



DISCOVER YOUR Y

SUMMER

2026 PROGRAM GUIDE

June 22nd – August 23rd

FAIRFIELD YMCA

841 Old Post Road, Fairfield CT 06824

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CONTACT US

PHONE: 203-255-2834

E-MAIL: fairfieldinfo@cccymca.org

WEB: www.fairfieldy.org

 [facebook.com/YMCAFairfield](https://www.facebook.com/YMCAFairfield)

 @cccymca

 @Central Connecticut Coast YMCA

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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 SPRING SESSION & REGISTRATION DATES

SESSION DATES: JUNE 22ND TO AUGUST 23RD

REGISTRATION DATES

Facility Member: May 30th

Program Participant: June 6th

FACILITY HOURS

Monday - Thursday 5:30AM - 9:00PM

Friday 5:30AM - 7:00PM

Saturday 7:00AM - 6:00PM

Sunday 8:00AM - 4:00PM

HOLIDAY HOURS

Memorial Day May 25th CLOSED

Independence Day July 4th 7:00AM-1:00PM

GENERAL PROGRAM INFORMATION

Class times and fees are subject to change. If a class is scheduled to meet for fewer than the 8 weeks (for swimming classes, 7 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 and is unable to offer a make-up.
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*.

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 in the program. Please contact the Y for further details on membership prices, hours and programs offered.

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

OUR Y TEAM

Diana Liptak, Executive Director
Maureen Scinto, Senior Program Director
Amanda Goodwin, Aquatic Coordinator
Russ Spodenko, Aquatic Coordinator
Wendy Terron, Membership Coordinator
Patricia Farrelly, Preschool Coordinator
Sam Mouziyk, Sports and Rec Coordinator Head Swim Team Coach

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

Andrea Seek, Board Chair
Jason Li, Board Member
Gregory Sargent, Board Member
Dana White, Board Member
Emily Lusk, Board Member
Ellie Fatehi, Board Member

CENTRAL CONNECTICUT COAST YMCA

FOR A BETTER US[®]

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 Fairfield Y for more information.

DONATE FOR A BETTER US

Connect with Diana Liptak, Executive Director, dliptak@cccymca.org to learn more.





MEMBERSHIP FOR ALL

The Fairfield YMCA provides a full range of fitness, activity, sports, childcare and camp programs that will help get you feeling great! Connect with your inner-health! The Fairfield YMCA wellness center houses professional cardio and strength training equipment designed and geared for all fitness levels.

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. Almost 3,100 people from several local communities belong to the Fairfield 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 Fairfield YMCA – We all need a place to belong!

Membership Category	Monthly Rate	Joiner Fee
Youth 3-17*(or through the end of high school)	\$45	\$25
Young Adult 18-26	\$50	\$50
Adult 27-64	\$72	\$75
Adult Couples	\$109	\$100
Family (2 adult + dependent children)	\$112	\$100
Single Parent (1 adult + dependent children)	\$99	\$100
Senior 65+	\$63	\$75
Senior Couple	\$98	\$100

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

YOUR MEMBERSHIP GOES FURTHER

As a member of the Central Connecticut Coast YMCA, your membership opens the doors to **every branch in our Association**. If your home branch doesn't offer a specific program or class you're interested in, you can visit another location and enjoy it at the member rate.

Each branch offers its own unique mix of programs designed to strengthen our communities and help individuals of all ages thrive.

From child care and youth development to fitness, swimming, and family activities, there's truly something for everyone at the Y—**more choices, more convenience, and more opportunities** to belong.



	Alpha Community Services Y	Bridgeport Y	Fairfield Y	Hamden/North Haven Y	Lakewood-Trumbull Y	New Haven Y Youth Center	Soundview Family Y	Stratford Y	Valley Y	Woodruff Family Y	YMCA Camp Hi-Rock
AMENITIES											
Athletic Fields							X		X	X	X
Wellness Center (Cardio)			X		X		X	X		X	
Wellness Center (Strength Training)			X		X		X	X		X	
Gymnasium					X	X					
Indoor Pool		X	X			X	X	X			X
Outdoor Pool				X	X						
Childwatch			X		X		X	X		X	
Locker Rooms (Adult)			X		X		X	X		X	
Locker Rooms (Youth)						X	X				
Locker Rooms (Family/Special Needs)							X				X
CHILD CARE & OUTREACH											
Before & Afterschool Programs		X	X	X	X	X	X	X	X	X	
Early Learning & Child Care		X	X			X		X	X	X	
Summer Day Camp		X	X	X	X	X	X	X	X	X	X
Housing/Shelter/Case Management	X										
Resident Camp/Family Camp											
PROGRAMS											
Active Older Adult Classes			X		X		X	X	X	X	
Birthday Parties		X	X		X	X	X	X		X	X
Group Exercise (Land and/or Water)			X		X		X	X		X	
Lifeguard Certification		X	X	X	X	X	X	X		X	X
Personal Training			X		X		X	X		X	
Yoga & Pilates			X		X		X	X		X	X
Group Cycling			X		X		X			X	
ACTIVITIES & SPORTS											
Gymnastics					X						
Swim Lessons		X	X	X	X	X	X	X		X	X
Swim Team		X	X				X	X			X
Basketball		X			X	X	X				X
Dance			X	X	X					X	X
Soccer		X								X	X

For a better us[®]

FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY



YOUTH DEVELOPMENT

CHILD WATCH

**MONDAY-THURSDAY 10:00AM – 1:00PM
3:00PM – 6:00PM**

Know your child is safe and happy while you attend a group exercise class or workout! Child Watch allows you to exercise while your children play in a supervised area. Available for any child ages **6 weeks to 11 years with a family membership.**

KEY FEATURES OF THE YMCA CHILD WATCH ROOM:

Supervised Play:

Children engage in various activities like creative play, and arts and crafts, all under the supervision of trained YMCA staff.

