CDPHP

Fitness Connect℠
at the Ciccotti Center

Community Program Guide

Fall/Winter 2021-2022

Program Policies

All children must meet the following guidelines for enrollment or use of any program at CDPHP® Fitness Connect℠ at the Ciccotti Center:

- **All children who enroll in any of our programs/camps (excluding our Kids in Motion program, which is a member-only benefit) must meet the age/grade requirements as well as the following guidelines:**

    1. Children must be able to function in a 1:10 staff to child ratio.

    2. Children must be fully toilet trained and able to use the facilities independently.

    3. Children must be able to undress and re dress themselves in the event the program/camp has time in the pool.

- **CDPHP® Fitness Connect℠ at the Ciccotti Center will make reasonable accommodations to serve children with disabilities or behavioral concerns and will evaluate each situation individually.**

- **Please contact the department manager, depending on the program, if you have any questions or concerns regarding these eligibility requirements.**

- **Children cannot be dropped off prior to the start time of camp unless the camp states that there is early drop off, we do not have staff to take care of them before the official start time of camp. We also do not have late pick up unless specified in the guide for that particular camp.**

Behavior Management / Code of Conduct

Please review the following rules with your child before the program begins. While in the program, children are expected to display age appropriate behavior and follow established rules including, but not limited to:

- **Respect other children, staff and property**

- **Follow staff direction**

- **Stay with a staff member and within program areas at all times**

- **Adhere to rules regarding building and playground safety**

- **Refrain from using foul language or other forms of verbal abuse**

- **No fighting or other physical altercations**

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Center Highlights

Membership

Becoming a member at CDPHP® Fitness Connect℠ at the Ciccotti Center has benefits. If you are interested in obtaining a membership, please call us at (518) 867-8920 for more information or visit our website at cdphpfitnessconnect.org

MEMBERSHIP BENEFITS INCLUDE

- Access to degreed and certified fitness specialists
- Fitness assessments
- Equipment orientation
- Use of the fitness floor
  (12-15 year olds require parental supervision)
- Lap pool, activity pool, and warm spa
- MFA certified Medical Fitness Facility
- Extensive selection of over 70 group exercise classes
- Discounts on many of our programs and services

The CDPHP® Fitness Connect™ at the Ciccotti Center is a proud certified member of the Medical Fitness Association (MFA).

The Medical Fitness Association is the country's leading organization dedicated to medically integrated outcomes and accountability-based fitness facilities.

MEDICAL FITNESS Association CERTIFIED

IMPORTANT
ALL program participants must complete the registration form on PAGE 16 or on our website!

Youth Sports Leagues

"SLAM DUNK" RECREATIONAL WINTER BASKETBALL LEAGUE

Sponsored in part by NEMER VOLKSWAGEN

The "Slam Dunk" program focuses on the basics of basketball and provides equal amounts of playing time while having FUN! Coaches are volunteers with varied levels of basketball knowledge. Parents interested in coaching, please contact Roger Manion. A pre-season coaches meeting will be scheduled to review rules, policies and procedures for the league.

IMPORTANT INFORMATION

- Pre-registration required. Registration ends November 20 or when full for all leagues (except 1st and 2nd Grade whose registration ends November 27 or when program is full.)
- After draft day, participants are placed on a team and contacted by their coach regarding practice times. Players who register and cannot attend the draft are placed on a team.
- Game schedules and team shirts are handed out at one of the practice sessions
- All players will receive a season ending trophy or medal for their participation
- All games will be played at CDPHP® Fitness Connect℠ at the Ciccotti Center in the Edward D. Cammarota Gymnasium
- Game schedule will indicate game time and opponent

Fee: $110 Members, $140 Non-Members

BIDDY BASKETBALL CO-ED

No draft. All children will be placed on a team; the coach will contact you with your game time. The Biddy program will have 30-minutes of drills followed by a 30-minute game, we will sub every four minutes. No stealing the ball, must play man to man defense.

Game Days: Saturdays, December 4 – January 29
(No game December 25 or January 1)
Game Times: 8 – 9 a.m.
Ages: 3 – 5 years (Pre-K)

1ST AND 2ND GRADE CO-ED

No draft. All children are placed on a team; the coach will contact you with your game time. Practice will be conducted 15 minutes before each game.

Game Days: Saturdays, December 4 – January 29
(No game December 25 or January 1)
Game Times: 9 – 10 a.m.

3RD AND 4TH GRADE NORTH COLONIE CO-ED

Students that sign-up will be placed on the same team with other students from their school. As in previous years if we do not have enough students at a particular school, those students will all be placed together on another North Colonie School team. No draft is required sign-up and make sure you indicate the school you attend.

Practice Dates: TBD
Practice Times: TBD
Practice Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Game Days: December 4 – January 29
(No game December 25 or January 1)
Game Times: 10 – 11 a.m.

3RD AND 4TH GRADE SOUTH COLONIE CO-ED

Draft Day: Saturday, November 20
Draft Time: 11 a.m. – 12:30 p.m.
Draft Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Practice Dates: TBD
Practice Times: TBD
Practice Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Game Days: December 4 – January 29
(No game December 25 or January 1)
Game Times: 10 – 11 a.m.

