



Fitness ConnectSM
at the Ciccotti Center 



Community Program Guide Fall/Winter 2024



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



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Center Highlights

Membership

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

MEMBERSHIP BENEFITS INCLUDE

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

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

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



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

Youth Sports Leagues

“FALLING LEAVES” RECREATIONAL FALL BASKETBALL LEAGUE



The “Falling Leaves” program is designed to give children the opportunity to enjoy the game of basketball. This is an abbreviated league, shorter than our winter program, without scheduled practice nights, but just as much fun! 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 the front desk.

IMPORTANT INFORMATION

- Registration deadline is Friday, September 13 (or when full)
- All preregistered children are placed on a team, including those unable to attend draft
- Coaches will contact their players with the time to report for their first game
- Schedules for the remainder of the season and game shirts will be distributed at the first game
- **This league does not conduct formal practices; schedule includes 10-minute pregame practice**

Draft Day: Saturday, September 14
Draft Location: Ciccotti Center
Game Days: Saturdays, September 21–November 2
Fee: \$115 Members, \$145 Non-members
(Limited to 40 participants per level)

JUNIOR BIDDY BASKETBALL CO-ED (ages 3–4)

No draft. All children will be placed on a team.
Game Times: 9–10 a.m.

BIDDY BASKETBALL CO-ED (ages 5–6)

No draft. All children will be placed on a team; the coach will contact you with your game time.
Game Times: 10–11 a.m.

1ST and 2ND GRADE CO-ED

No draft. All children will be placed on a team; the coach will contact you with your game time.
Game Times: 11 a.m.–1 p.m.

3RD and 4TH GRADE CO-ED

Draft Time: 9–10 a.m.
Draft Location: Ciccotti Center
Game Times: 1–2 p.m.

5TH and 6TH GRADE CO-ED

Draft Time: 11 a.m.–Noon
Draft Location: Ciccotti Center
Game Times: 2–3 p.m.

7TH - 8TH GRADE BOYS

Draft Time: Noon–1 p.m.
Draft Location: Ciccotti Center
Game Times: 3–4 p.m.

“SLAM DUNK” RECREATIONAL WINTER BASKETBALL LEAGUE



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

IMPORTANT INFORMATION

- Pre-registration required. Registration ends December 9 or when full for all leagues
- After draft day, participants are placed on a team and contacted by their coach regarding practice times. Players who register and cannot attend the draft are placed on a team.
- Game schedules and team shirts are handed out at one of the practice sessions
- All players will receive a season ending medal for their participation
- All games will be played at the Ciccotti Center in the Edward D. Cammarota Gymnasium
- Game schedule will indicate game time and opponent

Draft Day: Saturday, November 16
Draft Location: Ciccotti Center
Fee: \$115 Members, \$145 Non-members

BIDDY BASKETBALL CO-ED (ages 3–5)

No draft. All children will be placed on a team; the coach will contact you with your game time.

Game Days: November 23–January 11
(No Game December 28)

Game Times: 9–10 a.m.

Ages: 3–5 years (Pre-School) Limited to 60 participants.

1ST and 2ND GRADE CO-ED

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

Game Days: Saturdays, November 23–January 11
(No Game December 28)

Game Times: 10–11 a.m.

3RD & 4TH GRADE NORTH COLONIE CO-ED

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

Draft Time: 9–10 a.m.

Practice Dates: TBD

Practice Times: TBD

Practice Location: Ciccotti Center

Game Days: Saturdays, November 23–January 11
(No Game December 28)

Game Times: 11 a.m.–Noon

3RD and 4TH GRADE SOUTH COLONIE CO-ED

Draft Time: 9–10 a.m.
Practice Dates: TBD
Practice Times: TBD
Practice Location: Ciccotti Center
Game Days: Saturdays, November 23–January 11
(No Game December 28)
Game Times: 11 a.m.–Noon

5TH and 6TH GRADE NORTH COLONIE CO-ED

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

Draft Time: 10–11 a.m.
Practice Dates: TBD
Practice Times: TBD
Practice Location: Ciccotti Center
Game Days: Saturdays, November 23–January 11
(No Game December 28)
Game Times: Noon–1 p.m.

5TH and 6TH GRADE SOUTH COLONIE CO-ED

Draft Time: 10–11 a.m.
Practice Dates: TBD
Practice Times: TBD
Practice Location: Ciccotti Center
Game Days: Saturdays, November 23–January 11
(No Game December 28)
Game Times: Noon–1 p.m.