Safe and Secure Environment:

The room is designed with safety in mind, featuring limited capacity and areas for different activities.

Parental Supervision Requirement:

Parents or guardians are required to remain within the YMCA facility while their child is in Child Watch.

Nut-Free Policy:

The YMCA has a strict policy against nuts.

Limited Availability:

Child Watch services are limited to 2 hours and available on a first-come, first-served basis.

Parental Responsibilities:

Parents are responsible for bringing necessary items like diapers, wipes, and snacks and for attending to their child's needs, such as diaper changes.

Social and Emotional Development:

Child Watch programs aim to provide a space for children to develop socially, emotionally, and cognitively through interaction and play.

YOUTH DEVELOPMENT

TODDLER & PRESCHOOL PROGRAMS

TWO-YEAR OLDS

Sustained independent and group, free play stories, arts and crafts, creative movement, and music. State licensed ratios are maintained at 1:4 (under age two) and 1:5 (two-year-olds). Must be age two by December 31.

3 Days, MWF

Fee: \$415 Y Members, \$599 Program Participants

Time: 9:00am-12:00pm

THREE YEAR OLDS

Also includes weekly swim lessons and kids Zumba classes. State licensed. 1:10 staff/child ratio. Participant must be potty trained.

3 Days: MWF Fee: \$415 Y Members, \$599 Program Participants

Time: 9:00am-1:00pm

5 Days: M-F

Fee: \$695 Y Members, \$999 Program Participants

PRESCHOOL: FOUR AND FIVE YEAR OLDS

Also includes weekly swim lessons and kids Zumba classes. State licensed, 1:10 staff/child ratio. Participant must be potty trained.

5 Days: M-F Time: 9:00am-1:00pm

Fee: \$695 Y for Member, \$999 Program Participants

LUNCH BUNCH

In Lunch Bunch, children spend time playing with toys and using gross motor skills in our dance studio and outside. Art projects weekly. Sign up by the day, week or month as needed. For Preschool Participants Only. Limited spaces available.

Threes and Fours

Days: Monday-Friday

Times: 1:00pm-4:00pm

Fee: \$25 Daily Drop In

Weekly: \$110



Have questions about our preschool program?

Contact Patricia Farrelly
Preschool Coordinator
at
fairfieldpreschool@cccymca.org



YOUTH DEVELOPMENT

AFTER SCHOOL PROGRAM

Where can children meet other children, finish homework without a hassle, do arts and crafts and play outdoors? In the Fairfield Y School Age After School Child Care! Parents have peace of mind that their children are cared for in a safe, fun atmosphere that models and teaches the YMCA core values of Caring, Honesty, Respect, and Responsibility. After school care is provided for kindergarten through 5th grade for Fairfield Public Elementary School students. We offer a curriculum that aligns with the school day and supports growth in literacy, science, technology, engineering, arts and math (STEAM) while infusing physical activity and fun. We teach kids confidence, encourage self-expression and enrich social development. Providing our youth with the support, encouragement and positive role models that they need, will not only increase their ability to succeed in school, but in life!

Location: Fairfield YMCA

After Care Hours: 3:00PM-6:00PM

YMCA Youth Membership	\$45.00 monthly	N/A
Partner School	Y Member Monthly	Program Participant Monthly
Holland Hill 2 Days	\$275	\$352
Holland Hill 3 Days	\$398	\$577
Holland Hill 4 Days	\$445	\$624
Holland Hill 5 Days	\$545	\$777
McKinley/Riverfield/Mill Hill 2 Days	\$249	\$350
McKinley/Riverfield/Mill Hill 3 Days	\$325	\$440
McKinley/Riverfield/Mill Hill 4 Days	\$405	\$518
McKinley/Riverfield/Mill Hill 5 Days	\$515	\$687



YOUTH DEVELOPMENT

Y VACATION CLUB

No school, and you have to work? Our vacation club has your child care needs covered! This program is for children in grades Kindergarten to 5th Grade. Your child will enjoy a variety of activities at the Fairfield YMCA including sports, crafts, occasional field trips, games and swimming. All children should bring a snack and lunch with water! Nut-free please! School-Aged Child Care Registration and Release Form and Health Assessment required.

2026-2027 UPCOMING DATES :

- Yom Kippur- 9/21
- Election Day- 11/3
- Veterans Day- 11/11
- Christmas Break- 12/28 to 12/31
- MLK- 1/18
- February Break- 2/12 to 2/15
- Eid- 3/10
- Good Friday-3/26
- Spring Break-4/12 to 4/16

Full Day 7:30AM-3:30PM

Member \$80 | Program Participant \$160

Post Care 3:30PM-6:00PM

Member \$25 | Program Participant \$30



YOUTH FITNESS

LIFTING CLUB

If you are looking to get in shape for the upcoming sports season, to stay in shape after seasons, or are just looking to build muscle, then this is the program for you! An eight week program for teens ages 10 to 15 years. Participants will learn the basics of strength training.

