



WILTON FAMILY Y

JANUARY HAPPENINGS

ABOUT THE Y

EXERCISE SCHEDULES

OUR FOCUS

Happy New Year!
Member Appreciation Day
Sunday, January 1st



All of our valued Y members are invited to join us in getting 2012 off to a healthy start by coming down to the Y on New Year's Day and "Commit To Be Fit" at our Member Appreciation Celebration. We'll be decorated for New Year's and ready to welcome you at the door.

The Y will be open from 8:00 am til 6:00 pm on Sunday, January 1st to give everyone a chance to begin their New Year's Resolutions by swimming, working out in the Fitness Center, playing games in the gym, and enjoying special activities for children. In the afternoon, the NFL regular season finale foot ball game will be showing in the lobby.

We've got an Extreme Cardio fitness class at 8:15 am and Super Circuit at 10:00 am for parents and teens, Spinning at 11am, the Soft Play Gym for preschoolers is open 12-3, and there will be pool games for kids from in the 25Y pool. Lap and recreational swimming is available all day, and the gym will be open for youth and adult basketball. Everyone who attends the Y on New Year's Day will be entered in a drawing for Y t-shirts.

The Y's Winter Session starts Tuesday, January 3rd, so

you'll want to register for one of the wide range of classes we offer to keep adults and kids alike physically active and healthy during the cold weather months. Keep in mind that 2012 Summer Camp fees go up on January 3, so New Year's Day is just about your last chance to get the lowest prices for all the fun at Camp Gordyland. And if you have a preschooler in the house, the Y's Nursery School is taking enrollments for the 2012-13 school year that starts in September.

You probably have a friend who is not a member of the Y, and New Year's Day is a great time to introduce them to all the great programs and services available at the Wilton Family Y. Bring them down for a tour of our facilities, a welcome gift bag, and a complimentary 2-Week Introductory Membership. If they decide to join as a family, both of you will receive a Gift Card for \$100 redeemable on any Y program or service, \$50 if it's an adult membership. And we'll waive the joiner fee on their new membership. For full details on this "bring a friend" offer, contact Membership Director Michelle Wishna at 762-8384 x222 or mwishna@wiltonymca.org

New Year's Day always means a fresh start in many ways, and we will be improving the look of our facilities and introducing programs that are meaningful to you. Everyone at the Y is committed to serving our members at the highest level in 2012 by meeting the health, wellness, enrichment, and recreational needs of you and your children. Please let us know if there is anything we can do to make your experience at the Y even better. We look forward to seeing you at our New Year's Day Open House.

New Year's Holiday Open House, Jan 2nd

On Monday, January 2nd 2012, the Wilton Family Y is hosting a New Year's Open House from 5:00 am -10:00 pm with free admission to the community and Introductory Membership offers for families and adults. All Y facilities and group exercise classes are available at no charge, and special children's activities are planned for the pool and gym. Y member service staff will be giving building tours and presenting welcome bags to prospective members.



A free 2-Week Introductory Membership to try the Y's services and programs can be activated through January

31. Families who join the Y before March 1 will receive a \$100 gift card good on Early Spring classes, and those joining as individual adults will receive a \$50 gift card. Joiner fees on all new memberships will be waived during this period. Current Y members bringing a friend who joins will also receive a gift card.

Several free activities for children are planned during the Y's Jan. 2 Holiday Open House: From 12 noon - 2 pm, there will be face painting, temporary tattoos, Dr. Seuss photos, and nursery school classroom tours provided by the Preschool department, plus carnival games with Gordy the Gator in the Activity Center by the Summer Camp staff; a Sports Sampler of t-ball, basketball and floor hockey will be held in the gym from 11 am - 2 pm; the Y's Soft Gym for toddlers & parents is open from 11 am - 3 pm, and Kids Club babysitting service operates from 8 am - 2 pm at no charge to parents using the Y.

