



**Fitness Connect<sup>SM</sup>**  
*at the Ciccotti Center*



## Community Program Guide

### Summer 2024



## Program Policies

All children must meet the following guidelines for enrollment or use of any program at CDPHP® Fitness Connect<sup>SM</sup> 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<sup>SM</sup> 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<sup>SM</sup> 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](http://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<sup>TM</sup> 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.



### IMPORTANT

ALL program participants must complete the registration form on **PAGE 18** or on our website!

## Youth Sports Leagues

### “SHOOTING FOR GOLD” SUMMER RECREATIONAL BASKETBALL LEAGUE



So you want to be the next Kevin Durrant, James Harden, LeBron James, Jayson Tatum, Devin Booker or Stephan Curry! The CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center Basketball program focuses on recreational play of basketball. Our goal is to teach each player about the game and provide them with equal amounts of playing time while having FUN! Coaches are volunteers who have varied levels of basketball knowledge. Parents interested in coaching, please contact Jake Hutton at (518) 867-8920.

#### IMPORTANT INFORMATION

- Registration deadline is Friday, July 12 or when the teams are full.
- Pre-registration required. Limited space available. No draft-day sign-ups, please.
- All children will be placed on a team, including those who cannot attend draft day, (but only if pre-registered!)
- Coaches will contact their players with the time to report for their first game.
- We will provide the schedule for the remainder of the season at the first game.
- **This league does *not* conduct formal practices – game schedule includes a fifteen-minute pregame practice.**

**Draft Day:** July 13  
**Game Days:** Grade 1 and 2: Tuesdays, July 16–August 27  
 Grade 3 and 4: Wednesdays, July 17–August 28  
 Grade 5 and 6: Mondays, July 15–August 26  
**Location:** All drafts and games at the CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center  
**Fee:** \$115 Members, \$145 Non-Members (includes team t-shirt)

#### 1ST AND 2ND GRADE CO-ED

**Draft Time:** NO DRAFT (Jake will draft teams)  
**Game Times:** 6 – 8 p.m.

#### 3RD AND 4TH GRADE CO-ED

**Draft Time:** 9 – 10 a.m.  
**Game Times:** 6 – 8 p.m.

#### 5TH AND 6TH GRADE CO-ED

**Draft Time:** 10 – 11 a.m.  
**Game Times:** 6 – 8 p.m.

## Sport & Recreation Camps

### SUMMER SPORTS DAY CAMP

No arts, no crafts, no cooking - JUST SPORTS! Try your hand at a variety of sports in our Sporty Sprouts Day Camp designed for the athletic, sports-loving kid.

The goal of the Sporty Sprouts and All Sports Camp is to provide children in Grades K–2 and 3–8 with a healthy, safe environment where participants will have fun playing various sports such as basketball, Whiffle ball, soccer, football, kickball, European handball, Scatter, Dodgeball, Parachute games and much more in a camp setting. The camp provides children with the opportunity to play their favorite sports.

Upon registration you will receive a more detailed sports camp application including a medical form, camp policies and procedures manual, and a camp activities calendar. Camp will operate rain or shine. Campers are required to bring bathing suit, towel, sneakers, snack, lunch and a beverage.

**Days:** Monday – Friday  
**Dates:** Session 1 July 1 – 5 (No camp July 4)  
 Session 2 July 8 – 12  
 Session 3 July 15 – 19  
 Session 4 July 22 – 26  
 Session 5 July 29 – August 2  
 Session 6 August 5 – 9  
 Session 7 August 12 – 16  
 Session 8 August 19 – 23  
 Session 9 August 26 – 30

**Time:** 7:30 a.m. – 5:30 p.m.

**Location:** CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center

**Grades:** K–2 and 3–8

**Fee:** \$220 Ciccotti Members, \$260 Non-Members

### “THIRD & INCHES” FLAG FOOTBALL CAMP

The “Third & Inches” flag football camp will emphasize basic fundamentals of football through drills, demonstrations, fun activities and daily games. Campers are required to have a mouth guard, snack and beverage. Sneakers or cleats are acceptable. If you are registered for both camps a lunch is required.

