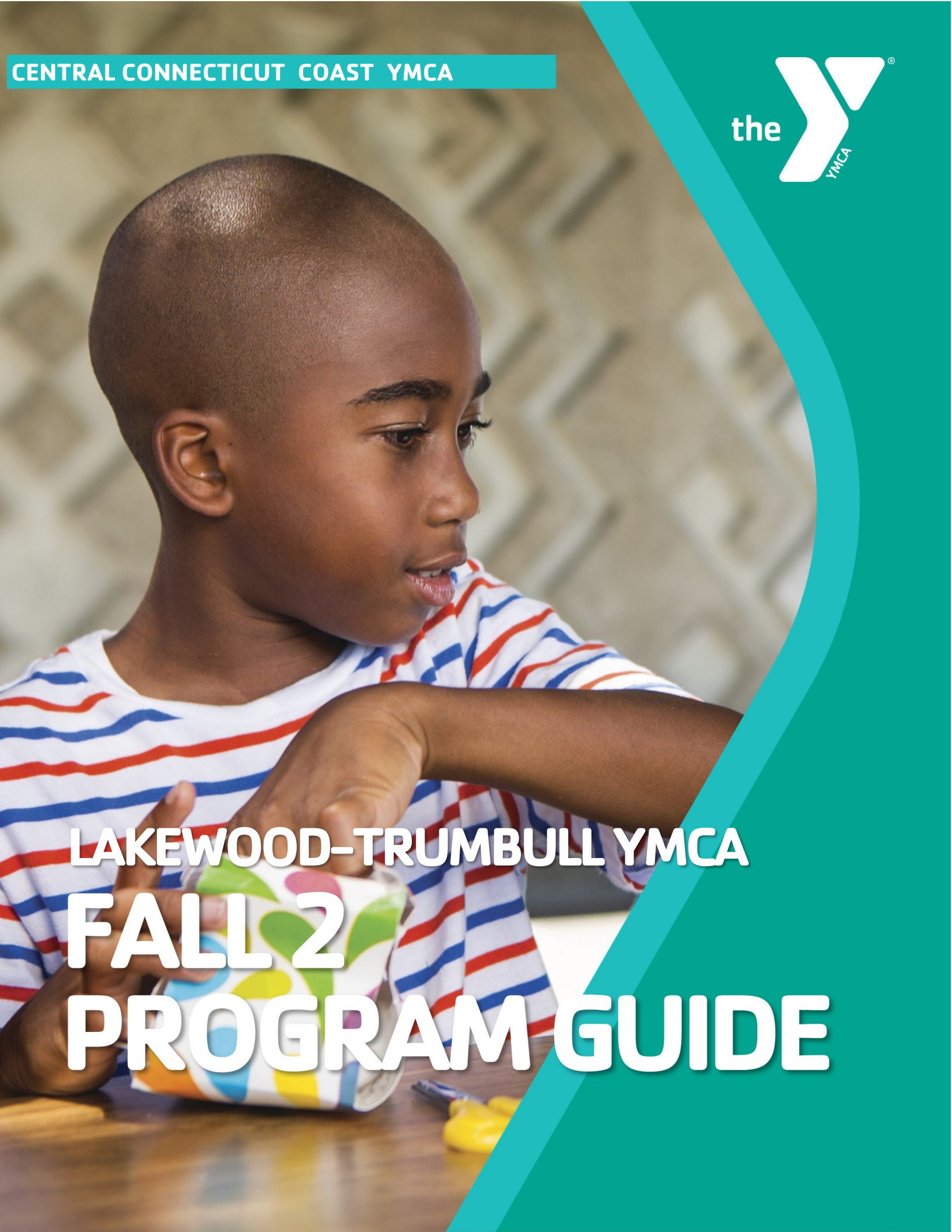


CENTRAL CONNECTICUT COAST YMCA



LAKEWOOD-TRUMBULL YMCA  
**FALL 2**  
**PROGRAM GUIDE**

# HERE FOR YOU

## **LAKEWOOD-TRUMBULL YMCA**

**20 Trefoil Drive, Trumbull CT 06611**

**P 203 445 9633 F 203 445 9080**

Email: [lakewoodinfo@cccymca.org](mailto:lakewoodinfo@cccymca.org)

## **FAMILY OUTDOOR CENTER**

**204 Stanley Road, Monroe CT 06468**

**P 203 261 2566**

## **FACILITY HOURS**

|                   |                 |
|-------------------|-----------------|
| Monday - Thursday | 5:30am - 9:00pm |
| Friday            | 5:30am - 7:00pm |
| Saturday          | 7:00am - 6:00pm |
| Sunday            | 8:00am - 4:00pm |

## **HOLIDAY HOURS**

Thanksgiving, Nov 27    Closed

## **OUR Y TEAM**

**Andrew Bramlett**, Executive Director

**Patty Fogle**, Child Care & Camp Coordinator

**Hunter Kay**, Gymnastics Coordinator

**Jane Marella**, Sports and Recreation Director

**Joanne Orenstein**, Health & Wellness Director

**Kathleen Riley**, Senior Program Director

**Emily Struzik**, Outdoor Center Coordinator

**Lydia Struzik**, Membership Director

**The Lakewood-Trumbull YMCA is governed by our Board of Managers that consists of volunteers throughout Trumbull and Monroe.**

**Amy Arnone**

**Claudia Cirillo**

**Dana Lonergan**

**Vince Fini**

**James Czajkowski**

**Jeff Santee**

**Cindy Richter**

**Courtney Headley**

**David Raymond**

**Glen Snajder**

**Jay Orenstein**

**Sujata Gadkar-Wilcox**

## **FALL 2 SESSION**

October 26-December 20

## **PROGRAM REGISTRATION DATES**

Facility Member - October 6

Program Participant - October 13

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



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.