Lap and recreational swimming are available throughout the day, and the gym will be open for youth and adult pick-up basketball before 11 am and after 2 pm. Everyone who attends the Y during Open House day will be entered into a drawing for a Y t-shirt.

Bring a friend! We hope to see you there.

 Forward to a Friend

Letter from Bob



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

For the first time in 43 years, the Y is unveiling a new brand strategy to increase understanding of the impact our organization makes in the community, so that more people will take advantage of the YMCA's unique capacity to foster lasting personal and social change.

By simplifying how we describe our programs, we believe it will be apparent that everything we do is designed to nurture the potential of children and teens (Youth Development), improve overall health and well-being (Healthy Living) and motivate people to support their neighbors and the larger community (Social Responsibility).

The Y is all about changing lives for the better. We view

participation in our programs and services as a means to a greater end. Through this rebranding effort, our constituents will learn more about the breadth of our work and the many ways the Y is strengthening the foundations of our community. As one of the largest social service organizations in the USA, all 2600 Ys nationwide will be part of this refreshing of our brand.

Happy New Year to you and your loved ones. Over the next month, you will see the transition to a colorful new logo for our Wilton Family Y, and I welcome your questions or comments on this exciting step in the Y's future.

Thank you for supporting our Wilton Family Y.

Bob McDowell
Executive Director



A Sincere Thank You To All Our Donors

When the year ends on Dec. 31, 2011, our Y will have raised almost \$310,000 for the Fund for Community Service, thanks to the generosity of so many people and businesses who supported our fundraising events this year.

Our Annual Appeal will total \$200,000, which was made possible by 353 individual donors whose gifts ranged from \$10 to \$10,000. The Y Board of Directors deserves special appreciation for the significant contributions they made to the Appeal.

The Y's Annual "Caring for Our Kids" Golf Classic generated \$45,000 with major sponsorships from Fairfield County Bank and Reynolds & Rowella LLP, along with contributions from several area companies and the 100+ golfers who played that day.

The gala 25th Anniversary Wilton Community Celebration raised \$65,000 as a result of strong support from The

Wilton Bank as event sponsor, The Village Market, Kaoud Oriental Rugs, Reynolds & Rowella LLP, Lucci Electric, many other local businesses, benefactors, patrons, contributors, and the 170 attendees who bid on auction items that evening.

Financial Assistance and Outreach Programs Served Hundreds of Families & Children this Year



In 2011, 375 individuals experiencing difficult economic situations and struggling to continue in healthy Y programs were awarded direct financial aid totaling \$186,000. This assistance allowed children to attend summer day camp, develop swimming skills, and have a safe, supervised place like the Neighborhood Club to come afterschool.

Others benefited from the Y's cancer rehab services or just being able to spend quality time as a family enjoying healthy Y activities. The Fund for Community Service also provides the resources for aides and programs serving children with special needs, as well as subsidies for senior wellness classes, youth and teen leadership initiatives, and collaborative projects with other local organizations that address important needs in the community.

NEW Gymnastics Center

The Y to Open a New Gymnastics Training Center

After many years of searching for a permanent location our Wilton Family Y Gymnastics Program will be relocating to 644 Danbury Road just north of the Y on Rt. 7, across from Calico Corners. The Y Board approved a lease for over 5,000 square feet of space that will be dedicated for our Gymnastics Team, our Progressive and Pre-School Gymnastics Classes and to other related Programs. Under the Leadership of our Gymnastics



Director Tom Jagelka our program has continued to grow in quality and quantity to a point where our Board saw it prudent to relocate the line up to provide a stable home rather than continue to share space in our Gymnasium. Our goal is to serve more children through the sport of Gymnastics and we feel that this move will allow for such capacity. Please stay tuned for more announcements regarding this exciting happening. We should be able to occupy the new space by the third week in January. For more information please contact Anne Cullinan at acullinan@wiltonymca.org.

