Fitness Connect℠
at the Ciccotti Center

Community Program Guide
Winter/Spring 2026

What's Inside

Youth Sports and Recreation Programs

Youth Sports Leagues....pg 4
General Youth Programs....pg 5
School Vacation Programs....pg 6

Adult Sports and Recreation Programs

Adult Recreation Programs....pg 6

Fitness Programs

Adult Fitness Programs....pg 7

Personal Services

Personal Training....pg 8
Small Group Personal Training....pg 8
MyFitRx®....pg 10
Kids on The Move....pg 11

Aquatic Programs

Toddler and Youth Aquatics....pg 12
Class Schedules....pg 14
Adult Aquatics....pg 15
Private Instruction....pg 15
Certification Preparation Classes....pg 15

Program Registration Form....pg 17

Colonie Youth Center

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

Center Highlights

Membership

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

MEMBERSHIP BENEFITS INCLUDE

- Access to degreed and certified fitness specialists
- Fitness assessments
- Equipment orientation
- Use of the fitness floor (12-15 year olds require parental supervision)
- Lap pool, activity pool, and warm spa
- Extensive selection of over 70 group exercise classes
- Discounts on many of our programs and services
- Kid Power see page 5
- Kids in Motion see page 5

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

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

MEDICAL FITNESS Association CERTIFIED

IMPORTANT

ALL program participants must complete the registration form on PAGE 17 or on our website!

Program Policies

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

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

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

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

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

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

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

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

Behavior Management / Code of Conduct

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

- Respect other children, staff and property

- Follow staff direction

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

- Adhere to rules regarding building and playground safety

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

- No fighting or other physical altercations

Youth Sports Leagues

"SPRING FEVER" RECREATIONAL BASKETBALL LEAGUE

Sponsored in part by NEMER1 VOLKSWAGEN

Be the next Larry Bird, LeBron James, Michael Jordan, Magic Johnson, Kobe Bryant or Kevin Huerter! The CDPHP® Fitness Connect℠ at the Ciccotti Center Basketball program focuses on recreational play. 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.

IMPORTANT INFORMATION

- Registration deadline is Friday, February 13
- 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 ten-minute pregame practice/warm-up.**

Draft Day: Saturday, February 14
Game Days: Saturday, February 21–April 4
Location: All drafts and games at the CDPHP® Fitness Connect℠ at the Ciccotti Center
Fee: $115 Members, $145 Non-Members (includes team t-shirt)

BIDDY BASKETBALL CO-ED

No draft for this group. Jake will assign players to teams and provide rosters to coaches.

Game Times: 9–10 a.m.
Ages: 3–5 years (Pre-K)

1ST AND 2ND GRADE CO-ED

No draft for this group. Jake will assign players to teams and provide rosters to coaches.

Game Times: 10–11 a.m.

3RD AND 4TH GRADE CO-ED

Draft Time: 9–10 a.m.
Game Times: 11 a.m.–Noon

5TH AND 6TH GRADE CO-ED

Draft Time: 10–11 a.m.
Game Times: Noon–1 p.m.

7TH–8TH GRADE CO-ED

Draft Time: 11 a.m.–Noon
Game Times: 1–2 p.m.

YOUTH STRENGTH AND CONDITIONING PROGRAM 7-11 YEARS OLD

Our Youth Strength and Conditioning Program is designed to help young athletes build a solid foundation in fitness. With a focus on proper movement mechanics, gym etiquette, and safety, this program introduces key skills like proper body control and how to spot safely. Through a "crawl before you walk, walk before you run" approach, participants will develop their plyometrics, strength, agility, and confidence, setting them up for success in sports and overall fitness. Perfect for beginners looking to build lifelong habits of health and performance!

Dates: Wednesdays, February 25–April 1
Time: 5:30–6:30 p.m.
Ages: 7–11 years old
Fee: $35 Members, $45 Non-Members

YOUTH STRENGTH AND CONDITIONING PROGRAM 12-15 YEARS OLD

Our Youth Strength and Conditioning Program is tailored for athletes ages 10-14, helping them build a strong fitness foundation. This program focuses on teaching the basics of movement, intro to weightlifting, and unilateral strength, while also emphasizing safety and teamwork. Participants will learn key skills like how to spot safely, improve agility, and increase strength through fun, age-appropriate exercises. With a "crawl before you walk, walk before you run" approach, kids will develop their fitness and confidence, setting them up for success in sports and staying active for life. Perfect for beginners ready to build healthy habits and improve performance!