## DONATE FOR A BETTER US.

Connect with Andrew Bramlett, Executive Director, [abramlett@cccymca.org](mailto:abramlett@cccymca.org) to learn more.

### MEMBERSHIP FOR ALL

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

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Birthday Parties  
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# YOUTH DEVELOPMENT

## CHILD WATCH



Know your child is safe and happy while you attend a group exercise class or workout!

Child Watch allows you to exercise while your children play in a supervised area. Available for any child ages 6 weeks to 11 years with a family membership.

### Hours:

Monday - Saturday 9:00am-12:00pm

Monday - Friday 4:00pm-7:00pm

### Key Features of the YMCA Child Watch Room:

#### Supervised Play:

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

#### Age-Appropriate Areas:

Separate area for infants/toddlers and older children, ensuring activities are suitable for different age groups.

#### Safe and Secure Environment:

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

#### Parental Supervision Requirement:

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

#### Nut-Free Policy:

The YMCA has a strict policy against peanuts and tree nuts in the Child Watch room to ensure the safety of children with allergies.

#### Limited Availability:

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

#### Parental Responsibilities:

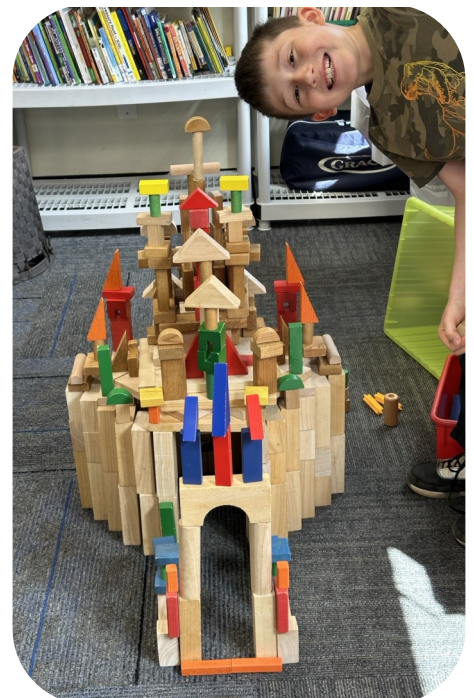
Parents are responsible for bringing necessary items like diapers, wipes, and snacks and for attending to their child's needs, such as diaper changes.

#### Variety of Activities:

Activities can include building blocks, books, models, arts and crafts, table toys and board games just to name a few.

#### Social and Emotional Development:

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



# YOUTH DEVELOPMENT

## BIRTHDAY PARTIES

### WHAT PARTY SHOULD I CHOOSE?

The Lakewood-Trumbull YMCA has two amazing facilities that offer a variety of party options to celebrate your child's next birthday!

Choose one of our year-round, seasonal, indoor, or outdoor parties. 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.

#### FAMILY PROGRAM CENTER INDOOR PARTY GYMNASTICS (AGES 3+)

We will guide your Birthday Child and guests on an adventure through our gymnastics arena, including an obstacle course, in-ground trampoline, 40ft. Tumble Trak, and foam pit, ending with every one's favorite, parachute.

#### Indoor time options

Saturdays:  
2:00PM-3:30PM  
4:00PM-5:30PM

#### INDOOR PARTY PRICING

1-8 PARTICIPANTS    \$290 Member | \$360 Program Participants  
9-14 PARTICIPANTS    \$310 Member | \$385 Program participant  
15-21 PARTICIPANTS    \$325 Member | \$410 Program participant

Sundays:  
12:00pm-1:30pm  
2:00pm-3:30pm

**LAKESWOOD-TRUMBULL YMCA FAMILY OUTDOOR CENTER** is 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 pavilion. Parental supervision is required for all parties.

#### Outdoor time options

Saturdays and  
Sundays:  
2:00PM -4:00PM

\*Choose from Eco-Art, Camp Mania, or Do-It-Yourself

#### OUTDOOR PARTY PRICING\*

\$375 Member | \$525 Program participant

### I am ready to party, now what?

Once you've chosen a time and date for your party, it's time to secure the date and time.

