



Fitness ConnectSM
at the Ciccotti Center



Community Program Guide Summer 2025



Program Policies

All children must meet the following guidelines for enrollment or use of any program at CDPHP® Fitness ConnectSM 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 ConnectSM 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



What's Inside

Youth Sports and Recreation Programs

Youth Sports Leagues.....pg 3
School Vacation Programs.....pg 5

Adult Sports and Recreation Programs

Adult Sports Programs.....pg 6

Fitness Programs

Adult Fitness Programs.....pg 7

Personal Services

Personal Training.....pg 9
Small Group Personal Training.....pg 9
MyFitRx®.....pg 11

Aquatic Programs

Toddler and Youth Aquatics.....pg 13
Class Schedules.....pg 15
Adult Aquatics.....pg 16
Private Instruction.....pg 16
Certification Preparation Classes.....pg 17

Colonie Youth Center

Registration Form.....pg 18
Sammy Nathan Scholarship Fund.....pg 19
Board of Directors.....pg 20
School-Age Childcare Programs.....pg 20
Employment.....pg 20

 DENOTES SPECIAL NEEDS-FRIENDLY PROGRAM

Center Highlights

Membership

Becoming a member at CDPHP® Fitness ConnectSM 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 ConnectTM 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 ConnectSM 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 15–August 26
Grade 3 and 4 Wednesdays, July 16–August 27
Grade 5 and 6 Mondays July 14–August 25
Location: All drafts and games at the CDPHP® Fitness ConnectSM 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 June 30–July 3 (no camp July 4)
Session 2 July 7–11
Session 3 July 14–18
Session 4 July 21–25
Session 5 July 28–August 1
Session 6 August 4–8
Session 7 August 11–15
Session 8 August 18–22
Session 9 August 25–29

Time: 7:30 a.m. – 5:30 p.m.

Location: CDPHP® Fitness ConnectSM at the Ciccotti Center

Grades: K–2 and 3–8

Fee: June 30-July 3: \$176 Ciccotti Members, \$216 Non-Members
Session 2-9: \$220 Ciccotti Members, \$270 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 7–Friday, July 11
Time: 9 a.m. – 12 p.m.
Grades: K–3 Co-Ed
Location: CDPHP® Fitness ConnectSM at the Ciccotti Center
Fee: \$80 Ciccotti Members, \$120 for Non-members
(Discount if you sign up for Little Kicks Soccer Camp
\$140 Ciccotti Members, \$200 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 7 – Friday, July 11
Time: 1 – 4 p.m.
Grades: K–3 Co-ed
Location: CDPHP® Fitness ConnectSM at the Ciccotti Center
Fee: \$80 Ciccotti Members, \$120 for Non-Members
(Discount if you sign up for Flag Football Camp
\$140 Ciccotti Members, \$200 Non-Members)

Youth Sports and Recreation Programs

SPLASH OF SUMMER CAMP

Registration for Summer Splash Camp at CDPHP® Fitness ConnectSM 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 7 – July 11
Session 2 August 4 – August 8

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: August 11 – 15

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 14 – Friday, July 18

Time: 9 a.m. – 12 p.m.

Grades: K–3 Co-Ed

Location: CDPHP® Fitness ConnectSM at the Ciccotti Center

Fee: \$80 Ciccotti Members, \$120 for Non-Members
(Discount if you sign up for Little Dunks Camp
\$140 Ciccotti Members, \$200 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 14 – 18

Session 2 August 4 – 8

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 14 – Friday, July 18

Time: 1 – 4 p.m.

Grades: K–3 Co-Ed

Location: CDPHP® Fitness ConnectSM at the Ciccotti Center

Fee: \$80 Ciccotti Members, \$120 for Non-Members
(Discount if you sign up for Fast Break Camp
\$140 Ciccotti Members, \$200 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 21 – Friday, July 25

Time: 9 a.m. – 12 p.m.

Grades: K – 3 Co-ed

Location: CDPHP® Fitness ConnectSM at the Ciccotti Center

Fee: \$80 Ciccotti Members, \$120 for Non-Members
(Discount if you sign up for Little Dunks Camp
\$140 Ciccotti Members, \$200 Non-Members)

“TRIPLE THREAT” BASKETBALL CAMP

If you love basketball then you will enjoy this camp! We will emphasis 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 21 – Friday, July 25

Time: 1 – 4 p.m.