5TH AND 6TH GRADE NORTH COLONIE CO-ED

Students that sign-up will be placed on the same team with other students from their school. As in previous years if we do not have enough students at a particular school, those students will all be placed together on another North Colonie School team. No draft is required sign-up and make sure you indicate the school you attend.

Practice Dates: TBD
Practice Times: TBD
Practice Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Game Days: Saturdays, December 4 – January 29
(No game December 25 or January 1)
Game Times: 11 a.m. – 12 p.m.

5TH AND 6TH GRADE SOUTH COLONIE CO-ED

Draft Day: Saturday, November 20
Draft Time: 9 – 10:30 a.m.
Draft Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Practice Dates: TBD
Practice Times: TBD
Practice Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Game Days: December 4 – January 29
(No game December 25 or January 1)
Game Times: 11 a.m. – 12 p.m.

7TH – 8TH GRADE CO-ED

Draft Day: Saturday, November 20
Draft Time: 3:30 – 4:30 p.m.
Draft Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Game Days: Saturdays, December 4 – January 29
(No game December 25 or January 1)
Game Times: 12 – 2 p.m.

There is no practice for this group.

10TH – 12TH GRADE BOYS

For this division only, you may enter your own team if you have nine to 10 players, but must contact Roger in advance of the deadline. If you do not have a team and want to play contact Roger Manion at (518) 867-8920 and you will be placed on a team with other free agents. Includes All-star game. Cash prize for winning team.

Game Days: Fridays, December 3 – February 4
(No game December 24 or December 31)
Game Times: 5 – 8 p.m.

There is no practice for this group and limited to six teams.

General Youth Programs

PARENTS NIGHT OUT

Hey, Parents! Do you need that quiet time away from the kids? Need time to finish up holiday shopping? Well here is your chance! We provide supervised activities including games, stories, movies, and swimming. We provide pizza, beverages and popcorn. Please bring your children dressed ready to swim; proper gymnasium footwear is also required. Parents must notify staff if a flotation device is needed. **Since this program requires a minimum of 10 children to operate, pre-registration is required by noon the Thursday before the program.**

Dates: Fridays, October 1, 15; November 5, 19; December 3, 17
Time: 5 – 7:45 p.m.
Ages: 4 – 12 years
Fee per night: $20 Members
(2nd child in family $15, 3rd child in family $10)
$25 Non-members
(2nd child in family $20, 3rd child in family $15)

School Vacation Programs

SPORTY SPROUTS WINTER DAY CAMP

This five day camp has the same format as our Summer All Sports Day Camp, but with the younger athlete in mind. Sports include basketball, tennis-racquet baseball, soccer, football, kickball, and much more in a healthy and safe camp setting. After registration, you will receive a more detailed sports camp application. Campers must bring a swimsuit and towel (for afternoon swim), sneakers, snack, lunch, and beverage.

Date: Monday, December 27–Friday, December 31
Time: 7:30 a.m.– 5:30 p.m.
(Exception Friday, December 31 building closes at 2 p.m.)
Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Grades: 5 – 8 Co-ed
Fee: $200 Members, $240 Non-Members

"FRIDAY NIGHT LIGHTS" INDOOR FLAG FOOTBALL LEAGUE

Back by popular demand! Are you ready for some football? This co-ed program features a six week non-contact play in a five versus five format. Children will learn the fundamentals of passing, catching, running and defending in this fun environment. Games will be played on our state of the art rubberized multi-purpose floor. Each child must have a mouth guard to participate and all players will receive a team flag football shirt. For more information or if you interested in coaching contact Roger Manion at (518) 867-8920.

Dates: Friday, October 22 – November 26
Ages: **NFL Division,** 8 to 10 yrs. 6– 8 p.m. (1 hour games)
Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Fee: $60 Members, $80 Non-Members

VETERANS DAY VACATION CAMP

This one day camp has the same format as our Summer All Sports Day Camp, but with the younger athlete in mind. Sports include basketball, tennis-racquet baseball, soccer, football, kickball, and much more in a healthy and safe camp setting. After registration, you will receive a more detailed sports camp application including a medical form. Camp will operate rain or shine. Campers must bring a swimsuit and towel (for afternoon swim), sneakers, snack, lunch, and beverage.

Dates: Thursday, November 11
Time: 7:30 a.m.– 5:30 p.m.
Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Grades: **Sporty Sprouts grades**; K – 4
All Sports grades; 5 – 8
Fee: $60 Members, $80 Non-Members

HOME SCHOOL PHYSICAL EDUCATION PROGRAMS

CDPHP® Fitness Connect℠ at the Ciccotti Center's Home School Physical Education program features an alternative for families, offering 24 structured classes delivered over twelve weeks. The goal is for students to have planned physical activity promoting optimum physical, emotional, and social development and also have fun!

Participants will play a variety of sports, from soccer, broomball, European handball, floor hockey, basketball along with receiving instruction on basic principles of fitness.

Participants will permitted to have free swim after gym class for an hour, No swim instruction offered during this time. Each two-hour program will have students spending one hour in the Gymnasium and then one hour in the pool. (This is a drop-off program; parents are not required to stay in the building).

IMPORTANT INFORMATION

- Participants must wear proper gym attire, including sneakers.
- A swimsuit and towel are required.