June 22-August 12

Mondays AGES 10-12 years old 4:00PM-5:00PM

Wednesdays AGES 10-12 years old 4:00PM-5:00PM

\$150 Members (ONLY)

June 26-August 14

Fridays AGES 13-15 years old 4:00PM-5:00PM

\$150 Members (ONLY)



MARTIAL ARTS



Find your inner warrior, learn Tang Soo Do Karate. Tang Soo Do Karate helps develop discipline, self control and confidence. Students also learn to defend themselves through proper Karate techniques and achieve personal goals. This Karate class will provide a fun experience for kids and an opportunity to make new friends and learn new skills.

AGE: 5-12

DAY: Tuesday, June 23-August 11

TIME: 4:15pm to 5pm

DAY: Friday, June 26-August 14

TIME: 4:15pm to 5pm

AGES: 13+

DAY: Monday, June 22-August 10

TIME: 6:30pm-7:15pm

ADULT SELF DEFENSE 16+

DAY: Wednesday, June 24-August 12

TIME: 7:15pm to 8pm



WHERE: Fairfield YMCA

FEE: \$75 Members \$150 Program Participant

CONTACT: Sam Mouziyk P: 203 255 2834 ext. 2323 E: smouziyk@cccymca.org



YOUTH DEVELOPMENT

**We offer an amazing summer programs for ages 2-15!
Sunshine Club/ Camp Discovery & Camp Badakookala**

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

REGISTRATION IS NOW OPEN FOR EVERYONE!

SUNSHINE CLUB (9AM-12PM)

CAMP DISCOVERY (9AM-1PM, PM Care: 1PM-4PM)

- Outdoor Adventures
- Organized Games
- Stories
- Songs, Fingerplays
- Water play
- Swim Days (Camp Discovery Only)
- Arts & Crafts and so much more!

CAMP BADAKOOKALA

- Swim
- Field Trips
- Archery
- Sports & Games
- Whole Camp Events
- Parties
- Competitions
- Arts & Crafts and so much more!

CAMP DATES: JUNE 15TH – AUGUST 21ST
M-F 9:00AM-3:00PM | Pre & Post Care Available

SUNSHINE CLUB/ CAMP DISCOVERY

841 Old Post Road, Fairfield, CT 06824
203-255-2834 | fairfieldy.org

CAMP BADAKOOKALA

Roger Sherman Elementary School
250 Fern St, Fairfield, CT 06824
203-255-2834 | fairfieldy.org

SIGN UP TODAY





Most Camps Run
June 15th

–
August 28th

*There are a few exceptions
please inquire with camps
individually



ADDITIONAL CAMP LOCATIONS

DAY CAMP LOCATIONS:

Fairfield YMCA

841 Old Post Road Fairfield, CT 06824

Lakewood Trumbull YMCA Gymnastics Camp

20 Trefoil Drive, Trumbull, CT 06611

↳ Camp Teepee

204 Stanley Road, Monroe, CT 06468

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

631 Orange Avenue, Milford, CT 06461

Soundview Family YMCA

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

3 YEARS - 17 YEARS

*Depending on which camp you choose



Financial
Assistance
available for
those who
qualify

Non-Member
Registration
begins Jan 2nd

Member
Registration
begins March 1st





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 classes require one parent* to participate in the pool.**






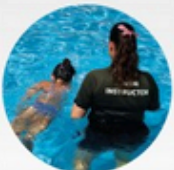
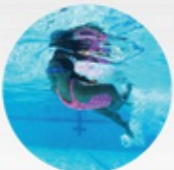

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule.

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 - 3 years Parent* & Child	SWIM STARTERS	Stages A-B
3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-3
5 years - 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

Please contact the 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.
							



SWIM PROGRAMS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water. They develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

AGE GROUPS: 6 months – 3 years Parent & Child Stages A-B

STAGE A WATER DISCOVERY

Parents accompany children in Stage A, introducing infants and toddlers to the aquatic environment through exploration, encouraging them to enjoy themselves and learn about the water.

Fee: Members: \$110 Program Participants: \$220

STAGE B WATER EXPLORATION

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills. **Fee: Members: \$110 Program Participants: \$220**

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

AGE GROUPS:

- 3 years – 5 years** Preschool
- 5 years – 12 years** School Age
- 12+ years – Teen & Adult**
- Stages 1-3**

SAFETY IS OUR PRIORITY
 Keeping your children safe is our priority. In the interest of keeping your children safe no spectators are allowed on deck. Thank you for your cooperation.

SWIM BASICS STAGE 1 WATER ACCLIMATION

In Stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student’s future progress in swimming.

Fee: Members: \$110 Program Participants: \$220 Stage 1 Preschool Stage 1 School Age

SWIM BASICS STAGE 2 WATER MOVEMENT

In Stage 2, students focus on body position and control, directional change and forward movement in the water. They also continue to practice how to safely exit in the event of falling into a body of water.

