



DISCOVER YOUR Y

SPRING

2026 PROGRAM GUIDE

April 27 – June 21

STRATFORD YMCA
3045 Main Street, Stratford, CT 06614
P: 203-375-5844
W: stratfordymca.org



CONTACT US

PHONE: 203-375-5844

E-MAIL: stratfordinfo@cccymca.org

WEB: www.stratfordymca.org

 [facebook.com/StratfordY](https://www.facebook.com/StratfordY)

 [@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 SPRING SESSION & REGISTRATION DATES

SESSION DATES: April 27 – June 21

REGISTRATION DATES

Facility Member: April 4, 2026

Program Participant: April 11, 2026

FACILITY HOURS

Monday - Thursday 5:30AM - 9:00PM

Friday 5:30AM - 6:00PM

Saturday 7:00AM - 4:00PM

Sunday 8:00AM - 2:00PM

*New hours beginning 4/12/26

HOLIDAY HOURS

Memorial Day, May 25 7:00 - 1:00pm

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

- Suzanne Richards**, Executive Director
- Melissa Bernardo**, Child Care & Camp Director
- Nacho Sanchez**, Aquatics Director
- Denise Champagne**, Membership Coordinator
- Megan O'Leary**, Childcare Coordinator
- Marta Taddeo**, Swim Team Head Coach

The Stratford YMCA is governed by our Board of Managers that consists of volunteers throughout Stratford.

- Tia Lopez
- Donna Wells
- Phil Conner
- Chris Green
- George Perham
- Karen Rey
- Luca Servino
- Nivin Yakur
- Bob Jaekle
- Roody Jean-Baptiste
- Dave Manson
- Tom Collins

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 Stratford YMCA for more information.

DONATE FOR A BETTER US

Connect with Suzanne Richards, Executive Director, srichards@cccymca.org to learn more.





MEMBERSHIP FOR ALL

The Stratford YMCA provides a full range of fitness, aquatics, childcare and camp programs that will help get you feeling great! Connect with your inner-health! The Stratford YMCA wellness center houses professional cardio and strength training equipment designed and geared for all fitness levels.

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. Almost 3,100 people from several local communities belong to the Stratford YMCA, creating a diverse and energetic environment we think you will really enjoy!

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 Stratford YMCA – We all need a place to belong!

Membership Category	Monthly Rate	Joiner Fee
Youth 3-17*(or through the end of high school)	\$45	\$25
Young Adult 18-26	\$50	\$50
Adult 27-64	\$72	\$75
Adult Couples	\$109	\$100
Family (2 adult + dependent children)	\$112	\$100
Single Parent (1 adult + dependent children)	\$99	\$100
Senior 65+	\$63	\$75
Senior Couple	\$98	\$100

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

YOUR MEMBERSHIP GOES FURTHER

As a member of the Central Connecticut Coast YMCA, your membership opens the doors to **every branch in our Association**. If your home branch doesn't offer a specific program or class you're interested in, you can visit another location and enjoy it at the member rate.

Each branch offers its own unique mix of programs designed to strengthen our communities and help individuals of all ages thrive.

From child care and youth development to fitness, swimming, and family activities, there's truly something for everyone at the Y—**more choices, more convenience, and more opportunities** to belong.



	Alpha Community Services Y	Bridgeport Y	Fairfield Y	Hamden/North Haven Y	Lakewood-Trumbull Y	New Haven Y Youth Center	Soundview Family Y	Stratford Y	Valley Y	Woodruff Family Y	YMCA Camp Hi-Rock
AMENITIES											
Athletic Fields							X		X	X	X
Wellness Center (Cardio)			X		X		X	X		X	
Wellness Center (Strength Training)			X		X		X	X		X	
Gymnasium					X	X					
Indoor Pool		X	X			X	X	X		X	
Outdoor Pool				X	X						
Childwatch			X		X		X	X		X	
Locker Rooms (Adult)			X		X		X	X		X	
Locker Rooms (Youth)						X	X				
Locker Rooms (Family/Special Needs)							X			X	
CHILD CARE & OUTREACH											
Before & Afterschool Programs		X	X	X	X	X	X	X	X	X	
Early Learning & Child Care		X	X			X		X	X	X	
Summer Day Camp		X	X	X	X	X	X	X	X	X	X
Housing/Shelter/Case Management	X										
Resident Camp/Family Camp											
PROGRAMS											
Active Older Adult Classes			X		X		X	X	X	X	
Birthday Parties		X	X		X	X	X	X		X	X
Group Exercise (Land and/or Water)			X		X		X	X		X	
Lifeguard Certification		X	X	X	X	X	X	X		X	X
Personal Training			X		X		X	X		X	
Yoga & Pilates			X		X		X	X		X	X
Group Cycling			X		X		X			X	
ACTIVITIES & SPORTS											
Gymnastics					X						
Swim Lessons		X	X	X	X	X	X	X		X	X
Swim Team		X	X				X	X			X
Basketball		X			X	X	X				X
Dance			X	X	X					X	X
Soccer		X								X	X

For a better us

FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY



YOUTH DEVELOPMENT

BIRTHDAY PARTIES

POOL PARTIES

Make a Splash on Your Birthday!

