HERE FOR YOU

LAKEWOOD-TRUMBULL YMCA
20 Trefoil Drive, Trumbull CT 06611
P 203 445 9633 F 203 445 9080
Email: lakewoodinfo@cccymca.org

FAMILY OUTDOOR CENTER
204 Stanley Road, Monroe CT 06468
P 203 261 2566 F 203 261 3146

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
Labor Day Sept 2 7:00am-1:00pm

FALL SESSION
August 26 – October 20

PROGRAM REGISTRATION DATES
Facility Member – August 5
Program Participant – August 12

YOUR TEAM
Andrew Bramlett, Executive Director
Patty Fogle, Child Care & Camp Coordinator
Ashly Ninke, Gymnastics Head Coach
Joanne Orenstein, Health & Wellness Director
Kathleen Riley, Senior Program Director
Lydia Struzik, Membership Director

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 48 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

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

Amy Arnone David Raymond Jay Orenstein Sujata Gadkar-Wilcox
Claudia Cirillo Diane Chiota Cindy Richter Heidi De LaRosa
Courtney Headley Glen Snajder Jeff Santee Vince Fini

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 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.
YOUTH DEVELOPMENT

CHILD CARE

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

2024-2025

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<thead>
<tr>
<th></th>
<th>Before School Monthly</th>
<th>After School Monthly</th>
<th>Before &amp; After School Monthly</th>
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Before and After Care registration is open for the 2024-2025 school year!
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. Anyone using Child Watch must be in the building at all times and have a family membership. There is a 2 hour per visit time limit.

Available for any child ages 6 weeks to 12 years with a family membership.

Monday – Saturday  9:00am–12:00pm
Monday – Friday    4:00pm–7:00pm

MAD SCIENTIST CLUB FREE for CHILD WATCH!
Once a month, on Friday afternoons, we will be running our Mad Scientist club for free for our child watch families! Our Mad Scientists Club will engage children in a variety of activities centering around Science, Technology, Engineering, Arts and Math.

Ages 5–11 yrs       6:15pm–7:00pm
Friday, September 6
Friday, October 4
Friday, November 1

YOUTH WEIGHT TRAINING
This youth class focuses on weight training with our Y certified personal Trainer.

Ages 12–17
Saturday    12:00pm – 12:45
Member $60  program participant $120
YOUTH DEVELOPMENT

Y FUN CLUB

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

The Y Fun club provides a safe half or full day 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 snack (two, if full day) and a nut-free lunch. Come have fun at the Y! For additional information please contact our Senior Program Director, Kathleen Riley at 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 including gymnastics, sports, crafts and games. All children should bring a snack and lunch with water! Nut-free please!

DATES OFFERED:

August 26–28
October 3
October 14

Full Day
Member $80
Program Participant $160

Post Care
Member $25
Program Participant $25

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 $30

Located at the Lakewood –Trumbull YMCA Program Center
Registration closes at noon the day of the program.

DATES OFFERED:

September 20
October 18
November 15

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
PAR-TY!
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 to when they depart.

PARTY OPTIONS:

Indoor Options:  
Gymnastics  
Ninja Warrior

Outdoor Options:  
Eco-Art  
Camp Mania  
Scavenger Hunt  
Hiking/Wildlife  
Low Rope Course  
Archery  
High Rope/Zipline  
Do-It-Yourself

Seasonal Options:  
Pool Time, Play Time

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<thead>
<tr>
<th>Indoor Options</th>
<th>Outdoor Options</th>
<th>Seasonal Options</th>
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<tr>
<td>Gymnastics</td>
<td>Eco-Art</td>
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<th>Family Program Center</th>
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<tr>
<td>20 Trefoil Drive Trumbull, CT 06611</td>
<td>1-8 Participants</td>
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<td>9-14 Participants</td>
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<td>15-21 Participants</td>
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<td>Saturdays: 2:00pm – 3:30pm 4:00pm–5:30pm</td>
<td>Sundays: 12:00am – 1:30pm 2:00pm–3:30pm</td>
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<table>
<thead>
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<td>204 Stanley Road Monroe, CT 06468</td>
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<td></td>
<td>15-21 Participants</td>
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<tr>
<td>Saturdays and Sundays</td>
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I am ready to party, now what?  
For indoor rentals contact Deanna Bogen at dbogen@cccymca.org  
For outdoor rentals and seasonal options, contact Kathleen Riley at kriley@cccymca.org

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
CAREGIVER & TOT GYMNASTICS  
(Ages 24 – 36 months)  
Learn basic gymnastics skills with guided instruction and open play in a social setting. Caregiver participation required.