Fee: Members: \$110 Program Participants: \$220 Stage 2 Preschool Stage 2 School Age

SWIM BASICS STAGE 3 WATER STAMINA

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Fee: Members: \$110 Program Participants: \$220 Stage 3 Preschool Stage 3 School Age



SWIM PROGRAMS

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**AGE GROUPS: 3 years – 5 years Preschool
5 years – 12 years School Age
12+ years – Teen & Adult Stages 4-6**

CLASS LEVEL POLICY
For correct class placement, we reserve the right to transition children up or down a swim level at any time during the session.

SWIM STROKES STAGE 4 STROKE INTRODUCTION

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Fee: Members: \$115 Program Participants: \$230

SWIM STROKES STAGE 5 STROKE DEVELOPMENT

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Fee: Members: \$115 Program Participants: \$230

SWIM STROKES STAGE 6 STROKE MECHANICS

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Fee: Members: \$115 Program Participants: \$230

**Please note our credit policy has changed!
We will no longer be offering a credit if a make-up is offered.**

SWIM PROGRAMS

Summer 2026							
Swim Programs	Age	Price	Mon/Wed	Tue/Thur	Fri	Sat	Sun
Stage A/B	6m-4yrs	\$110 Members \$220 Program Participants	2:15 3:15	2:15		9:00 10:00 10:30	9:00 9:30 10:00
Stage 1 /2 Preschool	3-5yrs	\$110 Members \$220 Program Participants	2:15 3:15 3:45 4:15 4:45	2:15 3:15 3:45 4:15 4:45	2:45 3:15 3:45 4:15 4:45	9:00 9:30 9:30 10:00 10:30 11:00 11:30	9:00 9:00 9:30 10:00 10:30 11:00 11:00 11:30
Stage 3 Preschool	3-5yrs	\$110 Members \$220 Program Participants	3:45		2:45		
Stage 1 School Age	5-12yrs	\$110 Members \$220 Program Participants	3:15 4:45	3:15 3:45 4:45	3:45 4:45	9:00 10:00 11:30	11:30
Stage 2 School Age	5-12yrs	\$110 Members \$220 Program Participants	3:45 4:15	3:45 4:15	2:45 3:15 3:45 4:15	9:00 9:30 11:00	9:00 9:30 11:30
Stage 3 School Age	5-12yrs	\$110 Members \$220 Program Participants	4:15 4:45	4:15 4:45	3:15 4:15 4:45	9:30 10:30 11:00	9:30 10:30 11:00
Stage 4 School Age	5-12yrs	\$115 Members \$230 Program Participants	3:45 4:30	4:30	2:45 4:30	10:45 11:30	10:00 11:30
Stage 5 School Age	5-12yrs	\$115 Members \$230 Program Participants		4:30		10:00	10:00
Stage 5/6 School Age	5-12yrs	\$115 Members \$230 Program Participants	4:30	3:45	3:45		
Stage 6 School Age	5-12yrs	\$115 Members \$230 Program Participants			4:30	11:30	10:45
Teen/Adult 30 mins	12-99yrs	\$110 Members \$220 Program Participants				12:00	12:00
Teen/Adult 45 mins 2 x per week	12-99yrs	\$220 Members \$440 Program Participants		7:15			



SWIM PROGRAMS

FAIRFIELD FLYFINS SWIM TEAM

FLYFINS Swim Team Fall Season September 14, 2026–March 19, 2027:

Our competitive swim team offers instruction, training, and competition with a high quality professional coaching staff. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to national competitor. Coaches will designate the level of participation for each team member. Through stroke improvement and success, this program promotes character development, while providing fitness, friendship, and fun. The team participates in both YMCA and USA swim meets. Potential team members must have completed the Y’s level 5 swim lesson course. Practice times vary by age and experience. For more information, contact Swim Team Head Coach Sam Mouziyk, Smouziyk@cccymca.org or at 203 255 2834 ext.2323.

INTERESTED IN JOINING OUR FLYFINS SWIM TEAM?

Individuals who would like to join the team as a new member must attend a new team member evaluation; 45 minutes each day, for four days. Please contact Coach Sam, SMouziyk@cccymca.org or 203 255 2834 ext. 2323. The fee for the evaluation clinic is \$80 and swimmers should have the endurance to swim a 100 Individual Medley demonstrating each stroke. Space is limited. Coaches will evaluate your child’s skills, and discuss the best path for the development of your swimmer.

**New Team Member Evaluation: 9/8 to 9/11 5:15–6pm All Ages
Fee: \$100**

**Flyfin Team Member Stroke Clinic: 9/8 to 9/11 6:15–7:15pm
Flyfin Team Member Starts and Turns: 7/27 to 7/31 5:15–6:15pm**

**JR2 begins 9/14 Fee: \$1200
JR1 begins 9/14 Fee: \$1300
AG2 begins 9/14 Fee: \$1400
AG1 begins 9/14 Fee: \$1600**

***Age group qualifiers and Zone swimmers could swim later, depending on championship dates.**





SWIM PROGRAMS

SWIM WITH US @ THE FAIRFIELD Y

START, FLIP, AND TURN WITH US

Calling Flyfins swimmers! The Fairfield YMCA Flyfins Swim Team is excited to announce our diving and turns Stroke Clinic. This is your chance to refine your technique and make significant improvements under the guidance of our coaches.

