 5 days 3-year-olds attend 4 or 5 days 4- and 5-year-olds attend 5 days
Choice 6	Full Day (3 - 5 years)	7:30 am - 6:00 pm, 5 days/all year

Schedule a tour and start the application process online at ywcagreenwich.org/preschool or for additional information, contact the Director of Childhood Education at 203-869-6501, ext. 221

Tuition discounts available for Full Family Members.
Financial aid is available for income-eligible families.

YWCA Preschool programs are licensed by the Connecticut Office of Early Childhood and comply with regulation standards for health and safety.



AFTER-SCHOOL AND VACATION CAMP PROGRAMS

Kaleidoscope After-School Programs

Backyard

Girls & Boys Kindergarten - 5th Grade

Combining homework, enrichment and sports helps children build on classroom learning and have fun. Our well-supervised and structured programs include **STEAM** activities, Computer Coding, Zaniac and 20 other activities (see list to the right).

Monday - Friday, 2:30 - 6 pm

Ongoing registration based on availability

Fall Session: September 3 - December 20, 2019

Winter Session: January 2 - March 27, 2020

Spring Session: March 30 - June 12, 2020

Choose one to five days per week, per session. Attendance must be on same day(s) each week. All fees are billed in advance. Transportation is provided to the YWCA from most Greenwich public elementary schools.

YW Hub

Girls & Boys 6th - 8th Grade

With its central location in the heart of Greenwich, the YWCA is the perfect hangout for middle school girls and boys. The new after-school "YW Hub" is designed to enrich the social, emotional, physical and character development of middle school students in a welcoming, safe environment.

The program allows students to be with friends, share ideas, get help with homework and participate in extracurricular activities and sports, providing the flexibility to participate in whichever offerings interest them (see list to the right).

The new, state-of-the-art STEAM Lab at YWCA Greenwich includes advanced components for older students that are designed to help prepare them for high school. Counselors who are specially trained to relate to this age group will guide students through activities and be an ear for those who want to talk about what to expect in high school.

September 3 - June 12

Monday - Friday • 2:30 - 6:00 pm

The program fee is a flat \$95 per month.

Transportation is available from some school locations.

Backyard activities include:

- Arts & Crafts
- Ballet & Dance
- Basketball
- Chess
- Computer Coding
- Cooking
- Field Trips
- Fitness Classes
- Game Room
- Gymnastics
- Homework Time
- Karate
- Kompan Structures Playground
- Reading Champions
- Sand Play Area
- Soccer
- Swimming
- STEAM Lab
- Tennis
- Water Playground
- Yoga
- Zaniac
- Zumba

YW Hub activities include:

- Arts & Crafts
- Athletics & Games – soccer, kickball, badminton and more
- Gymnastics & Swimming
- Kickboxing & Spin
- Help with homework
- Mentor workshops
- STEAM Lab
- Volunteer opportunities

Kaleidoscope follows the Greenwich Public School district-wide calendar.

For questions and registration, contact the YWCA Department for Youth Programs at 203-869-6501, ext. 251

AFTER-SCHOOL AND VACATION CAMP PROGRAMS

Kaleidoscope Vacation Camp

Girls & Boys Kindergarten - 5th Grade

Provides a full day of engaging and interactive activities for children on most days when public schools are closed for holidays or vacations. Campers bring lunch, beverage, swimsuit, towel and bathing cap. Snacks are provided. Space is limited and registration is ongoing.

8:30 am - 6 pm

Vacation Camp Schedule

FALL SESSION:

Fall Vacation Camps

Monday, September 30, 2019
Wednesday, October 9, 2019
Tuesday, November 5, 2019
Monday, December 23, 2019
Thursday, December 26, 2019
Friday, December 27, 2019
Monday, December 30, 2019

WINTER SESSION:

Winter Vacation Camps

Monday, February 10 - Friday, February 14, 2020

SPRING SESSION:

Spring Vacation Camps

Monday, April 13 - Friday, April 17, 2020
Tuesday, April 28, 2020

A Typical Vacation Camp Day

8:30 am – Arrival

Outside Play
Arts & Crafts
Group Activity
Gymnastics
Cooking
Sports Clinic
STEAM Lab

12:30 pm – Lunch

Field Trip or Special Event
Yoga or Fitness
Game Room
Sports Clinic
Group Activity
Swim
STEAM Lab

6:00 pm – Dismissal

To learn more about our Kaleidoscope After-School Programs and Vacation Camp, visit our website at ywcagreenwich.org/kaleidoscope-after-school-program.

For questions and registration, contact the YWCA Department for Youth Programs at 203-869-6501, ext. 251



SUMMER CAMPS

Summer camps are where life-long friendships are made. At the YWCA, our kids come back year after year for a variety of indoor and outdoor activities and to renew special bonds with counselors and friends.

Preschool Summer Camp

Girls & Boys 15 months - 5 years

Summer means water, sand, slides, and lots of fun for your child. Located on a 6.5 acre campus, YWCA Greenwich offers action-packed days that keep kids coming back. Licensed teachers, who are counselors, nurture summer campers at all times.

Session I

June 24 - July 19, 2019

No camp on July 4

Session II

July 22 - August 16, 2019

3-year-olds and up must be toilet trained.

Preschool Summer Camp offers the same flexible scheduling as Preschool. See page seven for information.

To learn more about Preschool Summer Camp, visit our website at ywcagreenwich.org/summer-camps. For questions and registration, contact the Director of Childhood Education at 203-869-6501, ext. 221

YWCA Preschool programs are licensed by the Connecticut Office of Early Childhood and comply with regulation standards for health and safety.

Camp activities include:

- Water Playground
- A state-of-the-art Kompan Structure play zone
- Sand Play Area
- Swimming and/or gymnastics instruction (for ages 3 - 5 years, if child attends on days offered). Attend 5 days and get both.
- Science and nature activities, including STEAM Lab
- Indoor play in our clean, air-conditioned building
- Songs and stories...and more

Girls Circle Summer Camp

Grades 6 - 8

A camp just for girls...where new friendships grow. Girls learn and build self-esteem through games, crafts, field trips, workshops with local artists, writers, professional role models and so much fun.

Monday, July 8 - Friday, July 19, 2019 • 9 am - 4:30 pm
(early drop-off and late pick-up available – additional fees apply)

For information about eligibility and registration, call 203-869-6501, ext. 173



**Space Limited
Apply Early**



SUMMER CAMPS

Camp TA-YI-TO Summer Camp

Girls & Boys 5 - 12 years

Our experienced Camp Director, Arthur Smith, and his highly trained counselor staff combine learning with play through field trips, special events and programs, sports for all levels, and outings to the beach. Throughout the summer, your camper will grow socially, emotionally and physically in a welcoming, safe environment.