Wednesday 11:15am – 12:00pm  
Saturday 8:45am – 9:30am  
Member $95  
Program participant $190

GYMNASTICS FOR THREES  
(Ages 3 yrs)  
A fun, nurturing experience without caregiver participation; learn basic gymnastics skills including trampoline, bars, beam and more!

Wednesday 1:00pm – 1:45pm  
Friday 9:00am – 9:45am  
Saturday 8:45am – 9:30am  
Sunday 8:45am – 9:30am  
Member $130  
Program participant $260

BOYS GYMNASTICS  
(Ages 6 & older)  
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.

Tuesday 5:30pm – 6:30pm  
Member $135  
Program participant $270

SCHOOL-AGE GYMNASTICS

NINJA WARRIOR  
(Ages 5–7 & 8–14)  
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!

Ages 5–7 yrs  
Saturday 12:15pm – 1:00pm  
Member $130  
Program participant $260

Ages 8–14 yrs  
Saturday 1:15pm – 2:00pm  
Member $130  
Program participant $260

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLEYMCA.ORG
YOUTH DEVELOPMENT
SCHOOL-AGE GYMNASICS

GIRLS BEGINNERS GYMNASICS
(Ages 6 – 7 yrs)
Designed for beginners ages 6-7, 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.

Tuesday 5:30pm – 6:30pm
Wednesday 4:15pm – 5:15pm
Wednesday 5:30pm – 6:30pm
Saturday 9:45am – 10:45am
Saturday 11:00am –12:00pm
Sunday 9:45am – 10:45 pm
Member $135 Program participant $270

INTERMEDIATE GYMNASICS
(Ages 7 & older)
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.

Tuesday 4:15pm – 5:45pm
Wednesday 5:30pm – 7:00pm
Saturday 11:00pm – 12:30 pm
Member $155 Program participant $310

NOVICE GYMNASICS
(Ages 8 & older)
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.

Wednesday 5:30pm – 6:30pm
Saturday 11:00am – 12:00pm
Sunday 9:45am – 10:45 pm
Member $135 Program participant $270

GYMNASICS 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
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 5:30pm – 7:00pm
Member $155 Program participant $310

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 Head Coach Ashly Ninke at aninke@cccymca.org.

CENTRAL CONNECTICUT COAST YMCA
Statement of Diversity and Inclusion
The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has an equitable opportunity to learn, grow and thrive. At the Y, we set the example when we welcome people across all dimensions of diversity. Dimensions include income, faith, ability, age, sexual orientation, gender identity or expression, race, ethnicity, national origin, cultural background or other unique personal characteristics. Together we stand. For a better us.
YOUTH DEVELOPMENT

DANCE

**Ballet & Tap Combo**
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.

- **Monday**: 5:00pm – 6:00pm (3-5 Year Olds) (No class September 2)
- **Saturday**: 11:45-12:45pm (5-8 Year Olds)

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**TAP (Age 5-8 Year Olds)**
Dancers will learn basic tap terms while focusing on simple footwork. Tap dance is great for new dancers looking to learn how to find rhythm with feet and body correlation.

- **Monday**: 4-4:45pm (No class September 2)

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**TINY 2-2s (Age 2-3 Year Olds)**
This class introduces your child to various free movement and simple ballet steps. The instructor will incorporate simple dance exercise, stretches, and easy routine while helping to emphasize body awareness and creativity in a fun-loving, nurturing environment.

- **Monday**: 11-11:45am (No class September 2)

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**HIP HOP**
Hip Hop is a popular choice at the YMCA! The focus is on body movements coinciding with the beat and rhythm of hip hop music. It improves flexibility, develops balance and assists in coordinating muscles.

- **Thursday**: 5-5:45pm

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**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.

- **Thursday**: 5:45-6:30pm

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**JAZZ (Age 5-8 yrs)**
This class focuses on timing and coordination, forced arch and the use of the plie. Progression includes jazz walks, turns, balances, jumps across the floor and isolations.