- Starts
- Open Turns
- Flip Turns

WHEN: July 27 to July 31
TIME: 5:15PM to 6:15PM
FEE: \$100 Members

STAY SWIM READY

Get ready for the fall season with us! Staying consistent in swim training will help you stay in shape and prepare for the upcoming swim season. Join our 3-week program where you'll spend one and a half hours each session focusing on all four swimming strokes, gaining stamina and enhancing technique while keeping swimming fun for the summer!

- For swimmers who want to train and exercise.
- Open to all ages
- Do not need to have an extensive swimming background, but must be able to swim 10 laps.

WHEN: August 3 to August 28
DAYS: Monday, Wednesday and Friday
TIME: 5:30PM to 7PM
FEES: \$250 Members Only

ADULT STROKE CLINIC

Designed for adult swimmers of all levels, this clinic focuses on improving stroke technique, efficiency, and confidence in the water. Swimmers will receive personalized instruction and targeted drills to refine freestyle, backstroke, breaststroke, and butterfly mechanics, while also working on breathing, body position, balance, and endurance. Whether you are new to swimming, returning to the sport, training for fitness, or looking to become a stronger, more efficient swimmer, this clinic provides a supportive environment to build skills and improve overall performance in the water.

WHEN: July 27 to July 31
DAYS: Monday, Wednesday and Friday
TIME: 6:15PM to 7:15PM
FEES: \$250 Members Only

LOCATION:
 Fairfield YMCA
 841 Old Post Road
 Fairfield, CT 06824

For More Information Contact:
 Sam Mouziyk
 P: 203 255 2834 ext. 2323
 E: smouziyk@cccymca.org



SWIM WITH US IN THE SOUND

Open water swimming not only offers a physical challenge but also provides an opportunity to participate in a new experience. This experience can aid in personal growth, especially for those training for triathlons. Practicing swimming in open water builds strength and stamina, pushing swimmers beyond the controlled environment of a pool. As always the safety of our participants remains our top priority.

- Swimmers must be able to swim 200 yards nonstop.
- Need to be at least 10 years of age

WHEN: July 27 to August 21
DAYS: Monday and Wednesday
TIME: 8:30AM to 10AM
 (8:30AM-9:00AM Dryland, 9:00AM-10:00AM Swim)
FEES: \$200 Members

LOCATION:
 Jennings Beach
 880 S Benson Road
 Fairfield, CT 06824



SWIM PROGRAMS

PRIVATE AND SEMI PRIVATE SWIM LESSONS

For Y Members, by appointment only.

Private: Must be 4+ years of age Private lessons are offered in packages of 1, 2, or 4 lessons

Fee: 1 Lesson: \$69 2 Lessons: \$120 4 Lessons: \$215

Semi Private: Lessons for 2 children at a time who are at the same level. Semi Private lessons are offered in packages of 1, 2, or 4 lessons.

Fee: 1 Lesson: \$42.50 2 Lessons: \$74.50 4 Lessons: \$129.50 (each participant)

..... ADAPTIVE AQUATICS (SPECIAL KIDS)

Ages 4 and above, this program is open to all individuals with cognitive and or physical disabilities, fear and or anxiety. It is designed to provide a positive recreational and educational experience for participants, it is not water therapy. Registration is ongoing. Program is for all levels of swimmers.

**Fee: \$175 Y Members
\$275 Program Participants**

CERTIFICATION COURSES

WATERFRONT LIFE GUARDING COURSE

Red Cross Life Guard Certification includes CPR, AED and First Aid. Waterfront Lifeguarding, for 15 years and up. Candidates must be able to swim 550 yards non-stop and tread water. Participants take pre-test before registering for class, they must stay after they have passed the pre-test to start the first portion of the class and must attend all classes that follow the pre-test date they attended.

Fee: \$275 for Y Member \$375 Program Participant

This is a Blended Learning Course, on line and in the pool/classroom.

June 6th pre-test at 1pm-6pm

Classroom Days: Saturday 6/20, at 9am to 6pm
Sunday, 6/21, at 9am to 4pm
Tuesday, 6/23, at 6pm-9pm
Thursday, 6/25, at 6pm-9pm

June 27th pre-test at 1pm-6pm

Classroom Days: Saturday 7/11, at 9am to 6pm
Sunday, 7/12, at 9am to 4pm
Tuesday, 7/14, at 6pm-9pm
Thursday, 7/16, at 6pm-9pm

July 18th pre-test at 1pm-6pm

Classroom Days: Saturday 8/1, at 9am to 6pm
Sunday, 8/2, at 9am to 4pm
Tuesday, 8/4, at 6pm-9pm
Thursday, 8/6, at 6pm-9pm

LIFE GUARDING REVIEW COURSE

Materials are free online at redcross.org.

This class is a two day course. Course dates coincide with the Lifeguarding class, classroom dates.

Certifications must be current at the time of class participation.

