



# DISCOVER YOUR Y

## WINTER 2

### 2026 PROGRAM GUIDE

March 2–April 26

**HAMDEN/NORTH HAVEN YMCA**  
PO Box 6555, Hamden CT 06517  
P: 203-535-2569 F: 203-787-0804

CENTRAL CONNECTICUT COAST YMCA





# CONTACT US

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E-MAIL: [hamdeninfo@cccymca.org](mailto:hamdeninfo@cccymca.org)

WEB: [www.hnhymca.org](http://www.hnhymca.org)

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

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

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

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# WHY THE Y

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

## 2026 WINTER 2 SESSION & REGISTRATION DATES

**SESSION DATES:** March 2–April 26

### REGISTRATION DATES

Facility Member: February 7

Program Participant: February 14

### FACILITY HOURS

Monday – Friday 7:30AM – 6:00PM

## GENERAL PROGRAM INFORMATION

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

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

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

## OUR Y TEAM

**Erin Kelly**, District Executive Director  
**Aishah Brice**, District Operations Director  
**James Grahn**, Youth & Family Coordinator  
**Melissa DePino**, Program Director  
**Jessica Skolozdra**, Camp Director

The Hamden/North Haven YMCA governed by our Board of Managers that consists of volunteers throughout our comm.

**Lenny Lye**, Chair  
**Matthew Beacom**  
**Michael Brennan**  
**Ryan Curtin**  
**Felicia King**  
**Y'Isiah Lopes**  
**Walter Morton**  
**John Olszyk**  
**Dr. Charissa Owens**  
**Edie Reichard**  
**Bob Skolozdra**  
**Michael Tobin**  
**Alice Uzzle**



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 Lakewood-Trumbull Y for more information.

## DONATE FOR A BETTER US

Connect with Erin Kelly,  
District Executive Director,  
[ekelly@cccymca.org](mailto:ekelly@cccymca.org)  
to learn more.







# MEMBERSHIP FOR ALL

The Hamden/North Haven YMCA provides a full range of youth centered childcare and camp programs that will help get you feeling great! From Sports & Rec classes, to school age child care and summer camp, swim lessons for families, and family programming at the Outdoor Center on Downes Road in Hamden, the Hamden/North Haven YMCA has something for everyone!

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.

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 Hamden/North Haven YMCA– We all need a place to belong!

Membership Category	Monthly Rate	Joiner Fee
Youth3-17*(or through the end of high school)	\$45	\$25

**Membership rates are based on a sliding scale according to household income.  
Please contact the New Haven YMCA Youth Center for more information**





# YOUTH DEVELOPMENT

## BIRTHDAY PARTIES .....

### WHAT PARTY SHOULD I CHOOSE?

The Outdoor Center at Camp Mountain Laurel offers facilities rentals as well as a variety of party options to celebrate your child's next birthday!

Our enthusiastic and experienced staff will work closely with you to customize the activities and space to create a fantastic birthday! To ensure you have memories that last a lifetime, our friendly staff is here to help you from the moment you arrive until all your guests depart.

### I AM READY TO RESERVE MY EVENT, NOW WHAT?

Once you've chosen a time and date for your event, it's time to secure the date and time. For questions, contact Jim at [jgrahn@cccymca.org](mailto:jgrahn@cccymca.org)

For birthday parties, a completed and **signed party agreement as well as a \$50.00 deposit** need to be processed at the youth center before any date and time is secured.

For event rentals, a completed and **signed rental agreement as well as a \$50.00 deposit** need to be processed at the youth center before any date and time is secured.

### Facility Rentals

We offer a variety of options for facility rentals at Camp Mountain Laurel's Outdoor Center. Activity parties and pool rentals are part of the rental packages offered at the youth center. All rentals have a minimum two hour agreement. Pricing will be determined based on the customization of the rental. For more information or to discuss package offerings, please contact Jim, via email, [jgrahn@cccymca.org](mailto:jgrahn@cccymca.org).

### Camp Mountain Laurel

The perfect place for your child to have a birthday celebration with friends. Youth Birthday parties allow a maximum 25 PEOPLE. Presents and food can be shared in the gym. Parental supervision is required for all parties.

\*Choose from activity, sports, and pool party options.

\$375 Member | \$525 Program participant

**Saturdays & Sundays: 2:00PM-4:00PM**





# YOUTH DEVELOPMENT

## Y FUN CLUB .....

If you have to work and schools are canceled due to weather or an emergency, we've got you covered!

The Y Fun club provides a option packed with activities in the event that schools are canceled.

Have your child experience STEAM activities, sports, art and more! Bring a nut-free lunch and a snack for morning and afternoon. Come have fun at the Y!

For additional information please contact our Program Director, Melissa DePino at [mdepino@cccymca.org](mailto:mdepino@cccymca.org)



## Y VACATION CLUB .....

No school, and you have to work? Our vacation club has your child care needs covered! Your child will enjoy a variety of activities at either the New Haven YMCA Youth Center including sports, crafts and games. All children should bring a snack and lunch with water! Nut-free please!

