



Early Spring 2015 Class Index

Session Dates: March 2nd - April 11th (6 weeks)*

*No classes Easter Weekend 4/3-4/5. Friday and Saturday classes will be priced for 5 weeks.
Full Member Registration Begins 02/16 and 2/23 for everyone else.

(All swimming lessons are listed by age group; higher rates are non-member rates)

SWIM LESSONS

Parent/Child Levels: \$110/\$210

-Shrimp (ages 6m-18m)

Tuesday: 10:00am-10:30am

Wednesday: 10:30am-11:00am

Friday: 10:00am-10:30am*

Saturday: 9:45am-10:15am*

Saturday: 10:20-10:50*

-Perch (ages 19m-36m)

Tuesday 10:00am-10:30am

Wednesday: 10:30am-11:00am

Friday 10:00am-10:30am*

Saturday: 10:20am-10:50am*

Saturday: 10:55-11:30am*

Seahorse* (ages 2.5yr-3yr) \$115/\$215

*Child must participate in a parent/child class as a prerequisite. This is a transitional class for children going from the parent/child levels into the preschool levels. Parent does not go in the water.

Monday: 10:30-11:00am

Tuesday 10:00am-10:30am

Wednesday: 10:30-11:00am

Friday: 10:30-11:00am*

Saturday: 10:20-10:50*

Preschool Levels (ages 3-5): \$115/\$215

-Pike 1:

Monday: 10:30am-11:00am; 1:30pm-2:00pm

Tuesday: 10:00am-10:30am; 1:30pm-2:00pm; 4:00pm-4:30pm

Wednesday: 10:30am-11:00am; 2:00pm-2:30pm; 4:30pm-5:00pm

Thursday: 10:00am-10:30am; 1:30pm-2:00pm

Friday: 10:30am-11:00am*

Saturday: 10:20-10:50am; 10:55-11:25am; 11:30am-12:00pm*

-Pike 2:

Monday: 10:00am-10:30am; 2:00pm-2:30pm

Tuesday: 10:30am-11:00am; 2:00pm-2:30pm; 4:30pm-5:00pm

Wednesday: 10:00am-10:30am; 4:00pm-4:30pm

Thursday: 10:30am-11:00am; 2:00pm-2:30pm

Friday: 10:00am-10:30am; 4:15pm-4:45pm*

Saturday: 9:45am-10:15am; 10:55am-11:25am; 11:30am-12:00pm*

-Eel 1:

Monday: 10:00am-10:30am; 1:30pm-2:00pm
Tuesday: 10:30-11:00am; 2:00pm-2:30pm; 4:00pm-4:30pm
Wednesday: 10:30am-11:00am; 2:00pm-2:30pm; 4:00pm-4:30pm; 4:30pm-5:00pm
Thursday: 10:30am-11:00am; 2:00pm-2:30pm
Friday: 10:00am-10:30am; 4:15pm-4:45pm*
Saturday: 9:45am-10:15am; 10:20am-10:50am; 10:55-11:25am*

-Eel 2:

Monday: 10:00am-10:30am; 1:30pm-2:00pm
Tuesday: 10:30am-11:00am; 1:30pm-2:00pm; 4:00pm-4:30pm
Wednesday: 10:30am-11:00am; 1:30pm-2:00; 4:00-4:30pm
Thursday: 10:00am-10:30am; 2:00pm-2:30pm
Friday: 10:00am-10:30am; 4:15pm-4:45pm*
Saturday: 9:45am-10:15am; 10:20am-10:55am; 10:55-11:25am; 11:30am-12:00pm*

-Ray:

Monday: 2:00pm-2:30pm
Tuesday: 2:00-2:30pm; 4:00pm-4:30pm
Wednesday: 1:30pm-2:00pm; 4:30-5:00pm
Thursday: 1:30pm-2:00pm
Friday: 4:15pm-4:45pm*
Saturday: 9:45am-10:15am; 11:30am-12:00pm*

-Starfish:

Wednesday: 4:00-4:30pm
Saturday: 11:30am-12:00pm*

Progressive Levels (first grade to 12yrs) \$137/\$237**- Polliwog:**

Tuesday: 5:15pm-5:55pm
Wednesday: 5:15pm-5:55pm
Friday: 3:30pm-4:10pm *
Saturday: 9:00am-9:40am*

-Guppy 1:

Tuesday: 4:30-5:10
Wednesday: 4:30-5:10; 5:15-5:55
Friday: 3:30pm-4:10pm; 4:50-5:30*
Saturday: 9:00am-9:40am *

