



# WINTER 1 PROGRAM GUIDE FAIRFIELD YMCA



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: Jason Li  
Board Member: Gregory Sargent  
Board Member: Dana White  
Board Member: Emily Lusk  
Board Member: Ellie Fatehi

### 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 [FAIRFIELD.ORG](http://FAIRFIELD.ORG)**

**View current schedules, programs and events on our website!**

**MORE INFORMATION ONLINE AT [FAIRFIELD.ORG](http://FAIRFIELD.ORG)**



# HERE FOR YOU

## FAIRFIELD YMCA

P 203 255 2834 F 203 259 7744

E [Fairfieldinfo@cccymca.org](mailto:Fairfieldinfo@cccymca.org)

W [FairfieldY.org](http://FairfieldY.org)

### FACILITY HOURS

**Monday-Thursday 5:30am –9pm**

**Friday 5:30am-7pm**

**Saturday 7am – 6pm**

**Sunday 8am-4pm**



### HOLIDAY HOURS/CLOSURES

Thanksgiving, November 27, CLOSED

Christmas Eve, December 24, 5:30am–2pm

Christmas, December 25, CLOSED

New Years Eve, December 31, 5:30am –2pm

New Years Day, 8am–2pm

### PROGRAM REGISTRATION

#### WINTER 1 Session Registration:

**Facility Member:**

**Monday, December 13**

**Program Participant:**

**Monday, December 20**

### MEMBERSHIP FOR ALL

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

### Weather Closures

In the event of inclement weather related closures, we will post information on our Website, Facebook, X, and the following television stations:

WTNH 8 and News 12.

## REGISTER ONLINE AT [FAIRFIELDY.ORG](http://FAIRFIELDY.ORG)

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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.

**3 Days, MWF**

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

**Time: 9:00am-12:00pm**



#### **THREE YEAR OLDS**

Includes weekly swim lessons and kids Zumba 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**

#### **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**

#### **PRESCHOOL: FOUR and FIVE YEAR OLDS**

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: \$675 Y for Member, \$982 Program Participants**

**For more information on Fairfield Y's Preschool Program contact Patricia Farrelly at Fairfield preschool@cccymca.org or 203 255 2834 x 2315**

**MORE INFORMATION ONLINE AT FAIRFIELDY.ORG**

# 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 5th grade for Fairfield Public Elementary School students.

YMCA Youth Membership	\$36.00 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	\$529	\$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 3:30pm-6pm	\$25	\$30



### 2025/2026 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 3:30 to 6pm \$25 Members \$30 Program Participants.

For more information on School Age Child Care contact  
Patricia Farrelly at 203 255 2834 ext. 2315 or [fairfieldpreschool@cccympca.org](mailto:fairfieldpreschool@cccympca.org).

**REGISTER ON LINE AT FAIRFIELDY.ORG**

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# NO SCHOOL? NO PROBLEM! VACATION CLUB 2025-2026

FAIRFIELD YMCA | 841 OLD POST RD | FAIRFIELD, CT

Come join us on days off from school. Designed for students in Kindergarten through Grade 5.

Activities include sports, STEM, arts and crafts, outdoor play, swim and fieldtrips so kids stay active and engaged. Registration requires a completed After School registration packet & current Health Assessment Record to be on file.

## 2025-2026 DATES & HOURS | 7:30AM – 3:30PM

AFTER CARE HOURS | 3:30PM – 6PM

### ONLINE REGISTRATION DEADLINES

December 26, 29 & 30, January 2 – Winter Break	December 19
January 19 – Martin Luther King Jr. Day	January 14
February 3 – Special Election <small>NEW</small>	January 29
February 13 & 16 – February Break	February 8
March 20 – Eid al-Fitr	March 15
April 3 – Good Friday	March 29
April 13-17 – Spring Break	April 9

IN-PERSON REGISTRATION REMAINS OPEN UNTIL 6 PM

THE DAY BEFORE THE PROGRAM BEGINS.

COMPLETED PAPERWORK IS REQUIRED

AT THE TIME OF REGISTRATION.

### REGISTRATION FEES:

\$80/day for YMCA Members  
\$160/day for NON-Members

### AFTER CARE FEES:

\$25/day for YMCA Members  
\$30/day for NON-Members

### TO REGISTER:

Return the following forms to a front desk representative:

- After School registration packet
- Current physical

**VACATION CLUB IS FOR STUDENTS IN KINDERGARTEN THROUGH 5<sup>TH</sup> GRADE**

### FOR MORE INFORMATION CONTACT:

**PATRICIA FARRELLY:**

P: 203-255-2834 ext. 2315

E: [fairfieldpreschool@cccymca.org](mailto:fairfieldpreschool@cccymca.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:** January 7– February 25

**WHO:** Ages 10-12 Wednesdays

**TIME:** 4:00– 5pm

**WHEN:** January 9 – February 27

**AGES:** 13-15 years—Fridays

**TIME:** 4:00–5:00pm

**FEE:** \$150 Members Only

**CONTACT:** Sam Mouziyk

P: 203 255 2834 ext. 2323

E: Smouziyk@cccympa.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:** Tuesday, January 6–February 24

