



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**WILTON FAMILY Y
Early Spring Session 2012**

Class times and fees

Session Dates: -February 27th - April 14th*

ONLINE REGISTRATION BEGINS: Monday 2/6/12 at 9am for everyone

***No Swimming Classes Friday/Saturday, 4/6/12 - 4/7/12 for Easter Weekend
Make-ups will be held on 4/20, 4/21 at regular time**

Preschool Swim Classes

Shrimp(6month-18month) and Perch (18month-3yrs)

FEES
Member/Prog. Member

Shrimp	Sat	9:45 – 10:15AM	\$125/\$225
Shrimp/ Perch	Fri	10:00 – 10:30AM	\$125/\$225
Perch	Wed	10:30 – 11:00AM	\$125/\$225
Shrimp/Perch	Mon	10:30 – 11:00AM	\$125/\$225
Perch	Sat	10:55 – 11:25AM	\$125/\$225
Perch	Sat	11:30 – 12:00AM	\$125/\$225

Pike I or II (choose one) (Ages 3 – 5 Years)

I	Mon	10:00 – 10:30AM	\$125/\$225
II	Mon	10:30 – 11:00AM	\$125/\$225
II	Mon	2:00-2:30PM	\$125/\$225
I	Mon	3:45-4:15AM	\$125/\$225
II	Tue	10:00-10:30AM	\$125/\$225
I	Tue	10:30-11:30AM	\$125/\$225
I	Tue	1:30-2:00PM	\$125/\$225
II	Tue	2:00-2:30PM	\$125/\$225
II	Tue	3:45 – 4:15PM	\$125/\$225
I or II	Wed	10:00-10:30AM	\$125/\$225
II	Wed	1:30 – 2:00PM	\$125/\$225
I	Wed	2:00-2:30PM	\$125/\$225
II	Wed	3:45 - 4:15PM	\$125/\$225
I	Thu	10:00-10:30AM	\$125/\$225
II	Thu	10:30-11:00PM	\$125/\$225
II	Thu	2:00 – 2:30PM	\$125/\$225
I	Thu	3:45 – 4:15PM	\$125/\$225
I	Fri	9:30 – 10:00AM	\$125/\$225
II	Fri	10:00 – 10:30AM	\$125/\$225
II	Fri	4:15 – 4:45PM	\$125/\$225
II	Sat	9:45 – 10:15AM	\$125/\$225
I	Sat	10:20 – 10:50AM	\$125/\$225
I or II	Sat	10:55 – 11:25AM	\$125/\$225
II	Sat	11:30 – 12:00AM	\$125/\$225

Eel I or II (Please specify which class)

I or II	Mon	10:00 – 10:30AM	\$125/\$225
I	Mon	1:30 – 2:00PM	\$125/\$225
II	Mon	2:00-2:30AM	\$125/\$225
II	Mon	3:45-4:15PM	\$125/\$225
I or II	Tue	10:00 – 10:30AM	\$125/\$225
I or II	Tue	1:30-2:00PM	\$125/\$225
II	Tue	2:00-2:30PM	\$125/\$225
II	Tue	3:45 – 4:15PM	\$125/\$225
I	Tue	4:15 – 4:45PM	\$125/\$225
I or II	Wed	10:00-10:30AM	\$125/\$225
I or II	Wed	1:30 – 2:00PM	\$125/\$225
II	Wed	2:00-2:30PM	\$125/\$225
I	Wed	3:45-4:15PM	\$125/\$225
I	Thu	10:00 – 10:30AM	\$125/\$225
I or II	Thu	1:30 – 2:00PM	\$125/\$225
II	Thu	2:00 – 2:30PM	\$125/\$225
I or II	Thu	3:45 – 4:15PM	\$125/\$225
II	Fri	9:30 – 10:00AM	\$125/\$225
I	Fri	10:00 – 10:30AM	\$125/\$225
I or II	Fri	4:15 – 4:45PM	\$125/\$225
I or II	Sat	9:45 – 10:15AM	\$125/\$225
I or II	Sat	10:20 – 10:50AM	\$125/\$225
I or II	Sat	10:55 – 11:25AM	\$125/\$225
I	Sat	11:30 – 12:00PM	\$125/\$225