-Guppy 2:

Tuesday: 4:30pm-5:10pm; 5:15pm-5:55pm
Wednesday: 4:30-5:10; 5:15pm-5:55pm
Friday: 3:30pm-4:10pm; 4:50pm-5:30pm *
Saturday: 9:00am-9:45am*

-Minnow:

Tuesday: 4:30-5:10; 5:15pm-5:55pm
Wednesday: 4:30pm-5:10pm
Friday: 3:30-4:10; 4:50-5:00pm*
Saturday: 9:00am-9:40pm*

-Fish:

Tuesday: 5:15pm-5:55pm
Wednesday: 5:15pm-5:55pm
Friday: 4:50pm-5:30pm*
Saturday: 9:00am-9:40am*

-Flying Fish:

Wednesday: 5:15-5:55pm
Friday: 4:50-5:55pm*
Saturday: 9:00am-9:40am*

Specialty Classes:

Marlin Club: Advanced level for participants 9-13yrs old who have completed Flying Fish or other advanced swim lessons and are looking for an introduction into lap swim workouts and competitive concepts. Participants must be evaluated before signing up. Please contact Drew Schoenster at ext. 210 or aschoenster@wiltonmyca.org for more information or to set up an evaluation.

Tuesday: 5:15pm-6:00pm
Friday: 4:00pm-4:45pm
Participants can choose one day or two day option. 1 day: \$150/\$230; 2 days: \$250/\$330

Adult Small Group Swim Instruction: Small group instruction for various abilities from beginners to those who would like to train for triathlons or lap swimming. Private adult lessons are also available. Please contact Drew Schoenster at ext. 210 or aschoenster@wiltonymca.org for further information. \$150/\$200

Tuesday (beginners): 9:15am-10:00am
Thursday (intermediate): 9:15am-10:00am

Club Saturday Swim: One-On-One Instruction for children with special needs. The instructor works with the child to reach unique aquatic goals in a quiet setting. \$150/\$250

Saturday: 12:00pm-12:30pm; 12:30-1:00pm*

FITNESS

Sr. Group Fitness
Free to Members
Silver Sneakers- Mon 12:15-1:00 &
Enhance Fitness Monday 1:00-1:45pm
Silver Sneakers-Tuesday-1:15-2:15
Enhance Fitness Wednesday 1:15-2:00pm
Silver Sneakers Thu 12:15 – 1:00PM
Enhance Fitness Friday 10:30-11:30
Free to Members/ Drop in fee \$5.00 per class

FITSANITY

Monday-Wednesday & Friday 9:30-10:15
DROP INS NOT permitted

\$180/\$280

TRX- Unleashed (8 weeks/16 classes)

8-week session

DROP INS NOT permitted: Wednesday

Fridays

Tuesday

Thursday

10:30-11:15am

10:30-11:15am

9:30-10:15am

9:30-10:15am

Free to Family Members/\$200

WOW – Women on Weights (8 weeks/16 classes)

8 week session

No drop INS permitted

Tues/Thurs 9:30-10:15am

\$290/\$390

Chinese Exercise

Tai Chi

Tue 7:30 – 8:15PM

\$75/\$75

The Right Start – Personal Nutrition & Fitness Program

By Appointment

\$550/\$650

Transformation Lifestyle Solution - A Physical activity & Nutrition Program

Day/Time TBD by group

\$455/\$555

YMCA Diabetes Prevention Program -16 weeks Lifestyle Change Program

Mary Ann Genuario for additional information

Reiki & Energy Healing Techniques

Please contact Mary Ann at ext.282 for additional information

Live 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.272

Stroller Moves (For Mom and Baby)

Mon. 9:45am – 10:45AM

\$144/\$244

Vacation Week Sports Conditioning Camp (all team sports)

10:30am-1:30pm April13-17th

\$175/\$275

Prenatal Yoga

Friday 9:30 am

(Childcare available)

\$144/\$244

Preteen Fitness (Cardio & Strength Training)

Mon	4:00 – 5:00PM	\$144/\$244
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Agility Zone for the Young Athlete

Sports conditioning class		\$125/\$225
Friday	4:15-5:15	

Youth Strength Training (Free to Family Members)

Mon/Wed	3:15 – 4:00PM	\$225/\$325
Mon/Wed	4:15 – 5:00PM	\$225/\$325

Saturday	1:15pm-2:30pm	\$225/\$325
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*Limited class size of 8 per section

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

Tue	4:30 – 5:15 PM	\$80/\$180
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Youth Yoga (8-12)