Dates: Tuesdays and Thursdays, February 24–April 2
Time: 5:30–6:30 p.m.
Ages: 12–15 years old
Fee: $70 Members, $90 Non-Members

SUNDAY INDOOR FLAG FOOTBALL LEAGUE

Are you ready for some football? A Sunday Morning Party! This co-ed program features a six-week non-contact play in a 6 versus 6 format. The league will be set up into two divisions. The divisions and teams will be set based on ability. This will be determined at our combine. The league is open to kindergarten through 6th grade. It is recommended that each child have a mouth guard to participate, and all players will receive a team flag football shirt. For more information or if you are interested in coaching contact Jake Hutton at (518) 867-8920.

Tiny-Mite Division: Children will spend more time working on the fundamentals of the game. This division will hold 30 minutes of working fundamentals such as passing, catching, running, and defending. They will learn the basics concepts of the game. Each player will be equally involved in the game. The second 30 minutes will be spent in a game setting with coaches and a referee.

Jr. Pee Wee Division: The intermediate level will be our competitive division. Prior to each game, each team will spend 10-15 minutes on skills and drills. The game will consist of two 20-minute halves. In this division, we will dive deeper into the rules of the game. Each player will be equally involved in the game. Ages 6 and up (Based on skill level).

Dates: Sundays, January 11–February 22
Combine: Sundays, January 4
Divisions: Tiny Mite (5-7 years) 9–10 a.m.
Jr. Pee Wee (8-11 years) 10–11 a.m.
Location: CDPHP® Fitness Connect℠ at the Ciccotti Center
Fee: $80 Members, $100 Non-Members
(Must pre-register)

"PICK & ROLL" RECREATIONAL BASKETBALL LEAGUE

For those students who cannot get enough basketball. The CDPHP® Fitness Connect℠ at the Ciccotti Center Basketball program focuses on recreational play. 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.

IMPORTANT INFORMATION

- Registration deadline is Friday, April 17
- 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: Saturday, April 18
Game Days: Saturdays, April 25–June 6
Location: All drafts and games at the CDPHP® Fitness Connect℠ at the Ciccotti Center
Fee: $115 Members, $145 Non-Members (includes team t-shirt)

BIDDY BASKETBALL CO-ED

No draft for this group. Jake will assign players to teams and provide rosters to coaches.

Game Times: 9–10 a.m.
Ages: 3–5 years (Pre-K)

1ST AND 2ND GRADE CO-ED

No draft for this group. Jake will assign players to teams and provide rosters to coaches.

Game Times: 10–11 a.m.

3RD AND 4TH GRADE CO-ED

Draft Time: 9–10 a.m.
Game Times: 11 a.m.–Noon

5TH AND 6TH GRADE CO-ED

Draft Time: 10–11 a.m.
Game Times: Noon–1 p.m.

7TH–8TH GRADE CO-ED

Draft Time: 11 a.m.–Noon
Game Times: 1–2 p.m.

General Youth Programs

PARENTS NIGHT OUT

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

Dates: Fridays, January 9, 16, 23, 30; February 6, 13, 20, 27; March 6, 13, 20, 27; April 3, 17, 24; May 1, 8, 15, 22, 29
Time: 5–8 p.m.
(Children must be dropped off no later than 5 p.m.)
Ages: 4–12 years *(Space is limited)*
Fee per night: $25 Members
(2nd child in family $20, 3rd child in family $15)
$30 Non-members
(2nd child in family $25, 3rd child in family $20)

MEMBER ONLY BENEFITS

KID POWER

Bring your children ages 4 to 11 for Sports and Games while you get a work out in.

Days: Monday, Tuesday, Wednesday and Thursday
Time: 5–6:30 p.m.
Fee: FREE

KIDS IN MOTION/CHILD MINDING

Kids in Motion is a vibrant, secure and fun-filled environment packed with exciting play equipment, toys and games that will keep your child engaged and entertained while you work out. Our team of qualified and caring professionals are CPR certified and dedicated to creating a safe space where your little ones can thrive.

Days: Monday, Tuesday, Wednesday and Thursday
Times: 9–11 a.m.
5–6:30 p.m.
Age: 6 months–4 years
Fee: $30 per month
$10 for drop in

We require reservations for all children in Kids In Motion. Reservations can be made up to one week ahead of time and no later than 4pm the day before your desired session.