**TIME:** 4:15pm to 5pm

**DAY:** Friday, January 9– February 27

**TIME:** 4:15pm to 5pm

**AGES:** 13+

**DAY:** Monday, January 5–February 23

**TIME:** 6:30pm-7:15pm

## ADULT SELF DEFENSE 16+

**DAY:** Wednesday, January 7–February 25

**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@cccympa.org





# 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**

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 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**

## 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: \$110**

**Program Participants: \$220**

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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.**



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## 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**

# **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**



### **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**

## **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.**

**MORE INFORMATION ONLINE AT [FAIRFIELDY.ORG](http://FAIRFIELDY.ORG)**



# YOUTH DEVELOPMENT

## Fairfield Y Swim Lessons

### Winter 1 2026

#### Swim Programs

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

# 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

**September 15 – October 31**

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: Thursday 3:15-3:45

Riverfield School: Thursday 3:45-4:15

McKinley School: Thursday 3:45-4:15

Fee: \$125 Y Members, \$200 Program Participants

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

Fees prorated for 2025/2026 school calendar.

## Black Rock School Fish Hawks

Mondays 3:15-3:45 January 5– March 16

Fridays 3:15-3:45 January 9 to March 20

Fee: \$150 members \$200 Program Participants

Bus Fee: \$15 one way to the Y

\$25 round trip to lighthouse program,

\$35 to Smilow Burroughs ( all bus fees one time only )

## Easton Country Day School

Thursdays 1:15 to 2:00pm

January 8 to March

Fee: \$325.00

Bus Fee: \$25.00 round trip to Easton Country Day School

# SAINTS SWIM SCHOOLS

## St Ann School

Tuesdays and Thursdays

January 6 to March 19

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 fees one time only )

## Assumption School

Wednesdays

January 7 to March 18

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)

## St Thomas School

Mondays and Fridays

January 5 to March 20

Fee: \$200 Y Members,

\$275 Program Participants

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





# **YOUTH DEVELOPMENT**

## **FAIRFIELD FLYFINS SWIM TEAM**

**FLYFINS Swim Team 2025-2026, September 15 , 2025 to March 21**

**Age group qualifiers and Zone swimmers could swim until late March 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](mailto: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 for an evaluation process; 45 minutes each day, for five days. Please contact Coach Sam, [SMouziyk@cccymca.org](mailto: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.



**JR2 begins 9/15, Fee: \$1200      AG2 begins 9/15, Fee: \$1400.**

**JR1 begins 9/15, Fee: \$1300.      AG1 begins 9/15, Fee: \$1600.**

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# YOUTH DEVELOPMENT

## 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: \$85, 2 Lessons: \$149,  
4 Lessons: \$259

## 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 and must attend all classes.

**Fee:** \$275 for Y Member, \$375 Program Participant.

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

**January 3** pre-test 1pm

Classroom Saturday 1/17 at 9am to 6pm and Sunday 1/18, 9am to 4pm

**January 31** pre-test 1pm

Classroom Saturday 2/14 at 9am to 6pm and Sunday 2/15, 9am to 4pm

**February 21**, pre-test at 1pm

Classroom Saturday 3/7, at 9am to 6pm and Sunday, 3/8, 9am to 4pm

**March 14** pre-test at 1pm

Classroom Saturday 3/28, at 9am to 6pm and Sunday, 3/29, 9am to 4pm



## 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 : Maureen Scinto  
P 203 255 2834 ext.2318 or  
E: [mscinto@cccymca.org](mailto:mscinto@cccymca.org).**

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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 YMCA 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. **Ages 14+**



## 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, 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 Member Services staff.

## GROUP EXERCISE CLASSES

**AGE REQUIREMENT 14+**

### 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**

**SAFETY IS OUR PRIORITY** In the interest of keeping your children and participants safe class participants are required to be 14+ year unless otherwise specified in the class description . Thank you for your cooperation.

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# HEALTHY LIVING

## GROUP EXERCISE CLASSES

### 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

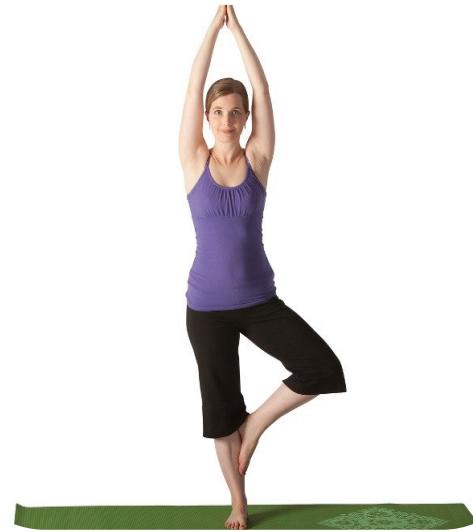
Non-Stop Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20 seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post-workout, get in shape the fast way! **For Y Members.**

### 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.**

**REGISTER ON LINE AT [FAIRFIELDY.ORG](http://FAIRFIELDY.ORG)**

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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 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