Session I

June 24 - July 19, 2019

No camp on July 4

Session II

July 22 - August 16, 2019

Regular Camp Hours 9 am - 4:30 pm

Early Bird Hours 7:30 am - 9 am

Extended Hours 4:30 pm - 6 pm

A non-refundable, non-transferable deposit is required for each session upon registration.













To learn more about Camp TA-YI-TO, visit our website at ywcagreenwich.org/summer-camps. For questions and registration, contact the YWCA Department for Youth Programs at 203-869-6501, ext. 251

Camp activities include:

- 3 Playgrounds...Water, Structures, & Sand
- Instructional & Recreational Swimming
- Basketball
- Lacrosse
- Gymnastics
- Tennis
- Soccer
- Baseball
- Yoga & Zumba
- Weekly beach trips
- Arts & Crafts
- STEAM Lab
- Field trips to zoos, amusement parks, museums, and more
- Special events from magic shows to musicians, from sing-a-longs to storytellers, and Camp Olympics

Sample Activity Calendar

CAMP TA-YI-TO ★ SESSION I

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 	26 First day of Camp Session I SPECIAL EVENT: BETH & SCOTT	27 	28 BEACH TRIP (activities scheduled) (in the afternoon)	29 SPECIAL EVENT: ANIMAL EMBASSY	30 FIELD TRIP: NORWALK BOWLMOR (all groups)	1 
2 	3 RED, WHITE & BLUE DAY (Wear red, white and blue clothing today)	4 NO CAMP OBSERVATION OF 4TH OF JULY NO CAMP	5 BEACH TRIP (younger groups-morning) (older groups-afternoon)	6 SPECIAL FIELD TRIP: BRUCE PARK PLAYGROUND (younger groups)	7 SPECIAL FIELD TRIP: BRANDT FOUNDATION (older groups)	8 
9 	10 FIELD TRIP: SKYZONE (older groups)	11 JERSEE DAY (come to camp today wearing your favorite sports team jersey!)	12 BEACH TRIP (younger groups-morning) (older groups-afternoon)	13 SPECIAL FIELD TRIP: BRANDT FOUNDATION (older groups)	14 FIELD TRIP: NORWALK AQUARIUM (younger groups)	15 
16 	17 **ORANGE & WHITE DAY** (Wear your camp shirt today for pictures)	18 FIELD TRIP: QUASSY AMUSEMENT PARK (all groups)	19 BEACH TRIP (younger groups-morning) Fielding-BASEBALL Older boys Fielding-Football Older girls	20 SPECIAL EVENT: *COLOR* *WARS*	21 Last day of Camp Session I	22 
						

Registration is ongoing. Save a spot for your child now.

Baseball & Softball Team Play & Training



Kyle Wirtz



Mike Parisi



Garrett Withiam

Kyle Wirtz, Director of Health and Fitness for YWCA Greenwich, manages all aspects of the Greenwich Junior Babe Ruth Baseball League. We have everything you need to win: a great teaching staff led by **Chief Instructor Mike Parisi, former St. Louis Cardinals' pitcher, and Garrett Withiam, Strength & Conditioning Coach...**an indoor/outdoor pitching machine and batting cage system...a pitching mound...bats, balls and helmets...and an available strength and conditioning center.

2019 Greenwich Junior Babe Ruth Baseball

All players – Ages 13 - 15

Summer: June 14 - August 3, 2019 • Game schedules will be set up in early June • \$675 per player

Fall: September 7 - October 26, 2019 • \$675 per player

Spring: April 4 - June 6, 2020 • \$750 per player

Strength & Skills Workout

Ages 8 and up (Open enrollment)

FALL SESSION

Sundays, September 8 - October 27, 2019

Ages	Time	Full Members	Youth Members
8 - 11	9 - 10 am	\$315	\$350
12 & up	10 - 11 am	\$315	\$350

WINTER SESSION

Saturdays, December 7, 2019 - March 7, 2020

Ages	Time	Full Members	Youth Members
8 - 11	9 - 10 am	\$405	\$450
12 - 14	10 - 11 am	\$405	\$450
15 & up	11 am - 12:30 pm	\$610	\$675
13 - 15	12:30 - 2 pm	\$610	\$675

Sundays, December 8, 2019 - March 8, 2020

Ages	Time	Full Members	Youth Members
8 - 11	9 - 10 am	\$405	\$450
12 - 14	10 - 11 am	\$405	\$450
15 & up	11 am - 12 pm	\$405	\$450

No classes: Dec. 28, 29; Feb. 15, 16

Year-Round Individual and Team Workouts and Coaching Clinics

Girls and Boys Ages 8 - 16

Individual Pitching and Batting Lessons

	Private Sessions	Groups of 2-4
30 minutes	\$70	\$95
60 minutes	\$115	\$150
Package of six 30-min. sessions	\$345	\$425
Package of six 60-min. sessions	\$585	\$800

Customized Team Workouts (Groups of 5 or more) and Coaching Clinics

Improve offensive and defensive skills. Build strength and conditioning. Take advantage of Mike Parisi Coaching Clinics. Contact Kyle Wirtz for pricing.

Register online at ywcagreenwich.org/baseball-softball-training. For questions, contact the YWCA Health & Fitness Department at 203-869-6501, ext. 131

YW Gymnastics School

16 months - 3 years Gymnastics Class Schedule

Jelly Beans

Ages 16 - 36 months

Parents and toddlers share participation. Classes introduce simple balances, motor challenges, body awareness and tumbling.

FALL 2019

Day	Date	Time	Full Members	Youth Members
Wednesdays	Sept. 4 - Dec. 18	10:45 - 11:15 am	\$340	\$375
Thursdays	Sept. 5 - Dec. 19	10:45 - 11:15 am	\$340	\$375

WINTER/SPRING 2020

Day	Date	Time	Full Members	Youth Members
Wednesdays	Jan. 8 - June 10	10:45 - 11:15 am	\$475	\$525
Thursdays	Jan. 9 - June 11	10:45 - 11:15 am	\$475	\$525

Tumble Tots

Ages 2.5 - 4 years

Program uses balance beam and a variety of climb and crawl equipment as teaching aids to develop motor skills and eye-hand coordination. **Parents do not participate in this class.**

FALL 2019

Day	Date	Time	Full Members	Youth Members
Wednesdays	Sept. 4 - Dec. 18	9:30 - 10:15 am	\$405	\$450
Thursdays	Sept. 5 - Dec. 19	9:30 - 10:15 am	\$405	\$450

WINTER/SPRING 2020

Day	Date	Time	Full Members	Youth Members
Wednesdays	Jan. 8 - June 10	9:30 - 10:15 am	\$570	\$630
Thursdays	Jan. 9 - June 11	9:30 - 10:15 am	\$570	\$630

Register online at ywcagreenwich.org/gymnastics.
For questions, contact the YWCA Health & Fitness
Department at 203-869-6501, ext. 131



Sue Knight, award-winning varsity coach at Greenwich High School, teaches all levels.