For indoor parties, a completed and signed party agreement as well as a \$75.00 deposit need to be processed at the program center before any date and time is secured. For indoor rental questions, contact Hunter at [hkay@cccymca.org](mailto:hkay@cccymca.org)

For outdoor parties, a completed and signed party agreement as well as a \$100.00 deposit need to be processed before any date and time is secured. For Outdoor rentals, contact Kathleen at [kriley@cccymca.org](mailto:kriley@cccymca.org)

# 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 gymnastics, floor hockey, dance 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 Senior Program Director, Kathleen Riley at [kriley@cccymca.org](mailto:kriley@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 Lakewood-Trumbull YMCA Program Center or Camp Tepee including sports, crafts and games.

All children should bring a snack and lunch with water! Nut-free please!

FALL 2 DATES :

November 4th @ Camp Tepee      December 26th, 29th, 30th, January 2nd @ Program Center

|                                 |             |                           |
|---------------------------------|-------------|---------------------------|
| <b>Full Day 7:30am - 3:30pm</b> | Member \$84 | Program Participant \$168 |
| <b>Post Care 3:30 - 6:00pm</b>  | Member \$27 | Program Participant \$32  |

## 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 \$21

Program Participant \$32

Located at Camp Tepee.

Registration closes at noon the day of the program.

**FALL 1 DATES :**

**Nov 21  
Dec 19**

# YOUTH DEVELOPMENT

## BEFORE/AFTER SCHOOL PROGRAM

Comprehensive state-certified after school program for youth in kindergarten through 5th grade in the Monroe Public School System! 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!

**Locations:** Stepney Elementary School                      Fawn Hollow Elementary School  
 Monroe Elementary School (After Care only 2:50pm – 6:00pm)

**Before Care Hours:** 7:00am – until school starts

**After Care Hours:** end of school day – 6:00pm

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

|                      | Before School Monthly |                     | After School Monthly |                     | Before & After School Monthly |                     |
|----------------------|-----------------------|---------------------|----------------------|---------------------|-------------------------------|---------------------|
|                      | Y Member              | Program Participant | Y Member             | Program Participant | Y Member                      | Program Participant |
| <b>2 Days</b>        | \$212                 | \$320               | \$311                | \$466               | \$450                         | \$670               |
| <b>3 Days</b>        | \$235                 | \$350               | \$329                | \$493               | \$475                         | \$715               |
| <b>4 Days</b>        | \$241                 | \$360               | \$353                | \$530               | \$519                         | \$779               |
| <b>5 Days</b>        | \$265                 | \$399               | \$379                | \$565               | \$570                         | \$829               |
| <b>Daily Drop In</b> | \$35                  | \$50                | \$45                 | \$60                |                               |                     |



# YOUTH DEVELOPMENT

## GYMNASTICS

### SPARKLING STARS GYMNASTICS

**Caregiver and Tot**

**(Ages 24 - 36 months)**

Learn basic gymnastics skills with guided instruction and open play in a social setting.

**Caregiver participation required.**

**Saturday\* 8:45am - 9:30am**

**Member \$105 Program participant \$210**

### LITTLE STARS GYMNASTICS

**(Ages 3 yrs)**

A fun, nurturing experience without caregiver participation; learn basic gymnastics skills including trampoline, bars, beam and more!

**Saturday\* 9:45am - 10:30am**

**Member \$140 Program participant \$280**

### NINJA ALL STARS (all levels boys/girls)

**(Ages 5-9 yrs)**

Our program is perfect for kids who love to run, jump, climb, and play. You'll learn how to conquer challenging obstacles, improve your balance and coordination, and become a ninja warrior.

Our experienced coaches will guide you every step of the way and make sure you have fun while you train!

**Saturday\* 12:15pm - 1:00pm**

**Member \$125 Program participant \$250**

### NINJA FLIPS AND TWISTS INTERMEDIATE/ADVANCED (Ages 9-14 yrs boys/girls)

Our program is perfect for kids who love to run, jump, climb, and play. You'll learn how to conquer challenging obstacles, improve your balance and coordination, and become a ninja warrior. Our experienced coaches will guide you every step of the way and make sure you have fun while you train!

**Saturday\* 1:15pm - 2:00pm**

**Member \$125 Program participant \$250**

### SHOOTING STARS GYMNASTICS (Level 1&2) (AGES 4-5 yrs)

A class for kids to perfect cartwheels, handstands, forward and backward rolls, jumps, balance beam skills, bar skills, body awareness and flexibility. Gymnasts will be challenged according to ability.

#### LEVEL 1

**Monday**

**4:15pm - 5:15pm**

**Tuesday**

**1:30pm - 2:30pm**

**Wednesday**

**4:15pm - 5:15pm**

**Saturday\***

**9:45am - 10:45am**

**Sunday\***

**8:45am - 9:45am**

#### LEVEL 2

**Monday**

**5:30pm - 6:30pm**

**Wednesday**

**5:30pm - 6:30pm**

**Saturday\***

**9:45am - 10:45am**

**Member \$145**

**Program participant \$290**



**\*No Classes 10/31,  
11/15, 11/6 and  
11/27**

### SUPER STAR BOY GYMNASTICS (Ages 7-12yrs )

This class is designed to introduce young athletes to the exciting world of gymnastics. This beginner level class focuses on building strong foundation in basic skills. It enhances physical fitness and body awareness, encouraging a positive attitude toward physical activity, social interaction and teamwork. This class develops self-confidence and sense of achievement.