Family Fun Night

FAMILY

**January, 20th
6:30-8:30pm**

FUN

NIGHT

Bring the whole family down for crafts, swimming, Bridgeport Sound Tigers Mascot & Slap Shot, Special Miss Amy concert at 7pm, Gordy and the announcement of the Early Bird Camp Gordyland Raffle winners. Also a "big screen" movie will be showing.

For more information contact Kim Murphy at 203-762-8384 x214 or kmurphy@wiltonymca.org

Camp Gordyland

SIGN UP FOR CAMP NOW AND SAVE before prices go up \$45 a week on 1/3/12.

Enter the Raffle:

All families currently receive a raffle ticket for each week registered for Camp 2012. Each ticket offers you a chance to have your Camp Balance wiped out.



If a family reminds or refers another family to sign up for Camp 2012 before December 31st, both families will receive additional raffle tickets equivalent to the number of weeks purchased.

There is NO limit as to how many families you can remind or refer to sign up before December 31st.

Upon registering, please be sure to indicate your referral person when prompted.

If you are reminded or referred by a Wilton Y Staff member, you will also be eligible for the additional raffle ticket.

For more information please contact the Camp Office at 203-762-8384 x283

[Click Here for more camp information>](#)

ONLINE REGISTRATION

There's still time to register for the Winter Session

**WINTER PROGRAM
CLASSES WILL RUN:
01/03/12 - 02/18/12
(7 weeks)**

Registration now open to everyone!

Classes Include:
Swimming Lessons
Fitness Classes
Sports Classes
Gymnastics
Outreach Programs
and much more!



ONLINE REGISTRATION

Nursery School & Kindergarten Enrichment



Do you have a 2- 5 year old who would enjoy swim lessons, music classes, gym classes, crafts, thematic units, positive discipline, and more, ALL as part of their enrichment nursery school program? If you have a child who will not be attending Kindergarten in

the fall, call now to schedule a tour to learn more about our Nursery School & Kindergarten Readiness Program.

Registration for the 2012-2013 school year is NOW underway. We would love to have your family join our family! Contact: Kim Murphy x214 or Renee Malyszka at 203-762-8384.

Kidz Zone



Need something to do on January 16th when Wilton Schools are closed? Come to the Wilton Y's Kidz Zone where your child can enjoy swimming, gym time, playground, and special theme-based activities.

	Members	Non-Members
Full Day: K-11 yrs old 8:00 am to 6:30 pm	\$80	\$120
Half Day: 3 1/2 -11 yrs. old 8:00 am to 1:00 pm or 1:30-6:30	\$50	\$70

*5% Sibling Discount for each additional child
Lunch Option: For an additional \$5.00 per child, we will provide the lunch (two slices of pizza, a fresh fruit or veggie, and water).

Registration forms will be available www.wiltonymca.org starting January 3rd. For more information, contact Renee Malyszka at 762-8384 x277 or Laura Koellmer x293.

Commit To Be Fit 2012



GET READY TO COMMIT TO BE FIT 2012
It's that time again. Our "Commit To Be Fit" member

incentive. This is a great way to jump-start your fitness routine for the New Year.

Log in 40 workouts in 90 days and become eligible for a variety of prizes including our grand prize of a one-year family membership and fitness package.

Prizes include gift certificates to your favorite restaurants, Y gift certificates and much more.

ONLINE REGISTRATION

New Spinning Bikes at the Y!



Check out all the **NEW** spinning bikes in our Spinning Studio waiting for you to come and workout!

Mobile Mammograms

Stamford Hospital's Mobile Wellness Center Mammograms on Site at the Wilton Family Y



The van will be here:
Wednesday, February 1st
9am - 3pm
404 Danbury Road, Wilton, CT 06897

Appointments Recommended
Call 203-276-2602 or 203-223-4181

Upcoming Swim Meets

In the 50M Pool

January 7 and 8
6:30am - 8:30pm

January 27 - 29
All day