Ray

Mon	3:45-4:15PM	\$125/\$225
Tue	2:00-2:30PM	\$125/\$225
Tue	4:15 – 4:45PM	\$125/\$225
Wed	2:00-2:30PM	\$125/\$225
Wed	3:45-4:15PM	\$125/\$225
Thu	2:00-2:30PM	\$125/\$225
Fri	4:15 – 4:45PM	\$125/\$225
Sat	9:45 – 10:15AM	\$125/\$225
Sat	11:30-12:00PM	\$125/\$225

Seahorse

Mon	10:30 – 11:00AM	\$125/\$225
Wed	10:30 – 11:00AM	\$125/\$225
Fri	10:00 – 10:30PM	\$125/\$225
Sat	11:30 – 12:00PM	\$125/\$225

Sea Lion

Thu	10:30 – 11:00AM	\$125/\$225
Sat	10:20 – 10:50AM	\$125/\$225

Progressive Swim Lessons (Grade 1 and up)

Polliwog

Tue	5:00 – 5:40PM	\$165/\$265
Wed	5:00 – 5:40PM	\$165/\$265
Fri	3:30-4:10PM	\$165/\$265
Sat	9:00 – 9:40AM	\$165/\$265

Guppy I or II (Please specify which class)

I or II	Mon	5:00 – 5:40PM	\$165/\$265
II	Tue	4:15 – 4:55PM	\$165/\$265
I	Tue	5:00 – 5:40PM	\$165/\$265
I or II	Wed	5:00 – 5:40PM	\$165/\$265
II	Thurs	5:00 – 5:40PM	\$165/\$265
I or II	Fri	3:30-4:10PM	\$165/\$265
I or II	Fri	4:50 – 5:30PM	\$165/\$265
I or II	Sat	9:00 – 9:40AM	\$165/\$265

Minnow

Mon	5:00 – 5:40PM	\$165/\$265
Tue	5:00 – 5:40PM	\$165/\$265
Thu	5:00 – 5:40PM	\$165/\$265
Fri	3:30-4:10PM	\$165/\$265
Fri	4:50 – 5:30PM	\$165/\$265
Sat	9:00 – 9:40AM	\$165/\$265

Fish

Wed	5:00 – 5:40PM	\$165/\$265
Thu	5:00 – 5:40PM	\$165/\$265
Fri	3:30-4:10PM	\$165/\$265
Fri	4:50 – 5:30PM	\$165/\$265
Sat	9:00 – 9:40AM	\$165/\$265

Flying Fish

Tue	4:15 – 4:55PM	\$165/\$265
Wed	5:00—5:40PM	\$165/\$265
Fri	4:50 – 5:30PM	\$165/\$265
Sat	9:00 – 9:40AM	\$165/\$265

Shark

Tue	4:15-4:55PM	\$165/\$265
Fri	4:50 – 5:30PM	\$165/\$265
Sat	9:00 – 9:40AM	\$165/\$265

Advanced Aquatics/Specialty Programs/Team Programs:

Marlin Club

Tue 5:00-5:45PM \$175/\$275

Club Saturday Swim

Sat 12:00 – 12:30PM \$165/\$265
Sat 12:30 – 1:00PM \$165/\$265

Adult Aquatics

Adult Private or Semi-Private Swim Lessons—please contact Drew Schoenster at ext 210.

Pre & Post Natal Water Exercise

Mon/Wed/Fri (see website for class times) \$65/\$165

Arthritis Aquatic Program

Tue/Thu 10:30 – 11:30AM Free/\$5 drop in
Tue 5:45pm-6:45pm Free/\$5 drop in

AquaMax Water Exercise Class*

Fri 10:30-11:15AM \$100/\$200

*New Participants must have a heart rate monitor (cost:\$50)

Fitness Programs

Senior Strength Training (4 weeks/8 classes)

Tue/Thu 10:00 – 11:00PM \$55/\$155

Sr. Group Fitness/Forever Fit

Free to Members

Mon 12:15-1:00 & 1:00-1:45pm

Tuesday/ Wednesday 1:15-2:00pm

Thu 12:15 – 1:00PM

Free to Members/
Drop in fee \$5.00 per class

WOW – Women on Weights (4 weeks/8 classes)

Wed/Fri 10:00 – 11:00AM \$155/\$255

Fit 4 Golf (runs 4 weeks)

