



# DISCOVER YOUR Y

**WINTER 2**  
**2026 PROGRAM GUIDE**  
**MARCH 2 – APRIL 26**

**BRIDGEPORT YMCA**  
850 Park Avenue, Bridgeport CT 06604  
P: 203-334-5551 | F: 203-334-2847

CENTRAL CONNECTICUT COAST YMCA



# CONTACT US

PHONE: 203-334-5551  
E-MAIL: [bridgeportinfo@cccymca.org](mailto:bridgeportinfo@cccymca.org)  
WEB: [www.bridgeportymca.org](http://www.bridgeportymca.org)

 [facebook.com/BridgeportYMCA](https://facebook.com/BridgeportYMCA)

 [@cccymca](https://www.instagram.com/cccymca)

 [@Central Connecticut Coast YMCA](https://www.linkedin.com/company/@CentralConnecticutCoastYMCA)

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# WHY THE Y

Where there's a Y, there's a way — to achieving your goals, supporting your family, and strengthening your community. Our programs empower members to learn, grow, and reach their full potential. At the YMCA, we're here for all — to nurture youth, improve health, and build stronger communities, extending our impact far beyond our walls.

## 2026 WINTER 2 SESSION & REGISTRATION DATES

**SESSION DATES: MARCH 2 – APRIL 26**

### REGISTRATION DATES

Member: February 7, 2026

Non-Member: February 14, 2026

### FACILITY HOURS

Monday – Friday 7:30AM – 5:30PM

Saturday 9:00AM – 4:30PM

### GENERAL PROGRAM INFORMATION

Class times and fees are subject to change. If a class is scheduled to meet for fewer than the 8 weeks, the price will be adjusted at the time of registration. Program Refund Policy: Refunds or credits for program fees will only be approved in the following instances:

1. The YMCA cancels a program or class
2. Request form must be received prior to the start of the program session\*
3. After the start of the program session, only for medically documented reason\*
4. Membership Y facility membership allows usage of the Main Facility, reduced rates and priority registration for programs. Community members may also register for programs at the full rate. If you are interested in taking out a membership at the time you register your child, the membership must last from the time of registration to the last day of your child's enrollment in the program. The membership will continue until you submit a termination request in writing with 72 hour notice and only after your child completes their time at program. Please contact the Y for further details on membership prices, hours and programs offered.

### OUR Y TEAM

**Maria Valentin**, Executive Director

**Jadette Rivera**, Senior Child Care Director

**Angel Serrano**, Aquatics Coordinator

**Veronica Vallejo**, Community Outreach Partner

The Bridgeport YMCA is governed by our Board of Managers that consists of volunteers throughout Bridgeport.

- Caesar Irby
- Kellie Taylor
- Lissette Colon
- Heather Lange
- Crystal Engram
- James Rollinson
- Katherine Rosario
- Blanca Kazmierczak
- Tabitha Neighbors-Grimes

\*A \$10 administrative fee for each will be added for each credit or refund.

CENTRAL CONNECTICUT COAST YMCA

# FOR A BETTER US<sup>®</sup>

We help everyone build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

More people than ever need financial assistance to take part in Y programs. Please give to our Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

## MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income. Please contact the Bridgeport Y for more information.

## DONATE FOR A BETTER US

Connect with Maria Valentin,  
Executive Director, [mvalentin@cccymca.org](mailto:mvalentin@cccymca.org)  
to learn more.





# MEMBERSHIP FOR ALL

The Bridgeport YMCA provides a range of aquatics, childcare and camp programs that will help get you feeling great! Connect with your inner-health! We have a wonderful community of people here at the Y! It's a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most.

When you join the Y, you become part of a family of members who support the Y's philosophy of healthy lifestyles, mutual respect, community spirit, youth leadership, and character development. Our staff is dedicated to providing the best in member service. People from several local communities belong to the Bridgeport Y, creating a diverse and energetic environment we think you will really enjoy!

You'll also get to know people in the community at large, as the Y partners with other charitable organizations in our surrounding towns on projects that benefit the common good. And, as a community service organization, the Y thrives on the camaraderie of people who help out by volunteering for events throughout the year.

We hope you will decide to join the Bridgeport YMCA – We all need a place to belong!