Grades: 3 – 6 Co-ed

Location: CDPHP® Fitness ConnectSM at the Ciccotti Center

Fee: \$80 Ciccotti Members, \$120 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 21–25
Session 2 August 18–22

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 ConnectSM 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 28– August 1
Session 2 August 25–29

Time: 1 – 4 p.m.

Ages: 7 – 15 years old

Location: CDPHP® Fitness ConnectSM 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

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.

Day: Sundays

Time: 10 a.m. – Noon

Day: Monday evening

Time: 5:30 p.m. – 7 p.m.

During school holidays NO Pickleball is offered. Member ONLY program.



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

PEDAL FOR PARKINSON'S

This indoor cycling program is aimed at maintaining balance, mobility, and activities of daily living for those diagnosed with Parkinson's disease. Led by certified instructor John Gillivan, our cycling sessions offer a supportive environment where participants can exercise safely and enjoyably.

Date: Wednesdays (class is ongoing every Wednesday)

Time: 10–11 a.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: May 19–July 7 (no class May 26)

Session 2: July 28–September 15 (no class on September 1)

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	\$178	\$367	\$495	\$930	
Non-Member	\$213	\$442	\$600	\$1,135	
30-MINUTE SESSIONS					
	3-Pack	5-Pack	7-Pack	10-Pack	20-Pack
Member	\$125	\$190	\$248	\$339	\$580
Non-Member	\$140	\$205	\$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 ConnectSM
at the Ciccotti Center 



Improving lives through guided exercise

CDPHP® Fitness ConnectSM 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 ConnectSM 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.

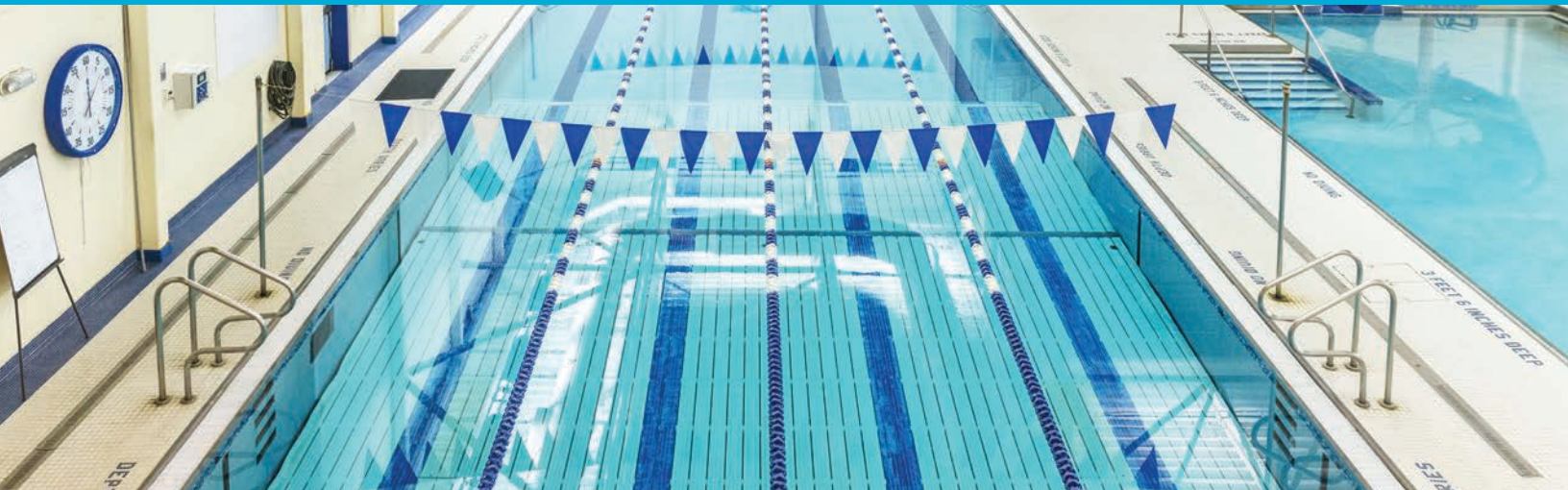


Kids on the Move: Youth Workout Program

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 aquatic 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 ConnectSM 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 our Operations Manager, Kyle Sharp.
- If you attend a make-up lesson without having contacted Kyle Sharp 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 ConnectSM 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

GROUP SWIM SUMMER SESSION 2:

August 4–September 28 (No classes 9/1-9/5)

ACCEPTING ALL REGISTRATION FORMS STARTING JULY 14 AT 12 A.M.