**Saturday\* 11:00am - 12:00pm**

**Member \$145**

**Program participant \$290**



# YOUTH DEVELOPMENT

## GYMNASTICS

### **SUPER NOVA GYMNASTICS (Level 1&2) (Ages 6 – 8 yrs)**

Designed for beginners ages 6-8, this class provides a nurturing and supportive environment for participants to develop the fundamental skills essential for success in gymnastics. Gymnasts will learn basic tumbling techniques, be introduced to each piece of equipment, practice coordination and flexibility, learn safety guidelines, and much more! Whether you're a budding gymnast or simply eager to explore the world of gymnastics, this class will provide physical fitness, confidence building, and social interaction for your child.

#### **LEVEL 1 (beginner)**

**Tues 4:15pm – 5:15pm**

**Sat\* 11:00am – 12:00PM**

**Sun\* 10:00am – 11:00am**

#### **LEVEL 2 (intermediate)**

**Tues 5:30pm – 6:30pm**

**Wed 5:30pm – 6:30pm**

**Sat\* 11:00am – 12:00pm**

**Member \$145     Program participant \$290**

### **GALAXY GYMNASTICS (Ages 8-10yrs)**

This class is designed for preteen girls looking to take gymnastics for the first time or still working to perfect their foundational level gymnastics skills.

**Thurs 4:15pm – 5:15pm**

**Sat\* 11:00am – 12:00pm**

**Member \$145     Program participant \$290**

### **BIG DIPPER GYMNASTICS INTERMEDIATE/ ADVANCE (Ages 8-14 yrs)**

This class is tailored for participants who have successfully completed a beginner-level gymnastics class or possess equivalent skills. Intermediate Gymnastics focuses on refining technique, expanding skills with progressions, introducing drills, participating in conditioning that focuses on the flexibility and support intermediate gymnastics demands.

**Wednesday 4:15pm – 5:45pm**

**Sat\* 11:00pm – 12:30 pm**

**Member \$165     Program participant \$330**

### **AURORA GYMNASTICS (Ages 11-14 yrs)**

This class is designed for first time preteen gymnastics or gymnasts still working to perfect their foundational level gymnastics skills. No class 11/27.

**Thurs\* 4:15pm – 5:15pm**

**Sat\* 11:00am – 12:00pm**

**Member \$145     Program Participant \$290**

### **TUMBLING (Ages 5-7yrs) (No class 11/27)**

The tumbling classes are for gymnasts that want to learn all about tumbling on the floor (trampoline and tumble trak included).

Some of the skills are: forward/backward rolls, handstands, backbends, front/back walkovers/roundoffs, back handsprings, and back tucks.

**Thurs\* 4:15pm – 5:00pm**

**Member \$125     Program Participant \$250**

### **TUMBLING (Ages 8-12yrs)**

The tumbling classes are for gymnasts that want to learn all about tumbling on the floor (trampoline and tumble trak included).

Some of the skills are: forward/backward rolls, handstands, backbends, front/back walkovers/roundoffs, back handsprings, and back tucks.

**Mon 4:30pm – 5:15pm**

**Member \$125     Program Participant \$250**

### **GYMNASTICS PRIVATE LESSONS (All ages)**

Tailored for individuals seeking focused attention and customized training, these private lessons offer a unique opportunity to accelerate skill development, overcome specific challenges, and achieve personal gymnastics goals.

**Member \$60     Program Participant \$90**

### **ADAPTIVE GYMNASTICS**

The Adaptive Gymnastics class is designed to introduce children to the fundamentals of gymnastics through a supportive, safe, and inclusive environment. Parents or guardians may be asked to assist their gymnast if needed.

**Friday\* 4:15pm – 5:00pm**

**Member \$125     Program Participant \$250**

# YOUTH DEVELOPMENT

## GYMNASTICS TEAM AND PRE-TEAM

### PRE-TEAM

#### (Invitation only)

This class is invitation only and is designed for gymnasts who have successfully completed an intermediate class. Gymnasts will learn the foundational excellence to have competitive readiness of Level 2, Level 3 or Xcel Bronze. Gymnasts can cultivate their passion for gymnastics, refine their skills, and lay the groundwork for a successful journey into competitive gymnastics.

**Friday 5:00pm – 6:30pm**

**Member \$165 Program participant \$290**

### USAG XCEL Program (Bronze-Sapphire)

USAG defines the Xcel program as "a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program." Xcel, like Developmental, has different levels (Bronze, Silver, Gold, Platinum, Diamond, Sapphire) that the gymnast can progress to as he/she learns more skills.

Gymnasts who participate in Xcel also get the same competitive experience of being on a team and competing in front of judges and spectators.

### USAG COMPULSORY Program (Levels 1-5)

Compulsory gymnastics consists of specific routines that the gymnast must learn exactly. This is done in gymnastics levels 1-5. USA Gymnastics created the routines with the goal that the gymnasts have a strong gymnastics foundation before advancing to the optional levels. All of the skills in compulsory gymnastics are progressive to get ready for Optionals.