No classes:
Nov. 27, 28; Feb. 12, 13;
Apr. 15, 16

Attire A leotard is preferred but gym clothes are acceptable. Children should wear comfortable clothes with no buttons, zippers or snaps. Hair must be tied back with an elastic band. No skirts, jeans, barrettes, headbands or jewelry.



3 - 15 years • Gymnastics Class Schedule

All classes teach basic skill progression, which varies according to the age and ability of each child. Teaching will focus on vault, uneven bars, balance beam and tumbling. Emphasis will be placed on building confidence, strength, flexibility and physical coordination.

Gymnastics I Ages 3 - 4 years

FALL 2019

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Sept. 3 - Dec. 17	1:15 - 2 pm	\$435	\$480
Wednesdays	Sept. 4 - Dec. 18	1:15 - 2 pm	\$435	\$480

WINTER/SPRING 2020

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Jan. 7 - June 9	1:15 - 2 pm	\$610	\$675
Wednesdays	Jan. 8 - June 10	1:15 - 2 pm	\$610	\$675

No classes:
Nov. 26, 27; Feb. 11, 12;
Apr. 14, 15

Gymnastics II Ages 4 - 5 years

FALL 2019

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Sept. 3 - Dec. 17	2:30 - 3:15 pm	\$435	\$480
Wednesdays	Sept. 4 - Dec. 18	2:30 - 3:15 pm	\$435	\$480

WINTER/SPRING 2020

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Jan. 7 - June 9	2:45 - 3:30 pm	\$610	\$675
Wednesdays	Jan. 8 - June 10	2:45 - 3:30 pm	\$610	\$675

Gymnastics III Ages 5 - 6 years

FALL 2019

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Sept. 3 - Dec. 17	3:15 - 4 pm	\$435	\$480
Tuesdays	Sept. 3 - Dec. 17	3:45 - 4:30 pm	\$435	\$480
Wednesdays	Sept. 4 - Dec. 18	3:15 - 4 pm	\$435	\$480
Wednesdays	Sept. 4 - Dec. 18	3:45 - 4:30 pm	\$435	\$480

WINTER/SPRING 2020

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Jan. 7 - June 9	3:15 - 4 pm	\$610	\$675
Tuesdays	Jan. 7 - June 9	3:45 - 4:30 pm	\$610	\$675
Wednesdays	Jan. 8 - June 10	3:15 - 4 pm	\$610	\$675
Wednesdays	Jan. 8 - June 10	3:45 - 4:30 pm	\$610	\$675



*levels continue
on next page...*

Gymnastics IV

Ages 7 - 8 years

FALL 2019

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Sept. 3 - Dec. 17	4:30 - 5:15 pm	\$435	\$480
Wednesdays	Sept. 4 - Dec. 18	4:30 - 5:15 pm	\$435	\$480

WINTER/SPRING 2020

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Jan. 7 - June 9	4:30 - 5:15 pm	\$610	\$675
Wednesdays	Jan. 8 - June 10	4:30 - 5:15 pm	\$610	\$675



Gymnastics V

Ages 9 - 12 years

FALL 2019

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Sept. 3 - Dec. 17	5:15 - 6 pm	\$435	\$480

WINTER/SPRING 2020

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Jan. 7 - June 9	5:15 - 6 pm	\$610	\$675



Advanced Gymnastics

Instructor placement only

FALL 2019

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Sept. 3 - Dec. 17	5 - 6 pm	\$435	\$480

WINTER/SPRING 2020

Day	Dates	Time	Full Members	Youth Members
Tuesdays	Jan. 7 - June 9	5 - 6 pm	\$610	\$675

No classes: Nov. 26, 27; Feb. 11, 12; Apr. 14, 15

Register online at ywcagreenwich.org/gymnastics. For questions, contact the YWCA Health & Fitness Department at 203-869-6501, ext. 131

YOUTH SPORTS

Tennis for Children

USPTA certified instructors **Hugh and Betsy Underhill** (Greenwich High School Coach) will teach classes that:

- develop sound tennis fundamentals
- use age-appropriate-sized racquets and balls
- create a positive atmosphere that encourages self-confidence and good sportsmanship
- build an enthusiastic attitude



Tot Tennis – Indoors

Ages 3 - 5 years

FALL 2019

Day	Dates	Time	Full Members	Youth Members
Fridays	Sept. 6 - Dec. 20	1:15 - 2 pm	\$405	\$450

WINTER/SPRING 2020

Day	Dates	Time	Full Members	Youth Members
Fridays	Jan. 10 - June 12	1:15 - 2 pm	\$540	\$600

Youth Tennis – Outdoors

FALL 2019 – Ages 3 - 13 years

Day	Dates	Time	Full Members	Youth Members
Saturdays	Sept. 7 - Oct. 26	9:30 - 10:30 am	\$295	\$325
Saturdays	Sept. 7 - Oct. 26	10:30 - 11:30 am	\$295	\$325

WINTER/SPRING 2020 – Ages 9 - 13 years

Day	Dates	Time	Full Members	Youth Members
Saturdays	Apr. 18 - June 13	9:30 - 10:30 am	\$295	\$325
Saturdays	Apr. 18 - June 13	10:30 - 11:30 am	\$295	\$325

No classes: Nov. 29; Feb. 14, Apr. 10, 17; May 23

Private Tennis Lessons

Call Kyle to book private and semi-private lessons for children with tennis pros.

Lessons or Packages	Individual (Members)	Semi-Private (Members)
30-minute lesson	\$65	\$75
60-minute lesson	\$110	\$125
Package of 8 60-min. lessons	\$790	\$900

YWCA Junior Golf



**Boys & Girls Ages 5 - 12
8 Weeks**

Instructor, **Tom Blumenthal**, learned to love the game as a child and has spent his career in the business of golf. No matter what level, YWCA golf instruction will help your child improve their game.

- Students are led through station-based drills and games that develop the fundamental skills of grip, putting, chipping and full-swing.
- Students participate in STEAM labs that allow them to explore academic concepts like gravity, force, and spin through the game.
- Each player progresses through a five level program at their own pace.