VIP includes participants enrolled in the current session.

VIP Registration Opens: 7/14-7/20

Member Registration: 7/21-7/27

Non-Member Registration: 7/28-8/1

Please note: all registrations/payments are first come, first served. VIP registration only available for participants enrolled in previous session.

Please go onto our website or stop at the front desk to fill out a program registration form.

Parent Tot and Super Tot	max. 8 participants
Preschool Levels	max. 6 participants
Level 1, 2, and 3	max. 6 participants
Adult Beginner	max. 6 participants

Parent and Super Tot	30-minute classes
Preschool 1, 2 and 3	30-minute classes
Level 1, 2, 3, and 4	45-minute classes
Adult Beginner	45-minute class

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

Parent and Tot (30-min.)	Saturday	9 a.m.
--------------------------	----------	--------

Super Tot (30-min.)	Saturday	9:30 a.m.
---------------------	----------	-----------

Preschool level 1 (30-min.)	Wednesday	5 p.m.
	Saturday	9 a.m.
	Sunday	9 a.m.

Preschool level 2 (30-min.)	Wednesday	5:30 p.m.
	Saturday	9:30 a.m.
	Sunday	9:30 a.m.

Preschool level 2/3 (30-min.)	Thursday	6 p.m.
-------------------------------	----------	--------

Preschool level 3 (30-min.)	Wednesday	6 p.m.
	Saturday	10 a.m.

Level 1 (45-min.)	Monday	5 p.m.
	Thursday	6:30 p.m.

Level 2 (45-min.)	Monday	6 p.m.
	Saturday	10 a.m.
	Sunday	10 a.m.

Level 3 (45-min.)	Wednesday	5 p.m.
	Saturday	10:45 a.m.
	Sunday	11 a.m.

Level 4 (45-min.)	Saturday	11:30 a.m.
-------------------	----------	------------

Level 4/5 (45-min.)	Wednesday	6 p.m.
---------------------	-----------	--------

Adult Beginner 1	Monday	6:45 p.m.
	Wednesday	5 p.m.

Adult Beginner 2	Wednesday	6 p.m.
	Saturday	12 p.m.

Adult Beginner 3	Wednesday	6:45 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

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 Kyle Sharp 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 Kyle Sharp 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 Kyle Sharp for course offerings

Fee/Day: \$125 Members, \$175 Non-Members



Class Registration Form



Fitness ConnectSM
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 checks payable to
Colonie Youth Center or CYC)
Mail to: CDPHP® Fitness ConnectSM 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 ConnectSM 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 ConnectSM 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 the first day of the program, but still requires written approval by the program manager or center director. Please note that a cancellation fee of \$50.00 will apply to any cancellation not accompanied by doctor's note.





Sponsorships are available. Great recognition for your company!



**Save-the-date for our next great race!
Sunday, September 28, 2025**

at CYC's CDPHP® Fitness ConnectSM at the Ciccotti Center

All proceeds benefit CYC's scholarship assistance programs helping to provide CDPHP® Fitness ConnectSM 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. Like **The Crossings 5k Challenge** on Facebook. Follow us on Facebook @cyc5kchallenge for information regarding our 2025 event!



Show your support!

WITH THE SAMMY NATHAN SCHOLARSHIP FUND

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



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 ConnectSM 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 ConnectSM 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."**



Dedicated to enhancing your quality of life.

15 Avis Drive, Latham, NY 12110

colonieryouthcenter.org

(518) 438-9596

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.

Meeting the needs of the greater Capital Region with:

- CDPHP® Fitness ConnectSM at the Ciccotti Center
- Before-School and After-School programs
- Early Learning Programs
 - Universal Pre-K
 - Daycare
- 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

Lonnie Clar
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® programs at the Beltrone Living Center and CDPHP® Fitness ConnectSM 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 ConnectSM 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

Senior Fit® at CDPHP® Fitness ConnectSM 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 ConnectSM 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.



Fitness ConnectSM
at the Ciccotti Center



If you are not already a member of CDPHP® Fitness ConnectSM 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. Ext. 0 for member services.



Fitness ConnectSM
at the Ciccotti Center