### USAG OPTIONALS Program (Levels 6-10)

In optional gymnastics there are a set of guidelines, or level requirements and routines are built around them. Each gymnast has her own music (on the Floor Exercise) and choreography. Her routine is built to show off her strengths. Scores are based on how well she performs the skills in the routine, whether she has all the requirements and whether the overall routine is enjoyable to watch.



Interested in enrolling in our Gymnastics Team?  
Please contact our Sports and Recreation Director  
Jane at [jmarella@cccymca.org](mailto:jmarella@cccymca.org)



# YOUTH DEVELOPMENT

## DANCE/MARTIAL ARTS

### BALLET & TAP COMBO (Age 4-7 yrs)

Students develop the fundamentals of ballet and tap in a nurturing and fun environment. This class builds basic ballet/tap terminology to be used during floor work, barre, and combinations.

**Tuesday 5:15pm - 6:15pm Member \$115 Program Participant \$230**

### HIP HOP (Age 8-14 yrs)

Hip Hop is a popular choice at the YMCA! This performance group will practice two days a week and focus on body movements coinciding with the beat and rhythm of hip hop music. It improves flexibility, develops balance and assists in coordinating muscles. No Class 11/27

**Tuesday and Thursdays \* 6:30pm - 7:30pm Member \$145 Program Participant \$290**

### INTRO TO LYRICAL DANCE (Age 5-8 yrs)

Dance is a style that combines ballet and jazz dance techniques. It is performed to music with lyrics so that it inspires expression of strong emotions the choreographer feels from the lyrics of the song. This style concentrates on an individual approach and expressiveness of such emotions as love, joy, hurt, or anger. No class 11/27.

**Thursday\* 5:15pm - 6:15pm Member \$115 Program Participant \$230**



## CHEEZIC TANG SOO DO



Cheezic Tang Soo Do Karate discipline has had a long tradition with the Lakewood-Trumbull YMCA. For over 25 years, Master David DeGuzman (9th Degree) has encouraged the development of students of all ages through martial arts. Students learn karate as a complete discipline (mind, body, spirit) which develops physical defense, and encourages the formation of high personal standards and respect for others. Students are trained in the art of self-defense, forms, weapons and board breaking.

### LITTLE NINJAS (Ages 4 - 6 yrs)

Your child will begin with the fundamentals of martial arts, and grow in confidence and ability. No class 11/27.

**Thursday\* 4:30pm - 5:30pm  
Member \$125 Program participant \$250**

### MARTIAL ARTS - BEGINNER (Ages 7+)

Belt levels White, Orange, Blue and Purple. Students are taught the basics of the art of Tang Soo Do while progressing to the next belt levels leading to Black belt status.

**Monday 4:30pm - 5:30pm  
Friday\* 4:30pm - 5:30pm  
Member \$125 Program participant \$250**

### MARTIAL ARTS - ADVANCED (Ages 7+)

Belt levels Green, Red, and Black. Students learn more advanced martial arts forms and skills with continued focus on obtaining Black belt status.

**Monday\* 5:45pm - 6:45pm  
Friday\* 5:45pm - 6:45pm  
Member \$125 Program participant \$250**

### MARTIAL ARTS WEAPONS (Ages 7 & older)

This is a wonderful addition for students who have taken our Martial Arts Beginner or Advanced classes and have received recommendation of Master DeGuzman. This class will work to refine basic kicks and techniques. Drills for all levels will be included. No class 11/27.

**Thursday\* 5:45pm - 6:45pm  
Member \$125 Program participant \$250**

\*There will be no class on  
Friday, 10/31 and Thursday  
11/27

# YOUTH DEVELOPMENT

## PRESCHOOL PROGRAMS

### PLAYTIME PALS

**(Ages 12-24 months)**

This Parent and Tot class is a fun-filled playtime where you grow together in a stimulating atmosphere. Activities include free play, circle time with songs, a musical parade, parachute and more. This play develops and enhances a child's gross motor skills.

Children learn to play and interact with their peers.

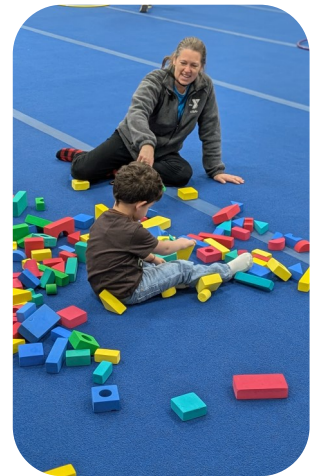
**Monday 9:30am - 10:15am**  
**Member \$84 Program Participant \$168**

### STEPPING STONES

**(Ages 2-4 yrs)**

This Drop off program is an opportunity for social and emotional growth with friends. Activities consist of circle time, free play, crafts, story time, snack and more! Children learn to separate from their parent and interact with other children. This is a great way to get ready for preschool! A nut-free snack should be provided!