Thursday	3:30- 4:30PM	\$144/\$244
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This class is included in family membership- You must register at the front desk

Teen Yoga (13-19)

Tuesday	3:30-4:30pm	\$144/\$244
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This class is included in family membership- You must register at the front desk

DANCE FACTORY

Solo Training with Ms. Eleanor	(Day and Time TBD)	\$180/\$280
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Monday

Solo Training-6 week session		\$180/280
1:15-2:00 Combo (Tap, Ballet & Hip Hop) ages 3-4		\$144/\$244
2:00-2:45 Combo (Tap, Ballet & Hip Hop) ages 3-4		\$144/\$244
2:45-3:30 Ballet Level 1 ages 5-7		\$144/\$244
3:30-4:15 Ballet Level 1 ages 8-10		\$144/\$244
4:15-5:00 Ballet Level 2 ages 5-7		\$144/\$244

Tuesday

1:00-1:45 Combo (Tap, Ballet & Hip Hop) ages 3-4		\$144/\$244
1:45-2:30 Combo (Tap, Ballet & Hip Hop) ages 4-5		\$144/\$244
2:45-3:30 Ballet Level 2 ages 5-7		\$144/\$244
3:30-4:15 Acrobatics ages 8-10		\$144/\$244
4:15-5:00 Hip Hop Level 2 ages 5-7		\$144/\$244
5:00-5:45 Tap Level 1 ages 5-7		\$144/\$244
5:45-6:30 Teen Hip Hop		\$144/\$244
6:30-7:15 Adult Tap		\$144/\$244

Wednesday

9:30-10:15 Itsy Bitsy Ballerina (with mom) ages 18mths-3 yrs	\$144/\$244
1:15-2:00 Combo (Tap, Ballet & Hip Hop) ages 3-4	\$144/\$244
2:00-2:45 Combo (Tap, Ballet & Hip Hop) ages 3-4	\$144/\$244
2:45-3:30 Hip Hop Level 1 ages 5-7	\$144/\$244
3:30-4:15 Ballet Level 1 ages 5-7	\$144/\$244
4:15-5:00 Ballet Level 2 ages 5-7	\$144/\$244

Thursday

1:15-2:00 Combo (Tap, Ballet & Hip Hop) ages 3-4	\$144/\$244
2:00-2:45 Combo (Tap, Ballet & Hip Hop) ages 3-4	\$144/\$244
2:45-3:30 Hip Hop Level 1 ages 8-10	\$144/\$244
3:30-4:15 Acrobatics Level 2 ages 8-10	\$144/\$244
4:15-5:00 Ballet Level 1 ages 5-7	\$144/\$244
5:00-5:45 Acrobatics ages 5-7	\$144/\$244

Friday

10:45-11:30 Adult, Tap	\$144/\$244
1:45-2:30 Combo (Tap, Ballet & Hip Hop) 4-5yrs	\$144/\$244
2:45-3:30 Combo (Tap & Ballet) ages 3-4	\$144/\$244

Saturday

10:30-11:00- Itsy Bitsy Ballerina a Mommy & Me dance class ages 2-3	\$144/\$244
11:00-11:45 Combo (Tap, Ballet & Hip Hop) ages 3-4	\$144/\$244
11:45-12:30 Ballet ages 5-7	\$144/\$244
12:30-1:15 Hip Hop/Jazz ages 5-7	\$144/\$244
1:15-2:00 Combo ages 8-10	\$144/\$244
2:00-2:45 Tap ages 8-10	\$144/\$244

SPORTS**Preschool****Pee Wee Indoor Tennis (Pre-K & K)**

Monday 4:00 – 4:45 pm	\$135/\$235
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Soccer Tots

Wednesday 1:45 – 2:25 pm	\$135/\$235
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Bitty Basketball Level I (ages 3 and 4) (NO CLASS FRIDAY 4/3/15)

Tuesday 11:00 – 11:35 am	\$128/\$228
Friday 1:45 – 2:20 pm	\$107/\$207

Bitty Basketball Level II (ages 4 and 5)

Wednesday 1:45 – 2:20 pm	\$128/\$228
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T-Ball Level I (ages 3 – 4) (NO CLASS FRIDAY 4/3/15)

Monday 11:00 – 11:35 am	\$128/\$228
Thursday 11:00 – 11:35 am	\$128/\$228
Friday 11:00 – 11:35 am	\$107/\$207

T-Ball Level II (ages 4 – 5)