7TH and 8TH GRADE CO-ED

There is no practice for this group.

Draft Time: 11 a.m.–Noon
Game Days: Saturdays, November 23–January 11
(No Game December 28)
Game Times: 1–2 p.m.

9TH–12TH GRADE BOYS

For this division only, you may enter your own team if you have 9–10 players but must contact Jake Huttib in advance of the deadline. If you do not have a team and want to play, contact Jake Hutton at 867-8920 and you will be placed on a team with other free agents. Includes All-star game. There is no practice for this group and limited to 6 teams.

Game Days: Fridays, November 22–January 10
Game Times: 5–8 p.m.

General Youth Programs

PARENTS NIGHT OUT

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

Dates: Fridays, October 4, 18; November 1, 15; December 6, 20

Time: 5–8 p.m.

Ages: 4–12 years

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)

School Vacation Programs

VETERANS DAY VACATION CAMP

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

Dates: Monday, November 11

Time: 8 a.m.–5 p.m.

Location: CDPHP® Fitness ConnectSM at the Ciccotti Center

Grades: Sporty Sprouts grades; K–4

All Sports grades; 5–8

Fee: \$60 Members, \$80 Non-Members

SPORTY SPROUTS WINTER DAY CAMP

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

Date: Monday, December 23–Tuesday, December 31.
(No camp on 12/25, 12/24 and 12/31 will be half day 7:30 a.m.–11:30 a.m.)

Time: 7:30 a.m.–5:30 p.m.

Location: CDPHP® Fitness ConnectSM at the Ciccotti Center

Grades: K–4 Co-ed

Fee: \$220 Members, \$260 Non-members

ALL SPORTS WINTER DAY CAMP

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

Date: Monday, December 23–Tuesday, December 31.
(No camp on 12/25, 12/24 and 12/31 will be half day 7:30 a.m.–11:30 a.m.)

Time: 7:30 a.m.–5:30 p.m.

Location: CDPHP® Fitness ConnectSM at the Ciccotti Center

Grades: 5–8 Co-ed

Fee: \$220 Members, \$260 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.

Tiny-Mite Division: Children will spend more time working on the fundamentals of the game. This division will hold 15 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. 40 minutes will be spent in a game setting with coaches and a referee. Ages 5–7-year-old.

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).

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.

Dates: Sundays, September 22–October 27

Combine: Saturday, September 14, 1–2 pm

Divisions: **Tiny-Mite** 9–10 a.m.

Jr. Pee Wee 10–11 a.m.

Ages: 5–11 years old

Location: CDPHP® Fitness ConnectSM at the Ciccotti Center

Fee: \$80 Members, \$100 Non-Members (Must pre-register)

Adult Recreation Program

PICKLEBALL

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

Days and Times: Monday, Wednesday and Friday; 9 a.m.– Noon
Tuesday and Thursday; Noon–3 p.m.
Monday Evening; 5:30–7:30 p.m.
Sunday; 10–11:30 a.m.

During school holidays no Pickleball is offered.



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 for all

FALL PREVENTION FOR THE AGING BODY

Learn about the importance of exercise in preventing falls. CDPHP® Fitness ConnectSM at the Ciccotti Center is excited to offer this six-week program, recognized by the Medical Fitness Association for Program Innovation in 2023. Our Fall Prevention for the Aging Body program is designed to help you stay strong, coordinated, and independent. Work with our certified yoga instructor and fitness specialist twice per week to improve your strength, coordination, and balance through:

- A comprehensive fitness assessment
- Guided strength and balance exercises with the fitness specialist
- Effective breathing techniques
- Relaxing guided meditation
- Yoga specifically focused on balance

Date: August 26–September 29 (if the guide will come out during the session or after it ends, can we write Dates and TBD, please contact the Member Services Desk)

Days: Tuesdays and Thursdays

Time: 10–11 a.m. or 11:15 a.m.–12:15 p.m.

Fee: \$200 Members, \$265 Non-Members

**Our unique program is limited to 10 participants per class time to ensure personalized attention. Fitness assessments are required to participate and take about 60 minutes. Fitness assessments will start on August 9. Your assessment score will dictate your class time. Please complete the intake form and someone will contact you to schedule your assessment.*

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.

T'ai Chi Sun 73

Date: Mondays, September 9–October 21

Next session: Mondays, November 11–December 23

Day: Mondays

Time: 10:15–11:15 a.m.

