



**FAIRFIELD YMCA
SPRING
PROGRAM GUIDE**



When you donate to the Fairfield YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

All contributions to the YMCA provide direct financial assistance for ALL who need it.

**FIND YOUR REASON TO GIVE.
DONATE FOR A BETTER US.**

OUR TEAM

VOLUNTEER LEADERSHIP

Board Chair: Andrea Seek

Board Member: Katie Flynn

Board Member: Jason Li

Board Member: Gregory Sargent

Board Member: Dana White

Board Member: Emily Lusk

Board Member: Elly Fatehi

Board Member: Tina Cika

FAIRFIELD Y STAFF

Executive Director: Diana Liptak

Senior Director: Maureen Scinto

Aquatic Coordinator: Amanda Goodwin

Aquatic Coordinator: Russ Spodenko

Membership Coordinator: Wendy Terron

Child Care Director: Patricia Farrelly

Sports and Rec Coordinator Head Swim Team Coach:
Sam Mouziyk

REGISTER ON LINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!



HERE FOR YOU

FAIRFIELD YMCA

P 203 255 2834 F 203 259 7744

E Fairfieldinfo@cccymca.org

W FairfieldY.org

FACILITY HOURS

New hours:

Monday–Thursday 5:30am –9pm

Friday 5:30am–7pm

Saturday 7am – 6pm

Sunday 8am–4pm

HOLIDAY HOURS/CLOSURES

Easter, April 20, CLOSED

Memorial Day, May 26, 7am–9am

July 4, 7/4 Open 7am–1pm

Weather Closures

In the event of inclement weather related closures, we will post information on our Website, Facebook, Twitter, and the following television stations: WTNH 8 and News 12.



PROGRAM REGISTRATION

Spring Session Registration:

Facility Member: Monday, April 7

Program Participant: Monday, April 14

MEMBERSHIP FOR ALL

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

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YOUTH DEVELOPMENT

LEARN GROW THRIVE

FAIRFIELD YMCA PRESCHOOL PROGRAM

The Fairfield Y is focused on building strong kids through its preschool program. Addressing the social and emotional needs of our children, we use a relationship-based approach, collaborating with parents, teachers and children. Through exploration and discovery, our program is based on the principles of caring, honesty, respect and responsibility. Learning is a journey, and at the Y we provide a safe nurturing environment for children to learn, grow and thrive.

TWO YEAR OLDS

Sustained independent and group, free play stories, arts and crafts, creative movement, and music. State licensed, 1:4 staff/child ratio. Must be age Two by December 31.

2 Days, T/TH

Fee: \$270 Y Members, \$392 Program Participants

Time: 9:00am-12:00pm

3 Days, MWF

Fee: \$405 Y Members, \$589 Program Participants

Time: 9:00am-12pm

THREE YEAR OLDS

Includes weekly swim lessons and music classes. State licensed. 1:10 staff/child ratio. Participant must be potty trained.

3 Days: MWF

Fee: \$405 Y Members, \$589 Program Participants

Time: 9:00am-1:00pm

5 Days: M-F

Fee: \$675 Y Members, \$982 Program Participants

Time: 9:00am-1:00pm

PRESCHOOL: FOUR and FIVE YEAR OLDS

Includes weekly swim lessons and music classes.

This program also includes field trips. Participant must be potty trained. State licensed, 1:10 staff/child ratio.

5 Days: M-F

Fee: \$675 Y Member, \$982 Program Participants

Time: 9:00am-1:00pm



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.

Threes and Fours

Days: Monday-Friday

Times: 1:00pm-4:00pm

Fee: \$25 a day drop in

Weekly: \$110

For more information on Fairfield Y's Program contact Pat Farrelly at Fairfieldpreschool@cccymca.org or 203 255 2834 x 2315

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG

YOUTH DEVELOPMENT



YOUTH STRENGTH TRAINING 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.