**Fee: \$125 Y Members,
\$175 Program Participants**

**For more information on
Certification Courses
Contact : George Franco
E: gfranco@ccymca.org**



SWIM PROGRAMS

SPLASH INTO SUMMER

HALF DAY SWIM SCHOOL

In this 5-day swim lesson program children learn to swim and be safe in and around the water. Half Day Swim School is designed for children ages 3-10 years old, who want to learn to swim or improve their swim strokes. Children have swim lessons twice a day, enjoy a snack and have lots of fun.

Sessions: June 1st - August 24th Monday-Friday

Time: 9:00am to 12:00pm or 1:00pm to 4:00pm

Fee: \$185 Members | \$260 Program Participants

Registration: Now Open to Everyone!

Register: At the Fairfield YMCA or On-line at FairfieldY.org

For more information contact

Amanda Goodwin or Russ Spodenko

203 255 2834 ext. 2325

agoodwin@cccymca.org or rspodenko@cccymca.org

BEACH CLUB

Beach Club is a wonderful opportunity for children ages 10 to 15 to make friends and enjoy the beautiful coastal area we are blessed to live in. Participants get lots of exercise and have fun in the water, sand, and sun; a perfect combination of what we all need now more than ever! There is never a dull moment as we swim, fish, clam, kayak, and paddleboard. Participants should be strong swimmers having the ability to swim 25 yards without any floatation, be comfortable in open water, as well as treading and swimming in deep water. Participants will need to bring their energy and endurance as it is a very physical program. Join us as we explore Fairfield's five beautiful beaches and estuaries, as well as form friendships that will last a lifetime.

Registration: Now Open to Everyone!

On-line at FairfieldY.org or at the Y

When: June 15th-August 17th Monday-Friday

Time: 9am- 2:30pm

Fee: \$255 Members | \$375 Program Participants

Register: At the Fairfield YMCA or On-line at FairfieldY.org



AQUATICS PROGRAMS

BUILDING STRONG SWIMMERS

DID YOU KNOW...

- The YMCA has been teaching people how to swim for **over 110 years**, making it one of the longest-running swim education programs in the country.
- YMCA swim programs serve millions of children and adults each year across the U.S.
- The Y was one of the **first organizations** to develop a national swim lesson curriculum, ensuring consistent safety and instruction standards.
- Lifeguard training and water safety programs at the YMCA have helped **produce generations of certified lifeguards**, many of whom go on to work at pools and beaches nationwide.

SWIM LOCATIONS

New Haven YMCA Youth Center - www.newhavenymca.org
(Swim Lessons, Lifeguard Training)

Bridgeport YMCA - www.bridgeportymca.org
(Swim Lessons, Swim Team)

Stratford YMCA - www.stratfordymca.org
(Swim Lessons, Swim Team, Lap Swim)

Woodruff Family YMCA - www.woodruffymca.org
(Swim Lessons, Free Swim, Splash Pad, Lifeguard Training)

Fairfield YMCA - www.fairfieldy.org
(Swim Lessons, Swim Team, Lap Swim)

Lakewood-Trumbull YMCA - www.lakewoodtrumbullymca.org
(Seasonal Outdoor Pool + Lake + Boating)

Soundview Family YMCA - www.soundviewymca.org
(Swim Lessons, Swim Team, Lap Swim, Lifeguard Training)

YMCA Camp Hi-Rock - www.camphirock.org
(Seasonal Lake + Boating)

CENTRAL CONNECTICUT COAST



JOIN US WE ARE MAKING A DIFFERENCE

VOLUNTEER WITH US AT THE HALF MARATHON

The Fairfield Half Marathon is truly a community collaboration. The Fairfield YMCA is one of the charities to receive funds raised from the Half Marathon.

Funds go directly towards the Fairfield Y's Annual Campaign to provide financial assistance for children, families, and ALL individuals to participate in the YMCA.

When: Friday, 6/5 from 11:30am– 4:30 pm or 6/6 from 10:30am to 4:30pm

What: Distribute race packets

Location: Meet at the Fairfield U Bookstore 2nd floor

When: Saturday, 6/6 at 7am

What: Assist with water stations

Location: Meet at the Fairfield Y

When: Sunday, 6/7 at 6am

What: Direct event parking

Location: Meet at the Fairfield Y



For more information contact **Maureen Scinto**

E: mscinto@cccymca.org

P: 203 255-2834 x 2318

fairfieldy.org

HEALTH & WELLNESS

GROUP EXERCISE CLASSES ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS

WHAT TO EXPECT FOR OUR CLASSES

Please bring your own mat, water and towel. Our instructors lead the classes through various exercises. They assist with modifications and advancements and offer recommendations to ensure each participant is both comfortable and challenged to reach their full potential. If you have a specific health concern or injury, please inform an instructor prior to the class beginning.

RESERVATIONS FOR CLASSES

We request that all members reserve a spot for the TRX classes, either from our website, on our Y360 app, or by contacting us. You can sign up for group classes 6 days in advance, and up to one hour before the start of class. We are happy to show you how to use the app!