Wed 6:30PM – 7:30PM \$155/\$255

Wed 2:00PM – 3:00PM \$155/\$255

Chinese Exercise

Tai Chi Tue 7:30 – 8:15PM \$60/\$75

Adult Outdoor Boot Camp (4 week session)
Mon, Wed, Fri 5:45 – 6:45AM
9:30am-10:30am \$125/\$135
4 week sessions

The Right Start – Personal Nutrition & Fitness Program
By Appointment \$500/565

Health-Y-A lifestyle change Program
Thu 9:45 – 10:45AM \$240/\$310

YMCA Diabetes Prevention Program \$165/\$165
Call Mary Ann Genuario for additional information

Making Peace with Emotional Eating (3 Sessions) \$140/\$200
TBD

Reiki & Energy Healing Techniques
Please contact Mary Ann at ext.282 for additional information

Live & Stay Strong at the Y
A Cancer Survivor Exercise Program
Please contact Mary Ann Genuario at ext. 282 for additional information

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.276

Stroller Moves (For Mom and Baby)
Mon 9:45 – 10:45AM \$155/\$255

Vacation Sports Conditioning Camp (all team sports)
April 16th-20th
Monday – Friday 11am-2pm \$135/\$235

Infant Massage Program \$200/\$260
Friday 11:30am
Saturday 10:30am

Prenatal Yoga
Tuesday 9:45am \$155/\$255

Reformer and MVe Chairs
Please call Mary Ann Genuario for Session Dates & Fees
762-8384 x282

Wilton YMCA Triathlon Club \$250/\$250
Does Not Include Triathlon Entry Fee
Training Dates & Times determined by group

Wilton YMCA Running Club \$155/\$255
Tues/Thurs 9:30am
Class meets in Y Lobby

TRX-Suspension Web Training

Contact Mary Ann X282 or Fred ext. 276 to register

Youth Fitness**Pre-Teen Strength Training**

Friday 4:30 – 5:15PM \$155/\$235

Preteen Fitness

Mon 4:00 – 5:00PM \$155/\$255

Youth Yoga (7 – 9 year olds)

Thu 3:30 – 4:15PM \$155/\$255

Youth/Teen BOSU

Fri 3:15 – 4:00PM \$155/\$255

Agility Zone for the Young Athlete

A sports conditioning class

Friday 4:15-5:15

\$155/255

Youth Strength Training (Free to Family Members)

Mon/Wed 3:15 – 4:00PM \$215/\$315

Mon/Wed 4:15 – 5:00PM \$215/\$315

Tue/Thu 3:15 – 4:00PM \$215/\$315

Tue/Thu 4:15 – 5:00PM \$215/\$315

*Limited class size of 8 per section

Teen Zumba-Fit (10 yrs. and up)

Wed 3:30 – 4:30PM \$155/\$255

Teen Spinning (10 Class Card) purchase at the Front Desk

Tue 4:30 – 5:10PM \$70/\$180

Thu 4:30 – 5:10PM \$70/\$180

Teen Pilates

Tuesday 3:30- 4:30PM \$155/\$255

Teen Yoga

Thursday 3:00-4:00pm \$155/\$255

Teen MVe Chair

Tuesday 5:00 – 6:00PM \$200/\$300

Youth Triathlon Club

Tues 3:13-4:15 \$155/\$255

Preschool

Movement and Music with Amy

Wednesday	9:30-10:00AM	\$123/\$223
Wednesday	11:00-11:45AM	\$145/\$245

Tumbling Tots

(Minimum number of 4 participants needed to run the class)

Walkers – 2 Years	Fri	9:30 – 10:15AM	\$105/\$205
2 – 3 Years	Fri	10:15 – 11:00AM	\$105/\$205

Yoga Kids 3-5 yrs. (Minimum number of 4 participants needed to run the class)

Thursday	1:15 – 2:00PM	\$155/\$255
----------	---------------	-------------

Mighty Me 3-5yrs.

(Minimum number of 4 participants needed to run the class)

Friday	11:15 – 12:00PM	\$105/\$205
--------	-----------------	-------------

Preschool Tap & Ballet

(Minimum number of 4 participants needed to run the class)

Mon	1:15-2:00pm	\$155/\$255
Wed	1:15-2:00pm	\$155/\$255
Both Days		\$285/\$405

Ballet and Creative Movement (Kindergarten & 1st grade)

(Minimum number of 4 participants needed to run the class)

Mon	4:00 – 5:00PM	\$155/\$255
-----	---------------	-------------

Itsy Bitsy Ballerina- 2 yrs.