- **Thursday**: 4-4:45pm

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**FEES:**
- **MEMBERS 45 MINUTE CLASSES $90, PROGRAM PARTICIPANTS $180**
- **MEMBERS 1-HOUR CLASSES $100, PROGRAM PARTICIPANTS $200**
- **MONDAY CLASSES PRORATED DUE TO LABOR DAY HOLIDAY**

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
LITTLE NINJAS  
(Ages 4 - 6 yrs)  
Your child will begin with the fundamentals of martial arts, and grow in confidence and ability.

**Thursday**  
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.

MARTIAL ARTS - BEGINNER  
(Ages 7 & older)  
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**  
Member $115  
Program participant $230

**Friday**  
Member $115  
Program participant $230

MARTIAL ARTS - ADVANCED  
(Ages 7 & older)  
Belt levels Green, Red, and Black. Students learn more advanced martial arts forms and skills with continued focus on obtaining Black belt status.

**Monday**  
Member $115  
Program participant $230

**Friday**  
Member $115  
Program participant $230

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.

**Thursday**  
Member $115  
Program participant $230

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.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
Have questions about any of our preschool programs?

Contact Kathleen Riley, Senior Program Director at kriley@cccymca.org
FAMILY FUN DAY AT CAMP TEPEE
Come enjoy an open camp day at Camp Tepee. You and your family can hike the trails, build a fort in the woods, enjoy the mini golf course, play GAGA in the pit, shoot hoops on our basketball court, or enjoy a STEAM project. This free event allows you to get outside with your family and enjoy the Outdoor Center’s 47 acres!
Saturday, September 14 10:00am –12:00pm
Saturday, October 12
Member:  FREE  Program participant $5

LEGO STEAM CLUB
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.
Saturdays 10:00am–10:45am
Member:  $70  Program participant $140
Starts September 7

BASKETBALL BASICS
Join in the fun at the YMCA Outdoor 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.
Saturdays 10:00am–10:45am
Member:  $70  Program participant $140
Starts September 7

ULTIMATE FRISBEE
Did you know that learning how to play a sport like Ultimate Frisbee can improve hand-eye coordination, communication skills, team-work, and self-confidence? This class is open to 5th – 8th graders who would like to have fun while building all of these skills and learning Ultimate Frisbee.
Saturdays 11:00am–11:45am
Member:  $70  Program participant $140
Starts September 7

GAGA BALL
Come join one of our camp counselors as we play GAGA! This is a great chance for your child to play the beloved Camp Tepee Game GAGA through the fall!
Saturdays 11:00am–11:45am
Member:  $70  Program participant $140
Starts September 7
LAKEWOOD-TRUMBULL YMCA’S HALLOWEEN CELEBRATION
AT CAMP TEPEE & FAMILY OUTDOOR CENTER

The Lakewood-Trumbull YMCA invites you to celebrate Halloween! Everyone is invited, this is a community wide event so tell your neighbors, tell your family, tell anyone you’d like! We encourage costumes for children and adults!

Activities include: Trunk or Treat, a walk in the “haunted” woods, and fun Halloween activities. Please register in advance by calling/visiting our Front Desk at the Lakewood-Trumbull YMCA.

This is a free event open to the community, however registration is required for youth. To register, please scan the QR code below or call us at 203 445 9633.

Location: Lakewood-Trumbull YMCA
Camp Tepee & Family Outdoor Center
204 Stanley Rd.
Monroe, CT  06468

When: Saturday, October 19
5–7 pm

A $5 suggested donation per family will be accepted to go towards our Annual Campaign.

HOMESCHOOL ENRICHMENT
For homeschooling families in our community. This class offers a mix of physical, emotional and intellectual skill-building activities. This includes mindfulness challenges, crafts and team-building activities. Participants will also explore pond-life, play cooperative games, engage in hands-on science and art projects, and build healthy friendships along the way. This is for children ages 5–10yrs.

Fridays 11:00am -12:00pm
Members  $70  Program Participants $140
Starts September 6
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 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. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

*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.

SWIM STARTERS
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
Stages A – B

SWIM STARTERS
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.

SWIM STARTERS
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.