Celebrate your child's big day with a swim party at the YMCA—where fun, laughter, and memories come together.

Our birthday swim parties offer pool time and a safe, supervised environment led by certified YMCA staff.

From splashing with friends to relaxing while we handle the details, a YMCA swim party is an easy, exciting, and unforgettable way to celebrate.

Pool Parties- ages 3yrs +

We will guide your Birthday Child and guests to the locker rooms and pool area. After swim, party goers will go to the Party Room, where Y staff will assist you with any food or games. All parties are 2 hours. 1st hour is in the pool, the 2nd hour is in the Party Room.

Fee: Members- \$250 Program Participants- \$350

Saturdays: 1:00 - 3:00PM

Sundays: 12:00 - 2:00PM

I AM READY TO PARTY, NOW WHAT?

Contact the YMCA front desk at 203-375-5844 to see what dates and times are available.

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

A completed and **signed party agreement as well as a payment** need to be processed at the Front Desk before any date and time is secured.

Start sending out those invitations!!





YOUTH DEVELOPMENT

GAGA CLUB

Come hang out on Saturday afternoons from 1:00PM-3:00PM for some competitive Gaga Ball.

Gaga is a fast-paced, high energy sport played in an octagonal pit. The more players there are, the better. Don't forget to wear active clothes and sneakers.

Ages: Grades 4 - 8
Free for all Members

BOARD GAME CLUB

Come hang out on Monday evenings at the Stratford Y with veteran Camp Counselor Isaiah and play thought provoking tabletop games. Tabletop games played include cooperative and competitive board games, card based/deck building games and other strategy based games.

Pre-registration is required. Board Game Club is held on Mondays, 5:00PM - 8:00PM for children grades 5th - 9th.

Free for all Y Members

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 sports, crafts, swimming and games. All children should bring a snack and lunch with water! Nut-free please!

Spring Dates
April 13 - 17

Ages: 5 - 12 years

Full Day: 9:00AM-4:00PM
Member: \$40 per day
Program Participant: \$80 per day

Pre-Care: 7:30AM-9:00AM
Member: \$10 per day
Program Participant: \$20 per day

Post Care: 4:00PM - 5:30PM
Member: \$10 per day
Program Participant: \$20 per day





YOUTH DEVELOPMENT

BEFORE/AFTER SCHOOL PROGRAM

The Stratford YMCA's Before & After School Program provides a safe, engaging, and supportive environment for children before the school day begins and after the final bell rings. Each day includes a balance of creative crafts, sports and active play, and quiet homework time, giving children the opportunity to learn, move, and unwind. Children also enjoy a healthy snack, helping fuel both growing bodies and curious minds. At the Y, every child is encouraged to build confidence, make friends, and have fun—before and after school.

Before School Locations: Second Hill Lane and the YMCA (students bused to their schools)

After School Locations: Second Hill Lane, Stratford Academy, Nichols, Chapel, Eli Whitney, Wilcoxson and Victoria Soto School. Students from Franklin get bused to Nichols and students from Lordship get bused to Stratford Academy.

Before Care Hours: 6:45 AM until school starts

After Care Hours: End of school day until 6:15 PM *Victoria Soto Hours- 2:30PM- 5:30PM

For more information or to register, please call or stop by the Stratford YMCA at 203-375-5844.

If you have any questions, contact our Childcare Director, Melissa Bernardo, at mbernardo@cccymca.org.



YOUTH DEVELOPMENT

TODDLER & PRESCHOOL PROGRAMS

TODDLERS Two year olds

The Y is committed to providing a safe and living environment for your child and aspire to meet their needs while promoting physical, social, emotional and cognitive development. Our early learning childcare programs are OEC licensed and NAEYC accredited.

Ages: 2 years
When: Monday - Friday
Times: Full Day 7:30AM - 5:30PM

PRESCHOOL (AGES 3-5 YEARS)

Children are motivated to explore, manipulate, question, discover and express their needs through play, group, and individual activities. We offer a comprehensive program to foster the social, emotional, cognitive, physical and creative needs and growth of the child. Swimming lessons are offered during the day at an additional fee. Our early learning childcare programs are OEC licensed and NAEYC accredited

Ages: 3 - 5 year olds
When: Monday - Friday
Times: Half Day- 8:30AM - 1:00PM
Full Day- 7:30AM - 5:30PM



Have questions about our preschool program?

Contact Melissa Bernardo at mbernardo@cccymca.org



YOUTH DEVELOPMENT

We offer two amazing summer camps for ages 3-15!