School Vacation Programs

ALL SPORTS AND SPORTY SPROUTS WINTER DAY CAMP

February Vacation Camp at the Ciccotti Center

Strictly sports, come join the fun for this camp. Campers will have fun playing Basketball, Football, Floor Hockey, Soccer, Volleyball, Kickball and European Handball in a camp setting. Campers will need to bring water, snack and lunch, bathing suit and towel each day.

Date: February 16–20
Time: 7:30 a.m.–5:30 p.m.
Grades: K–4 *(Limited registration 35 participants)*
5–8 *(Limited registration 35 participants)*
Fee: $220 Members, $270 Non-Members

ALL SPORTS AND SPORTY SPROUTS SPRING CAMP

April Vacation Camp at the Ciccotti Center

Strictly sports, come join the fun for this camp. Campers will have fun playing Basketball, Football, Floor Hockey, Soccer, Volleyball, Kickball and European Handball in a camp setting. Campers will need to bring water, snack and lunch, bathing suit and towel each day.

Date: April 6–10
Time: 7:30 a.m.–5:30 p.m.
Grades: K–4 *(Limited registration 35 participants)*
5–8 *(Limited registration 35 participants)*
Fee: $220 Members, $270 Non-Members

Adult Recreation Programs

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.

Days: Monday, Wednesday and Friday (Beginners)
Time: 8–9 a.m.

Days: Monday, Wednesday and Friday
Time: 9 a.m.– Noon

Day: Monday evening (two courts only)
Time: 5:30 p.m.– 7:30 p.m.

Days: Tuesday and Thursday afternoon
Time: Noon– 3 p.m.

Day: Sundays (two courts only)
Time: Noon– 2 p.m.

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

ADULT CO-ED VOLLEYBALL LEAGUE

Get ready to bump, set, and spike your way to victory with our co-ed volleyball league! Enjoy some friendly competition during this exciting addition to your weeknights. Whether you're a seasoned pro or just starting out, our co-ed league offers the ideal environment to connect with fellow volleyball enthusiasts, improve your skills, and get moving.

Dates: Thursdays, January 8–February 19
Game Times: 6–7:30 P.M.
Fee per night: $80 Members, $100 Non-Members

Adult Fitness Programs

DANCE BEYOND PARKINSON'S

Designed to engage participant's minds and bodies through many styles while addressing 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: 1:30–2:30 p.m.
Fee: FREE to Members and Non-Members

Sign in at Member Services Desk.

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. **Beginners welcome.**

Dates: Session 1: Mondays, February 9–March 23
Session 2: Mondays, April 13–June 1 (no class on May 25)
Time: 10:15 a.m.–11:15 a.m.
Fee: $70 Members, $95 Non-Members

PEDALING FOR PARKINSONS

This indoor cycling program is aimed at maintaining balance, mobility, and activities of daily living for those diagnosed with Parkinson's disease and other neuromuscular conditions. Led by certified instructors, 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

Sign in at the Member Services Desk.

FALL PREVENTION FOR THE AGING BODY

This six-week program is designed to help you stay strong, coordinated and independent. Participants will work with a certified fitness specialist and yoga instructor to improve strength, coordination and balance through a comprehensive fitness assessment, guided exercise sessions effective breathing techniques, guided meditation and balance-focused yoga.
A 30-minute Fitness Assessment is required. The fitness assessment helps our team understand your starting point to determine if this is the right program for you. The fitness assessment must be completed during the week of January 19, 2026.

Dates: January 26–March 5
Days: Monday and Thursday
Time: 1 p.m.
Fee: $250 Members, $290 Non-Members

Limited to 24 participants to ensure personalized attention.

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.

PRIVATE PERSONAL TRAINING RATES

60-MINUTE SESSIONS

	3-Pack	7-Pack	10-Pack	20-Pack
Member	$195	$395	$535	$960
Non-Member	$230	$475	$645	$1,220

30-MINUTE SESSIONS

	3-Pack	5-Pack	7-Pack	10-Pack	20-Pack
Member	$135	$205	$265	$365	$625
Non-Member	$150	$250	$310	$425	$730

SMALL GROUP TRAINING

60-MINUTE SESSIONS

	One Day/wk *Four Sessions*	Two Days/wk *Eight Sessions*	Three Days/wk *12 Sessions*
Member	$38/per session	$35/per session	$32/per session
Non-Member	$43/per session	$40/per session	$37/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 appointments 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: Two participants

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.