T'ai Chi for Arthritis

Date: Mondays, September 9–October 21

Next session: Mondays, November 11–December 23

Day: Mondays

Time: 11:30 a.m.–12:30 p.m.

Fee: \$60 Members, \$85 Non-Members

MONTHLY WELLNESS WORKSHOPS

These workshops are designed to provide our members the opportunity to learn about health and wellness topics. They vary from presentations with healthcare professionals, to active workshops where you perform physical activity.

Look at our monthly Wellness Letter for each month's Wellness Workshop or contact the Member Services Desk for more information.



Personal Services

PERSONAL TRAINING

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

INDIVIDUAL RATES

60-MINUTE SESSIONS

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

30-MINUTE SESSIONS

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

SMALL GROUP

60-MINUTE SESSIONS

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

Prices are subject to change.

Please note:

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

SCHEDULING

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

CANCELLATION POLICY

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

SMALL GROUP PERSONAL TRAINING YOUR FRIENDS, YOUR SCHEDULE.

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

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

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





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

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

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

Register today for a small group training class:

Duration: 60-minutes

Min: One participant

Max: Four participants

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

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



Fitness ConnectSM
at the Ciccotti Center 

MyFitRx

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.



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 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 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.

**ANNUAL POOL
CLOSURE WILL BE
SEPTEMBER 1-9**

Fall and Winter Session Class Schedule

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

FALL SESSION:

September 16–November 3
(Seven-Week Session)

VIP Registration Opens: August 26

**ACCEPTING ALL REGISTRATION FORMS
ON MONDAY, 8/26/2024 AT 12 A.M.**

WINTER SESSION:

TBD

PLEASE NOTE:

All registrations/payments are first come, first served.

VIP Registration only available for participants enrolled in the previous session.

COURSE NAME

Parent and Tot (30-min.)	Thursdays	5 p.m.		
	Saturdays	9 a.m.	OR	10:10 a.m.
	Sundays	9:30 a.m.		
Super Tot (30-min.)	Thursdays	5:34 p.m.		
	Saturdays	9:35 a.m.		
	Sundays	9:30 a.m.		
Preschool level 1 (30-min.)	Tuesdays	4:30 p.m.		
	Thursdays	4:30 p.m.		
	Saturdays	9 a.m.		
	Sundays	10:10 a.m.		
Preschool level 2 (30-min.)	Tuesdays	5:05 p.m.		
	Thursdays	5:05 p.m.		
	Saturdays	9:35 a.m.	OR	10:45 a.m.
	Sundays	10:45 a.m.		
Preschool level 3 (30-min.)	Tuesdays	5:40 p.m.		
	Thursdays	5:40 p.m.		
	Saturdays	10:10 a.m.		
Level 1 (45-min.)	Mondays	4:30 p.m.		
	Tuesdays	4:30 p.m.		
	Wednesdays	4:30 p.m.		
	Thursdays	4:30 p.m.		
	Saturdays	9 a.m.		
	Sundays	9 a.m.		
Level 2 (45-min.)	Mondays	5:20 p.m.		
	Wednesdays	5:20 p.m.		
	Thursdays	6:10 p.m.		
	Saturdays	10:40 a.m.		
	Sundays	9:50 a.m.		
Level 3 (45-min.)	Mondays	4:30 p.m.		
	Wednesdays	4:30 p.m.		
	Thursdays	5:20 p.m.		
	Saturdays	9:50 a.m.	OR	11:30 a.m.
	Sundays	10:40 a.m.		
Level 4 (45-min.)	Mondays	5:20 p.m.		
	Tuesdays	5:20 p.m.		
	Wednesdays	5:20 p.m.		
	Thursdays	6:15 p.m.		
	Saturdays	10:45 a.m.	OR	12:30 p.m.
	Sundays	11:30 a.m.	OR	12:30 p.m.
Level 5 (45-min.)	Mondays	6:10 p.m.		
	Tuesdays	6:15 p.m.		
	Wednesdays	6:10 p.m.		
	Saturdays	11:35 a.m.		
	Sundays	11:35 a.m.		
Adult Beginner	Mondays	6:10 p.m.		
	Thursdays	6:10 p.m.		
Adult Intermediate	Tuesdays	6:10 p.m.		
	Wednesdays	6:10 p.m.		

Adult Aquatics

Ages: 14 years and older.

LESSONS HELD ONCE A WEEK FOR SEVEN WEEKS

ADULT SWIM LESSONS

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

Beginner (45-min.): Mondays at 7:30 p.m. **OR** Sundays at 10 a.m.