WHEN: Wednesdays, April 30 – June 18

WHO: Ages 10-12

TIME: 4:00pm-5:00pm

WHEN: Fridays, May 2 – June 20

AGES: 13-15years

TIME: 4:00-5:00pm

FEE: \$150 members

CONTACT: Sam Mouziyk 203 255 2834 ext.2323
Smouziyk@cccymca.org

KARATE

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: Tuesdays, April 29 – June 17

TIME: 4:15pm to 5pm

DAY: Fridays, May 2 – June 20

TIME: 4:15pm to 5pm

AGES: 13+

DAY: Mondays, April 28 - June 16

TIME: 6:30pm-7:15pm

ADULT SELF DEFENSE 16+

DAY: Wednesday, April 30- June 18

TIME: 7:15pm to 8pm

WHERE: Fairfield YMCA

FEE: \$75 Members \$150 Program Participant

CONTACT: Sam Mouziyk 203 255 2834 ext.2323
Smouziyk@cccymca.org



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YOUTH DEVELOPMENT

ENGAGE BEYOND THE SCHOOL DAY

Y AFTER SCHOOL

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 grade 5 for Fairfield Public Elementary School students.

YMCA Youth Membership	\$34.00 monthly	N/A
Partner School	Y Member Monthly	Program Participant Monthly
Holland Hill 2 Days	\$262	\$342
Holland Hill 3 Days	\$390	\$567
Holland Hill 4 Days	\$425	\$614
Holland Hill 5 Days	\$629	\$767
McKinley/Riverfield/Mill Hill 2 Days	\$255	\$340
McKinley/Riverfield/Mill Hill 3 Days	\$315	\$430
McKinley/Riverfield/Mill Hill 4 Days	\$397	\$508
McKinley/Riverfield/Mill Hill 5 Days	\$499	\$677
Y Vacation Club 7:30am-3:30pm	\$80	\$160
Y Vacation Club Post Care 3:30pm-6pm	\$25	\$30



MARCH & APRIL 2025 VACATION CLUB

NO SCHOOL ? NO WORRIES ! Y VACATION CLUB ! For students K through grade 6 . On days off from school , participants will engage in organized activities. Program takes place at the Fairfield YMCA from 7:30am to 3:30pm \$80 Members \$160 Program Participants . After care from 3:30pm to 6pm \$25 members \$30 Program Participants. Vacation club dates March 31, April 14-18, 2025 .

For more information on School Age Child Care contact
Pat Farrelly at 203 255 2834 ext. 2315 or Pfarrelly@cccymca.org.

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YOUTH DEVELOPMENT

Fairfield Y Swim Lessons

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 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. In the interest of keeping everyone safe, no one but the lesson participant is allowed to stay on the pool deck during swim lessons.

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**

SWIM STARTERS

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: \$105

Program Participants: \$210

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.

AGE GROUP	STAGE	LEVELS
6 months - 3 years Parent & Child	SWIM STARTERS	Stages A-B
3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-4
5 years - 13 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
13+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

SWIM STARTERS

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: \$105

Program Participants: \$210

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YOUTH DEVELOPMENT

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

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 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: \$105

Program Participants: \$210

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: \$105

Program Participants: \$210

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: \$105

Program Participants: \$210

Stage 3 Preschool

Stage 3 School Age

REGISTER ON LINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website! FAIRFIELDY.ORG

YOUTH DEVELOPMENT

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

HALF DAY SWIM

Registration for Summer Half Day swim is open for full Facility members will open April 6 for Program Participants . Sessions will run June to August 9am to 12pm and 1pm to 4pm . Swim lessons each day for 45 minutes. Snack provided. For more information contact Amanda or Russ 203 255 2834 ext.2325

JOIN US FOR FREE WATER SAFETY LESSONS ON HEALTHY KIDS DAY APRIL 26, 10am to 1pm for more information call Amanda at 203 255 2834 ext. 2325