Dates: Tuesdays and Thursdays, September 21 – December 16
(No class Nov 11, 25)
Times: 10 a.m.– 12 p.m.
Fee: $200 Members, $260 Non-Members
(10% off on siblings from the same household)

TO REGISTER

ALL program participants must complete the included registration form or on our website!

Adult Recreation Program

PICKLEBALL

Are you in a pickle? Maybe you ought to be because we have some great fun (and mild exercise) in store for you. If you've ever played tennis, ping pong or badminton, then you will love Pickleball! It provides some light exercise, fun and great company. It's easy to learn and you don't have to bring any equipment – we have it all right here for you.

SESSION 1: Mondays, Wednesdays and Fridays
September 6 – November 24

Time: 9 a.m.– 12 p.m.

SESSION 2: Mondays, Wednesdays and Fridays
November 29 – February 18

Time: 9 a.m.– 12 p.m.

During school holidays NO Pickleball is offered.

Youth Fitness Programs

CRAZY RELAYS

Have fun and stay fit in the process. Crazy relays will consist of obstacle courses and fun relays using hula hoops, jump ropes, and a variety of other fun equipment. Come and join the fun. (Children must have proper workout clothes and sneakers to participate. Parents must remain in the building during this program.) Instructor: Roger Manion

Date: Mondays, September 20 - December 20
(No Class October 11)
Time: 5:30 – 6 p.m.
Ages: 5 – 11 years
Fee: FREE Members, $40 Non-Members

YOUTH BOOT CAMP

Back by popular demand! Stay in shape while having fun exercising. This program will motivate your kids to get fit and stay fit! The program offers stretching and conditioning through obstacle courses and a variety of stations and drills that include push-ups, sit-ups, jump rope, wall sits, and much more. (Children must have proper workout clothes and sneakers to participate. Parents must remain in the building during this program.) Instructor: Roger Manion

Date: Wednesdays, September 22 – December 15
Time: 5:30 – 6 p.m.
Ages: 8 – 12 years
Fee: FREE Members, $40 Non-Members

Adult Fitness Programs

PARKINSON'S DANCE PROGRAM

Designed to engage participant's minds and bodies through many styles while addressing such Parkinson disease issues such as balance, flexibility, coordination and gait. Partners and caregivers welcome. People with MS or other neuromuscular conditions welcome. Walkers and wheelchairs welcome. No experience necessary.

Date: Tuesdays (class is ongoing every Tuesday)
Time: 1:30 – 3 p.m.
Fee: $5 per class

T'AI CHI

Tai Chi Sun Style 73 places an emphasis on Qigong (exercise to cultivate internal energy), which helps in enhancing healing and relaxation. These Forms feature agile steps combined with smooth continuous movements. Sun (pronounced Soon) 73 is an ongoing study program. It is a great choice for those students who have completed the Tai Chi for Arthritis Program and would like to continue with their studies, the 73 Forms are a natural progression.

Date: October 25-December 6
Day: Mondays
Time: 10:15 – 11:15 a.m.
Fee: $60 Members, $85 Non-Members

Personal Services

PERSONAL TRAINING

The degreed and certified Fitness Professional/Personal Trainer will provide assistance by evaluating, designing, and monitoring a specialized exercise program based on your personal health and fitness goals. Please complete the Personal Training Request Form (available in the Fitness Center) and the Fitness Manager will contact you to arrange your training. Payment is made at the Member Services desk after your schedule is set up. Ages 12 and up.

INDIVIDUAL RATES

60-MINUTE SESSIONS

	3-Pack	7-Pack	10-Pack	20-Pack
Member	$163	$332	$445	$830
Non-Member	$198	$407	$550	$1,035

30-MINUTE SESSIONS

	7-Pack	10-Pack	20-Pack
Member	$213.50	$289	$480
Non-Member	$254.50	$347.25	$577

SMALL GROUP

60-MINUTE SESSIONS

	One Day/wk	Two Days/wk	Three Days/wk
Member	$30/per session	$27/per session	$24/per session
Non-Member	$35/per session	$32/per session	$29/per session

Prices are subject to change.

Please note:

- **Packages expire one year from date of purchase.**
- Training packages must be paid in full prior to your first training session.
- Please report to all scheduled appointment on time and ready to work out.
- Regardless of arrival times, sessions will end at the scheduled time.
- Sessions are transferable, but non-refundable.

SCHEDULING

Please see the Fitness Manager to initiate a training plan. Follow-up training sessions may be scheduled through your Personal Trainer. Payment is made at the Member Services desk after your schedule is set up.

CANCELLATION POLICY

Cancellations for scheduled appointments must be received at least 24 hours in advance to avoid being charged for the session.

SMALL GROUP PERSONAL TRAINING YOUR FRIENDS, YOUR SCHEDULE.

Small Group Personal Training is an alternative to one-on-one training. It offers the benefits of working with a personal trainer at a fraction of the cost of the private rate. In Small Group Personal Training, the workouts are custom designed and tailored to each group. Whether it is for fat loss or general conditioning, our Personal Trainer will push you to a new level. Maximum of four participants per group.

Create your own time and group. The fitness team will cater to your school team or group of friends to schedule times and dates that fit your schedule.