**Date:** Monday, July 8 – Friday, July 12  
**Time:** 9 a.m. – 12 p.m.  
**Grades:** K–3 Co-Ed  
**Location:** CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center  
**Fee:** \$80 Ciccotti Members, \$100 for Non-members (Discount if you sign up for Little Kicks Soccer Camp \$140 Ciccotti Members & \$180 Non-members)

### “LITTLE KICKS” SOCCER CAMP

This camp will expose campers to the basics of soccer. Through fun drills and demonstrations the campers will learn skills such as; passing, dribbling, shooting in a fun setting.

**Date:** Monday, July 8 – Friday, July 12  
**Time:** 1 – 4 p.m.  
**Grades:** K–3 Co-ed  
**Location:** CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center  
**Fee:** \$80 Ciccotti Members, \$100 for Non-Members (Discount if you sign up for Flag Football Camp \$140 Ciccotti Members, \$180 Non-Members)

# Youth Sports and Recreation Programs

## SPLASH OF SUMMER CAMP

Registration for Summer Splash Camp at CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center is almost open! Book your child's spot for a summer full of water activities and fun. During the camp, campers will be divided into three groups based on their skill level: Jellyfish, Dolphins, and Sharks. On the first day of camp, there will be a swim test to determine the best group for each camper. Every day, each group will receive a 30-45 minute swim lesson to ensure that they learn essential water safety skills. After the lessons, campers will have the opportunity to enjoy the water features, lazy river, and slides at the center, allowing them to have fun and release some energy with their friends. Our counselors have planned various games and activities for each day, including relay races, water volleyball, water balloon toss, sponge relays, slip and slides, and even water Olympics on the last day. **Don't miss out on this opportunity for your child to have a blast in the water this summer. Register for Summer Splash Camp today!**

**Jellyfish Group:** The jellyfish group will focus on floating, kicking, and stroke introduction in our activity pool, providing them with a safe space to learn new swimming skills.

**Dolphin Group:** The dolphin group will work on developing strokes such as freestyle and elementary backstroke. With access to both the lap pool and activity pool, our instructors can effectively teach the campers how to stay safe in the water and improve their swimming skills.

**Shark Group:** The shark group is for the most advanced swimmers in the camp. They will spend the majority of their time in the lap pool, fine-tuning their strokes and building stamina. This group is perfect for children interested in pursuing swimming as a sport.

**Dates:** Session 1 July 8 – July 12  
Session 2 August 5 – August 9

**Time:** 8 a.m. – 12 p.m. (Half day)

**Ages:** 4+ (Campers must be able to change by themselves)

**Fee:** \$140 Ciccotti Members, \$175 Non-Members)

**What to bring:** Swim wear, towel, goggles, water bottle, and snacks.

## BIDDY FIT CAMP

A camp that is designed to focus on the fundamentals of movement. This program will incorporate squats, climbing, balancing, cardiovascular exercises based through play. Your child must be able to use the bathroom on their own. Please bring water and snack.

**Dates:** Session 1 July 8 – 12  
Session 2 August 12 – 16

**Time:** 9 – 11 a.m.

**Ages:** 3–4 years old

**Location:** Gym

**Fee:** \$60 Ciccotti Members, \$85 for Non-Members

## “LITTLE MAJOR LEAGUERS” BASEBALL CAMP

“Going, Going Gone” So you want to be a major league ball player. Here is your chance to get a jump on the rest of the player's.

The “Little Major Leaguers” baseball camp will emphasize basic fundamentals through drills, demonstrations, campers will learn how to hit off a T and also soft toss and other fun activities. Campers will have a snack time, so please provide them with a snack.