FALL 2019

Sundays, Sept. 8 - Oct. 27

Time	Full Members	Youth Members
9:30 - 10:30 am	\$270	\$300
10:30 - 11:30 am	\$270	\$300

WINTER/SPRING 2020

Sundays, Jan. 12 - Apr. 5

Time	Full Members	Youth Members
9:30 - 10:30 am	\$340	\$375
10:30 - 11:30 am	\$340	\$375

No classes: Feb. 9, 16

Register online at ywcagreenwich.org/tennis-youth. For questions, contact the YWCA Health & Fitness Department at 203-869-6501, ext. 131

SPECIAL YOUTH PROGRAMS

Songs for Seeds

Newborns to 6 years

June 5 - August 15

Fall/Winter/Spring sessions to be announced

This weekly, 45 minute, interactive class encourages children to sing, dance and play along with a live, three-piece band. Kids rock out with children's instruments, as well as real drums, guitars, keyboards and instruments from around the world. Our teacher/musicians take students on a musical journey each week through a series of engaging activities.

For class details and to register, go to songsforseeds.com/ct/greenwich/ or call 914-494-0439 or email greenwich@songsforseeds.com



“Mommy & Me” Spanish Immersion Playdate

Ages 18 - 36 months accompanied by an adult/guardian

Tuesdays, 9:30 - 10:15 am or Fridays, 11:15 am - 12 pm

Classes begin September 10

\$250/8 weeks

Together, you and your child will learn colors, numbers, food, weather and songs! Native Spanish speaker Olga has raised two bilingual children and has been involved in education for many years as a bilingual literacy mentor and substitute teacher. Olga sees the “Mommy & Me” Spanish classes as an opportunity to gently introduce children to the Spanish language.

Register online at ywcagreenwich.org/spanish-immersion. For questions, contact the Director of Childhood Education at 203-869-6501, ext. 221



YWCA Girls Strength

Ages 13 & up

Tuesdays and Thursdays, 4:30 - 5:30 pm

Classes begin September 3

\$400/6 weeks

No matter what sport you're in, this program is designed to help female athletes maintain and gain strength leading up to their sports, while continuing to increase strength and body control during the off season.

Register online at ywcagreenwich.org/ywca-girls-strength. For questions, contact the YWCA Health & Fitness Department at 203-869-6501, ext. 131



Introduction to Acting / Improv

Girls & Boys Ages 8 - 13 years

Saturdays, 10 - 11 am

September 7 - December 21 (no class November 30)

\$450 Full Members / \$480 Youth Members

Students gain experience and knowledge that will enrich them in many unique ways. Benefits include: increased confidence, improved public speaking skills, enhanced acting abilities, comfort in social settings, refined brainstorming abilities, improved listening and observation skills, enhanced creative-thinking abilities, improved decision-making skills, and team development skills.

Register online at ywcagreenwich.org/acting. For questions, contact Michelle Pennino at 203-869-6501, ext. 116



Ages 6 Months - Teens

Summer Session/June 22 - August 16, 2019

All Students are taught by American Red Cross Certified Instructors and Lifeguards

DolphinBabies I Ages 6 - 23 months With some or no experience With parents	DolphinBabies II Ages 2 - 3 years With no previous lesson experience With parents	DolphinBabies III Ages 2 - 3 years With previous lesson experience With parents	DolphinBabies IV Ages 2.5 - 3.5 years With previous lesson experience Without parents
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DolphinBabies Schedule

	Monday	Tuesday	Wednesday	Thursday	Saturday
DolphinBabies I		10:30 - 11 am	10:30 - 11 am	10:30 - 11 am	10 - 10:30 am
DolphinBabies II	10 - 10:30 am			11 - 11:30 am	10:30 - 11 am
DolphinBabies III		11 - 11:30 am			9 - 9:30 am 9:30 - 10 am
DolphinBabies IV	12 - 12:30 pm			12 - 12:30 pm	
Session	6/24 - 8/12	6/25 - 8/13	6/26 - 8/14	6/27 - 8/15	6/22 - 8/10
Full Members	\$180/8 classes	\$180/8 classes	\$180/8 classes	\$160/7 classes	\$180/8 classes
Youth Members	\$200/8 classes	\$200/8 classes	\$200/8 classes	\$175/7 classes	\$200/8 classes

DolphinTots Schedule

Ages 3 - 5 years

	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday
9 - 9:30 am				All Levels
9:30 - 10 am				All Levels
10 - 10:30 am	All Levels	All Levels		All Levels
10:30 - 11 am				All Levels
1:30 - 2:00 pm	All Levels	All Levels	All Levels	
2:30 - 3 pm	All Levels	All Levels	All Levels	
3 - 3:30 pm	All Levels	All Levels	All Levels	
Session	6/24 - 8/14	6/25 - 8/15	6/28 - 8/16	6/22 - 8/10
Full Members	\$180/8 classes	\$180/8 classes	\$180/8 classes	\$180/8 classes
Youth Members	\$200/8 classes	\$200/8 classes	\$200/8 classes	\$200/8 classes

**Create
your own
schedule!**

(restrictions
apply)

DolphinsPrep Schedule

Kindergarten - 9th Grade

	Monday	Tuesday	Wednesday	Thursday	Saturday
Levels 1-6					11 - 11:45 am
Levels 1-6	4:30 - 5:15 pm	4:30 - 5:15 pm	4:30 - 5:15 pm	4:30 - 5:15 pm	11:45 - 12:30 pm
Session	6/24 - 8/12	6/25 - 8/13	6/26 - 8/14	6/27 - 8/15	6/22 - 8/10
Full Members	\$180/8 classes	\$180/8 classes	\$180/8 classes	\$160/7 classes	\$180/8 classes
Youth Members	\$200/8 classes	\$200/8 classes	\$200/8 classes	\$175/7 classes	\$200/8 classes

Summer registration is ongoing.

Register online at ywcagreenwich.org/youth-swim or at the pool office.