Fee Per Session: $30 Members, $35 Non-Members

AQUA PERSONAL TRAINING

Aqua Personal training, more commonly known as Aqua Therapy is a great way to optimize your fitness level without the high impact. Aqua Training provides the same benefits as land-based training for people affected by osteoarthritis, osteoporosis, obesity, an injury or other health-related issues.

Aquatic exercise is often the next step for those requiring low or no impact or in post-rehabilitation; the buoyancy of water protects recuperating knees, shoulders, ankles and hips. Our Certified Aqua Personal Trainer will develop a program focused on your personal needs. Whether it's designing a high-intensity cross-training regimen or continuing your post-rehabilitation needs, water resistance exercise will challenge your body in every aspect.

You've Got Goals,
Let Us Help You Reach Them

Have you hit a plateau in your fitness routine? Do you want to take your fitness to the next level?

Our small group training program will provide expert training to motivate, encourage and transform your health and fitness.

Register today for a small group training class:

Duration: 60-minutes

Min: One participant

Max: Four participants

Price: Members $30/per session
Non-Members $35/per session

Minimum of four sessions per month. Maximum of up to 12 sessions per month. Intermediate and advanced group options are available. Fitness assessment is required prior to participation.

CDPHP®

Fitness Connect℠
at the Ciccotti Center

MyFitRx™

Improving lives through guided exercise

CDPHP® Fitness Connect℠ at the Ciccotti Center uses a **medically integrated approach to fitness.** Safety and health improvement are our top priorities. Your customized exercise plan is designed with recommendations from your referring provider and applied by our professional fitness staff.

All *eight-week* pathways include:

- Assessments at the beginning and end of your pathway
- A customized exercise plan
- Two 60-minute supervised exercise sessions per week
- A summary report provided to you and made available to your provider
- Full membership access to CDPHP® Fitness Connect℠ at the Ciccotti Center
- **Enrollment fee waived after pathway completion**

Cancer Fitness
Guides movement to help reduce fatigue while improving muscle function and range of motion.

Cardiac Fitness
Delivers guidance to help reduce risk factors for cardiovascular disease, gain strength and increase endurance.

Cognitive Health
Uses exercise to help support and improve mental capacity, self-esteem, mood, sleep, energy and stress levels.

Diabetes Fitness
Encourages management of prediabetes and type 1 and type 2 diabetes by balancing physical activity levels and promoting healthy habits.

Fit for Surgery
Helps build muscular strength and endurance prior to surgery to aid in recovery.

Functional Fitness
Promotes pain reduction through gentle movement for conditions such as arthritis, fibromyalgia, lupus, multiple sclerosis, and other autoimmune conditions.

Orthopedic Fitness
Encourages strength training in targeted muscle groups after physical therapy.

Pulmonary Fitness
Develops specialized plans to help improve breathing capabilities, muscle function and exercise tolerance.

Transitional Care
Provides motivation to help improve stamina and health-related issues due to an inactive lifestyle.

Weight Management
Encourages realistic goal setting for healthy weight and helps develop physical activity habits.

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Aquatic Programs

AMERICAN RED CROSS® SWIM LESSONS

This progressive program teaches participants how to swim in a logical progression, and safety in and around the water. Classes are subject to minimum and maximum enrollment.

CLASS DESCRIPTIONS

The following descriptions are offered for informational purposes only. Children without an American Red Cross completed requirement card dated within the last six months need to be assessed by one of our aquatics instructors prior to registering. Free evaluations will be held on the dates below. No appointment necessary. Please contact the Aquatics Department if these dates and times do not work for you.

IMPORTANT INFORMATION:

1. Please arrive early, allowing time to park, change into swimsuits and get to your lesson on time.

2. Any child three years of age or older may use the locker room with a parent of the same gender, one of our two family changing rooms or our gender neutral locker room.

3. **Parents must remain on pool deck during the duration of their child's swim lesson for children under 12 years.** Seating is provided on deck. (Please remember that a child under the age of 12 must always be in the presence of a parent while anywhere in CDPHP® Fitness Connect℠ at the Ciccotti Center).

4. **Make-up lessons are not guaranteed** unless medical documentation is provided or extenuating circumstances have occurred.

    - Exceptions might be made, but are limited based on class availability and enrollment numbers.
    - If you need to schedule a make-up, please contact the Aquatics Manager
    - If you attend a make-up lesson without having contacted Aquatics Management before, you may be asked to leave the class based on enrollment numbers and for the safety of other children and the instructor.

Toddler and Youth Aquatics

PARENT CHILD AQUATICS

PARENT AND TOT (AGES 6 MONTHS – 2 YEARS)

Using songs, games and water toys, your child will learn basic water readiness during a unique, aquatic parent-tot bonding experience. Children learn to follow the adults' lead and look for permission when in the aquatic area. Parents are required to participate in the water with their child.

SUPER TOT (AGES: 2 – 3 YEARS)

These advanced parent-child swim lessons concentrate on beginning basic stroke movements. Parents learn how to teach their children to swim. We introduce blowing bubbles and basic kicking and paddling. This is a great class to prepare children for the next step in to our Preschool Aquatics program. Parents are required to participate in the water with their child.

PRESCHOOL AQUATICS

Our small group lessons provide your child with the instruction and inspiration needed to be comfortable and confident in the water. They learn to blow bubbles, submerge their face in the water, float while supported, and basic water safety.