**Dates:** Monday, July 15 – Friday, July 19

**Time:** 9 a.m. – 12 p.m.

**Grades:** K–3 Co-Ed

**Location:** CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center

**Fee:** \$80 Ciccotti Members, \$100 for Non-Members  
(Discount if you sign up for Little Dunks Camp  
\$140 Ciccotti Members, \$180 Non-Members)

## ARTS AND THEATER CAMP

This camp is designed for the creative mind! This camp will allow your little one to shine bright and showcase their personalities. It will incorporate song and dance through movement. They will work together to create a play together. The play will be displayed to the parents on the last day of the camp.

**Dates:** Session 1 July 15 – 19  
Session 2 August 5 – 9

**Time:** 1:15–3:15 p.m.

**Ages:** 6–11 years old

**Location:** Gym

**Fee:** \$60 Ciccotti Members, \$85 for Non-Members

## “LITTLE DUNKS” BASKETBALL CAMP

You're never too young to start an NBA career. The “Little Dunks” basketball camp will emphasize basic fundamentals through drills, demonstrations and fun activities. Campers will have a snack time, so please provide them with a snack.

**Dates:** Monday, July 15 – Friday, July 19

**Time:** 1 – 4 p.m.

**Grades:** K–3 Co-Ed

**Location:** CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center

**Fee:** \$80 Ciccotti Members, \$100 for Non-Members  
(Discount if you sign up for Fast Break Camp  
\$140 Ciccotti Members, \$180 Non-Members)

## MATT JACKSON CO-ED LACROSSE CAMP

This camp will expose campers to the basics of lacrosse. Through fun drills and demonstrations the campers will learn skills such as passing, catching, scooping, shooting, dodging and many other areas associated with lacrosse. Campers are required to bring a lacrosse stick, helmet, gloves, arm pads, and shoulder pads. Girls should bring goggles and a stick. \*Some equipment will be available. If you are registered for both camps a lunch is required.

**Dates:** Monday, July 22 – Friday, July 26

**Time:** 9 a.m. – 12 p.m.

**Grades:** K – 3 Co-ed

**Location:** CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center

**Fee:** \$80 Ciccotti Members, \$100 for Non-Members  
(Discount if you sign up for Little Dunks Camp  
\$140 Ciccotti Members, \$180 Non-Members)

## “TRIPLE THREAT” BASKETBALL CAMP

If you love basketball then you will enjoy this camp! We will emphasize skills through the use of stations such as dribbling, shooting, rebounding and post moves. Participants will have afternoon game play and end the day with various shooting contests. Campers are required to bring sneakers, snack, and beverage. Instructor: TBD

**Date:** Monday, July 22 – Friday, July 26

**Time:** 1 – 4 p.m.

**Grades:** 3 – 6 Co-ed

**Location:** CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center

**Fee:** \$80 Ciccotti Members, \$100 for Non-Members



## MISSION OBSTACLE CAMP

A sensory class designed for ages 3-4 years old where we set up different “obstacle courses” for kids to participate in. Utilization of mats, hurdles, poly spots, box jumps, balance beams, etc. This camp is perfect for any active mover. Your child must be able to use the bathroom on their own. Please bring a water and snack.

**Dates:** Session 1 July 22 – 26  
Session 2 August 19 – 23

**Time:** 9 – 11 a.m.

**Ages:** 3 – 4 years old

**Location:** Gym

**Fee:** \$60 Ciccotti Members, \$85 for Non-Members

## YOUTH STRENGTH AND CONDITIONING CAMP

This summer, The CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center will be offering a camp aimed to enhance young athlete’s game time performance. During this camp, we will focus on training speed/agility, strength/power, and conditioning to enhance their performance and decrease their risk of injury. Join our Fitness team as they provide research based workouts for your athlete!