CLASS DESCRIPTIONS THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

BARRE MAT

Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest workouts on the market today. **For Y Members.**

TAI CHI

The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress. All levels. **For Y Members.**

BOOT CAMP

Challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout. **For Y Members.**

PURE STRETCH

A light-hearted class designed to stretch your entire body and improve your core strength, classes are suitable for all. **For Y Members.**

ADULT SELF DEFENSE

Our Tang Soo Do Karate can empower you in self-defense and other aspects of your life. It can help you feel safe and secure at home, school, work and on the streets. **FEE: \$75 Y Members \$150 Program Participants**

CARDIO CHALLENGE

A complete body workout incorporating intervals of cardio, strength, toning, power and balance. **For Y Members.**

CHAIR YOGA

Move your whole body with a series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and range of movement. **For Y Members.**

HYDRO DEEP

Advanced– to build strength, cardio, muscle tone. Buoys, kickboards and noodles used. Must be comfortable in the deep water vertically and horizontally without belts for portions of the class. Class fee : **\$50 For Y Members. \$100 Program Participants.**

NON-STOP TABATA

Non-Stop Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20 seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post-workout, get in shape the fast way! **For Y Members.**

HEALTH & WELLNESS

CLASS DESCRIPTIONS THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

STEP

The energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness. **For Y Members.**

PILATES POWER

Power Pilates encompasses precise movements to stretch and strengthen muscle without adding bulk. Discover your inner strength while your body transforms as your energy improves and you achieve an inner balance. **For Y Members.**

MOVEMENT FOR PARKINSON'S

Physical activity seems to slow the disease progress, decreasing pain associated with Parkinson's Disease. Exercise through gentle, deliberate movements to help prolong independent mobility, improve sleep mood and overall quality of life. **For Y Members.**

GROUP CYCLING

A fun group class performed on a stationary cycling bike. This combines a cardio and strength training workout for all levels. **For Y Members.**

MUSCLE, CORE AND MORE

Strength training which may use weights, stretch bands and medicine balls encouraging core strength throughout, followed by stretching. **For Y Members.**

PILATES

A mindful, full-body workout focused on strength, stability, and mobility. This Pilates class emphasizes core engagement, controlled movement, and proper alignment to improve posture, flexibility, and overall body awareness. Suitable for all levels, with options to modify or progress each exercise. **For Y Members.**

CARDIO BARRE

Barre movements with intervals of cardio. There is minimal impact but don't let that fool you. One of the best workouts with standing and seated work. Mat needed. **For Y Members.**

ACTIVE OLDER ADULT FIT

Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily activities. Hand-held weights, elastic tubing with handles and balls are used, chairs are available. **For Y Members.**

CARDIO INTERVAL & STRENGTH

The overall muscle conditioning workout increases strength, endurance and stamina using weights, tubing, body bars, bands and exercise balls. **For Y Members.**

STRENGTH & CORE

Work on building strength overall this muscle conditioning class increases strength, endurance and stamina using weights, tubing and bands. **For Y Members.**

TRX® 101

A beginner TRX class which will help you become familiar with TRX training. If you have always wanted to try using TRX this is a great place to start. **For Y Members.**

TRX®

TRX will get your body in the best shape of your life. A suspension training system that combats your body, challenging your strength, power and flexibility. **For Y Members.**

HEALTH & WELLNESS

CLASS DESCRIPTIONS THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

PILATES MAT

Tone and strengthen core muscles, improve stability and posture, slim down and tone up. This class involves free flowing moves concentrating on core strength, muscle balance, flexibility and by doing traditional Pilates on a mat and stability ball. **For Y Members.**

GUIDED MEDITATION AND STRETCHING FOR ADULTS

This class helps you to relax mentally and physically. Alleviate tension in your muscles, and daily stresses and anxiety. The guided meditation begins by laying down on a mat while listening to relaxing music and nature sounds. There will be a strong concentration on diaphragmatic breathing. A safe space is created where everyone moves at their own pace without judgment. The class will consist of 1/2 hour of meditation and 15 minutes of stretching to improve flexibility, strength, and tone. **For Y Members.**

QIGONG

Qigong means "life energy cultivation". For all levels, it uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy. **For Y Members.**

SENIOR H2O

A water class designed for senior's wellness needs done in the shallow end of the pool. **For Y Members.**

YOGA

Yoga for the novice and the experienced yoga participant. Revitalizes the mind, body and spirit with strengthening, stretching and breathing techniques. **For Y Members.**

ZUMBA®

Dance your way into shape in this high energy environment set to exotic rhythms and Latin beats. Easy to learn and a fun workout. All levels welcome. **For Y Members.**

STRENGTH AND CONDITIONING

Maximize your workout results with 60 minutes of impactful strength training. A combination of traditional strength training and functional exercise using an adjustable barbell weights and body weight. **For Y Members.**

STRENGTH EXPRESS

For those looking to get a quick workout in! This total body strengthening class will target all the major muscle groups with cardiovascular training to get you fast results. **For Y Members.**

ACTIVE OLDER ADULT CARDIO CIRCUIT

Increase cardiovascular and muscular endurance in a standing circuit workout. Hand-held weights, elastic tubing and a ball will be used and alternated with non-impact aerobics. Chairs available. **For Y Members.**

TOTAL BODY BLITZ

A full body strength and conditioning workout compounding body weight training exercises that utilizes rollers and balls. **For Y Members.**

SMALL BALL WORKOUT

Relieve back pain, reduce stress and excess muscle tension using ball positions with breathing techniques. **For Y Members.**

CARDIO SCULPTING

A complete body workout incorporating intervals of cardio, strength, toning, power and balance. **For Y Members.**



HEALTH & WELLNESS

WORKOUT IN THE Y'S WELLNESS CENTER!.....