PRESCHOOL LEVEL 1 (AGES: 3 – 5 YEARS)

Participants are introduced to the aquatic environment and to mastering the most fundamental skills. All skills are performed with instructor and/or flotation assistance.

PRESCHOOL LEVEL 2 (AGES: 3 – 5 YEARS)

Participants begin to move through the water on their own and with assistance. Prerequisite: must be comfortable in the water on their front, back and with their face in the water.

PRESCHOOL LEVEL 3 (AGES: 3 – 5 YEARS)

Participants continue to work on movement through the water with the goal of moving a short distance on their front and back without assistance or flotation devices.

TO REGISTER

ALL program participants must complete the included registration form or on our website!

YOUTH AQUATICS – LEARN TO SWIM

Our Learn-To-Swim program creates the perfect environment for school-age children to develop their swimming skills. In order to register for pre-school level 1–4, parents must present their American Red Cross card proving successful completion of the previous level. Any child who has not had a lesson at CDPHP® Fitness Connect℠ at the Ciccotti Center within the last six months must be evaluated for placement.

Our American Red Cross Learn-To-Swim program is comprised of six levels and covers the following skills:

- Water entry and exit
- Breathing control
- Underwater swimming
- Buoyancy
- Treading water
- Swimming on front, back and side
- All four competitive strokes
- Changing direction/turns
- Water fitness
- Water safety

LEVEL 1: INTRODUCTION TO WATER SKILLS

Objective: To help students feel comfortable in the water and learn how to safely enjoy the water. Lessons include basic water safety rules, using a life jacket, submerging mouth, nose and eyes, swimming on front and back using arm and leg actions, exhaling underwater, and floating on front and back. All skills are performed and taught with the assistance of their instructor.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Objective: To give students success with fundamental skills. Prerequisites include ability to fully submerge face for a minimum of three seconds, float on back and front with assistance, and demonstrate safe water/pool entries and exits. Skills introduced include submerging entire head, front and back glides, bobbing in water, treading water using arm and leg motions, jellyfish float, swimming using combined strokes on front and back, and recognizing swimmers in distress and getting help.

LEVEL 3: STROKE DEVELOPMENT

Objective: To build on the fundamental skills (see Level two) through guided practice. Prerequisites include demonstrated ability to perform unsupported five-second float or glide on front and back, and independent swimming on front and back for a minimum of five yards. Skills introduced include reaching assists, swimming without assistance, front and back crawl stroke, and rotary breathing in horizontal position, butterfly kick and body motion, survival floats, and retrieving underwater objects.

LEVEL 4/5: STROKE IMPROVEMENT

Objective: To develop confidence in the strokes learned and improve other aquatic skills. Prerequisites include demonstrated ability to perform the crawl stroke with rhythmic breathing for a minimum of 15 yards, back crawl for a minimum of 15 yards. Skills introduced include breaststroke, elementary backstroke, butterfly, and sidestroke, open turn on front and back, and feet-first surface dive.

Class schedule located on next page.

Fall and Winter Session Class Schedule

Session Fee: $85 Members, $135 Non-Members
Late Registration Winter:
$115 Members, $160 Non-Members
(Enrollment January 2 and later)

FALL SESSION:
In Progress

WINTER SESSION:
January 6–February 19
(Seven-Week Session)
VIP Registration Opens: December 6–11
Member Registration: December 13–18
Non-Member Registration: December 20–January 1

***Please Note: VIP Registration only available for participants enrolled in the previous session.**

Parent and Tot (30-min.)	Thursdays	4:30 p.m.		
	Saturdays	9 a.m.	OR	10 a.m.
Super Tot (30-min.)	Saturdays	9:30 a.m.	OR	10:30 a.m.
Preschool level 1 (30-min.)	Thursdays	5 p.m.		
	Saturdays	9 a.m.	OR	10:30 a.m.
Preschool level 2 (30-min.)	Thursdays	5:30 p.m.		
	Saturdays	9:30 a.m.		
Preschool level 3 (30-min.)	Thursdays	6 p.m.		
	Saturdays	10 a.m.		
Level 1 (45-min.)	Thursdays	4:30 p.m.		
	Saturdays	9 a.m.		
Level 2 (45-min.)	Thursdays	5:20 p.m.		
	Saturdays	10 a.m.		
Level 3 (45-min.)	Thursdays	6:10 p.m.		
	Saturdays	11 a.m.		
Level 4/5 (45-min.)	Saturdays	12 p.m.		
Adult Beginner	Thursdays	5:30 p.m.	OR	6:30 p.m.

Adult Aquatics

Ages: 14 years and older.

LESSONS HELD ONCE A WEEK FOR SEVEN WEEKS

ADULT SWIM LESSONS

These swim lessons are designed for adults. Participants will learn to feel safe in and around the water and begin to learn how to swim. Students enrolled in this class will learn confidence in the water, buoyancy, breathing control and treading water, and introduction to stroke techniques. To determine what level suits you best, please contact the Aquatics Department

Beginner (45-min.): Mondays at 7:30 p.m. **OR** Sundays at 10 a.m.
Intermediate (45-min.): Wednesdays at 7:30 p.m. **OR** Sundays at 11 a.m.
Fee/Session: $80 Members, $130 Non-Members

Private Instruction

PRIVATE SWIM LESSONS

These one-on-one lessons are for children or adults. Lessons are set up by appointment only. These lessons will be designed to fit the need of the swimmer. After an initial evaluation, the swimmer and instructor will determine what skills need to be covered. Please contact the Aquatics Department for more information.