CDPHP®

Fitness Connect℠
at the Ciccotti Center

AVAILABLE IN PERSON OR ONLINE.

MyFitRx®

Improving lives through guided exercise

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

All *eight-week* pathways include:

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

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

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

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

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

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

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

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

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

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

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

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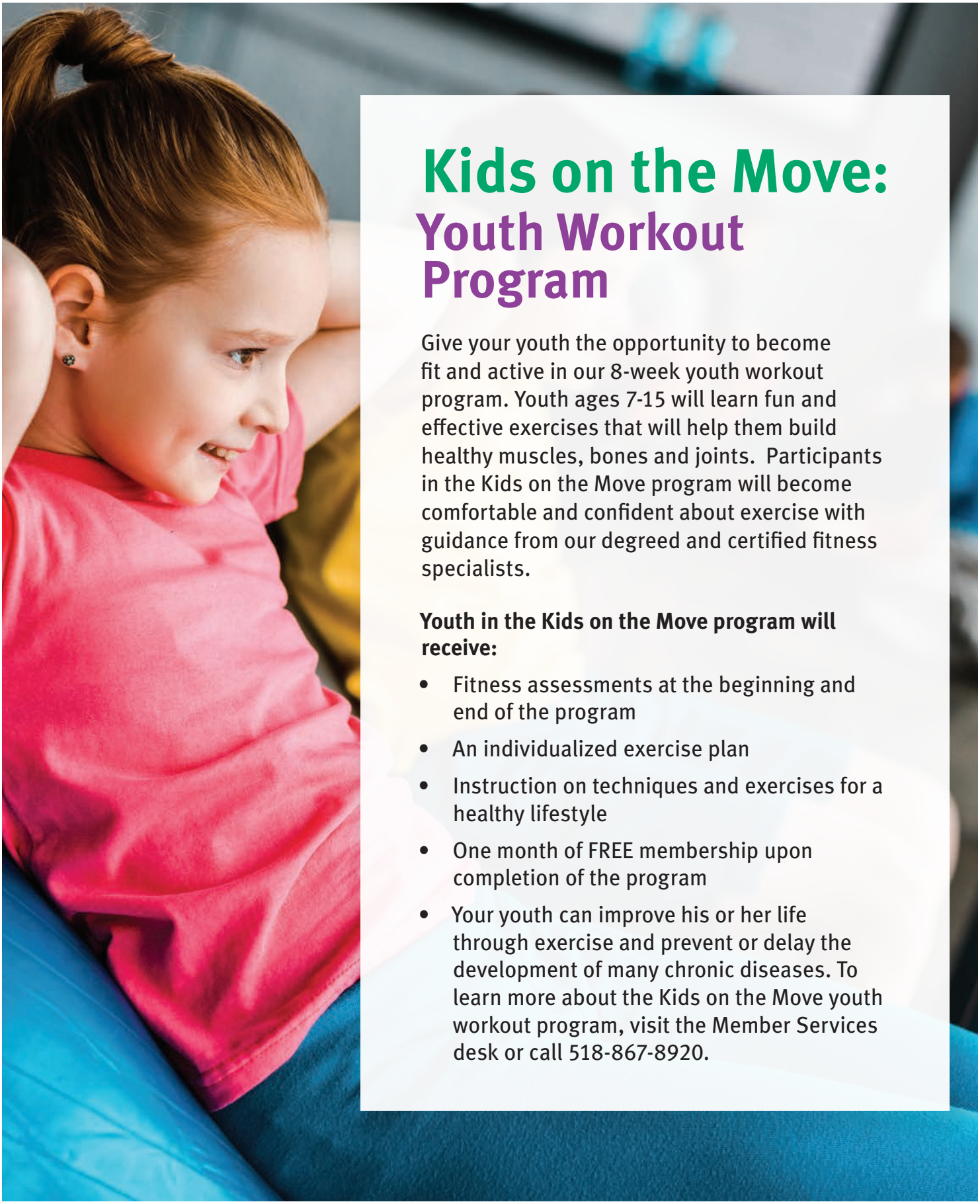
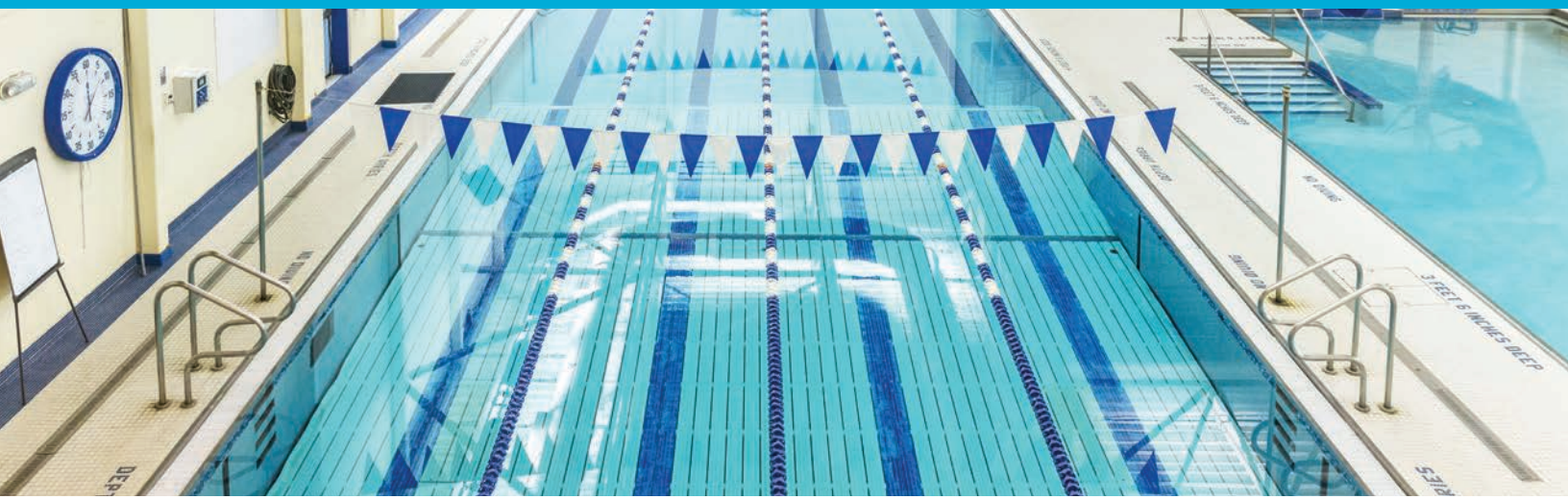