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: \$110

Program Participants: \$220

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: \$110

Program Participants: \$220

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: \$110

Program Participants: \$220



APRIL 26

HEALTHY KIDS DAY®



National Sponsor

PEANUTS

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YOUTH DEVELOPMENT

Fairfield Y Swim Lessons

Spring 2025

Class	Age	Price	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Swim Programs									
A/B	6m-4yr	\$105 Members \$210 Program Participants	10:30	10:00	10:00 10:30 2:00	10:00	10:00	9:00 10:00 10:30	9:00 9:30 10:00
1/2 Preschool	3-5yrs	\$105 Members \$210 Program Participants	10:00 10:30 3:45 4:15	10:00 2:00 4:15 4:45	10:30 2:00 2:30 3:45 4:15	10:00 2:00 4:15 4:45	10:00 3:45 4:15 4:45	9:00 9:30 9:30 10:00 10:30 11:00 12:00	9:00 9:00 9:30 10:00 10:30 11:00 11:30 12:00
3 Preschool	3-5yrs	\$105 Members \$210 Program Participants	10:00	2:00 4:15	10:00 3:45	2:00	10:00		
1 School Age	5- 12yrs	\$105 Members \$210 Program Participants	4:45		4:45	4:15	4:15	9:00 10:00 12:00	11:30 12:00
2 School Age	5- 12yrs	\$105 Members \$210 Program Participants	4:15 4:45	4:15 4:45	4:15 4:45	4:15 4:45	4:45	9:00 9:30 11:00	9:00 9:30 11:30 12:00
3 School Age	5- 12yrs	\$105 Members \$210 Program Participants	4:15 4:45	4:45	3:45 4:15 4:45	4:45	4:15 4:45	9:30 10:30 11:00	9:30 10:30 11:00
4 School Age	5- 12yrs	\$110 Members \$220 Program Participants	4:30	4:30	3:45 4:30	4:30	4:30	10:45 11:30	10:00 11:30
5 School Age	5- 12yrs	\$110 Members \$220 Program Participants	4:30			4:30		10:00	10:00
5/6 School Age	5- 12yrs	\$110 Members \$220 Program Participants		3:45		3:45	4:30		10:45
6 School Age	5- 12yrs	\$110 Members \$220 Program Participants		4:30	4:30			11:30	
Teen/Adult 30 mins	12- 99yrs	\$105 Members \$210 Program Participants						11:30	
Teen/Adult 45 mins 2 x per week	12- 99yrs	\$210 Members \$420 Program Participants		10:30 7:15pm		10:30 7:15pm			

YOUTH DEVELOPMENT

SWIM CLUBS FOR SCHOOLS

YMCA bus will pick up participants at school and parents pick up at the Y. On days that school is not held or when there is an early dismissal, classes will not be held.

Fairfield Public Schools

March 3 -APRIL 25

Sherman School: Monday 3:45-4:15

Sherman School: Friday 3:45-4:15

Mill Hill School: Tuesday 3:45-4:15

Holland Hill School: Tuesday 3:15-3:45

Riverfield School: Thursday 3:45-4:15

McKinley School: Thursday 3:45-4:15

Fee: \$125 Y Members, \$220 Program Participants

Bus Fee: \$15 (bus fee one time only)

Fees prorated for 2025 school calendar .

SAINTS SCHOOLS

St Ann School

Tuesdays and Thursdays 2:30-3:15pm

April 1 to June 5

Fee: \$200 Y Members, \$275 Program Participants

Bus Fee: \$15 one way only pick up at the Y, \$25 round trip to St Ann afterschool program, \$35 to Smilow Burroughs (bus fee one time only)

St Thomas School

Mondays and Fridays 2:30-3:15pm

March 31 to June 6

Fee: \$200 Y Members, \$275 Program Participants

Bus Fee: \$15 one way only (bus fee one time only)

Assumption School

Wednesdays 3pm-3:45pm

April 3 to June 4

Fee: \$150 Y Members \$200 Program Participants

Bus Fee: \$25 one way pick up at the Y

Round trip to Assumption after school program \$35.

(bus fees one time only)

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:\$142 Y Members

\$222 Program Participants

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: \$65, 2 Lessons: \$115, 4 Lessons: \$205

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: \$79, 2 Lessons: \$143, 4 Lessons: \$250

BLACK ROCK SCHOOL

Black Rock Fish Hawks

Mondays, at 3:15-3:45 pm

March 31 to June 2

Friday at 3:15- 3:45pm

April 4 to June 6

Fee: \$150 Members \$200 Program Participants

Bus Fee: \$15 one way to the Y , \$25 round trip to

Lighthouse program, \$35 to Smilow Burroughs (bus fees one time only)

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YOUTH DEVELOPMENT



CERTIFICATION COURSES

Waterfront Life Guarding Course

Red Cross Life Guard Certification includes CPR, AED and First Aid. Waterfront Lifeguarding, for ages 15 years and up. Candidates must be able to swim 550 yards non-stop and tread water. Participants take the pre-test before registering for the class and must attend all classes. **CPR Mask is included.**
Fee: \$275 for Y Member, \$375 Program Participant This is a Blended Learning Course, online and in the pool/classroom.