For questions, contact the YWCA Aquatics Department at 203-869-6501, ext. 121

YOUTH AQUATICS - FALL/WINTER/SPRING

Ages 6 Months - Teens

Fall/Winter/Spring Sessions September 3, 2019 - June 13, 2020

**Private
lessons
available**

*See page 23
for details*

All Students are taught by American Red Cross Certified Instructors and Lifeguards

DolphinBabies I

Ages 6 - 23 months

With some or no experience
With parents

DolphinBabies II

Ages 2 - 3 years

With no previous lesson experience
With parents

DolphinBabies III

Ages 2 - 3 years

With previous lesson experience
With parents

DolphinBabies IV

Ages 2.5 - 3.5 years

With previous lesson experience
Without parents

DolphinBabies Schedule

	Monday	Tuesday	Wednesday	Thursday	Saturday
DolphinBabies I		10:30 - 11 am	10:30 - 11 am	10:30 - 11 am	10 - 10:30 am
DolphinBabies II	10 - 10:30 am			11 - 11:30 am	10:30 - 11 am
DolphinBabies III		11 - 11:30 am			9 - 9:30 am 9:30 - 10 am
DolphinBabies IV	12 - 12:30 pm			12 - 12:30 pm	

FALL: September 3 - December 21, 2019

	9/9 - 12/16 15 classes	9/3 - 12/17 15 classes	9/4 - 12/18 15 classes	9/5 - 12/19 15 classes	9/7 - 12/21 15 classes
Full Members	\$350	\$350	\$350	\$350	\$350
Youth Members	\$375	\$375	\$375	\$375	\$375

WINTER: January 4 - March 27, 2020

	1/6 - 3/23 10 classes	1/7 - 3/24 11 classes	1/8 - 3/25 11 classes	1/9 - 3/26 11 classes	1/4 - 3/21 11 classes
Full Members	\$225	\$250	\$250	\$250	\$250
Youth Members	\$250	\$275	\$275	\$275	\$275

SPRING: March 28 - June 13, 2020

	3/30 - 6/8 9 classes	3/31 - 6/9 10 classes	4/1 - 6/10 10 classes	4/2 - 6/11 9 classes	3/28 - 6/13 9 classes
Full Members	\$205	\$225	\$225	\$205	\$205
Youth Members	\$225	\$250	\$250	\$225	\$225

No classes: Nov. 26 - 30; Feb. 10 - 15, Apr. 10, 11, 13 - 18; May 23, 25

Registration is ongoing.

Register online at ywcagreenwich.org/youth-swim or at the pool office.

For questions, contact the YWCA Aquatics Department at 203-869-6501, ext. 121

YOUTH AQUATICS - FALL/WINTER/SPRING

DolphinTots Schedule

Ages 4 - 5 years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 - 9:30 am						All Levels
9:30 - 10 am						All Levels
10 - 10:30 am	All Levels	All Levels	All Levels	All Levels		All Levels
10:30 - 11 am						All Levels
1:00 - 1:30 pm	All Levels	All Levels	All Levels	All Levels		
1:30 - 2 pm	All Levels	All Levels	All Levels	All Levels	All Levels	
2 - 2:30 pm					All Levels	
3 - 3:30 pm	All Levels			All Levels		

FALL: September 3 - December 21, 2019

	9/9 - 12/16	9/3 - 12/17	9/4 - 12/18	9/5 - 12/19	9/6 - 12/20	9/7 - 12/21
	15 classes	15 classes	15 classes	15 classes	15 classes	15 classes
Full Members	\$350	\$350	\$350	\$350	\$350	\$350
Youth Members	\$375	\$375	\$375	\$375	\$375	\$375

WINTER: January 4 - March 27, 2020

	1/6 - 3/23	1/7 - 3/24	1/8 - 3/25	1/9 - 3/26	1/10 - 3/27	1/4 - 3/21
	10 classes	11 classes	11 classes	11 classes	11 classes	11 classes
Full Members	\$225	\$250	\$250	\$250	\$250	\$250
Youth Members	\$250	\$275	\$275	\$275	\$275	\$275

SPRING: March 28 - June 13, 2020

	3/30 - 6/8	3/31 - 6/9	4/1 - 6/10	4/2 - 6/11	4/3 - 6/12	3/28 - 6/13
	9 classes	10 classes	10 classes	10 classes	9 classes	9 classes
Full Members	\$205	\$225	\$225	\$225	\$205	\$205
Youth Members	\$225	\$250	\$250	\$250	\$225	\$225

DolphinsPrep Schedule

Kindergarten - 9th Grade

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Levels 1-6	3:45 - 4:30 pm	3:45 - 4:30 pm		3:45 - 4:30 pm	2:30 - 3:15 pm	11 - 11:45 am
Levels 1-3			3:45 - 4:30 pm			
Levels 1-6	4:30 - 5:15 pm			4:30 - 5:15 pm		11:45 am - 12:30 pm

FALL: September 3 - December 21, 2019

	9/9 - 12/16	9/3 - 12/17	9/4 - 12/18	9/5 - 12/19	9/6 - 12/20	9/7 - 12/21
	15 classes	15 classes	15 classes	15 classes	15 classes	15 classes
Full Members	\$350	\$350	\$350	\$350	\$350	\$350
Youth Members	\$375	\$375	\$375	\$375	\$375	\$375

WINTER: January 4 - March 27, 2020

	1/6 - 3/23	1/7 - 3/24	1/8 - 3/25	1/9 - 3/26	1/10 - 3/27	1/4 - 3/21
	10 classes	11 classes	11 classes	11 classes	11 classes	11 classes
Full Members	\$225	\$250	\$250	\$250	\$250	\$250
Youth Members	\$250	\$275	\$275	\$275	\$275	\$275

SPRING: March 28 - June 13, 2020

	3/30 - 6/8	3/31 - 6/9	4/1 - 6/10	4/2 - 6/11	4/3 - 6/12	3/28 - 6/13
	9 classes	10 classes	10 classes	10 classes	9 classes	9 classes
Full Members	\$205	\$225	\$225	\$225	\$205	\$205
Youth Members	\$225	\$250	\$250	\$250	\$225	\$225

American Red Cross Courses

Basic Lifeguarding Ages 15 and above

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. **Prerequisites:** Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Dates	Time	Cost
June 18, 19, 20	8 am - 4:30 pm	\$450

Lifeguarding & Waterfront Skills Ages 15 and above

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over, including in aquatic facilities in non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds. **Prerequisites:** Swim 550 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards; Surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object; Return to the surface and swim 20 yards on the back to return to the starting point; Exit the water without using steps or a ladder. Participants who successfully complete this course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED and Waterfront Skills, both valid for 2 years.

Dates	Time	Members	Non-Members
June 18, 19, 20	8 am - 4:30 pm	\$475	\$500

Lifeguarding & Waterfront Review

An abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

Dates	Time	Cost
June 20	9 am - 2 pm	\$250

Water Safety Instructor Course

Ages 16 and above

\$500 / call to schedule

If you are a proficient swimmer, you can become an American Red Cross Water Safety Instructor. This course will help you teach skills that may save a life and prepare you to teach swimming and aquatic awareness. **Prerequisites:** Successfully complete the instructor course written pretest with a minimum score of 80 percent or better and successfully complete instructor course skills pretest consisting of water safety and swimming skills. Call 203-869-6501, ext. 121.