**Dates:** Session 1 July 29 – August 1  
Session 2 August 26 – August 30

**Time:** 1 – 4 p.m.

**Ages:** 7 – 15 years old

**Location:** CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center

**Fee:** \$140 Ciccotti Members, \$175 for Non-Members

## FALLING LEAVES FALL BASKETBALL

**Games:** TBD

[SEE OUR FALL GUIDE FOR MORE INFORMATION](#)





## Adult Sports Leagues

### PICKLEBALL

No Pickleball over the summer it will resume September 4.





### 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:** FREE

#### **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.

**Session 1:** April 29–June 17 (no class May 27)

**Session 2:** July 8–August 19

**Day:** Mondays

**Time:** T'ai Chi Sun Style 10:15–11:15 a.m.

T'ai Chi for Arthritis 1–2 p.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	\$178	\$367	\$495	\$930
Non-Member	\$213	\$442	\$600	\$1,135
30-MINUTE SESSIONS				
		7-Pack	10-Pack	20-Pack
Member		\$248	\$339	\$580
Non-Member		\$289	\$397	\$677
SMALL GROUP				
60-MINUTE SESSIONS				
	One Day/wk	Two Days/wk	Three Days/wk	
Member	\$35/per session	\$32/per session	\$29/per session	
Non-Member	\$40/per session	\$37/per session	\$34/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.



## 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 \$35/per session  
Non-Members \$40/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.*



**Fitness Connect<sup>SM</sup>**  
at the Ciccotti Center 





Improving lives through guided exercise

CDPHP® Fitness Connect<sup>SM</sup> 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<sup>SM</sup> 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.



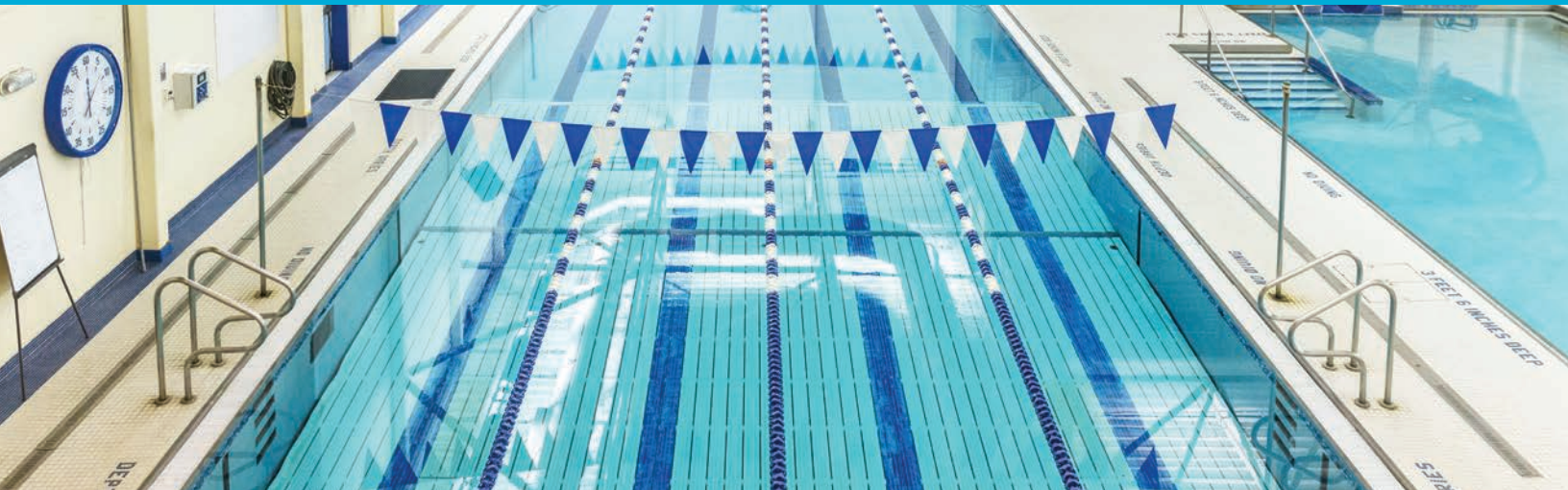
## Kids on the Move: Youth Workout Program

Give your youth the opportunity to become fit and active in our 8-week youth workout program. Youth ages 7-15 will learn fun and effective exercises that will help them build healthy muscles, bones and joints. Participants in the Kids on the Move program will become comfortable and confident about exercise with guidance from our degreed and certified fitness specialists.