30-MINUTE LESSONS

Lessons	Members	Non-Members
3	$95	$110
7	$195	$225
10	$255	$295
20	$480	$555

SPECIAL NEEDS PRIVATE SWIM LESSONS

We are dedicated to working with a wide range of special needs individuals to help them learn the skills needed in an aquatic environment. Our program is focused on preparing participants to integrate into group lessons as well as staying safe around water. Please contact the Aquatics Department with any questions or to set up a lesson schedule.

30-MINUTE LESSONS

Lessons	Members	Non-Members
3	$95	$110
7	$195	$225
10	$255	$295
20	$480	$555

SEMI-PRIVATE SWIM LESSONS

Semi-private lessons are for two individuals of similar ability. Both participants need to register together. These lessons are for children or adults. Lessons are set up by appointment only. These lessons will be designed to fit the needs of the swimmers. After an initial evaluation, the swimmers and instructor will determine what skills need to be covered. Please contact the Aquatics Department for more information.

30-MINUTE LESSONS

Lessons	Members	Non-Members
3	$155	$170
7	$295	$345
10	$380	$430
20	$705	$780

PLEASE NOTE:

- **All private swim packages expire one year from the date of purchase.**
- We require at least a 24 hour notice in advance of your appointment to reschedule or cancel your session to avoid being charged.
- Training packages must be paid in full prior to the first training session.
- Please report to scheduled lesson on time and ready to swim.
- Regardless of arrival times, sessions will end at the scheduled time.
- All session packages are transferable, but non-refundable.
- For semi-private lessons, both parties will be charged even if only one participant attends.

Certification Preparation Classes

CPR and AED FOR PROFESSIONAL RESCUER

As an EMT, firefighter, athletic trainer, childcare provider or lifeguard it is your duty to respond to cardiac or breathing emergencies until more advanced medical personnel can take over. From assessing needs and making decisions, to providing care, this program provides the skills you need through discussion, video and hands-on training based on real-life rescue scenarios. Course covers adults, children and infants and includes free online refreshers. Classroom and blended learning options available. Two-year certification. Digital certificate available upon successful completion of course. Topics include:

- Primary assessment
- Ventilations, including use of CPR breathing barriers
- Choking (conscious and unconscious)
- CPR (one- and two-rescuer)
- Using an AED
- Optional training in use of epinephrine auto-injectors and asthma inhalers available

Dates/Times: Contact Aquatics Manager for course offerings (Course length approximately four–five hours)
Fee: $65 Members, $95 Non-Members

LIFEGUARDING

Participants will gain the knowledge and skills needed to prevent and respond to aquatic emergencies both in a pool and at a waterfront environment. This course prepares participants to recognize and respond quickly and effectively to prevent drowning and injuries. Participants in this course will also learn CPR/AED for the Professional Rescuer.

PREREQUISITES:

- Must be 15 years old by the end of the course.
- The participant will need to complete the following prior to taking the course:
  - Swim 550 yards continuously using either front crawl with rhythmic breathing (face needs to be in the water unless breathing) OR breaststroke with the proper timing and technique.
  - Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive seven to 10 feet, retrieve a 10 lb. object, return to surface and swim 20 yards back to starting point holding object with both hands. All must be done within one-minute and 40 seconds.
  - Swim 5 yards out from the side of the pool, submerge and retrieve three dive rings (placed five yards apart in four to seven feet of water), resurface and swim five yards back to the side of the pool.

Dates/Times: Contact Aquatics Manager for course offerings
Fee: $300 Members, $360 Non-Members

CANCELLATION POLICY: *Cancellation of enrollment due to failure of swim test or for medical reasons accompanied by a doctor's note after the start of class will not be fully refunded due to the cost of the material. No refunds will be issued for any other reason.*

LIFEGUARD TRAINING REVIEW

This full-day re-certification course is for people who have or had a current Lifeguarding certificate within 30 days of this course, and wish to renew. It includes a review of all lifeguard training components including in and out of water exercises as well as CPR/AED for the Lifeguard and First Aid.

Dates/Times: Contact Aquatics Manager for course offerings
Fee/Day: $125 Members, $175 Non-Members

Class Registration Form

CDPHP Fitness Connect℠ at the Ciccotti Center

Class spaces are limited. Please register in advance.
Registration can be mailed, faxed, or filled out online or at the front desk.