Kids on the Move:
Youth Workout Program

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. For a free evaluation, please see page 14 for dates and times. No appointment necessary. Please contact the Aquatics Department if these dates and times do not work for you.

IMPORTANT INFORMATION:

1. Please arrive early, allowing time to park, change into swimsuits and get to your lesson on time.
2. Any child three years of age or older may use the locker room with a parent of the same gender, one of our two family changing rooms or our gender neutral locker room.
3. **Parents must remain on pool deck during the duration of their child's swim lesson for children under 12 years.** Seating is provided on deck. (Please remember that a child under the age of 12 must always be in the presence of a parent while anywhere in CDPHP® Fitness Connect℠ at the Ciccotti Center).
4. **Make-up lessons are not guaranteed** unless medical documentation is provided or extenuating circumstances have occurred.
   - Exceptions might be made, but are limited based on class availability and enrollment numbers.
   - If you need to schedule a make-up, please contact the Aquatics Manager
   - If you attend a make-up lesson without having contacted Aquatics Management before, you may be asked to leave the class based on enrollment numbers and for the safety of other children and the instructor.

Toddler and Youth Aquatics

PARENT CHILD AQUATICS

PARENT AND TOT (AGES 6 MONTHS–2 YEARS)

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

SUPER TOT (AGES: 2–3 YEARS)

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

PRESCHOOL AQUATICS

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

PRESCHOOL LEVEL 1 (AGES: 3–5 YEARS)

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

PRESCHOOL LEVEL 2 (AGES: 3–5 YEARS)

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

PRESCHOOL LEVEL 3 (AGES: 3–5 YEARS)

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

TO REGISTER

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

YOUTH AQUATICS–LEARN TO SWIM

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

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

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

LEVEL 1: INTRODUCTION TO WATER SKILLS

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

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

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

LEVEL 3: STROKE DEVELOPMENT

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

LEVEL 4/5: STROKE IMPROVEMENT

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

Class schedule located on next page.