Our Wellness Center includes state of the art cardiovascular and strength training equipment, and a stretching area for flexibility and functional exercises.

GET F.I.T. – FREE INTRODUCTORY TRAINING

As a new Y member, our goal is to help you feel comfortable and confident in the Wellness Center. The F.I.T. program (Free Introductory Training) is designed to provide an orientation to the machines and equipment so you can learn how to use them safely and effectively. For more information, please speak with the Member Services staff.



..... YMCA 360 MOBILE APP

YMCA360 is a wellness program benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allows you to customize your health and wellness journey. The things you love about the Y, its people, places, and programs, are all on YMCA360!

Download our Mobile App which will allow you to:

- Check-in using your bar code
- View class schedules at your Y and other Central Connecticut Coast YMCAs
- Make a class reservation
- Livestream and on-demand classes taught by YMCA instructors
- Fitness classes, sports instructions, nutrition/cooking classes, children’s book readings, and so much more!
- Learn what’s happening at the Y. Push notifications are also available
- PLUS set personal wellness goals
- Get connected by joining Challenges
- Track your wellness activities
- Connect to your wellness device and other health apps.
- View a history of your wellness accomplishments
- Check Y hours and locations

YOUR VIRTUAL YMCA
Your favorite classes, workouts, and programs — anytime, anywhere.

INCLUDED WITH YOUR MEMBERSHIP.
LEARN MORE & DOWNLOAD NOW



HEALTH & WELLNESS

PERSONAL TRAINING & WELLNESS PROGRAMS

PERSONAL TRAINING & NUTRITIONAL COUNSELING

If you are 14 or 80, and if your goal is to lose weight; gain strength; improve balance; flexibility and agility; rehabilitate an injury; or just push yourself - a Y personal trainer can help you get there. Our certified personal trainers will help develop a personalized program that is perfect for you and will support you with expert knowledge, coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be. Personal Training Packages are available in several options to suit your goals and schedule.

1 hour \$82 | 3 hours \$236
5 hours \$379 | 10 hours \$753

INTRODUCTION TO PERSONAL TRAINING

For new clients we offer an introductory program for your first 4 hours at \$278 so you can experience the benefits of working with a personal trainer. Our Certified Personal Trainers will assess your wellness goals and develop a customized plan to meet your needs to help you achieve success, no matter where you are on your wellness journey.

4 hours \$278



**Ready to take the next step in
your wellness journey?**

**Connect with our Senior Program
Director, Maureen Scinto,
at mscinto@cccymca.org
for more information.**

CENTRAL CONNECTICUT COAST BRANCH LOCATIONS



ASSOCIATION OFFICE

1240 Chapel Street, New Haven CT 06511, P 203 777 9622

ALPHA COMMUNITY SERVICES YMCA

850 Park Avenue, Bridgeport CT 06604, P 203 366 2809

BRIDGEPORT YMCA

850 Park Avenue, Bridgeport CT 06604, P 203 334 5551

FAIRFIELD YMCA*

841 Old Post Road, Fairfield, CT 06824, P 203 255 2834

HAMDEN/NORTH HAVEN YMCA

P.O. BOX 6555, HAMDEN, CT 06517, P 203 562 5129

LAKESWOOD-TRUMBULL BRANCH

20 Trefoil Drive, Trumbull CT 06611, P 203 445 9633

NEW HAVEN YMCA YOUTH CENTER

52 Howe Street, New Haven CT 06511, P 203 776 9622

SOUNDVIEW FAMILY YMCA*

628 East Main Street, Branford CT 06405, P 203 481 9622

STRATFORD YMCA*

3045 Main Street, Stratford CT 06614 , P 203 375 5844

VALLEY YMCA

P.O. BOX 373, ANSONIA, CT 06401, P 203 732 5527

WOODRUFF FAMILY YMCA*

631 Orange Avenue, Milford CT 06461, P 203 878 6501

YMCA CAMP HI-ROCK

162 East Street, Mount Washington MA 01258, P 413 528 1227

*Indicates a full-facility branch equipped with an indoor swimming pool

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

CENTRAL CONNECTICUT COAST YMCA



★ ★ ★ FAIRFIELD YMCA ★ ★ ★

MEMORIAL

DAY

The Fairfield Y will be closed on Memorial Day.

Join us for front row seats at the Memorial Day parade and watch with your friends!

Come early, lot opens at 8 AM for parking, and streets will be closed one hour before the start of the parade at 10 AM. Green space, snacks, restrooms available, and a Safety Around Water demonstration. Preregistration is encouraged.

All donations go to the Fairfield Y Annual Campaign.

WHEN: May 25

TIME: 8 AM

FEE: \$5 per car

Contact: Maureen Scinto (Senior Program Director)

E mscinto@cccymca.org

P [203 255 2834](tel:2032552834) ext 2318

CENTRAL CONNECTICUT COAST YMCA



FAIRFIELD YMCA

841 Old Post Road, Fairfield CT 06824
P: 203-255-2834 | F: 203 259 7744

FOR A BETTER US®