Tuesday 1:45 – 2:20 pm	\$128/\$228
Thursday 1:45 – 2:20 pm	\$128/\$228

Pre-School Floor Hockey (ages 4 and 5)
Monday 1:45 – 2:20 pm \$128/\$228

Youth Classes

Youth Indoor Tennis (Grade 1 & 2 and 3 & 4)
Grades 3 & 4:
Monday 3:00 – 4:00 pm \$140/\$240

Grades 1 & 2:
Monday 4:45 – 5:45 pm \$140/\$240

Youth Basketball

Kindergarten Tuesday 4:00 – 4:45 pm \$135/\$235
Grades 3 – 4 Thursday 3:00 – 3:45 pm \$135/\$235
Grades 1 – 2 Thursday 4:00 – 4:45 pm \$135/\$235

Tae Kwon Do (NO CLASS FRIDAY 4/3/15)

Pre-school & Pre-K Friday 3:15 – 4:00 pm \$140/\$240
Beginners (white belt) Friday 4:10 – 4:55 pm \$140/\$240
Intermediate (yellow-orange) Friday 5:00 – 5:45 pm \$140/\$240
Advanced (green & up) Friday 5:50 – 6:35 pm \$140/\$240

Martial Arts/White Tiger Karate

Sparring Thursday 4:30 – 5:00 pm \$102/\$202
Juniors Thursday 5:00 – 5:45 pm \$167/\$267
Junior Advanced Thursday 5:00 – 6:00 pm \$171//\$271
ATP Thursday 6:30 – 7:00 pm \$165/\$265
Adult Thursday 7:00 – 7:45 pm \$167/\$267
Combo (Sparring/Jr's) \$225/\$325
Combo (Sparring/Jr Adv) \$230/\$330

ARCHERY

Introduction to Archery Safety

Mondays
3:30pm-4:30pm (8 Archers)

Wednesdays
3:30pm-4:30pm (8 Archers)

Thursdays
3:30pm-4:30pm (8 Archers)

Fridays
3:30pm-4:30pm (8 Archers) – NO CLASS April 3
Class is Pro-Rated

Saturdays
10:30am-11:30pm (16 Archers) – NO CLASS April 4
Class is Pro-Rated

Ages 8 and up
\$55 for Wilton Y Members / \$75 for Non-Members

Adult Archery

Saturdays

9:30am-10:30am (16 Archers) – NO CLASS April 4

Adults Only

\$45 for Wilton Y Members / \$65 for Non-Members

Progressive Archery

Saturdays

1:00pm-2:00pm (16 Archers) – NO CLASS April 4

2:00pm-3:00pm (16 Archers) – NO CLASS April 4

Sundays

1:00pm-2:00pm (8 Archers) – NO CLASS April 5

Ages 8 and up

\$45 for Wilton Y Members / \$65 for Non-Members

Introduction to Competitive Archery

Saturdays

3:00pm-4:30pm (12 Archers) – NO CLASS April 4

Sundays

2:00pm-3:30pm (12 Archers) – NO CLASS April 5

Ages 8 and up

\$55 for Wilton Y Members / \$80 for Non-Members

Wilton Archery Club Team

Saturdays 7:00pm-8:30pm (12 Archers) – NO CLASS April 4

Ages 16 and up

\$80 for Wilton Y Members / \$105 for Non-Members

GYMNASTICS

**NO CLASSES FRIDAY AND SATURDAY APRIL 3-4. THESE CLASSES ARE PRORATED!
ALL GYMNASTICS CLASSES WILL BE HELD AT THE GYMNASTICS CENTER- 644 DANBURY
ROAD.**

***Tiny Tots – crawlers-cruisers**

Tuesday	9:30-10:15	\$143/\$243
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Tumbling Tots- 19 months-3 years old (Parent/Child Class)

Tuesday	10:15 – 11:00	\$143/\$243
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Wednesday	11:00 - 11:45	\$143/\$243
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Pre-Preschool- age restricted 2.5yrs-3.5yrs

Thursday	10:00 – 10:45	\$143/\$243
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Friday	11:00-11:45	\$119/\$219
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Preschool Gymnastics- ages 3 – 5

Monday	10:00 – 10:45	\$143/\$243
Monday	12:00-12:45	\$143/\$243
Monday	2:15 – 3:00	\$143/\$243
Tuesday	11:15-12:00	\$143/\$243
Tuesday	1:30 - 2:15	\$143/\$243
Wednesday	12:00-12:45	\$143/\$243
Wednesday	1:30 – 2:15	\$143/\$243
Wednesday	2:15 - 3:00	\$143/\$243
Thursday	11:00 – 11:45	\$143/\$243
Thursday	1:15- 2:00	\$143/\$243
Friday	1:30 - 2:15	\$119./\$265
Saturday	9:00 - 9:45	\$119/\$219

