



### **Summer Class Index – Times & Fees**

**The Session runs 6/20 – 8/20/16**

Member online registration begins Monday, June 6 at 9AM

Registration opens to everyone, Monday, June 13 at 9AM

#### **SUMMER SWIM CLASSES**

All weekday sessions run Monday-Thursday, with Fridays set aside as make-up in case of a cancellation by the Y. Classes must have at least 3 participants to run. Higher price is non-member rate.

##### **Session Dates:**

**Session 1: 6/20 -6/23**

**Session 2: 6/27-7/30**

**Session 3: 7/5-7/8 (Classes are Tues-Fri due to 4<sup>th</sup> of July)**

**Session 4: 7/11-7/14**

**Session 5: 7/18-7/21**

**Session 6: 7/25-7/28**

**Session 7: 8/1-8/4**

**Session 8: 8/8-8/11**

**Saturday Sessions:** 6/25, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13 (7 sessions—No Classes July 2<sup>nd</sup> for 4<sup>th</sup> of July wknd): **\$131/\$231 (Parent/child;preschool)** or **\$165/\$265 (progressive)**

#### **Preschool Lessons (Seahorse, Pike 1, Pike 2, Eel 1, Eel 2, Ray, Starfish): \$78/\$156 Session**

Ages 3-5:

Monday-Thursday 9:30-10:00am (Seahorse, Pike 1, Eel 1, Eel 2)

Monday-Thursday 3:15-3:45am (Pike 1, Pike 2, Eel 1, Eel 2, Ray, Starfish)

Saturday 9:45-10:15am (Shrimp, Pike 1, Eel 1, Ray, Starfish)

Saturday 10:20-10:50am (Perch, Pike 2, Eel 1, Eel 2)

Saturday 10:55-11:30am (Seahorse, Pike 1, Pike 2, Eel 2)

#### **Progressive Lessons: Polliwog, Guppy 1, Guppy 2, Minnow, Fish, Flying Fish:**

**\$90/\$180/session**

Ages 6 and up:

Monday-Thursday 3:50-4:30pm

Saturday: 9:00-9:40am

**Parent/Child Friday Class:** 9:30am-10am (7 Fridays starting 6/24-8/12—No Class 7/1)

## **FITNESS**

**WOW – Women on Weights**  
Wed/Fri 10:00 – 11:00AM \$350/\$450

**Wake Up Adult Outdoor Boot Camp**  
Mon, Wed, Fri 5:30 – 6:15AM \$270/\$370

**Outdoor Boot Camp**  
Mon, Wed, Fri 9:30 – 10:30AM \$270/\$370

**Bodyshred**  
Tuesdays 9:30- 10:15AM \$125/\$225

**Stroller Moves (For Mom and Baby)**  
Mon 9:45 – 10:45AM \$185/\$285

**Prenatal Yoga**  
Wednesday 9:30 – 10:30am \$185/\$285

**Sports Conditioning** (all team sports) Individual & Group Training Available  
By appointment – Call Mary Ann Genuario at 762-8384 x282 or Fred at ext.276

**Youth Strength Training** (Free to Family Members)  
Tue/Thur 3:15 – 4:00PM \$265/365  
\*Limited class size of 8 per section

**The Right Start – Personal Nutrition & Fitness Program**  
By Appointment \$550/565

**Young Adult Right Start – Personal Nutrition & Fitness Program**  
By Appointment \$550/565

**YMCA Diabetes Prevention Program**  
Call Mary Ann Genuario for additional information

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

**LIVESTRONG 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

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

## **Conditioning Camps**

Sports Conditioning Camp (all team sports)  
10:30am-1:30pm Monday through Friday  
Water snacks lunch & towel needed.

Week of:

6/20 - \$175/275

6/27 - \$175/275

7/5 - \$140/240

7/11 - \$175/275

7/18 - \$175/275

7/25 - \$175/275

8/1 - \$175/275

8/9 - \$175/275

## **SPORTS**

### **White Tiger Karate**

Sparring	Thursday 4:30 – 5:00 pm	\$153/\$253
Juniors	Thursday 5:00 – 5:45 pm	\$250/\$350
Junior Advanced	Thursday 5:00 – 6:00 pm	\$256/\$356
ATP	Thursday 6:30 – 7:00 pm	\$220/\$320
Adult	Thursday 7:00 – 7:45 pm	\$247/\$347
Combo (Sparring/Jr's)		\$337/\$437
Combo (Sparring/Jr Adv)		\$345/\$445

## **ARCHERY**

### **Competitive Archery Boot Camp**

TWO WEEK COURSE - MTWRF

June 20-July 1

4:00pm-5:00pm (12 Archers)

*\$120 for Wilton Y Members / \$145 for Non-Members*

TWO WEEK COURSE - MTWRF

July 5-July 15 - **NO CLASS on July 4th**

4:00pm-5:00pm (12 Archers)

*\$105 for Wilton Y Members / \$130 for Non-Members*

### **Wilton Archery Club Team**

Indoor (18 Meters Practice)

SUNDAYS

5:30pm-7:00pm (12 Archers)

*\$100 for Wilton Y Members / \$125 for Non-Members*

Participants must bring their own equipment

## **GYMNASTICS**

No classes will be held the week of July 4th

ALL GYMNASTICS CLASSES WILL BE HELD AT THE GYMNASTICS CENTER-  
644 DANBURY ROAD.

### **Summer weekly sessions - Monday – Thursdays**

**June 20- August 18**                      **8 weeks**

#### **Pre-School**

Monday - Thursday                      9:00 – 12:00

3-6 years old

\$175/\$275

#### **Progressive**

Monday—Thursday                      1pm-4pm

6-12 years old

\$175/\$275

### **PRE-TEAM**

**July 11 – August 18**                      **6 weeks**

Monday - Thursday                      1pm- 4pm

\$175/ for members only

## **OUTREACH / SPECIAL NEEDS**

DROP IN COST FOR ALL PROGRAMS IS NOW \$20.00 per day/program day.

### **Special Olympics Track & Field : Summer track club**

Saturdays 12:30 p.m. to 1:30 p.m.

Open to all ages / \$50.00 member and \$70.00 non member

### **Special Olympic Bocce Team Practice :** (OPEN TO ATHLETES age 8 and above)

NO CHARGE- in season. Competition in early September

Practice to be held on Monday nights at 6 p.m. \*\*\*\* Information may change.

### **Friends & Buddies :** ( Modified session for summer: JOINT age groups)

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

Program Fee: members \$75.00/ non members \$95.00

June 17<sup>th</sup> · July 10<sup>th</sup> · July 24<sup>th</sup> · August 7<sup>th</sup> · August 28<sup>th</sup>

### **Roaring Twenties**

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

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

June 19<sup>th</sup> , June 26<sup>th</sup> , July 12<sup>th</sup> , July 19<sup>th</sup> , August 2<sup>nd</sup> , August 9<sup>th</sup> , August 16<sup>th</sup> , August 23<sup>rd</sup>

\*\*\* This program is extended throughout the summer- beyond regular session dates.

**Updated: 6/15/16**