### UPCOMING DATES :

February 15 and 16  
March 20  
April 3, 13, 14, 15, 16, 17

### Full Day 8:00AM-5:30PM

Member \$65 | Program Participant \$110

## PARENTS NIGHT OUT .....

You might initially think of this as a night out for the parents, but it's really a night out for your kids! The kids, Kindergarten-5th grade, will be involved in games, arts and crafts, and structured free play. The Y will provide them with a pizza dinner. Now, on the plus side...you get to have a little down time to yourself or enjoy a night out!

### 5:30PM-8:00PM

**Members \$20**

**Program Participant \$35**

Located at the New Haven YMCA Youth Center.  
Registration closes at noon the day before the program.

### WINTER 2 DATES:

March 20<sup>th</sup>  
April 10<sup>th</sup>





# YOUTH DEVELOPMENT

## BEFORE/AFTER SCHOOL PROGRAM .....

Comprehensive state-licensed before and after school program for youth in kindergarten through 6th grade Helen Street School, Shepherd Glen School, Keefe Community Center, and Wintergreen Inter-district Magnet School! We help kids reach their potential and thrive in a safe, trustworthy setting. 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!

**After Care Hours: End of school day-6:00PM**

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

**5 Days per Week, rates are available monthly for members of the Y and program participants.**

**Sliding scale options may be available. Contact Melissa DePino, Program Director, [mdepino@cccymca.org](mailto:mdepino@cccymca.org),for more information.**

**The Y accepts Care 4 Kids and works with other third party agencies to help keep the cost of child care affordable**



# YOUTH DEVELOPMENT

## FAMILY & YOUTH PROGRAMS .....

### YOUTH BASKETBALL (AGES 5+)

#### YOUTH BASKETBALL

Learn the basic skills of basketball from our experienced staff members. Kids will learn how to dribble, shoot, and pass while learning the importance of teamwork.

**Saturdays 10:00PM-10:45AM**

**Member \$75 | Program Participant \$150**

### SOCCER (AGES 5+)

Engage in this fun and exciting program, learning the skills needed to play soccer, while making friends and having fun.

**Saturdays 11:00AM-11:445AM**

**Member \$75 | Program Participant \$150**

### KIDS ZUMBA (AGES 5+)

Whether you're a beginner or a pro, Kids Zumba is the way to go! Kids Zumba is movement through dance combined with Spanish language.

**Saturdays 9:00AM-9:45AM**

**Member \$75 | Program Participant \$150**



### ARCHERY (AGES 5+)

Sharpen your focus and precision with archery, where you'll learn the fundamentals of shooting and aim for the bullseye. This exciting activity fosters concentration and control while providing a unique, hands-on experience.

**Saturdays 10:00AM-10:45AM**

**Member \$75 | Program Participant \$150**



### GET CRAFTY (AGES 5+)

Grab your creativity and unleash your inner artist! Our Arts & Crafts guru will lead fun activities that can be brought home at the end of each week.

**Tuesdays 6:30PM-7:15PM**

**Member \$75 | Program Participant \$150**



# YOUTH DEVELOPMENT

## FAMILY & YOUTH PROGRAMS .....

### FIRST AID/CPR/AED-BLENDED LEARNING (AGES 15+)

First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Registration is required by the Monday before class begins to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class. For further information or to register, contact Kathryn Forsyth, [kforsyth@cccymca.org](mailto:kforsyth@cccymca.org).

**Dates: February 8, April 12, June 7**

**Time: 10:00AM-2:00PM**

**Member: \$75 | Program Participant: \$150**

### LIFEGUARD CERTIFICATION COURSE (AGES 15+)

The Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Registration is required by Monday before class begins to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class. All classes must be attended. Registration does not guarantee certification.

The class can be taken at no cost to the participant with successful reference and background check, and an agreement to work at the Hamden/North Haven YMCA & New Haven YMCA Youth Center for six months.

**Dates: February 7 & 8, April 11 & 12, June 6 & 7**

**Time: 10:00AM-6:00PM**

**Member: \$250 | Program Participant: \$350**



### BABYSITTERS TRAINING (AGES 11+)

For future and current babysitters, this American Red Cross class will provide youth with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, and learn about basic child care and first aid. For further information or to register, contact Kathryn Forsyth, [kforsyth@cccymca.org](mailto:kforsyth@cccymca.org).

**Dates: March 21, May 16, August 15**

**Time: 10:00AM-2:00PM**

**Member: \$75 | Program Participant: \$150**

### LEARN TO SWIM, LEARN TO GUARD PROGRAM (AGES 14+)

Introducing a new program for teen and adult participants focusing on learning to swim then progressing to developing the skills lifeguards need to possess to attain certification.