Spring Session Class Schedule

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

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

WINTER SESSION:
January 4–February 21
Registration Opens: Monday, December 1 at 12 a.m. for ALL on a first come first served order.
VIP: December 1–7
Member and Non-Member: December 8–26
Evaluations Offered: January 2 and 3

SPRING SESSION:
March 8–May 2
No classes the week of 4/5-4/11
Registration opens: Monday February 16 at 12 a.m. for ALL in a first come first served order.
VIP: February 16–21
Member and Non-Member: February 22–March 3
Evaluations Offered: February 27 and 28

EACH CLASS MUST HAVE A MINIMUM OF 3 PEOPLE TO RUN

Parent and Tot (30-min.)	Saturdays	9 a.m.
	Sundays	9 a.m.
Preschool level 1 (30-min.)	Thursdays	5:30 p.m.
	Saturdays	9 a.m.
Preschool level 2 (30-min.)	Saturdays	9:30 a.m.
	Sundays	9:30 a.m.
Preschool level 2/3 (30 min.)	Thursdays	6 p.m.
	Saturdays	10 a.m.
Preschool level 3 (30-min.)	Wednesdays	6 p.m.
	Saturdays	10 a.m.
Level 1 (45-min.)	Mondays	6 p.m.
	Saturdays	10:15 a.m.
Level 2 (45-min.)	Mondays	6 p.m.
	Saturdays	10:15 a.m.
	Sundays	11 a.m.
Level 3 (45-min.)	Wednesdays	5 p.m.
	Saturdays	11 a.m.
	Sundays	11 a.m.
Level 4 (45-min.)	Mondays	6 p.m.
	Saturdays	10 a.m.
Level 5 (45 min.)	Wednesdays	6 p.m.
	Saturdays	12 p.m.
Super Tot	Saturdays	9:30 a.m.
	Sundays	9:30 a.m.
Adult Beginner	Thursdays	6 p.m.
Adult Advanced	Thursdays	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 SESSIONS

	3-Pack	7-Pack	10-Pack	20-Pack
Member	$115	$245	$320	$620
Non-Member	$135	$275	$365	$700

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 SESSIONS

	3-Pack	7-Pack	10-Pack	20-Pack
Member	$170	$320	$410	$760
Non-Member	$185	$370	$465	$840

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.
- Swim packages must be paid in full prior to the first 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. The 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: $90 Members, $140 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, $400 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: $150 Members, $200 Non-Members

Class Registration Form

CDPHP® Fitness Connect℠ at the Ciccotti Center

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

Participant's Name_____ ☐ Male ☐ Female Date of Birth_____

Parent's Name_____ email_____

Address_____ City_____ Zip_____

Daytime Phone #_____ Evening_____ Cell_____

Emergency Contact_____ Relationship to Participant_____

Daytime Phone #_____ Evening_____ Cell_____

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

_____

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

_____

Medical Provider Name_____ Medical Provider Phone Number_____

If participating as a minor, please complete the following:

Grade_____ School_____Shirt Size_____(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 Connect℠ at the Ciccotti Center Program Registration
30 Aviation Road, Albany, NY 12205

☐ **Credit Card**
(American Express, Discover, MasterCard, Visa)
Please call (518) 867-8920 Ext. 0 or visit the CDPHP® Fitness Connect℠ at the Ciccotti Center to process your secure registration. Please complete and return Participant Release of Liability.