Participant's Name_____ ☐ Male ☐ Female Date of Birth_____

Parent's Name_____ email_____

Address_____ City_____ Zip_____

Daytime Phone #_____ Evening_____ Cell_____

Emergency Contact_____ Relationship to Participant_____

Daytime Phone #_____ Evening_____ Cell_____

Does participant have any allergies, medical conditions or other needs of which we should be aware? ☐ Yes ☐ No (If yes, please explain)

_____

Please list any medications the participant is currently taking of which we should be aware:

_____

Medical Provider Name_____ Medical Provider Phone Number_____

If participating as a minor, please complete the following:

Grade_____ School_____ Shirt Size_____

Course Name	Session (if applicable) / Date(s) / Time			Cost
	Session:	Date(s)	Time:	$
	Session:	Date(s)	Time:	$
	Session:	Date(s)	Time:	$
			TOTAL	$

Payment Options:

☐ **Check**
(Please make a check payable to CDPHP® Fitness Connect℠ at the Ciccotti Center.)
Mail to: CDPHP® Fitness Connect℠ at the Ciccotti Center Program Registration
30 Aviation Road, Albany, NY 12205

☐ **Credit Card**
(American Express, Discover, MasterCard, Visa)
Please call (518) 867-8920 or visit the CDPHP® Fitness Connect℠ at the Ciccotti Center to process your secure registration. Please complete and return Participant Release of Liability.

☐ **House Account**
Must be a Member with an active house account.

REQUIRED FOR ALL PROGRAMS: PARTICIPANT RELEASE OF LIABILITY. READ BEFORE SIGNING.

Participant's Name_____
In consideration of being allowed to participate in any way in the program, related events, and activities. I, the undersigned, acknowledge, appreciate and agree that:
1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death and while particular rules, equipment, and, personal discipline may reduce this risk, the risk of serious injury does exist.
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others and assumes full responsibility for my participation.
3. I willingly agree to comply with the stated and customary terms and conditions of participation. If however i obverse any unusual significant hazards during my presence or participation, i will remove myself from participation and bring such to the attention of the nearest official immediately.
4. I, for myself, and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY AND HOLD HARMLESS CDPHP® Fitness Connect℠ at the Ciccotti Center, their offices, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and lessor of premises used to conduct the event (RELEASEES, WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

Participant's Name_____ Date_____

FOR PARENTS/GUARDIANS OR PARTICIPANT OF MINOR AGE: (UNDER AGE 18 AT TIME OF REGISTRATION)
This is to clarify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns and next of kin, i release and agree to indemnify and hold harmless the Releasees from any and all liability incident to my minor child's involvement or participation in these programs as proved above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Parent/Guardian Signature_____ Date_____

Cancellation Policy for Programs: No refunds will be issued for withdrawal from any program (including but not limited to fitness, aquatics or recreational programs, leagues, camps or classes) unless accompanied by doctor's note and written approval by the program manager and/or center director. Refunds may be issued without doctor's note if the withdraw is at lease one week prior to this first day of the program, but still requires written approval by the program manager or center director. Please note that a processing fee may apply to any cancellation not accompanied by doctor's note.

Please note a non-refundable deposit will apply (fee dependent upon the cost of the class not to exceed $50)

Show your support!

WITH THE SAMMY NATHAN SCHOLARSHIP FUND

Whether you are a CDPHP® Fitness Connect℠ at the Ciccotti Center member, a user of the Center's childcare services, or you have participated in one of many programs over the years, you are a part of the greater CDPHP® Fitness Connect℠ at the Ciccotti Center family! Please consider donating so that those who cannot afford our services can participate too.

Colonie Youth Center, Inc.
SCHOOL-AGE CHILDCARE | CICCOTTI CENTER

To give to the Sammy Nathan Scholarship Fund, visit the Colonie Youth Center website at colonieyouthcenter.org/donations.cfm

The Colonie Youth Center, Inc. is honored to provide limited funding for discounted membership and programming at CDPHP® Fitness Connect℠ at the Ciccotti Center. The Sammy Nathan Scholarship Fund is a charitable gift given in memory of Sammy Nathan. The fund exists to assist financially eligible families with membership and programming.

The fund was established by two CDPHP® Fitness Connect℠ at the Ciccotti Center members in memory of their great-nephew Sammy. The couple espouse the importance of family, health and wellness. Although their family was denied the joy of seeing Sammy grow up and enjoy the Center with his brother, and now sister, it brings them peace knowing that they are helping other children enjoy swimming, sports, gym games, fitness activities and quality time with their families. Sammy's family honors his life with this statement. **"If a scholarship to the Center can provide a child with a little bit of joy and laughter, it will be true to Sammy's memory and our love for him."**

Sponsorships are available. Great recognition for your company!

SEPTEMBER 26, 2021
at CYC's CDPHP® Fitness Connect℠ at the Ciccotti Center

All proceeds benefit CYC's scholarship assistance programs helping to provide CDPHP® Fitness Connect℠ at the Ciccotti Center opportunities and school-age childcare programs to all families.

Sponsors and volunteers are needed! For sponsorship details or to sign up to volunteer, call **(518) 438-9596** or e-mail **dcs@colonieyouthcenter.org**.
For more information, visit **colonieyouthcenter.org**.

Like The Crossings 5k Challenge on Facebook.
Follow us on Facebook @cyc5kchallenge for information regarding our 2022 event!

Colonie Youth Center, Inc.

SCHOOL-AGE CHILDCARE | CICCOTTI CENTER

Dedicated to enhancing your quality of life.

15 Avis Drive, Latham, NY 12110

colonieyouthcenter.org

(518) 438-9596

Meeting the needs of the greater Capital Region with:

- CDPHP® Fitness Connect℠ at the Ciccotti Center
- Summer Day Camps
- Before-School and After-School programs

The mission of the Colonie Youth Center (CYC) is to provide a variety of childcare, recreation and wellness services designed to enhance the living experience for all people living in the greater Capital Region.