**\*\*Scholarship assistance may be available to help offset the cost of the program. Please reach out to Jessica Skolozdra, [jskolozdra@cccymca.org](mailto:jskolozdra@cccymca.org).**

**Dates: Tuesdays & Thursdays, must attend both days each week.**

**Tuesdays and Thursdays, 4:45PM-5:30PM**

**Member: \$98 | Program Participant: \$196**





# YOUTH DEVELOPMENT

**We offer an amazing outdoor summer camps for ages 3-15!  
Summer Day Camp**

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

## **CAMP MOUNTAIN LAUREL**

- Swim Lessons
- Day Camp, Swim Camp, and Specialty Camp Options
- High/Low Ropes Courses
- Archery
- Sports & Games
- Arts & Crafts, and so much more!

**CAMP DATES: JUNE 15<sup>TH</sup> – AUGUST 21<sup>ST</sup>**  
**M-F 9:00AM-4:00PM | Pre & Post Care Available**







## YMCA CAMP MOUNTAIN LAUREL OUTDOOR CENTER

Looking for the perfect place for your field day, group gathering, company picnic, or outdoor celebration? YMCA Camp Mountain Laurel offers spacious fields, shaded picnic areas, and plenty of room for fun activities.

Whether you're planning family fun, recreational games, or a community event – our beautiful camp setting is the ideal spot to bring people together and make lasting memories.

### Featured Amenities

- ✓ Open Pavilion
- ✓ Field for games, picnics
- ✓ Swimming Pool (seasonal)
- ✓ Archery and Ropes Challenge Course

### Pricing Information

Pricing varies based upon the details of the event. For more information on pricing please contact [jgrahn@cccymca.org](mailto:jgrahn@cccymca.org)

**More Information:** 2705 Downs Rd, Hamden CT 06518 | [campmtlaurel@cccymca.org](mailto:campmtlaurel@cccymca.org) | 203-776-9622







Photo: YMCA Camp Hi-Rock

## ADDITIONAL CAMP LOCATIONS

### DAY CAMP LOCATIONS:

#### Fairfield YMCA

841 Old Post Road Fairfield, CT 06824

#### Lakewood Trumbull YMCA-Camp Tepee

204 Stanley Road, Monroe, CT 06468

#### Bridgeport YMCA

850 Park Avenue, Bridgeport, CT 06604

#### ↳ Ralphola Taylor Community Center

790 Central Ave, Bridgeport, CT 06604

#### Stratford YMCA

3045 Main Street, Stratford, CT 06614

#### Valley YMCA

32 Howard Avenue, Ansonia, CT 06401

#### Woodruff Family YMCA-Camp Wepawaug

631 Orange Avenue, Milford, CT 06461

#### Soundview Family YMCA-Camp Nonoma

628 East Main Street, Branford, CT 06405

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

2705 Downes Road, Hamden, CT 06514

#### New Haven Youth Center YMCA

50 Howe Street, New Haven, CT 06511

### OVERNIGHT CAMP LOCATION:

#### Camp Hi-Rock

544 East Street, Mount Washington, MA 01258



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



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



**Registration begins Jan 2<sup>nd</sup>**

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





# SWIM PROGRAMS

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

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





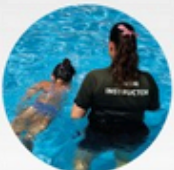
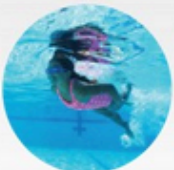

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages – from infants to seniors – can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule.

### POOL GUIDELINES/OBSERVATION POLICY

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

AGE GROUP	STAGE	
6 months – 3 years Parent* & Child	SWIM STARTERS	Stages A-B
3 years – 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-4
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 Jessica Skolozdra,  
[jskolozdra@cccymca.org](mailto:jskolozdra@cccymca.org) to  
discuss class times, options, and  
registration for swim lessons at  
the New Haven YMCA Youth  
Center.

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.
								





HAMDEN/NORTH HAVEN YMCA & NEW HAVEN YMCA YOUTH CENTER

# ***COLOR RUN***

## ***FAMILY RUN & 5K TRAIL RUN***

**MAY 9, 2026**

10:00AM | FOR FAMILY COLOR RUN

10:30AM | FOR THE 5K TRAIL RUN

**CAMP MOUNTAIN LAUREL  
2705 DOWNES ROAD  
HAMDEN CT, 06518**

Pre-registration fees

\$10 for the color run

\$30 for the 5K trail run

Race day registration

\$15 for the color run

\$35 for the 5K trail run

The first 100 pre-registered participants will receive a Y giveaway. Water stations will be available throughout the event. Race line Start Services will be providing the bibs and pins for all the 5K Trail runners.

Register in person at the  
New Haven YMCA Youth Center  
50 Howe Street New Haven CT 06511

Register race day from  
9:00AM-9:30AM

CENTRAL CONNECTICUT COAST YMCA  
1240 Chapel Street, New Haven, CT 06511  
203-777-9622 | [info@cccymca.org](mailto:info@cccymca.org)  
[www.cccymca.org](http://www.cccymca.org)



REGISTER ONLINE AT: [HTTPS://GIVEBUTTER.COM/QYFCVO](https://givebutter.com/QYFCVO)



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

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