March 29, pre-test at 1pm, Classroom Saturday 4/12 at 9am to 6pm and Sunday 4/13, 9am to 4pm

April 19, pre-test at 1pm, Classroom Saturday 5/3, at 9am to 6pm and Sunday, 5/4, 9am to 4pm

May 10, pre-test at 1pm, Classroom Saturday 5/24 at 9am to 6pm and Sunday 5/25, 9am to 4pm

Life Guarding Review Course

Materials are free online at redcross.org. This class is a two day course.

Course dates: April 26, 9 to 6pm and April 27, 9 to 4pm

May 17, 9 to 6pm and May 18, 9to 4pm

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

For more information on Certification Courses contact :

Curtis Franco at 203 255 2834 ext.2318 or Gfranco@cccymca.org.

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG



YOUTH DEVELOPMENT

FAIRFIELD FLYFINS SWIM TEAM

FLYFINS Swim Team Long Course 2025, April 7 to July 25, 2025

Age group qualifiers and Zone swimmers could swim until mid August depending on championship dates.

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 stroke clinic for an evaluation process; 45 minutes each day, for five days.

Please contact Coach Sam, SMouziyk@cccymca.org or 203 255 2834 ext. 2323. The fee for the evaluation clinic is \$100 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 : 3/24 to 3/28 , 5:15-6pm Monday to Friday, Fee: \$100.

Flyfin Team Member Stroke Clinic: 3/31 to 4/4, 5:15-6pm, Monday to Friday, Fee \$100.

Flyfin Team Member: Starts & Turns 3/31 to 4/4, 6:15 to 7:15pm , Monday to Friday, Fee:\$100.



JR2 begins 4/7, Fee: \$825.

AG2 begins 4/7 Fee: \$875.

JR1 begins 4/7, Fee: \$850.

AG1 begins 4/7 Fee: \$900.

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HEALTHY LIVING

PERSONAL TRAINING

INSPIRE, MOTIVATE, MAINTAIN

If you are 14, 80 or in between, and if your goal is to lose weight, gain strength, improve balance, flexibility and agility, rehabilitate a new or old 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. They 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.



WORKOUT IN THE Y's WELLNESS CENTER!

Our Wellness Center includes state of the art Life Fitness 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, we would like you to achieve your wellness goals and get the most out of your Y investment. Together, we will help you to understand your goals and expectations, so that we can develop an action plan to ensure your success. For more information, please speak with the Wellness or Member Services staff.

GROUP EXERCISE CLASSES

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.**

Body Sculpting

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

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.**

Body Shock High intensity athletic conditioning to boost strength and endurance, sharpen agility and improve your energy. Challenge yourself like you never have before. **For Y Members.**

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HEALTHY LIVING

GROUP EXERCISE CLASSES

Cardio Sculpting

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.**

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.**

Cycle and Pump

A fun class performed on a stationary cycling bike combining a cardio work out, arm exercises and strength training with light weights while cycling. A great workout for all levels **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.**

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HEALTHY LIVING

GROUP EXERCISE CLASSES

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.**

Chair Yoga

Move your whole body through 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 motion. **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.**

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 cyclin 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

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.**

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.**

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, 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.**

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG



YOUR Y. Anywhere, Anytime.

- Free classes for all ages and all fitness levels
- Classes for active older adults, teens, kids, more!
- Available on your phone, AppleTV, Roku & Android TV

- **What is YMCA360.org?**

**A healthy living network for you and your family anywhere, anytime!
Virtual classes taught by YMCA instructors from across the country.
A multi-function platform that includes website and TV access
Hundreds of great programs for all ages, for you and for your family.
Kids & Family Classes, Mind & Body; Fitness First; Boomers & Beyond.
FREE with a full-facility Central Connecticut Coast YMCA membership.**

- **Try it!**

We invite you and your family to try our new offering!