Intermediate (45-min.): Wednesdays at 7:30 p.m. **OR** Sundays at 11 a.m.

Fee/Session: \$80 Members, \$130 Non-Members

Private Instruction

PRIVATE SWIM LESSONS

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

30-MINUTE LESSONS

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

SPECIAL NEEDS PRIVATE SWIM LESSONS 😊

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

30-MINUTE LESSONS

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

SEMI-PRIVATE SWIM LESSONS

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

30-MINUTE LESSONS

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

PLEASE NOTE:

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



Certification Preparation Classes

CPR and AED FOR PROFESSIONAL RESCUER

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

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

Dates/Times: Contact Aquatics Manager for course offerings (Course length approximately four–five hours)

Fee: \$65 Members, \$95 Non-Members

LIFEGUARDING

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

PREREQUISITES:

- Must be 15 years old by the end of the course.
- Students must pass a pre-course swimming skills test prior to taking lifeguarding courses. This includes a 300-yard swim using front crawl or breaststroke, a 2-minute tread using legs only and the ability to retrieve a 10-lb dive weight from 7ft deep, surface and swim 20 yds with the weight, using legs only and exit the pool without using a ladder within 100 seconds.

Dates/Times: Contact Aquatics Manager for course offerings

Fee: \$300 Members, \$360 Non-Members

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

LIFEGUARD TRAINING REVIEW

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

Dates/Times: Contact Aquatics Manager for course offerings

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



Class Registration Form



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

Participant's Name _____ Male Female Date of Birth _____

Parent's Name _____ email _____

Address _____ City _____ Zip _____

Daytime Phone # _____ Evening _____ Cell _____

Emergency Contact _____ Relationship to Participant _____

Daytime Phone # _____ Evening _____ Cell _____

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

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

Medical Provider Name _____ Medical Provider Phone Number _____

If participating as a minor, please complete the following:

Grade _____ School _____ Shirt Size _____

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

Payment Options:

Check

(Please make a check payable to CDPHP® Fitness ConnectSM at the Ciccotti Center.)
 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:

- 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.
- 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.
- 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.
- 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 withdraw is at least one week prior to this first day of the program, but still requires written approval by the program manager or center director. Please note that a processing fee may apply to any cancellation not accompanied by doctor's note.

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



Show your support!

WITH THE SAMMY NATHAN SCHOLARSHIP FUND

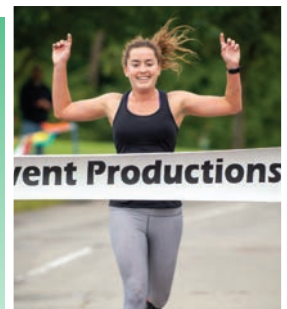
Whether you are a CDPHP® Fitness ConnectSM at the Ciccotti Center member, a user of the Center's childcare services, or you have participated in one of many programs over the years, you are a part of the greater CDPHP® Fitness ConnectSM at the Ciccotti Center family! Please consider donating so that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



To give to the Sammy Nathan Scholarship Fund, visit the Colonie Youth Center website at colonyouthcenter.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."**



Sponsorships are available. Great recognition for your company!

Save the Date—Sunday, September 29, 2024
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@colonyouthcenter.org
For more information, visit colonyouthcenter.org

Like **The Crossings 5k Challenge** on Facebook.
Follow us on Facebook @cyc5kchallenge for information regarding our 2024 event!



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

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

Meeting the needs of the greater Capital Region with:

- CDPHP® Fitness ConnectSM at the Ciccotti Center
- Before-School and After-School programs
- Early Learning Programs
 - Universal Pre-K
 - Little Sprouts Daycare at Shaker Place
- 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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Nikki A. Caruso MSW, Executive Director
 Susan D. Nadeau, Director of Business and Finance

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

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

CDPHP Senior Fit®

Vitality doesn't just happen automatically, especially as you age. You have to work at it! But regular workouts and fitness classes may be easier to handle when you don't have to pay for them. As a CDPHP® Senior Fit® member, you have full access to CDPHP® Fitness ConnectSM at the Ciccotti Center.

Enrollment

Current CDPHP® Medicare Choices members can enroll in Senior Fit® by coming into the CDPHP® Fitness ConnectSM 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 ConnectSM at the Ciccotti Center membership.

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



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.



Fitness ConnectSM
at the Ciccotti Center 