Register online at ywcagreenwich.org/american-red-cross. For questions, call the YWCA Aquatics Department at 203-869-6501, ext.121

Schedule changes or additional times will be announced on our website www.ywcagreenwich.org.

YW Floats *We are the only place in Fairfield County with Tsunami Boards!*

YW Floats offers a safe and fun workout on the water, designed to grow core and joint stabilization, improve your over-all fitness level, prevent injury through better balance, and burn calories.



Mondays 12:00 pm - 12:45 pm
Tuesdays 9:30 - 10:15 am
Thursdays 6:15 - 7:00 am
Fridays 7:00 - 7:45 am
Saturdays 12:30 - 1:15 pm

With YW Floats, you can expect to improve:

Stabilization

You will experience core-stabilization throughout your entire workout.

Balance

YW Floats will help you improve and strengthen balance, which prevents injury and can improve performance in sports.

Endurance

Find out what it's like to push yourself a little further during each class to increase your endurance.



Classes are included with YWCA Membership

- Affiliate Members – purchase of a \$15 day pass at the Member Services Desk
- Non-members – purchase of a \$25 day pass at the Member Services Desk
- Space is limited – 10 spots per class – arrive early to register at the Member Services Desk
- A weekly sign up sheet will also be available at the Member Services Desk to reserve spots ahead of time

For questions and more information, contact the Director of Aquatics, at 203-869-6501, ext. 121

SCUBA

Discover SCUBA

Ages 10 to adult (limit 8 per class)

Test the waters with a free seminar where you will try SCUBA (self-contained underwater breathing apparatus) in the pool. Then register for the Open Water Certification Course to earn your certification. \$5 book fee. **Must preregister.**

Choose One Free Class • All classes 7 - 10 pm
Go to ywcagreenwich.org/scuba for class details.



Open-Water SCUBA Certification Course

Ages 10 to adult (limit 8 per class)

Earn your (PADI) Professional Association of Diving Instructors Open Water Certification. Taught by a Master Instructor with 30+ years of experience, using state-of-the-art equipment. **Must preregister.**

All sessions \$350/6 classes • All Classes 7 - 10 pm
Go to ywcagreenwich.org/scuba for class details.

For information, call 203-869-6501, ext. 121 or instructor Don Brown at The Ski and SCUBA Connection, 203-629-4766

DolphinMasters

The DolphinMasters Swim group is comprised of former competitive swimmers, triathletes and serious recreational swimmers looking to enhance their conditioning through group workouts. Masters swimmers can choose to compete at local and regional Master Meets.

For more information and an evaluation swim, contact Coach Nick Cavataro at ncavataro@greenwichdolphins.com.

Membership and team fees apply.

Day	Dates	Time
Mon. - Fri.	September - July	5:45 - 7:15 am

Swim School

Adults learn fundamental swimming skills; safely enter and exit the pool, float, submerge, use basic strokes.

Day	Time	Members
Tuesday/Thursday	8:30 - 9:30 pm	\$400/16 classes

Private Swim Lessons

Individual lessons are designed to teach toddlers, children (3 and older) and adults to swim in a safe and positive environment. Experienced and competitive swimmers can also take lessons to improve their technique. **By appointment only.**

Individual Lessons or Package	Fees
30-minute lesson	\$75
Package of 4 lessons	\$275
Package of 8 lessons	\$500
Package of 12 lessons	\$720
Package of 24 classes	\$1,350
30-minute lesson for Competitive Dolphins	\$100

Lap Swim for Adults

Swimming is great exercise! At YWCA Greenwich, lap swim is included with Full Memberships, beginning at 7:15 am weekdays and beginning at 12:30 pm on Saturdays. Go to ywcagreenwich.org/swimschedule for specific times.

Affiliate members can purchase a single day pass or day pass packages. Visit the Member Services desk for details.

Aqua-Fit

Buoyancy and water resistance are components of this safe and enjoyable fitness program. Tone, strengthen and improve cardiovascular fitness. You can tailor this workout class to your level with guidance from the instructor. Aqua-Aerobics is a great addition to your weekly workout routine, and is a non-impact but intense workout. Join us and have fun! **Included in Full Membership.**

Day	Time	Affiliate Drop-In	Non-Member Drop-In
Mon., Wed., Fri.	11 am - Noon	\$15	\$25

Aquatic Arthritis

This wonderful Arthritis Foundation course is scientifically proven to reduce pain and stiffness associated with arthritis. The class also works on balance and participants leave class feeling renewed! **Included in Full Membership.**

Day	Time	Affiliate Drop-In	Non-Member Drop-In
Tuesday	1:30 - 2:30 pm	\$15	\$25

Aqua Core

Intense interval training plus aquatic exercises using various equipment tones and conditions core muscle groups. This class is physically demanding. **Included in Full Membership.**

Day	Time	Affiliate Drop-In	Non-Member Drop-In
Thursday	12 - 1 pm	\$15	\$25



For questions, contact the YWCA Aquatics Department at 203-869-6501, ext. 121 or s.sudderth@ywcagreenwich.org

Our Fitness Center has state-of-the-art, cutting-edge equipment and a spin studio. A friendly, inclusive atmosphere allows you to relax and focus on your workout. Clean and modern locker rooms include showers, steam and sauna. A central Greenwich location with ample parking. Open 15 hours a day to fit your busy schedule and certified, experienced personal trainers are available.

Included in Full Membership.

Members must be 14 years old to use the Fitness Center, unless supervised by a YWCA personal trainer.

Hours of Operation: The fitness center is open during all regularly scheduled building hours.