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

AGE GROUP | STAGE
--- | ---
6 months – 3 years
Parent* & Child | SWIM STARTERS
Stages A–B
3 years – 5 years
Preschool | SWIM BASICS
Stages 1–4
5 years – 12 years
School Age | SWIM BASICS
Stages 1–6
12+ years
Teen & Adult | SWIM BASICS
Stages 1–6

OBSERVATION POLICY

While practicing social distancing, parents are asked not to disrupt the children or instructor while the class is in session.
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.

One parent is required to be in the pool with their student.

Age Group:
3 years - 5 years Preschool
5 years - 12 years School Age
12+ years - Teen & Adult
Stages 1 - 3

SWIM BASICS
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.

SWIM BASICS
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.

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. One parent is required to assist in the pool.

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.

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.

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.

SWIM STROKES
Stage 6 / Stroke Mechanics
In Stage 6, students refine stroke technique on all major competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

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

WELLNESS PROGRAMS

LIVESTRONG® at the YMCA is a FREE 12-week small group program designed for adult cancer survivors seeking to regain health as they become de-conditioned or chronically fatigued from treatment and/or disease. This program includes:

- Two 75-minute classes per week: Tuesdays and Fridays 1:30PM—2:45PM
- Full access to the Y seven days a week

Our certified instructors provide a supportive, safe environment for each class and have undergone specialized training in the areas of cancer, post-rehab exercise, nutrition, and supportive cancer care. LIVESTRONG® at the YMCA is provided at no cost to participants thanks to the generosity of those who donate to our Annual Support Campaign.

CRITERIA FOR PARTICIPATION

- Available for individuals currently undergoing cancer treatment or have completed their treatment.
- Strong personal desire and commitment to attend classes.
- Obtain a signed medical clearance form.
- Participate in an interview with our Intake Specialist, complete a confidential health assessment and program registration forms.

Program runs Sept. 17 – December 6
Contact Joanne Orenstein at jorestein@cccymca.org for more information.
HEALTHY LIVING

WELLNESS 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. If interested, please contact our Health & Wellness Director, Joanne Orenstein, jorenstein@cccymca.org, for more information.

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. Before beginning the program participants need to complete a physical assessment. We are excited to start our program On Monday September 30. Classes will run Mondays and Wednesdays 1:30-2:45pm. Membership is required.

SUPPORTING WELLNESS TOGETHER
Twelve weeks designed to help you attain your goals for better health, less stress, to lose weight, to get more fit, make friends, feel better! Together, with a group, everyone is stronger. Program includes: Weekly meetings and 30 minutes per every week of the program with a certified Personal Trainer.

Wednesdays 6-6:45pm; Members $195, Program Participants $375
September 18-December 4

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.

8 WEEK–LONG PICKLEBALL CLINICS!
These 8 week 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.

Beginner

SWEAT FOR A CAUSE! ZUMBA MASTER CLASS
Together we can make a difference in the lives of others. Help us raise funds to support our life-changing chronic disease programs, which include MS Yoga, LIVESTRONG at the YMCA for cancer survivors and Rocksteady Boxing for people with Parkinson’s Disease. Our programs go beyond just the physical: they provide a space for social and emotional healing as well, creating a community of support.

When: Saturday October 5, 10-12pm Suggested Donation: $25, but feel free to give more!

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
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 range of movement to help with daily living activities. Hand-held weights, elastic tubing with handles 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.

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.

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.

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.
CLASS DESCRIPTIONS

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.

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

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.

NEW PROGRAM!
YOUTH WEIGHT TRAINING
This youth class focuses on weight training with our Y certified personal Trainer.

WELNESS TEAM SPOTLIGHT

JANINE STELLA, PERSONAL TRAINER, on staff since 2003!
Janine has been a trainer at the Y for 18 years. She specializes in creating exercise programs that incorporate the clients’ goals, making workouts enjoyable and rewarding. Janine has a passion to help people reach their personal goals. She also teaches TRX training. The classes range from beginner to advanced. Janine also loves to hike, bike, snow ski and walk in her free time.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG 21
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.
• 1000+ 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! NEW!

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

Instructions for access:
• Please visit ymca360.org. Click the login button
• Enter your email address, click continue
• Enter your zip code, click continue
• Click your YMCA
• You will receive a 6 digit email code, via email
• Enter this code, click continue
• You will be let in!
• Please let us know what you think! Email info@cccymca.org