**Wednesday 9:30am - 11:00am**  
**Member \$126 Program Participant \$252**



**For all drop off programs, children must be potty trained,  
or the parents must stay in the building.**

Have questions about any of our preschool programs?

Contact Kathleen Riley, Senior Program Director at [kriley@cccymca.org](mailto:kriley@cccymca.org)

# YOUTH DEVELOPMENT

## PICKLEBALL

### INSTRUCTIONAL PICKLEBALL Ages 16+

These 8 week clinics will teach player about the game of pickleball with certified pickleball coach, Susan Rotunda! Beginners will learn the basics of the game, while intermediate or advanced players will have the chance to fine-tune their skills and learn new techniques. No class 11/27.

**Beginner - Thursday 2:00pm - 3:15pm**

**Intermediate - Wednesday 8:45am - 10:00am**

**Member \$130 Program Participant \$260**



**NEW**

### YOUTH PICKLEBALL CLASS! Ages 10-15

This clinic will teach player about the game of pickleball with certified pickleball coach, Susan Rotunda! Beginners will learn the basics of the game, while intermediate or advanced players will have the chance to fine-tune their skills and learn new techniques.

**Wednesday 4:30pm - 5:30pm**



**Just looking to play some  
pick-up Pickleball?**

**Members are welcome to come and play  
open pickleball M-F from 10-12**



### FINANCIAL ASSISTANCE

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



# YOUTH DEVELOPMENT

## FAMILY AND YOUTH PROGRAMS

### SLIME TIME WORKSHOP (ALL AGES)

A little bit messy and a whole lot of fun! Mix, squish, and stretch your own custom batch of slime! Whether you're a slime pro or a first timer, this class is for you! All materials are provided. Dress to get messy!



**Saturday, November 1st | 1:00pm - 1:45pm**

**Location: YMCA Camp Tepee, Monroe**

**Family Membership: Free   Youth Membership: \$10   Program Participant \$20**

### OUBLECK WORKSHOP (All AGES)

Unlock the mystery of non-Newtonian fluid. Is it really liquid or a solid? Come to this fun and sensory experience ready to get messy and explore how force affects this substance. Add your own creative flair to your batch of Oobleck! All materials will be provided.

**Saturday, November 15 | 1:00pm - 1:45pm**

**Location: YMCA Camp Tepee, Monroe**

**Family Membership: Free   Youth Membership: \$10   Program Participant \$20**

### PLAYDOUGH WORKSHOP (All AGES)

Create and compare two kinds of homemade playdough. Customize your batch and take it with you, along with a batch to bring home! All materials are included.



**Saturday, December 6th | 1:00pm - 1:45pm**

**Location: YMCA Camp Tepee, Monroe**

**Family Membership: Free   Youth Membership: \$10   Program Participant \$20**

# YOUTH DEVELOPMENT

## YOUTH PROGRAMS

### BASKETBALL BASICS (Ages 5-8)

Join in the fun at the YMCA Program Center where we will provide guided instruction in the basics of basketball that will challenge your child, improve skills and understanding of the game, and allow for some fun-filled interactive play. No class 11/15 and 11/29

**Saturday 10:00am-10:45am**

**Location: Lakewood-Trumbull YMCA Program Center**

**Member: \$65 Program participant \$126**



### BASKETBALL SKILLS & DRILLS (Ages 8-11)

Do you have a young hooper who is ready to take their skills to the next level? Bring them to the Lakewood-Trumbull YMCA for Basketball Skills and Drills, where children will develop their basketball skills in an environment that provides individualized guidance and positive reinforcement. We will provide a variety of drills that are fun and exciting, focusing on self-improvement and teamwork, too! No class 11/15 and 11/29

**Saturday 11:00am - 11:45am**

**Location: Lakewood-Trumbull YMCA Program Center**

**Member: \$65 Program participant \$126**

### HOT WHEELS PHYSICS (Ages 5-8)

Unlock the science of motion through Hot Wheels play and discovery! Race into real-life problem solving skills with engaging activities centered around important STEAM concepts (Science, Technology, Engineering, Arts and Math). No class 11/15 and 11/29

**Saturday 9:00am - 9:45am**

**Location: Lakewood-Trumbull YMCA Program Center**

**Member: \$65 Program participant \$126**

### LEGO STEAM CLUB (Ages 5 and up)

There's something for everyone in our Lego play space! With a focus on physics, inquiry, and strategy, a variety of activities like simple machines, bridge building, mazes and SO much more will challenge and encourage your child to think critically while experiencing the pure joy of playing with Legos. No class 11/15 and 11/29

**Saturday 10:00pm-10:45pm**

**Location: Lakewood-Trumbull YMCA Program Center**

**Member: \$65 Program participant \$126**



# YOUTH DEVELOPMENT

## ADAPTIVE PROGRAMS

### Adaptive LEGO STEAM Club (Ages 5+ with a parent/guardian)

Location: YMCA Camp Tepee and Outdoor Center



Let creativity and curiosity lead the way!