Junior Ninjas

Thursday	2:15 – 3pm	\$143/\$243
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Kindergarten Gymnastics

Tuesday	4:15 – 5:00	\$143/\$243
Wednesday	4:15 – 5:00	\$143/\$243
Thursday	4:15 – 5:00	\$143/\$243
Saturday	10am -10:45	\$119/\$219

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

NEW CLASS FOR GIRLS AND BOYS!! AGES 7-11*NINJA THURSDAYS**

Thursday	2:45 – 3:45	\$143/\$243
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*See description for our Junior Ninja class- only for ages 7 -11!

Progressive Gymnastics – ages 6 -12

Monday	4:15 - 5:15	\$153/\$253
Monday	5:15 - 6:15	\$153/\$253
Tuesday	2:45 – 3:45	\$153/\$253
Wednesday	2:45 – 3:45	\$153/\$253
Wednesday	4:45 – 5:45	\$153/\$253
Friday	2:45 – 3:45	\$128/\$228
Friday	4:15 – 5:15	\$128/\$228
Friday	5:15 – 6:15	\$128/\$228
Saturday	11am – 12:00	\$128/\$228

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

Teen Gymnastics – ages 12 & up

Friday 3:15-4:15 \$128/\$228

Open Gym

Monday 11am-12pm \$5/\$10

Monday 1:00-2:00pm \$5/\$10

Thursday 12:00-1pm \$5/\$10

Friday 12:00-1pm \$5/\$10

GUITAR LESSONS**Monday:****3pm-4pm**

Instructor: Jay Kemeny

Level: Intermediate

Ages 7-12

\$120/\$220

4pm-5pm

Instructor: Jay Kemeny

Level: Beginner

Ages 7-12

\$120/\$220

Tuesday:**3pm-4pm**

Instructor: Jay Kemeny

Level: Intermediate

Ages 7-12

\$120/\$220

4pm-5pm

Instructor: Jay Kemeny

Level: Beginner

Ages 7-12

\$120/\$220

Saturday:**3pm-4pm**

Instructor: Mario Baggio

Level: Beginner

Ages 7-12

\$100/\$200

*No Class on 4/4

Saturday: Intermediate Class

4pm-5pm

Instructor: Mario Baggio

Level: Intermediate

Ages 7-12

\$100/\$200

*No Class on 4/4

Also offering Private Lessons

Any Age

\$40/\$60 per hour

Contact Laura koellmer@wiltonymca.org

or (203) 762-8384 x293

OUTREACH / SPECIAL NEEDS

Special Olympics Gymnastics Team Practice (No Cost)

Monday 6 p.m. to 7 p.m.

March 2, March 9, March 16, March 23, March 30, April 6

Special Olympics Track & Field Team Practice* (No Cost)

(When weather allows we will return to Tuesday outside practices at 5:30 p.m.)

Saturday 2:30 p.m. to 3:30 p.m.

March 7, March 14, March 21, March 28, April 4 MAY NOT RUN, April 11

Special Olympics Swim Team Practice (No Cost)

Saturday 1 p.m. to 2 p.m.

March 7, March 14, March 21, March 28, April 4 MAY NOT RUN, April 11

Jumpin' Juniors

Saturday 11:30 a.m. to 12:30 p.m.

Program Fee: members \$65.00/ non members \$85.00

March 7, March 14, March 21, March 28, April 4 NO Class, April 11

Friends & Buddies (Teen/young adult)

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

Program Fee: members \$80.00/ non members \$100.00

March 6, March 13, March 20, March 27, April 3, April 10

Friends & Buddies (age 7 to 13)

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

Program Fee: members \$80.00/ non members \$100.00

March 6, March 13, March 20, March 27, April 3, April 10

Roaring Twenties

Sunday 4:30 p.m to 6 p.m.**

Program Fee: \$65.00 members/ \$85.00 non members

March 1, March 8, March 15, March 22, March 29, April 5 NO CLASS

BOP Basketball

Sunday 10 a.m. to 11 a.m.

Program Fee: \$55.—members/ \$75.00 non members

March 8, March 15, March 22, March 29, April 5

OUR VISION PROGRAM***

Saturday 11:30 a.m. to 3:30 p.m.

Ongoing...

Updated 02/04/15