## FINANCIAL ASSISTANCE

Today, **1 in 4 children, teens and families need financial assistance** to be a part of the Y. A core priority for us as a charitable non-profit organization is providing access to the extraordinary opportunities and programs offered at the Y to anyone who wishes to participate. Membership dues don't include funding for scholarships; it is your gift that makes this possible. Your contributions to the Central Connecticut Coast YMCA provide direct financial assistance for children, families and individuals to participate in their YMCA.

| Membership Category                             | Monthly Rate | Joiner Fee |
|-------------------------------------------------|--------------|------------|
| Youth 3-17* (or through the end of high school) | \$45         | \$25       |

Membership rates are based on a sliding scale according to household income.  
Please contact the Bridgeport Y for more information



# MEMBERSHIP FOR ALL

## RENTALS .....

### CELEBRATE YOUR SPECIAL EVENT AT THE BRIDGEPORT YMCA!

Looking for the perfect space to host a birthday party, meeting, training, family gathering, or special event? The Bridgeport YMCA has you covered!

#### Why Choose the Bridgeport YMCA?

The Bridgeport YMCA (850 Park Avenue) and South End Community Center (650 Park Avenue) offer amazing facilities with a variety of options to celebrate any event. Our friendly and experienced staff will guide you from start to finish, ensuring memories that last a lifetime. We can accommodate short-term, full-day, or extended events. To schedule a tour, learn more about the facilities, or inquire about pricing and availability, please contact the Member Services Desk at 203-334-5551.

- **Indoor & Outdoor Spaces:** Flexible for any season
- **Customizable Experiences:** Our enthusiastic staff will help plan and tailor activities to make your event unforgettable
- **Year-Round Rentals:** Celebrate anytime with our versatile facilities

#### I AM READY TO PARTY, NOW WHAT?

##### How to Book:

1. Choose your preferred date and time.
2. Contact Veronica at [vvallejo@cccymca.org](mailto:vvallejo@cccymca.org)
3. Complete a rental agreement and submit a \$25 deposit at the program center
4. Secure your date and time!



# YOUTH DEVELOPMENT

## EARLY LEARNING PROGRAMS .....

Open year-round, **Monday–Friday, 7:30am–5:30pm**, with full-time options available. Our relationship-based program partners with parents, teachers, and children to support social, emotional, cognitive, physical, and creative growth. Safety is our top priority, and all programs follow Early Start CT, CT Office of Early Childhood, NAEYC, Y-USA, and other guidelines. Affordable tuition, CACFP program participant, Care4Kids accepted. Call the Y to schedule a tour.

### AGES 8 WEEKS–5 YEARS

**KOLBE EDUCATION CENTER**  
401 KOSSUTH STREET  
BRIDGEPORT, CT 06608  
203-332-6447

**Kolbe Infant:** Tummy time, stories, music, arts, instructional movement, and exploration. State licensed; 1:4 staff-to-child ratio.

**Kolbe Toddler:** Independent and group play, stories, arts and crafts, gym, creative movement, and music. Must be age two by December 31. State licensed; 1:4 staff-to-child ratio.

**Kolbe Preschool:** Independent and group play, stories, arts and crafts, gym, creative movement, math, science, and music. State licensed; 1:10 staff-to-child ratio.

### AGES 3 YEARS–5 YEARS

**BRIDGEPORT YMCA**  
850 PARK AVENUE  
BRIDGEPORT, CT 06604  
203-334-5551

**PALS V:** Independent and group play, stories, arts and crafts, gym, creative movement, math, science, and music. State licensed; 1:10 staff-to-child ratio. Swim lessons are available at our Park Avenue location.



Have questions about our  
early education  
programs?

Contact Jadette Rivera,  
Senior Child Care Director  
at [jrivera@cccymca.org](mailto:jrivera@cccymca.org)



# YOUTH DEVELOPMENT

## AFTER SCHOOL PROGRAM .....

What are your kids doing after school? At the YMCA, our comprehensive, state certified After School Program supports youth in kindergarten through 8th grade. Kids build confidence, leadership skills, and positive values in a safe, supportive environment with trained teachers and site directors guiding them.

Our program aligns with the school day and encourages growth in literacy, science, technology, engineering, arts, and math (STEAM), while also incorporating physical activity, recreation, and fun. Children enjoy supervised activities, homework support, games, and a healthy snack—giving them a productive alternative to the TV or the street corner.