Instructions for access:

Please visit ymca360.org.

Click the login button

Enter your email address, click continue

Enter your zip code, click continue

Click your YMCA

You will receive a 6 digit email code, via email

Enter this code, click continue • You will be let in!

Please let us know what you think! Email info@cccymca.org

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG

SUMMER DAY CAMP

CAMPING AT THE Y OFFERS AN EXPERIENCE FOR CHILDREN AND TEENS, NOT JUST CARE.

Exploring nature, swimming, playing games and making new friends are just some aspects of the experience of participating in Day Camp. As summer approaches, the Fairfield Y reminds parents that camping is a unique and invaluable experience for children and teens. The Y has plans for the summer and is gearing up for summer adventures that will keep kids active, engaged and healthy all summer long. Summer is the ideal time for kids to get up, get out and explore!

FOUR WAYS TO GET THE MOST OUT OF SUMMER CAMP

Find Your Adventure

Summer is a time for kids to explore and expand the limits of their imagination. At Y summer camp, every day is a new adventure!

Find Your Spark

Kids discover hidden talents and passions they never knew they had.

Find Your Circle

At the Y, their experience is like none other. Kids come away with new skills, confidence and friendships that broaden their perspectives and strengthen their character.

Find Your Friends

At YMCA camp, kids will make new friends and have tons of fun as they explore new adventures each day!

The Fairfield Y provides exciting and educational camp programming for children and teens, and their parents, at our Traditional Day Camp. At YMCA Day Camp, kids are in a welcoming environment where they can belong, build relationships and lasting friendships, develop character and discover their potential.

To ensure that every child and teen has the chance to go camping, the Fairfield Y offers financial assistance to those in need. We believe that no one should be turned away because of their inability to pay. Come, let us help.

2025 DAY CAMP REGISTRATION



YMCA Summer Day Camp is an experience like none other. Kids come away with new skills, confidence and friendships that broaden their perspectives and strengthen their character.

DAY CAMP REGISTRATION NOW OPEN FOR ALL. So that we can maintain camper to staff ratios, we may have session waiting lists. The Day Camp Registration Fee is \$50.

SUMMER DAY CAMP

The YMCA believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve. At YMCA day camp kids and teens can develop skills, self-confidence, new friendships and a sense of belonging – all while having tons of fun.

In order to have fun and thrive, kids of all ages need to feel both physically and emotionally safe. When you drop your child off at a camp, you can rest assured that their total well-being will be supported. Safety is always our number one priority! We keep kids healthy and safe while providing enriching experiences. As a leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for over 130 years. Our experienced and caring staff and volunteers model the positive core Y values of caring, honesty, respect and responsibility that help build character.

Learn more at FairfieldY.org and follow these links for more information :

[Fairfield Y 2025 Day Camp Brochure](#)

[Fairfield Y Day Camp Parent Handbook](#)

[2025 Fairfield YMCA Day Camp Registration Packet – Fillable](#)

[Individual Care Plan Medicine Authorization](#)

Financial assistance is available for families who need it to ensure that all kids in our community can have enriching summer experiences. These forms are required to apply: [Financial Assistance Forms](#)

If your child is 14-15 years of age, they may be interested in our **Counselor in Training** program. In our CIT program, they will receive valuable job interviewing skills, child care training, leadership experience, team building, and problem-solving skills. To apply please fill out the application and contact the Y for an interview. [CIT Application Form](#)

Our camp programs fill up fast, so make plans to reserve your spot.





JUMP 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 swim twice a day, enjoy a snack and have lots of fun.

AGES: 3-10 years

DATES: June to August

TIME: 9am-12pm or 1pm-4pm

FEE: \$175.00 Members

\$250.00 Program Participants

LOCATION: Fairfield YMCA

REGISTRATION: Open now for Members

April 6, Program Participants



FUN IN THE SUN BEACH CLUB

AGES: 10-15 years

DATES: June to August

TIME: 9am-2:30pm

FEE: \$250 Members

\$370 Program Participants

LOCATION: Fairfield YMCA

REGISTRATION: Open now for Members

April 6, Program Participants

Beach Club is a wonderful opportunity for children 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

REGISTER ON LINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!