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.**

### 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

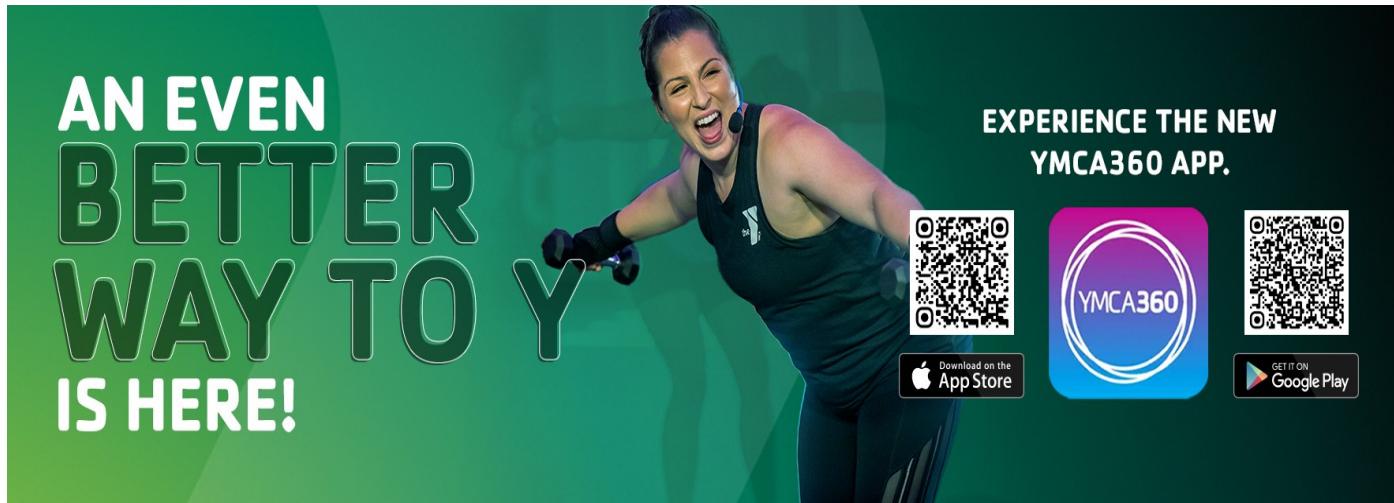
TRX will get your body in the best shape of your life. A suspension training system that combats your body, challenging your strength, power and flexibility.

**For Y Members.**

**MORE INFORMATION ONLINE AT FAIRFIELDY.ORG**



# MOBILE APP



## YMCA360 MOBILE APP

### STAY ON TRACK WITH THE YMCA360 MOBILE APP

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
- Watch YMCA360 on-demand programs
- Add classes to your personal calendar (those at the Y and those on Y360)
- Register for Programs and Classes
- Learn what's happening at the Y. Push notifications are also available
- PLUS set personal wellness goals,
- Track your wellness activities. Connect to your wellness device and other health apps. View a history of your wellness accomplishments
- Reference Y hours and locations

### TO DOWNLOAD:

IOS USERS [CLICK HERE TO DOWNLOAD](#)

ANDROID USERS [CLICK HERE TO DOWNLOAD](#)

MORE INFORMATION ONLINE AT [FAIRFIELDY.ORG](http://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](http://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](mailto:info@cccymca.org)**

**MORE INFORMATION ONLINE AT [FAIRFIELDY.ORG](http://FAIRFIELDY.ORG)**



# SOCIAL RESPONSIBILITY

Central Connecticut Coast

## GIVING TUESDAY

12

02



**CREATE A BLIZZARD OF SNOWFLAKES  
THIS GIVING TUESDAY**

Let's kick off this season with Giving Tuesday—falling this year on December 2, 2025!

In honor of this special day, the Fairfield Y is collecting donations to help families afford essential youth programs—such as swimming lessons, after-school care, camp, memberships for all, and more.

Help us create a blizzard of snowflakes throughout the Y! For every donation made, you will receive a snowflake with your name on it, proudly displayed to celebrate your generosity.

Thank you for supporting our community and helping children thrive!

For more information please feel free to contact us at  
203 255 2834 or [fairfieldinfo@cccymca.org](mailto:fairfieldinfo@cccymca.org)





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# US... IS A PROMISE

Annual Campaign

**The Y. For a better us.**

Every day, the Y strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the 'us' who live in them achieve our individual and collective promise.

When you donate to the Fairfield YMCA Annual Campaign, you make the community of Fairfield better and the "us" who live in them stronger. All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect and responsibility.

## **DONATE FOR A BETTER US.**

[https://ymcacc.sgasoftware.com/Sales/Product/Guest?  
GuestID=8](https://ymcacc.sgasoftware.com/Sales/Product/Guest?GuestID=8)

**OUR MISSION:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.



# **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

## **LAKEWOOD-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

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## **FAIRFIELD YMCA**

**841 Old Post Road**

**Fairfield, CT 06824**

**P 203-255-2834**

**W [www.fairfieldymca.org](http://www.fairfieldymca.org)**