Through engaging activities, role models, and social enrichment, children increase self-expression, social skills, and self-esteem, helping them thrive not only in school but in life. Programs run throughout the school year, with vacation day care available.

Safety is our top priority, and all programs follow Early Start CT, CT Office of Early Childhood, NAEYC, Y-USA, and other guidelines. Affordable tuition, CACFP program participant, Care4Kids accepted.

**Offered at the Bridgeport YMCA & Ralphola Taylor Community Center.**

**Hours: Monday – Friday, 2:30PM – 6:00PM**

**Member Rate: \$320/Month**  
**Non-Member Rate: \$420/Month**

**Annual Registration Fee: \$50 per child**

**Affordable prices based on OEC Sliding Scale**

|               |                       |                  |
|---------------|-----------------------|------------------|
| Half Days     | \$15/day              | 12:00PM – 5:30PM |
| Vacation Days | \$20/day<br>\$80/week | 7:30AM – 5:30PM  |

\*Transportation not included at this time



# SWIM PROGRAMS

## STRONG SWIMMERS = CONFIDENT KIDS .....

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. **Swim Starters and Swim Basics classes require one parent\* to participate in the pool and on the pool deck.**

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages – from infants to seniors – can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule.

### POOL GUIDELINES/OBSERVATION POLICY

Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol. Parents are asked not to disrupt the children or instructor while the class is in session. \*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

| AGE GROUP:                            | STAGE:                      |            |
|---------------------------------------|-----------------------------|------------|
| 6 months – 4 years<br>Parent* & Child | SWIM STARTERS               | Stages A-B |
| 3 years – 5 years<br>Preschool        | SWIM BASICS                 | Stages 1-3 |
| 6 years – 13 years<br>School Age      | SWIM BASICS<br>SWIM STROKES | Stages 1-6 |
| 18+ years                             | ADULT FIT                   | All        |

Please contact the Bridgeport YMCA, Fairfield YMCA, Woodruff Family YMCA, Stratford YMCA or Soundview Family YMCA for swim lessons during the school year.

| SWIM STARTERS                       |                                                                             | SWIM BASICS                            |                                                          |                                                            | SWIM STROKES                                       |                                                                             |                                                                                      |
|-------------------------------------|-----------------------------------------------------------------------------|----------------------------------------|----------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| A WATER DISCOVERY                   | B WATER EXPLORATION                                                         | 1 WATER ACCLIMATION                    | 2 WATER MOVEMENT                                         | 3 WATER STAMINA                                            | 4 STROKE INTRODUCTION                              | 5 STROKE DEVELOPMENT                                                        | 6 STROKE MECHANICS                                                                   |
| Student can respond to verbal cues. | Student can comfortably submerge his or her nose and mouth with assistance. | Student can go underwater voluntarily. | Student can do a front and back float on his or her own. | Student can swim 10-15 yards on his or her front and back. | Student can swim 15 yards of front and back crawl. | Student can swim front crawl, back crawl, and breaststroke across the pool. | Student can swim front crawl, back crawl, and breaststroke across the pool and back. |
|                                     |                                                                             |                                        |                                                          |                                                            |                                                    |                                                                             |                                                                                      |

# YOUTH FITNESS

## CONDITIONING ACTIVITIES .....



### OPEN GYM

Open Gym provides a welcoming space for all types of recreational activities, allowing participants of all ages to stay active, socialize, and enjoy unstructured play. The program encourages physical fitness, teamwork, and fun by offering a flexible environment where individuals can choose activities that match their interests and abilities.

### SKILLS & DRILLS BASKETBALL

Do you have a young hooper who is ready to take their skills to the next level? Bring them to the Bridgeport YMCA for Basketball Skills and Drills, where children will develop their basketball skills in an environment that provides individualized guidance and positive reinforcement. We will provide a variety of drills that are fun and exciting, focusing on self-improvement and teamwork, too!



### YOUTH BOXING CLUB

The Bridgeport YMCA "Boxing Club" teaches youth the fundamentals of boxing and conditioning in a safe, supportive environment, helping them build strength, discipline, confidence, and healthy habits through guided instruction.

Interested in finding out more about the youth programs?