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

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

INDEMNIFY AND DEFENSE, WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:
I acknowledge that there are certain risks of physical injury and transmission of disease such as, which includes but is not limited to, communicable diseases at CDPHP® Fitness Connect℠ at the Ciccotti Center and off-site activities and/or programs users and participants in their activities and/or programs, and I agree to assume full risk of any and all injuries, sickness, damages or loss, that I and/or my minor child/ward may sustain as a result of said use of and/or participation in CDPHP® Fitness Connect℠ at the Ciccotti Center activities and/or programs. I further agree to waive and relinquish all claims I and/or my minor child/ward may have (or accrue to me/us) as a result of my/our use of CDPHP® Fitness Connect℠ at the Ciccotti Center or participation in CDPHP® Fitness Connect℠ at the Ciccotti Center activities and/or programs both at the CDPHP® Fitness Connect℠ at the Ciccotti Center and off-site, including any claim for injuries, sickness, disease, damages or loss arising from use of CDPHP® Fitness Connect℠ at the Ciccotti Center and/or participation in CDPHP® Fitness Connect℠ at the Ciccotti Center activities and/or programs both at the CDPHP® Fitness Connect℠ at the Ciccotti Center and off-site, against CDPHP® Fitness Connect℠ at the Ciccotti Center and Power Wellness, including their officers, agents, volunteers, and employees collectively "Affiliates"). I hereby release, waive, and covenant not to sue, and further agree to indemnify, defend and hold harmless CDPHP® Fitness Connect℠ at the Ciccotti Center and Affiliates with respect to any liability, claim, demand, cause of action, damage, loss or expense (including court costs and reasonable attorney's fees) of any kind or nature which may arise out of, result from, or relate in any way to my use of CDPHP® Fitness Connect℠ at the Ciccotti Center and/or participation in CDPHP® Fitness Connect℠ at the Ciccotti Center activities and/or programs both at the CDPHP® Fitness Connect℠ at the Ciccotti Center and off-site, including claims for liability caused in whole or in part by the negligent acts or omissions of the released parties. I hereby agree to assume all liability and hold CDPHP® Fitness Connect℠ at the Ciccotti Center harmless, for liability resulting from any exposures to disease causing organisms and/or objects such as, which includes but is not limited to, communicable diseases. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for liability against any of the released parties, I will indemnify, defend and hold harmless each of the released parties from any such liabilities which may be incurred as the result of such claim. I have read and fully understand the above important information, warning of risk, notice, assumption of risk and waiver and release of all claims. I further agree to indemnify, hold harmless and defend CDPHP® Fitness Connect℠ at the Ciccotti Center and Affiliates from any and all claims, rights, demands and/or causes of action of whatsoever kind or nature, whether known or unknown, which I and/or my minor child/ ward may have or claim to have, arising out of, connected with, or in any way associated with my own and/or my minor child/ward's use of CDPHP® Fitness Connect℠ at the Ciccotti Center and participation in CDPHP® Fitness Connect℠ at the Ciccotti Center activities and/or programs both at the CDPHP® Fitness Connect℠ at the Ciccotti Center and off-site related to or associated with said use of CDPHP® Fitness Connect℠ at the Ciccotti Center and/or participation in CDPHP® Fitness Connect℠ at the Ciccotti Center activities and/or programs both at the CDPHP® Fitness Connect℠ at the Ciccotti Center and off-site.

Signature_____ Date_____

REFUND/CANCELLATION POLICY If we (CDPHP® Fitness Connect℠ at the Ciccotti Center) cancels any program (including but not limited to fitness, aquatics or recreation), then a full refund will be given. If an individual decides to drop out of a course that he/she has already paid for, a program withdrawal form for refund must be filled out and made seven days or more prior to the first class of the session. You will be assessed a $50.00 cancellation fee. No refunds will be given within seven days of the session beginning or once the program starts. If the request is due to a medical reason and a doctor's note is provided, there will be a refund without the cancellation fee. If a session is cancelled due to weather or other problems, an effort will be made to schedule a make-up session. If a make-up session cannot be scheduled, no partial refund will be made. Session fees cannot be prorated; therefore, if you join a session after the start or you end early, you are responsible for the full payment.

Sponsorships are available. Great recognition for your company!

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

Sponsors and volunteers are needed! For sponsorship details or to sign up to volunteer, call (**518) 438-9596** or e-mail **dcs@colonieyouthcenter.org**. Like **The Crossings 5k Challenge** on Facebook. Follow us on Facebook @cyc5kchallenge for information regarding our 2026 event!

Show your support!

WITH THE SAMMY NATHAN SCHOLARSHIP FUND

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

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

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

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

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

Colonie Youth Center, Inc.

SCHOOL-AGE CHILDCARE | CICCOTTI CENTER

Dedicated to enhancing your quality of life.

15 Avis Drive, Latham, NY 12110
colonieyouthcenter.org
(518) 438-9596

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 Connect℠ 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
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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.

CDPHP® Fitness Connect℠ at the Ciccotti Center

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

Visit our website at **cdphpfitnessconnect.org** for more information or contact us at (518) 867-8920. Ext. 0 for member services.

CDPHP® Fitness Connect℠ at the Ciccotti Center

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