“A Mommy & Me Dance Inspired Class”

Tuesday 12:15	\$105/\$195
---------------	-------------

Dance Factory

Monday 1:30-2:15 Pre-School Ballet and Tap \$155/\$255
Monday 2:30- 3:15 Ballet, Tap and Jazz Level 1 ages 8-10 \$155/\$255
Monday 3:15-4:00 Kinder Combo Level 1 ages 5-7 \$155/\$255
Monday 3:30-4:15 Extreme Cheer \$155/\$255
Monday 4:00-4:45 Kinder Combo Level 2 ages 5-7 \$155/\$255
Monday 4:15-5:00 Teen Hip Hop \$175/\$275

Tuesday 9:45-10:15- Mini Pom Cheer/Acrobatics \$155/\$255
Tuesday 12:30-1:15 Itsy Bitsy Ballerina to age 2 \$155/\$255
Tuesday 1:15 -2:00 Pre-School Ballet and Tap \$155/\$255
Tuesday 2:30-3:15 Ballet and Tap Level 2 ages 8-10 \$155/\$255
Tuesday 3:15-4:30 Ballet and Tap Level 1 ages 11-13 \$155/\$255
Tuesday 4:30-5:15 Ballet and Tap Level 2 ages 11-13
Tuesday 5:30-6:15 Teen Hip Hop \$155/\$255

Wednesday 1:15-2:00 Pre-School Ballet and Tap \$155/\$255
 Wednesday 2:00-2:45 Basic Ballet Level 1 ages 5-7 \$155/\$255
 Wednesday 2:45-3:30 Kinder Combo Level 1 ages 5-7 \$155/\$255
 Wednesday 3:30-4:15 Ballet Level 1 ages 8-10 \$155/\$255
 Wednesday 4:15- 5:00 Tap Level 1 ages 8-10 \$155/\$255

Thursday 12:30-1:15 Itsy Bitsy Ballerina to age 2 \$155/\$255
 Thursday 1:15-2:00 Kinder Combo Level 1 ages 5-7 \$155/\$255
 Thursday 2:00-2:45 Ballet Level 2 ages 5-7 \$155/\$255
 Thursday 2:45-3:30 Tap Level 2 ages 5-7 \$155/\$255
 Thursday 3:30-4:15 Acrobatics ages 8-10 \$155/\$255
 Thursday 4:15-5:00 Tap Level 2 ages 8-10 \$155/\$255

Friday 10:45-11:30 Pre-School Tap and Ballet \$155/\$255
 Friday 11:30-12:15 Adult Tap and Ballet \$155/\$255
 Friday 1:15-2:00 Kinder Hip Hop \$155/\$255
 Friday 2:15-3:00 Acrobatics 155/\$255
 Friday 3:00-3:45 Kick-line \$155/\$255

Preschool Sports

Pee Wee Indoor Tennis (ages 4 and 5)

Tuesday	3:45 – 4:30 pm	\$165/\$265
Saturday	9 – 9:45 am	\$145/\$245 * NO CLASS 4/7/12

Soccer Tots

Tuesday	1:15 – 1:55 pm	\$165/265
Wednesday	1:15 – 1:55 pm	\$165/\$265

Bitty Basketball Level I (ages 3 and 4)

Tuesday	11:00 – 11:35 am	\$160/\$260
Wednesday	11:00 – 11:35 am	\$160/\$260
Friday	1:15 – 1:50 pm	\$140/\$240 * NO CLASS 4/6/12

Bitty Basketball Level II (ages 4 and 5)

Thursday	1:15 – 1:50 pm	\$160/\$260
----------	----------------	-------------

T-Ball Level I (ages 3 – 4)

Thursday	11:00 – 11:35 am	\$160/\$260
Friday	11:00 – 11:35 am	\$140/\$240 * NO CLASS 4/6/12

T-Ball Level II (ages 4 – 5)

Tuesday	1:15 – 1:45 pm	\$160/\$260
---------	----------------	-------------

Little Stix Lacrosse

Monday	1:15 – 2:00 pm	\$165/\$265
--------	----------------	-------------

Pre-School Floor Hockey (ages 4 and 5)

Monday	1:15 – 1:50 pm	\$160/\$260
--------	----------------	-------------

Youth Sports

Youth Indoor Tennis (ages 6 – 7 and 8 – 9)