Contact Maria Valentin, our Executive Director  
at [mvalentin@cccymca.org](mailto:mvalentin@cccymca.org)

# YOUTH DEVELOPMENT

## YOUTH PROGRAMS .....

### VIDEO GAME CLUB

The Video Game Club is a fun and safe environment for youth to connect with like-minded peers and enjoy gaming together. We offer a few different gaming systems to ensure that there is a variety of choices for the youth. JOIN US!



### WORK READINESS CLUB

This club teaches youth essential job skills such as applications, resumes, interviewing, and more. Teens who complete the program may be hired and receive a stipend. Participants must be registered in school.



### KRAFTY KIDZ

Arts and Crafts helps to enhance the fine motor skills, hand to eye coordination and building levels of manual dexterity, as well as, identification of shapes, colors, textures, and working with materials. Encouraging and enhancing the natural creativity within the mind is the #1 goal of the Krafty Kidz Club at the Y.



### COMPUTER CLUB

Our Computer Lab is open for youth to have access to technology in a safe environment while building valuable skills. Our computers are equipped with high-speed internet service, as well as Microsoft and Adobe software. Our staff will be on hand to assist with projects and open computer use.





# YOUTH DEVELOPMENT

**We offer an amazing Summer Day Camp for ages 3-12!**

Camp is more than just summer fun—it's where kids build lasting friendships, celebrate achievements, and discover a place they can truly belong.

Safety is our top priority, and all programs follow Early Start CT, CT Office of Early Childhood, NAEYC, Y-USA, and other guidelines. Affordable tuition, CACFP program participant, Care4Kids accepted.

**REGISTRATION BEGINS**  
**JANUARY 2<sup>ND</sup> FOR MEMBERS | JANUARY 15<sup>TH</sup> FOR NON-MEMBERS**

## SUMMER DAY CAMP

- Swim Lessons
- Field Trips
- Special Events
- Outdoor Fun
- Theme Days
- Life Skills
- STEM Projects
- Sports
- Games
- Arts & Crafts
- Learning Activities
- and so much more!

**CAMP DATES: JUNE 22<sup>ND</sup> – AUGUST 21<sup>ST</sup>**  
**M-F 8:00AM-4:00PM | Post Care Available**





Photo: YMCA Camp Hi-Rock

## ADDITIONAL CAMP LOCATIONS

### DAY CAMP LOCATIONS:

#### Fairfield YMCA

841 Old Post Road Fairfield, CT 06824

#### Lakewood Trumbull YMCA-Camp Tepee

204 Stanley Road, Monroe, CT 06468

#### ↳ Lakewood Trumbull YMCA-Gymnastics Camp

20 Trefoil Drive, Trumbull, CT 06611

#### Bridgeport YMCA

850 Park Avenue, Bridgeport, CT 06604

#### ↳ Ralphola Taylor Community Center

790 Central Ave, Bridgeport, CT 06604

#### Stratford YMCA

3045 Main Street, Stratford, CT 06614

#### Valley YMCA

32 Howard Avenue, Ansonia, CT 06401

#### Woodruff Family YMCA-Camp Wepawaug

631 Orange Avenue, Milford, CT 06461

#### Soundview Family YMCA-Camp Nonoma

628 East Main Street, Branford, CT 06405

#### Hamden/North Haven YMCA-Camp Mountain Laurel

2705 Downes Road, Hamden, CT 06514

#### New Haven Youth Center YMCA

50 Howe Street, New Haven, CT 06511

### OVERNIGHT CAMP LOCATION:

#### Camp Hi-Rock

544 East Street, Mount Washington, MA 01258



**SUMMER CAMP DATES:**  
June 15<sup>th</sup> - August 28<sup>st</sup>



**3 years - 17 years**  
\*DEPENDENT ON WHICH CAMP YOU CHOOSE



**Member Registration begins Jan 2<sup>nd</sup>**  
**Nonmember Registration begins March 1<sup>st</sup>**

**\*\*Financial Assistance available for those who qualify**

## HELP US HELP THEM

The Alpha Community Services YMCA has served the Bridgeport area since 1992, providing dedicated services for individuals experiencing homelessness. Now a branch of the Central Connecticut Coast YMCA, Alpha goes beyond temporary shelter—offering supportive services to more than 400 clients each year and helping create pathways to stability and a better life.