### **Youth in the Kids on the Move program will receive:**

- Fitness assessments at the beginning and end of the program
- An individualized exercise plan
- Instruction on techniques and exercises for a healthy lifestyle
- One month of FREE membership upon completion of the program
- Your youth can improve his or her life through exercise and prevent or delay the development of many chronic diseases. To learn more about the Kids on the Move youth workout program, visit the Member Services desk or call 518-867-8920.





## 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<sup>SM</sup> 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<sup>SM</sup> 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.**



# Summer Session Class Schedule

**Session Fee:**  
\$85 Members, \$135 Non-Members

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

**SUMMER SESSION 1:**  
May 13–June 30  
**ACCEPTING ALL REGISTRATION FORMS STARTING APRIL 22, 2024**  
**VIP Registration Opens: 2/22**  
**Member Registration: 4/29**  
**Non-Member Registration: 5/6**

**SUMMER SESSION 2:**  
July 14–August 31  
**ACCEPTING ALL REGISTRATION FORMS STARTING JUNE 24**  
**VIP Registration Opens: 6/24**  
**Member Registration: 7/1**  
**Non-Member Registration: 7/8**

Parent and Tot (30-min.)	Thursday	4:30 p.m.	OR	5:40 p.m.
	Saturday	9 a.m.	OR	10:10 a.m.
	Sunday	9 a.m.		
Super Tot (30-min.)	Thursday	5:05 p.m.		
	Saturday	9:35 a.m.		
	Sunday	9:35 a.m.		
Preschool level 1 (30-min.)	Tuesday	5 p.m.		
	Wednesday	4:30 p.m.		
	Thursday	4:30 p.m.		
	Saturday	9 a.m.		
	Sunday	9 a.m.		
Preschool level 2 (30-min.)	Saturday	9:35 a.m.		
	Sunday	9:35 a.m.		
Preschool level 2/3 (30-min.)	Tuesday	5:35 p.m.		
	Wednesday	5:05 p.m.		
	Thursday	5:05 p.m.		
Preschool level 3 (30-min.)	Saturday	10:10 a.m.		
	Sunday	10:10 a.m.		
Level 1 (45-min.)	Monday	5 p.m.		
	Tuesday	4 p.m.		
	Wednesday	4:30 p.m.		
	Thursday	4:30 p.m.		
	Saturday	10 a.m.		
	Sunday	10 a.m.		
Level 2 (45-min.)	Monday	6 p.m.		
	Tuesday	5 p.m.		
	Wednesday	5:20 p.m.	OR	5:45 p.m.
	Thursday	5:20 p.m.		
	Saturday	10:15 a.m.		
	Sunday	10:45 a.m.		
Level 3 (45-min.)	Monday	5 p.m.		
	Tuesday	4 p.m.		
	Wednesday	4:30 p.m.	OR	6:15 p.m.
	Thursday	4:30 p.m.		
	Saturday	9 a.m.	OR	11 a.m.
	Sunday	9 a.m.	OR	11 a.m.
Level 4 (45-min.)	Monday	6 p.m.		
	Wednesday	5:20 p.m.		
	Thursday	5:20 p.m.		
	Saturday	10 a.m.	OR	11:15 a.m.
	Sunday	10 a.m.	OR	11:15 a.m.
Level 4/5 (45-min.)	Thursday	6:10 p.m.		
	Saturday	12 p.m.		
Adult Beginner 1	Tuesday	11 a.m.		
	Wednesday	6 p.m.		
	Thursday	11 a.m.		
	Friday	11 a.m.		
Adult Beginner 2	Thursday	6:10 p.m.		
	Saturday	12 p.m.		
Adult Beginner 3	Tuesday	6 p.m.		
	Sunday	10:45 a.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

