

Darien YMCA Winter Class Registration Starts on Oct 30 on the Usual Staggered Basis

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You can register soon for the Darien YMCA's 2018-2019 winter programs, in some cases as early as Tuesday, Oct. 30 on the Y's usual tiered schedule.

The Darien Y offers a variety of programs for all ages during its 13-week winter session, from Nov. 26th to March 10. A brochure of the programs for this session is available on the [Darien YMCA website](#).

— *an announcement from the* [Darien YMCA](#)

New this session is a winter stroke evaluation for the Piranhas Swim Team which is considered a tryout. This will be held on Nov. 19 and 20 and pre-registration is required.

Here's the schedule for registration:

- Priority registration for Y members who are currently enrolled in the fall session begins Tuesday, Oct. 30 at 10 a.m.
- Darien Y members who are residents of Darien can register beginning Thursday, Nov. 1 at 10 a.m.
- Darien Y members who are not residents of Darien can register Tuesday, Nov. 6 at 10 a.m.
- Open registration to all non-members begins Thursday, Nov. 8.

The program offerings for children include swim classes for infants (parent & child classes), preschool, and elementary age children. Gymnastics classes are offered for infants (Mommy & Me) through middle school

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age and include gymnastics for boys.

Fitness programs offered this winter for teens include Sports Performance and Conditioning class twice a week and Team Athletic Training for teams of 6 to 20 student athletes.

Special needs classes offered include a number of swimming, sports, fitness and enrichment classes for all ages, as well as the aquatic exercise water therapy program. Lifeguard training and certification classes will also be offered this winter.

For more information about our programs and a detailed winter program brochure, please visit the [Darien YMCA website](#) or call the Darien YMCA at 203-655-8228.