Drop-In Fees

Day pass for Fitness Center, Pool & Group Exercise

\$15/Affiliate members

\$25/non-members

\$10/guests of Full Members, after three complimentary passes per year

Personal Training

Adults

Full Members only

No. of Sessions	Personal Trainer	Master Trainer
1 session	\$75	\$95
8 sessions	\$585	\$745
12 sessions	\$865	\$1,105
24 sessions	\$1,680	\$2,150

Register online at ywcagreenwich.org/personal-training. For questions, contact the YWCA Health & Fitness Department at 203-869-6501, ext. 131

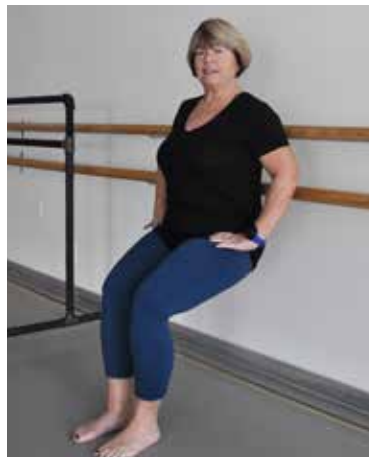
Meet Our Training Team



Sue Cavataro



Shree Mickelson



Wendy Rosa



Brendan Stote



Kyle Wirtz



Garrett Withiam

ADULT HEALTH & FITNESS

Group Exercise

Choose from **40 weekly Group Exercise Classes**, Monday through Saturday. A full schedule is available at the Member Services desk or on our website. **Included in Full Membership.** Affiliate members must purchase a \$15 day pass. Non-members must purchase a \$25 day pass.

Try 1 class, 2, 3, or more!

Build strength and endurance

15-Minute-Abs – Strengthens core, resulting in strong abs and back

Adult Ballet – Promotes cardiovascular fitness and good posture

Ballates – Fuses Pilates and ballet to improve core strength, posture, balance and flexibility

Body Barre – A high-intensity, low impact total body workout

Body Sculpt – Uses dance, weights, and resistance to improve strength and cardiovascular fitness

High Intensity Interval Training (HIIT) – a total body workout, that combines strength and aerobic elements in a fast-paced circuit format

Kettlebells – Burns calories and increases strength and endurance

Kettlebells/TRX – An innovative class that combines high intensity strength with a cardio workout

Kickboxing – High-energy, fat burning workout that uses participants own body weight

Mat Pilates – Engages the core, while focusing on alignment and precision

Spin to Win – Gains strength and endurance, all to great music

Power Spin & Sculpt – Adds weight training to your spin class

YW Strength – Strengthens all major muscles using free weights

Classes dedicated to Seniors*

Boutelle Lifetime Fitness – Improves posture, body alignment, flexibility and muscle tone

Chair Yoga – Enjoy the benefit of yoga without getting on the floor

Core, Strength & Balance – Exercises designed to keep seniors fit and active

Seniorcize – Strengthen muscles and balance with this moderately-paced aerobic exercise

Senior Strength – Provides strength training in a safe and controlled environment

Stretch and Restore – Especially for seniors, Hatha yoga to balance body and mind

Tai Chi – Uses martial arts to increase energy, improve coordination and achieve inner peace

Yoga

Hatha Yoga – The most popular yoga, combines methods from other styles of yoga

Rise & Shine Yoga – A great way to start the day, for mind, body and spirit

Vinyasa Yoga – Focus on alignment of movement and breath

For questions, contact the YWCA Health & Fitness Department at 203-869-6501, ext. 131

*Anyone can participate, but these classes are especially great for Seniors
Scheduled offerings are subject to change.



ADULT SPORTS

Badminton

Our members love Badminton! **Open format play is included with Full Membership.** Affiliate members can purchase a single day pass or day pass packages. Join the fun!

Mondays, Wednesdays and Fridays, 7:30 - 9:30 pm. Schedule subject to change.

Pickleball

A fun sport that combines many elements of tennis, badminton and ping-pong. **Open format play is included with Full Membership.** Affiliate members can purchase a single day pass or day pass packages.

Mondays and Fridays, 10 am - 12 pm, in the gymnasium
Schedule subject to change.

Adult Tennis

USPTA certified instructors Hugh and Betsy Underhill will teach classes accommodating both **Beginner** (for those new to tennis or with limited experience) and **Intermediate** (for those who can handle moderately paced shots but want to develop more consistency and experience with matchplay) levels. Court assignments based on coach evaluations.

Level	Day	Dates	Time	Full Members	Affiliate Members
Beg.	Fridays	Sept. 6 - Oct. 25	8 - 9 am	\$375	\$400
Int.	Fridays	Sept. 6 - Oct. 25	9:15 - 10:15 am	\$375	\$400

For questions, contact the YWCA Health & Fitness Department at 203-869-6501, ext. 131

Betsy Underhill



ADULT RECREATION

Fairfield County Bridge

Duplicate Bridge

With Steve Becker

Weekly game franchised by American Contract Bridge League. Master points awarded. Players participating in 15 or more games during the year are eligible for YWCA "Player of the Year" awards. Advance registration is not required. Bring a partner.

Day	Dates	Time	Full/Affiliate Members	Non-Members
Mondays	June 17 - Aug. 12	1:15 pm	\$10 (per wk)	\$12 (per wk)
Mondays	Sept. 9 - June 8	12:15 pm	\$10 (per wk)	\$12 (per wk)

Supervised Duplicate Bridge

With Steve Becker

Duplicate format. Players deal hands and when all tables have played them, the instructor selects the five most interesting hands for chalkboard explanation and discussion. Just drop in.

Day	Dates	Time	Full/Affiliate Members	Non-Members
Fridays	Through June 14	9:30 am	\$10 (per wk)	\$12 (per wk)
Fridays	Sept. 6 - June 12	9:30 am	\$10 (per wk)	\$12 (per wk)

ProjectMe™

Creating a ProjectMe™ Plan helps you understand your strengths, clarify your values and find your purpose. A combination of very gentle yoga, breathing exercises and positive psychology group coaching takes us there. Helena Svedin, a certified yoga teacher and positive psychology coach, helps her students change the way they think, feel and act in order to create a roadmap toward a more successful year.



September 8 - October 14, 2019 (6 weeks)

Tuesdays 12:30 - 2:30 pm or Wednesdays 7 - 9 pm

\$300 - YWCA Members/\$400 - Non-members

For additional information, visit ywcagreenwich.org/projectme

Diversity Book Club

Last Tuesday of the Month, Noon - 2 pm, Gertrude White Gallery

The YWCA Diversity Book Club seeks members of all ages, ethnicities, religious affiliations and economic status to engage in spirited discussion. Participants meet for lively conversations about the reading material chosen. Call Mamie Lee at 203-552-0807 or email jimlee55@aol.com for more information.



Divorce Support for Adults & Children

For Adults

Divorce can be difficult. YWCA Greenwich provides a safe, caring and confidential setting to find support and practical information while exploring strategies and tools for this important transition.

Wednesday evenings
\$250/10 weeks

Topics to be explored include:

- Physical and emotional stress that can be associated with divorce
- Fear of the unknown: What comes next? What about the children, family and friends?
- Financial and legal considerations (expertise from professional speakers in these fields)
- Importance of social and emotional support
- Transitioning: What is the “new normal?” How will my life be different? How will it be the same?
- Moving forward, letting go.