## 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	\$105	\$125
7	\$225	\$255
10	\$300	\$340
20	\$575	\$650

### 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	\$105	\$125
7	\$225	\$255
10	\$300	\$340
20	\$575	\$650

## 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



**Fitness Connect<sup>SM</sup>**  
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 \_\_\_\_\_ (Rec only)

Course Name	Session or swim level (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<sup>SM</sup> at the Ciccotti Center.)

Mail to: CDPHP® Fitness Connect<sup>SM</sup> 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<sup>SM</sup> 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 RELEASEES 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 observe 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<sup>SM</sup> 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 withdrawal is at least 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)





Sponsorships are available. Great recognition for your company!



**THANK YOU for 20 years of amazing races!**  
**Sunday, September 29, 2024**

at CYC's CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center



All proceeds benefit CYC's scholarship assistance programs helping to provide CDPHP® Fitness Connect<sup>SM</sup> 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](mailto:dcs@colonieyouthcenter.org). Like **The Crossings 5k Challenge** on Facebook. Follow us on Facebook @[cyc5kchallenge](https://www.facebook.com/cyc5kchallenge) for information regarding our 2024 event!

# THE SAMMY NATHAN SCHOLARSHIP FUND

The Colonie Youth Center, Inc. is honored to provide limited funding for discounted membership and programming at CDPHP® Fitness Connect<sup>SM</sup> 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<sup>SM</sup> 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."**

To give to the Sammy Nathan Scholarship Fund, visit the Colonie Youth Center website at [colonieyouthcenter.org/donations.cfm](https://colonieyouthcenter.org/donations.cfm)



*Show your support!*

Whether you are a CDPHP® Fitness Connect<sup>SM</sup> 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<sup>SM</sup> at the Ciccotti Center family! Please consider donating so that those who cannot afford our services can participate too.



## **Dedicated to enhancing your quality of life.**

15 Avis Drive, Latham, NY 12110

[colonieryouthcenter.org](http://colonieryouthcenter.org)

(518) 438-9596

The mission of the Colonie Youth Center, Inc. is to provide programs and services to enhance the living experience of all people in the greater Capital Region.

## **Meeting the needs of the greater Capital Region with:**

- CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center
- Before-School and After-School programs
- Early Learning Programs
  - Universal Pre-K
  - Daycare — Coming in Spring 2024
- Summer Day Camps

## **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 Durand, President  
Peter Gannon, Vice President  
Lauren LiGreci Brown, Treasurer  
Dr. Gina Cosgrove, Secretary

Brian Schneider – Immediate Past President

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Keith Flores  
Steven Heider  
Teresa Johnson  
Kathy Leyden  
Tara Moffett  
Matt Stein  
Rodger Wyland

Nikki A. Caruso MSW, Executive Director  
Susan D. Nadeau, Director of Business and Finance

**If your school would like to learn more about the services we can provide to your families, please call Nikki A. Caruso at (518) 438-9596.**



## 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® member, you have full access to CDPHP® Fitness Connect™ at the Ciccotti Center.

### Enrollment

Current CDPHP® Medicare Choices members can enroll in Senior Fit® by coming into the CDPHP® Fitness Connect™ at the Ciccotti Center and stopping at the front desk where their membership will be verified by a front desk team member and a membership will be created. Once enrolled you will enjoy all the benefits of a CDPHP® Fitness Connect™ at the Ciccotti Center membership.

### 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 track, lap pool, group exercise classes, aqua classes, and many other programs.



**Fitness Connect™**  
at the Ciccotti Center



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](https://cdphpfitnessconnect.org)** for more information or contact us at (518) 867-8920.



**Fitness Connect™**  
at the Ciccotti Center