SLEEPAWAY CAMP!



YMCA CAMP HI-ROCK

YMCA Camp Hi-Rock is a sleepaway located in Western Massachusetts. We are nestled among 1,000 acres in the Berkshire Mountains, surrounded by conservation forest, and centered around our pristine, private, ninety-acre lake. This gives us the ideal backdrop for the wide variety of activities we offer, which include swimming, climbing, water skiing, archery, sailing and arts & crafts among many others. Camp Hi-Rock is dedicated to the growth and development of all of the participants we serve. We seek to help each camper develop his or her sense of personal worth and responsibility as a cooperative member of a group. In addition, we want campers to discover, learn, cultivate new skills, develop healthy lifestyles, create meaningful relationships, and become more caring, honest, respectful and responsible people. Please check out our website for alternative dates and locations including virtual information sessions and open houses on camp in the spring:

[HTTPS://CAMPHIROCK.ORG/2025-INFO-SESSIONS-AND-OPEN-HOUSES/](https://camphirock.org/2025-info-sessions-and-open-houses/)



**CAMP WITH
CHARACTER
PROGRAMS WITH
PURPOSE**

HEALTHY KIDS DAY, APRIL 26, 2025 10AM-1PM



FIND YOUR FUN, FIND YOUR Y AT HEALTHY KIDS DAY!

The Fairfield YMCA is hosting their annual Healthy Kids Day® on Saturday, April 26 10am-1pm. This free, open to the public, annual event features a variety of family-friendly activities to encourage healthy kids, healthy families and a healthy start to the summer season. Come and celebrate with us! We'll have activities and special demonstrations including:

- Obstacle Course
- Zumba
- Smoothie Station
- Water Safety Lessons—Bring your bathing suit!
- Family Activities
- An Environmental Legislator Forum
- Vendors
- and more!

WHEN: April 26

TIME: 10am-1pm

WHERE: Fairfield YMCA 841 Old Post Road Fairfield, CT.

REGISTER ON LINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!

SWEAT FOR A CAUSE



SAVE THE DATE! SATURDAY, JUNE 7

TOGETHER WE CAN MAKE A DIFFERENCE IN THE LIVES OF OTHERS.

The Central Connecticut Coast YMCA is dedicated to the health of all people in our community, especially those with chronic disease. Our programs go beyond the physical, they provide a space for social and emotional healing, creating a community of support.

Help us raise funds to support our life-changing programs: **LIVESTRONG AT THE YMCA**, **MS YOGA**, Programs for People with Parkinson's such as **ROCKSTEADY BOXING**; and other evidence-based/chronic disease programs. Most are offered to those who qualify, free of charge.

WHEN: June 7

WHERE: Fairfield YMCA 841 Old Post Road Fairfield, CT.

REGISTER ON LINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!



SOCIAL RESPONSIBILITY

MAKING A DIFFERENCE CALLING ALL VOLUNTEERS

The Fairfield Half Marathon is truly a community collaboration. Your effort, by volunteering, will benefit individuals and organizations in our community. The Fairfield Firefighters have hosted The Fairfield Half Marathon from the first race in 1981. The proceeds of this national caliber sporting event benefits local charities. 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.

The Y is looking for volunteers to support the race on Saturday and Sunday from 5:30am to 12:15pm. Volunteers will set up and run water stations, sit by the clocks along the route, direct parking and more ! On that Sunday, volunteers are treated to breakfast at the Y starting at 5:30am and transportation to the beach is provided to and from the event, so you can avoid the traffic. Come out and volunteer to support our community !

What: Volunteers needed for Saturday's 5K and Kids Fun Run and Sunday's Fairfield Half Marathon

Where: Fairfield YMCA and Jennings Beach

When: Throughout the day on Saturday May 31 and Sunday June 1 from 5:30am to 12:00pm

CENTRAL CONNECTICUT COAST YMCA 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

LAKWOOD-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

REGISTER ON LINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website! FAIRFIELDY.ORG