For more information and to register, contact Anne Byrne at 203-869-6501 ext. 175 or anne@ywcagreenwich.org

For Children

Banana Splits: A supportive group for children coping with divorce or separation.

Children facing divorce and/or separation may experience a wide array of emotions and often express conflicted feelings towards their parents and their changing circumstances. The Banana Splits support group validates ALL feelings that children may experience and normalizes their experience by spending time with other children going through the same thing.

Monday or Tuesday evenings
2 sections: Grades 1 - 3 and Grades 4 - 6
\$250/10 weeks

In a playful, supportive and emotionally safe environment, participants will:

- Practice communication skills
- Learn strategies for coping with stress and strong emotions
- Feel supported by their peers by validating each other's experiences
- HAVE FUN! Each session includes games, art and other creative activities



For more information and to register, contact Jeffrey Harris at 203-869-6501 ext. 178 or j.harris@ywcagreenwich.org

DOMESTIC ABUSE SERVICES

We're Here to Help

YWCA Greenwich is the only state designated and accredited provider of Domestic Abuse Services in Greenwich, with staff who are licensed to provide a variety of victim services. All services provided are confidential and free of charge to 100% of the clients who reach us. We provide:

- 24/7 Hotline – 203-622-0003
- Crisis intervention
- Emergency shelter
- Safety planning
- Individual and group counseling for children, teens and adults
- Criminal Court advocacy
- Civil Legal Clinic - New Program
- Financial Literacy Consultations - New Program
- Referrals to other service providers
- Multilingual services
- Policy advocacy
- Prevention education programs for Greenwich Youth
- Public awareness through community education events and campaigns
- Professional training
- Volunteer opportunities



Each October, YWCA Greenwich holds a special event that explains the severe effects of domestic violence, celebrates survivors, and asks attendees to light candles of hope for the future.

For more information, visit our website at ywcagreenwich.org/domestic-abuse-services

24-Hour Hotline: 203-622-0003

The YWCA is here to help...whether you are in crisis, need a referral, want support, or need information.



YWCA Greenwich is a Member of the
Connecticut Coalition Against Domestic Violence

DOMESTIC ABUSE SERVICES

Community Education, Awareness and Prevention Initiatives

Professional Trainings

The Domestic Abuse Services Staff delivers training designed to enable professionals to recognize and respond appropriately to domestic violence in various settings.

General Educational Presentations

For community members, the Domestic Abuse Services Staff delivers information to help parents, family members, and friends recognize and respond appropriately to domestic abuse and teach practical healthy relationship skills.

Outreach and Awareness

Throughout the year, YWCA Domestic Abuse Services staff facilitate community events that raise awareness about domestic violence in our community and where to go for help.

Contact us to schedule customized trainings. Call Leslie Coplin, 203-869-6501, ext 173.

Youth Programs

The YW provides age-appropriate domestic abuse prevention programs throughout the Greenwich community including Greenwich Public Schools, youth athletes and coaches, community groups and independent schools in Greenwich. Contact us to customize a youth program in any setting.

Prevention Education

YNet (Greenwich High School)

YNet is a youth leadership program that works to prevent teen dating violence and promote healthy relationships through peer education and public awareness events. YNet operates through the school year. To get involved, call 203-869-6501, ext. 189.



Girls Circle, Grades 6 - 8

Girls learn and build self-esteem through games, crafts, field trips, workshops with local artists, writers, role models and so much fun. For eligibility and registration information, contact Leslie Coplin at 203-869-6501, ext. 173 or l.coplin@ywcagreenwich.org.



Ongoing throughout the year



GENERAL INFORMATION

Facilities

Arcuri's

A place to enjoy a cup of coffee or have lunch with friends. Open Monday - Friday, 8:30 am - 4:30 pm; Closed Saturday/Sunday



Nick Cavaturo Swimming Pool

25-yard, 6-lane warm-water pool; handicapped-accessible swim lift; American Red Cross certified lifeguards.

Locker Rooms

For women, men, girls, boys, and families; showers, lavatories, lockers, sauna and steam rooms. Handicapped accessible.

Courtney Combe Fitness Center

Cutting-edge equipment: Precor Treadmills, Ellipticals and AMTs with internet capability, high definition, touch screen displays; Precor Recumbent Bicycles; Espresso Upright Bicycles with interactive road-racing course monitors; Precor Discovery Selectorized Weight Machines.

Power Spin Studio

Star Trac Blade Ion Spinner Bicycles with computer indicators.

Royce/Porter Dance & Yoga Studio

Equipped for ballet and yoga classes with a top-of-the-line sound system.

Constance M. Burke Gymnasium

95' X 60' for sports and recreational activities, including basketball, badminton, gymnastics, baseball and softball training, soccer and tennis.

Two Outdoor Tennis Courts

108' X 120' for players at all skill levels.

After-School Youth Center/YW Hub

For children, kindergarten through Grade 8.

Steven and Alexandra Cohen Preschool Center

10-month program for children, 15 months to 5 years.

Domestic Abuse Services Center

The Domestic Abuse Services offices and counseling space provide absolute privacy and confidentiality, free from distraction.

Refund Policy

- Class and activity fees are refunded when the YWCA cancels an entire course. Cancellations of classes due to inclement weather will not result in refunds or credits of class fees. When possible, the YWCA will offer make-up classes.
- **YWCA membership, registration fees and program and activity deposits and program fees are not refundable for any reason.** Participants who wish to withdraw from a class or program must apply in person and obtain a Withdrawal Application Form. If the application is approved, the YWCA will issue a credit voucher, less processing fees. When issued, the credit voucher expires one year from the date of issue. The credit can be used toward any future purchase or program registration at the YWCA.
- YWCA is not responsible for lost passes.
- Full Membership contracts may not be cancelled within the first 12 months unless
 1. a doctor restricts physical activity in writing, or
 2. relocation of primary residence is greater than 20 miles from YWCA Greenwich.
- A Full Membership contract will continue beyond 12 paid months until member
 1. provides 30-day written notice to Member Services prior to the next monthly debit, or
 2. provides full payment of any unpaid dues or indebtedness.
- YWCA Greenwich reserves the right to alter membership fees.

Penalty fees will be charged for returned checks and declined credit cards.

All YWCA programs require membership for the duration of the program.

Membership Information is available at the Member Services desk and online at ywcagreenwich.org/membership.

YWCA Greenwich
259 East Putnam Avenue
Greenwich, CT 06830
Phone: (203) 869-6501
Fax: (203) 629-8187
www.ywcagreenwich.org

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2019/2020

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