The *Adaptive LEGO STEAM Club* is designed for children ages 5 - 10 who benefit from a supportive and structured environment. This hands-on program combines the fun of LEGO building with the principles of STEAM—Science, Technology, Engineering, Arts, and Math. Each week, students will take on new challenges that explore physics, problem-solving, and critical thinking. From designing bridges to building mazes and more, participants will use

inquiry, strategy, and imagination to bring their creations to life. This class fosters collaboration, confidence, and discovery, with activities tailored to meet a range of developmental needs. No class 11/15 and 11/29

**Saturday 11:00–11:45 AM**

**Member: \$95 Program participant : \$ 190**

### Adaptive Basketball Basics (Ages 5–10 with a parent/guardian)

Location: YMCA Camp Tepee and Outdoor Center

The *Adaptive Basketball Basics* program is designed to introduce children of all abilities to the fun and fundamentals of basketball in a safe, supportive, and inclusive environment. Whether it's dribbling, passing, shooting, or working as a team, participants will build skills and confidence at their own pace. Held outdoors at each session provides structured activities tailored to meet individual needs and encourage positive social interaction. This class is perfect for children who benefit from additional support while learning new skills and being active.

Join us as we learn, play, and grow—together on the court! No class 11/15 and 11/29

**Saturdays 1:00–1:45 PM**

**Member: \$95 Program participant \$190**



### Adaptive Gymnastics

Location: YMCA Family Program Center



The Adaptive Gymnastics class is designed to introduce children to the fundamentals of gymnastics through a supportive, safe, and inclusive environment.

Parents or guardians may be asked to assist their gymnast if needed.

Friday 4:15pm - 5:00pm

**Member \$125 Program Participant \$250**

A parent\* or guardian must attend each session to support their child's success and engagement.

\*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.

# YOUTH DEVELOPMENT

## 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. Groups will be socially distanced from others.**

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

## SWIM STARTERS—Stages A - B

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

**Age Group: 6 months - 3 years Parent\* & Child**

### Stage A / Water Discovery

One parent\* accompanies their child in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

### Stage B / Water Exploration

In Stage B, one parent will work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

# YOUTH DEVELOPMENT

## SWIM BASICS—Stages 1 - 3

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 Group:

**3 years - 5 years Preschool**

**5 years - 12 years School Age**

**12+ years - Teen & Adult**

### Stage 1 / Water Acclimation

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

### Stage 2 / Water Movement

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

### 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. One parent is required to assist in the pool.

## SWIM STROKES - Stages 4 - 6

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

### Age Group:

**5 years - 12 years School Age**

**12+ years - Teen & Adult**

### 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.

### 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.

### 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.

## PRIVATE and SEMI PRIVATE SWIM LESSONS

### AGES: 3 and up

One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant.

Participants in Semi Private Lessons must be in the same household.



# HEALTHY LIVING

## PERSONAL TRAINING/WELLNESS PROGRAMS

### PERSONAL TRAINING & NUTRITIONAL COUNSELING

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

**Personal Training Packages and Nutritional Counselling are available in 1, 3, 5 and 10 hour packages.**

### INTRODUCTION TO PERSONAL TRAINING

For new clients we offer an introductory program for your first 4 hours at \$210 so you can experience the benefits of working with a personal trainer. Our Certified Personal Trainers will assess your wellness goals and develop a customized plan to meet your needs to help you achieve success, no matter where you are on your wellness journey.

### YOUTH WEIGHT TRAINING Ages 12-17

Once a week with a Personal Trainer you'll learn the basics of weight training and exercise. Perfect for athletes trying to stay in shape for the coming season, or for newcomers who want to learn how to get stronger safely and properly.

**Saturdays , 9am-9:45am. \$100 for facility Members \$200 for Program Participants.**

If interested in any of the programs, please contact our Health & Wellness Director, Joanne Orenstein, [jorenstein@cccymca.org](mailto:jorenstein@cccymca.org), for more information.

the **YMCA**

**ROBIN BOVA**

*Have a Heart for a Cause Gala*

**THURSDAY, FEBRUARY 12, 2026 | 6:00PM-10:00PM**

**TASHUA KNOLLS | 40 TASHUA KNOLLS LN, TRUMBULL, CT 06611**

HONORING: GIOVANNI ESPOSITO, JANE MARELLA, DAVE RAYMOND AND DEBBIE GREENWOOD

# HEALTHY LIVING

## CHRONIC DISEASE PROGRAMS



### YOGA FOR MS – In person or on zoom

This yoga class is adapted especially to meet the needs of individuals with Multiple Sclerosis. The aim of practicing yoga is not to merely assume specific postures, but rather to combine breathing, posture, movement and awareness to achieve relaxation and body awareness. Practicing yoga can give you tools to help manage everyday tasks that include balancing to stand or walk, strengthening and alignment for standing up and sitting down and core strength for everything you do. In Person - Monday 10:30am Virtual - Wednesday 10:30am

### ROCK STEADY BOXING

Rock Steady Boxing is a non-contact boxing based fitness program for people with Parkinson's Disease. The mission of Rock Steady is to improve the quality of life for people with Parkinson's, and the program has been recognized for it's efficacy in delaying or reversing the progression of this incurable disease. A Medical Clearance form is required.