6 – 7 year olds:

Tuesday	4:30 – 5:30 pm	\$180/\$280
Saturday	9:45 – 10:45 am	\$155/\$255 * NO CLASS 4/7/12

8 – 9 year olds:

Tuesday	5:30 – 6:30 pm	\$180/\$280
Saturday	10:45 – 11:45 am	\$155/\$255 * NO CLASS 4/7/12

Youth Basketball

Grade K

Monday	2:00 – 2:35 pm	\$155/\$255
Thursday	2:00 – 2:35 pm	\$155/\$255

Grades 3 – 4

Thursday	4:15 – 5:00 pm	\$175/\$275
----------	----------------	-------------

Grades 1 – 2

Thursday	5:10 – 5:55 pm	\$175/\$275
----------	----------------	-------------

Floor Hockey

Grades K – 2

Monday	4:00 – 4:45 pm	\$175/\$275
--------	----------------	-------------

Middle School Volleyball

Wednesday	4:30 – 5:30 pm	\$200/300
-----------	----------------	-----------

Martial Arts

Tae Kwon Do * NO CLASS 4/6/12

Kindergarten	Friday 3:15 – 4:00 pm	\$175/\$275
Beginners (white belt)	Friday 4:10 – 4:55 pm	\$175/\$275
Intermediate (yellow-orange)	Friday 5:00 – 5:45 pm	\$175/\$275
Advanced (green & up)	Friday 5:50 – 6:35 pm	\$175/\$275

Martial Arts/White Tiger Karate

Sparring	Thursday 4:30 – 5:00 pm	\$100/\$200
Juniors	Thursday 5:00 – 5:45 pm	\$195/\$295
Junior Advanced	Thursday 5:00 – 6:00 pm	\$200/\$300
ATP	Thursday 6:30 – 7:00 pm	\$195/\$295
Adult	Thursday 7:00 – 7:45 pm	\$195/\$295
Combo (Sparring/Jr's)		\$215/\$315
Combo (Sparring/Jr Adv)		\$215/\$315

Gymnastics

Preschool Gymnastics- ages 3 – 4

Monday	10:00 – 10:45	\$145/\$245	
Monday	11:00 – 11:45	\$145/\$245	
Tuesday	11:00 – 11:45	\$145/\$245	
Wednesday	1:30 – 2:15	\$145/\$245	* NEW CLASS *
Thursday	10:00 – 10:45	\$145/\$245	
Thursday	11:00 – 11:45	\$145/\$245	

Preschool Gymnastics- ages 4 – 5

Monday	1:30 – 2:15	\$145/\$245	* NEW CLASS *
Tuesday	10:00 – 10:45	\$145/\$245	
Tuesday	1:30 - 2:15	\$145/\$245	
Wednesday	10:00 – 10:45	\$145/\$245	* NEW CLASS *
Wednesday	11:00 – 11:45	\$145/\$245	* NEW CLASS *
Thursday	1:30 - 2:15	\$145/\$245	

Kindergarten Gymnastics – ages 5-6

Monday	2:15 - 3:00	\$150/\$250	
Wednesday	2:15 – 3:00	\$150/\$250	* NEW CLASS *
Thursday	2:15 – 3:00	\$150/\$250	

Progressive Gymnastics – ages 6 & up * No Class 4/6/12

Monday	4:00-5:00	\$155/\$255	
Wednesday	5:00 – 6:00	\$155/\$255	* NEW CLASS *
Friday	4:00 – 5:00	\$135/\$235	
Friday	5:00 – 6:00	\$135/\$235	

Pre-Team Gymnastics – YMCA membership required

Tuesday & Thursday 4:30-5:30 PM \$225 MUST BE A MEMBER

Outreach

Friends and Buddies

Fridays 5:30-7:30PM \$65/\$85
March 2, 16, 30, April 4

Incredible Friday Family Fun

Fridays 5:30-6:30PM \$10.00 drop in fee
March 23 - April 6

Computer Club for people with disabilities

Tuesdays 6:30-7:30PM \$125.00
Feb. 28, March 6, 13, 20, 27, April 3, 10

Wednesday Reading Club

Wednesdays 1-1:30PM \$50.00
February 29, March 7, 14, 21, 28, April 4, 11

Updated 1/31/12