Alpha Community Services YMCA serves clients referred through Connecticut's Coordinated Access Network (CAN), providing family navigation, family-focused emergency shelter, permanent supportive housing, and supportive services for veterans. Alpha also plays a key role in the Bridgeport Housing First Collaborative, with all services supported by comprehensive case management, strong community partnerships, and full compliance with state and federal privacy standards.



CENTRAL CONNECTICUT COAST YMCA

# FOOD PANTRY LOCATIONS



**STRATFORD YMCA**  
3045 Main Street  
Stratford, CT 06614



**VALLEY YMCA**  
32 Howard Avenue  
Ansonia, CT 06401



**WOODRUFF FAMILY YMCA**  
631 Orange Avenue  
Milford, CT 06461



**SOUNDVIEW FAMILY YMCA**  
628 East Main Street  
Branford, CT 06405



**NEW HAVEN YMCA YOUTH CENTER**  
50 Howe Street  
New Haven, CT 06511



# AN OPPORTUNITY TO CHANGE LIVES



## > LEARN TO BECOME A YMCA PROFESSIONAL

Are you looking for a job that can change your life? If you're between the ages of 16–21 and searching for a great part-time job or a challenging, in-demand career, the YMCA is one of the best places to start. Students gain the opportunity to explore exciting career paths while working as part of a team in a supportive environment. You'll discover new ways to connect with your community, find your purpose, and fuel your passion every day—while building skills that truly matter. You could even save a life.

Learning is fun and accessible through a mix of videos, group discussions, and hands-on practice. Participants will learn:

- Rescue skills for use in the water and on land
- First aid and professional rescuer CPR/AED training to prepare for emergencies
- Professional lifeguard roles and responsibilities
- Surveillance techniques to recognize and prevent injuries
- Customer service and communication skills
- Swim instruction and foundational swim skills

Looking to earn community service hours or interested in volunteering? Start as a swim instructor and gain the training and experience needed to work your way up to becoming a lifeguard.

## SAFETY AROUND WATER, CERTIFIED LIFEGUARD, SWIM INSTRUCTOR!

**LOCATION:**  
Bridgeport YMCA  
850 Park Ave.

For more information, please call  
Angel Serrano at  
203-334-5551 x2416 or  
via email at [aserrano@cccymca.org](mailto:aserrano@cccymca.org)



## ENROLL TODAY

BRIDGEPORT YMCA

850 Park Avenue, Bridgeport CT 06604

P: 203.334.5551 | F: 203.334.2847 | W: [www.bridgeportymca.org](http://www.bridgeportymca.org)



CENTRAL CONNECTICUT COAST YMCA



**\$35**  
PER  
WALKER  
UNTIL APRIL 30<sup>TH</sup>

25<sup>TH</sup> ANNUAL ALPHA COMMUNITY SERVICES YMCA

# WALK TO END HOMELESSNESS

**SATURDAY MAY 16, 2026**

**CAPTAIN'S COVE SEAPORT • 1 BOSTWICK AVENUE, BRIDGEPORT, CT**  
**REGISTRATION 8:30AM • WALK START 9:30AM**

Join us for the 25<sup>th</sup> Annual Walk to End Homelessness a milestone year and a powerful call to action for our community in support of our most vulnerable neighbors.

Rally your friends, form a team, and CrowdRise funds that directly support homeless individuals and families served by Alpha Community Services YMCA from across the Greater Bridgeport Region.

Bring your pup, lace up for a meaningful 4-mile walk, and walk with purpose.

**EVERY STEP YOU TAKE • EVERY DOLLAR YOU RAISE • HELPS SAVE LIVES**

**REGISTER AT:**

**<https://givebutter.com/ACSY>**



CENTRAL CONNECTICUT COAST YMCA



**BRIDGEPORT YMCA**

850 Park Avenue, Bridgeport CT 06604  
P: 203-334-5551 | F: 203-334-2847

**KOLBE EDUCATION CENTER**

401 Kossuth Street, Bridgeport CT 06608  
P: 203-332-6447

**RALPHOLA TAYLOR COMMUNITY CENTER**

790 Central Ave, Bridgeport CT 06607  
P: 203-576-7430

**ALPHA COMMUNITY SERVICES YMCA**

650 Park Avenue, Bridgeport CT 06605  
P: 203-366-2809

**FOR A BETTER US®**