Classes are ongoing and meet Mondays and Wednesdays 1:30-2:45pm. Membership fee is waived.



FIGHTING BACK AGAINST PARKINSON'S

## WELLNESS TEAM SPOTLIGHT



### Fitness Staff spotlight – Sue Gaspar

Sue Gaspar is a retired elementary school teacher, now completely embracing her passion as a Yoga Instructor.

Her classes offer a flowing meditative experience that nurtures strength, flexibility and mindfulness.

Sue is happily married with a grown son in Los Angeles. She enjoys music, cooking, tennis, gardening and observing the hummingbirds that frequent her garden.

### MONTHLY NUTRITIONAL SEMINARS

Each month the Lakewood-Trumbull YMCA hosts Nutritional Seminars with Jen Evans, MS in nutrition. Seminars will be the second Monday of each month at 12:30 and provide knowledge to help you meet your health goals.



# HEALTHY LIVING

## GROUP EXERCISE CLASSES

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

### WHAT TO EXPECT FOR OUR CLASSES

Space is limited and reservations are required. Please bring your own mat, water and towel. Our instructors will lead the group, assisting with adaptations and giving suggestions to make sure that everyone is comfortable and reaching their potential. If you have a specific concern, please mention it to an instructor before class.

### RESERVATIONS FOR CLASSES

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

## CLASS DESCRIPTIONS

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

### ACTIVE OLDER ADULT FIT

Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and increase stamina and balance. Hand-held weights and balls may be used.

### BALANCE AND FLEX TOGETHER

A blended class that focuses on flexibility and strength, and combining the best of Yoga, Tai Chi and Pilates.

### BODY SCULPTING

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

### BARRE-BALL FUSION

This low impact workout is modifiable to all levels. Enjoy slow focused movements that challenge and improve balance and stability. Strengthen your core, enhance muscle tone, positive and flexibility.

### BOLLYWOOD DANCE

A colorful, dynamic, highly theatrical dance style since in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa and belly-dance, while also incorporating more contemporary western forms such as hip-hop and jazz.

### BOOT CAMP

A high intensity workout designed to work the whole body using resistance equipment, weights and other equipment.

### CARDIO BARRE

Barre movements with intervals of cardio. There is minimal impact but don't let that fool you! One of the best workouts around. Weights, bands, balls and other equipment is used.

### CHAIR YOGA

Move your whole body through a complete 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.

# CLASS DESCRIPTIONS

## **CALMING YOGA**

A gentler class on the yoga mat with time in equal parts for breath focus, gentle movement and guided meditation/relaxation, to encourage greater ease of being and release from anxiety.

## **EASY DOES IT**

Designed for seniors, beginners, and “ready to be fit” participants. Includes low-impact cardiovascular exercise, muscle conditioning with resistance equipment, agility training and stretching.

## **GENTLE FLOW YOGA**

Blended styles of yoga, offering non-competitive sequences of movement, tranquil guided meditations and in-depth study of breathing.

## **GLIDERS**

Gliders is designed to improve dynamic strength, improve balance, challenge your core and strengthen your leg power while using gliders on your feet. Light weights are incorporated to keep things challenging. A blend of strength training, cardio and balance work.

## **JOINTS IN MOTION**

Helps improve balance and posture with a variety of exercise for feet, legs, core and glutes. Range of motion exercise for every joint from head to toe to help with arthritis.

## **SPINNING**

A fun group class performed on stationary cycling bike. This class combines a cardio & strength training workout to all levels.

## **PICKLEBALL**

Part tennis, part badminton, part racquetball and part table tennis, pickleball is the racquet sport for everybody!

## **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, and flexibility.

## **STRENGTH TRAIN TOGETHER**

This class will blast all of your muscles with a hi-rep weight training workout. Using an adjustable barbell, wand body weight, the workout combines squats, lunges, presses and curls with functional exercises.

## **TAI CHI**

The ancient form of Chinese exercise, emphasizing proper breathing, balance, and strength.

## **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, balance and flexibility.

## **VINYASA YOGA**

Energetic flow style yoga practice with emphasis on movement and breath.

## **YOGA FUSION**

A blended class that focuses on flexibility and strength, combining the best of yoga and Pilates.

## **ZUMBA®**

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.



CENTRAL CONNECTICUT  
COAST YMCA

YOU'RE INVITED TO A

# Halloweenfest at Camp Tepee

The Lakewood-Trumbull YMCA invites you to celebrate Halloween!  
This **community-wide event is open to everyone** and features Trunk or  
Treat, a "haunted" camp house walk, and festive activities in the  
pavilion. Rain or shine, we hope to see you there!  
Pre-registration is required.



5:30PM-7:00PM  
October 18<sup>th</sup>



YMCA CAMP TEPEE  
204 Stanley Rd.  
Monroe, CT



Join the fun  
and wear a  
costume!

**REGISTER  
TO JOIN!**

**LAKWOOD-TRUMBULL YMCA**  
20 Trefoil Drive, Trumbull CT 06611  
203-445-9633 | lakewoodtrumbullymca.org