SCHOOL-AGE CHILDCARE PROGRAMS

Before and After-School Childcare • School Vacation Day Camps • Summer Camps

The Colonie Youth Center's School-Age Childcare (SACC) Department operates several programs located in North Colonie, South Colonie, and the Menands School Districts. The School-Age Childcare Department includes Before-School and After-School Programs, Vacation Camp Programs, and Summer Day Camps.

EMPLOYMENT

Seasonal positions available. Please call today for immediate consideration!

CYC is accepting employment applications for our School-Age Childcare Department! These positions are available for the current school year. For more information contact April Castle, School-Age Childcare Director or Marianne Nasso, Director of Human Resources at (518) 438-9596. Applications are available on the CYC website or at our offices at 15 Avis Drive, Latham.

COLONIE YOUTH CENTER (CYC) BOARD OF DIRECTORS:

Michael P. Marohn, President
Brian Schneider, Vice President
Michael McKenna, Treasurer
Lonnie Clar, Secretary

Carl Stewart, Immediate Past President

Jenna Bongermino
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You can be stronger and CDPHP® will help.
Staying active is the key.

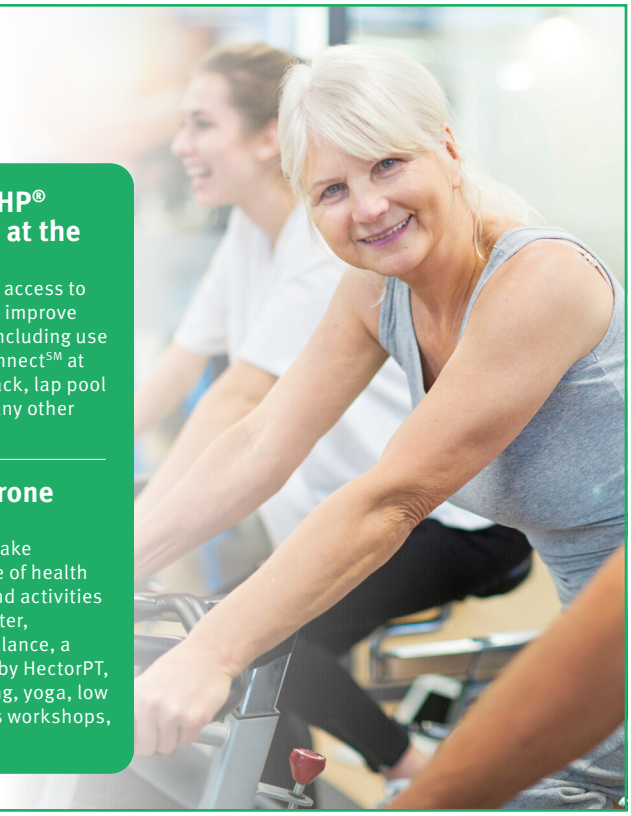
CDPHP Senior Fit®
Vitality doesn't just happen automatically, especially as you age. You have to work at it! But regular workouts and fitness classes may be easier to handle when you don't have to pay for them. As a CDPHP® Senior Fit® programs at the Beltrone Living Center and CDPHP® Fitness Connect℠ at the Ciccotti Center by signing up through Colonie Senior Service Centers.

Enrollment
Current CDPHP® Medicare Choices members can enroll in Senior Fit® through CSSC by visiting the Beltrone Living Center and filling out an enrollment form. Be sure to bring your CDPHP® Medicare Choices membership card for verification. Once enrolled as a Senior Fit® member, you can enjoy all the benefits of a CDPHP® Fitness Connect℠ at the Ciccotti Center membership, as well as the many health and wellness programs offered at the Beltrone Living Center (518) 459-2857 ext. 303

Colonie Senior Service Centers, Inc. | CDPHP® | Fitness Connect℠ at the Ciccotti Center

Senior Fit® at CDPHP® Fitness Connect℠ at the Ciccotti Center
Senior Fit® enrollees have access to a wide range of options to improve their health and fitness, including use of the CDPHP® Fitness Connect℠ at the Ciccotti Center and track, lap pool and aqua classes, and many other programs and classes.

Senior Fit® at Beltrone Living Center
Senior Fit® enrollees can take advantage of a wide range of health and wellness programs and activities at the Beltrone Living Center, including Keeping your Balance, a free balance assessment by HectorPT, OsteoBusters, folk dancing, yoga, low impact aerobics, wellness workshops, luncheons, and more.



amazonsmile You shop. Amazon gives.

Please consider the Colonie Youth Center when making purchases on Amazon.

AmazonSmile is making your shopping dollars go further by donating 5% from eligible purchases to a registered charity of your choice. All proceeds the Colonie Youth Center receives will help us to continue providing outstanding fitness and recreation opportunities, childcare programs, and counseling services for individuals, children, and families. **Thank you!**

If you are not already a member of CDPHP® Fitness Connect℠ at the Ciccotti Center, stop in for a visit. We would be pleased to give you a tour!

Visit our website at **cdphpfitnessconnect.org** for more information or contact us at (518) 867-8920.

CDPHP® Fitness Connect℠ at the Ciccotti Center

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