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*News for Darien*

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## **You Can Try the Darien YMCA With a Special One-Month Discount Membership**

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The Darien YMCA is running a Trial Membership program allowing people to try the YMCA as new programs begin. Take out a 30-day trial membership between Sept. 14 and Oct. 17 and pay 50% off regular membership rates. In addition, pay \$0 Joiner's fee if you join before your trial ends.

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

Registration for the Darien YMCA's fall programs is underway. The 2020 Fall programming is split into two sessions. The first session will run until Oct. 12. The second session runs from Oct. 13 to Nov. 23.

As a community organization dedicated to strengthening the community, you will find that the Darien YMCA is a place where people of all ages can connect, receive encouragement and challenge themselves to lead a healthy lifestyle. A brochure of the programs for this session is [available here](#), on the Darien YMCA

website.

The YMCA has taken many precautions to provide a safer environment for our members and participants including health-screening questions for everyone entering the building, smaller class sizes, frequent cleaning of the facility.

Face coverings are required of all staff and members as they move throughout the building. Cardio workout equipment is spaced far enough apart so you can work out without a face covering.

There are several unique ways the Y encourages youth and families to strengthen their connections to one another by being active at the YMCA. Adults have access to several group fitness classes and can take private Pilates and small group classes.

Holly Pond Preschool engages the youngest population and the Hybrid Learning lab help students deal with remote learning. Swim classes for infants (parent & child classes), preschool, and elementary age children ensure confident swimmers which is so essential when living in a coastal community such as Darien.

Open Gymnastics time and Gymnastics classes are offered for infants (Mommy & Me) through middle school age and include gymnastics for boys is an excellent way to keep children fit while having fun.

Teens have access to fitness programs including Sports Performance and Conditioning and Teen Boxing. Special needs classes offered include a variety of swimming, sports, fitness and enrichment classes for all ages.

Lifeguard training and certification classes will also be offered this Fall along with new CPR class offerings.

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