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 IS OPEN TO EVERYONE!

THE *adventure with friends* PLACE

Guided by trusted staff, campers can look forward to growing in confidence, making new friends, and creating joyful memories that last long after summer ends.

CAMP ACTIVITIES

- Swimming, sports, and outdoor play
- Creative art and STEM projects
- Field trips
- And so much more!

CAMP DATES: JUNE 24* – AUGUST 21

*Due to Stratford Public School snow days, the start of camp has been delayed.
M-F 9:00AM-4:00PM | Pre & Post Care Available



Most Camps Run
June 15th

–
August 28th

*There are a few exceptions
please inquire with camps
individually



ADDITIONAL CAMP LOCATIONS

DAY CAMP LOCATIONS:

Fairfield YMCA

841 Old Post Road Fairfield, CT 06824

Lakewood Trumbull YMCA Gymnastics Camp

20 Trefoil Drive, Trumbull, CT 06611

↳ Camp Teepee

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

631 Orange Avenue, Milford, CT 06461

Soundview Family YMCA

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

3 YEARS - 17 YEARS

*Depending on which camp you choose



Financial
Assistance
available for
those who
qualify

Non-Member
Registration
begins Jan 2nd

Member
Registration
begins March 1st





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.**






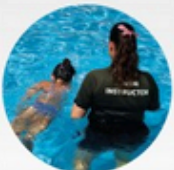
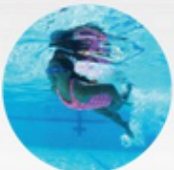

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule.

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

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.
							



SWIM PROGRAMS

STRONG SWIMMERS = CONFIDENT KIDS

Mondays	Preschool School Age	Stage 1- 4:30-5:00 Stage 1- 4:30-5:00 Stage 4- 6:15-6:55	Stage 2- 5:05-5:35 Stage 2- 5:05-5:35 Stage 5- 6:15-6:55	Stage 3- 5:40-6:10 Stage 3- 5:40-6:10
Tuesdays	Adult	Stage 1- 12:00-12:45		
Wednesdays	Preschool School Age Adult Swim Club	Stage 1- 4:30-5:00 Stage 1- 4:30-5:00 Stage 5- 6:15-6:55 All Levels- 12:00-12:45	Stage 2- 5:05-5:35 Stage 2- 5:05-5:35	Stage 3- 5:40-6:10 Stage 3- 5:40-6:10
Thursday	Adult School Age	Stage 2- 12:00- 12:45 Stage 4- 5:00 - 5:40	Stage 5- 5:45 - 6:25	Stage 6- 6:30 - 7:10
Saturdays	Parent/Infant Preschool School Age Swim Club Adaptive Class Adult/Teen	Stage A- 8:00- 8:30 Stage 1- 9:00 - 9:30 Stage 1- 10:45-11:15 Stage 1- 9:00 - 9:30 Stage 1- 10:45 - 11:15 Stage 4- 9:00 - 9:40 All Levels- 12:30 - 1:30 All Levels- 12:30 - 1:10 Stage 1/2- 12:45-1:25	Stage B- 8:30 - 9:00 Stage 2- 9:35 - 10:05 Stage 2- 11:20 - 11:50 Stage 2- 9:35 - 10:05 Stage 2- 11:20 - 11:50 Stage 5- 10:00 - 10:40	Stage 3- 10:10 - 10:40 Stage 3- 11:55 - 12:25 Stage 3- 10:10 - 10:40 Stage 3- 11:55 - 12:25 Stage 6- 11:00 - 11:40
Private Swim Lessons- schedule with Aquatics Director	1 session: \$69	2 sessions: \$120	4 sessions: \$215	8 sessions- \$385

FEES:

Preschool & School Age Stage 1 - 3 (30 min lesson)
\$110 Member, \$220 Program Participant

School Age Stage 4 - 6 and Teen/Adult (40 min lesson)
\$115 Member, \$225 Program Participant

Inquire about Financial Assistance opportunities for swim classes.

Contact Nacho Sanchez, Aquatics Director for more information.

Registration begins April 4

Session Dates: April 27-June 13
Make Up Classes: Week of June 15

Register online or at the YMCA front desk



AQUATICS PROGRAMS

BUILDING STRONG SWIMMERS

DID YOU KNOW...

- The YMCA has been teaching people how to swim for **over 110 years**, making it one of the longest-running swim education programs in the country.
- YMCA swim programs serve millions of children and adults each year across the U.S.
- The Y was one of the **first organizations** to develop a national swim lesson curriculum, ensuring consistent safety and instruction standards.
- Lifeguard training and water safety programs at the YMCA have helped **produce generations of certified lifeguards**, many of whom go on to work at pools and beaches nationwide.

SWIM LOCATIONS

New Haven YMCA Youth Center - www.newhavenymca.org
(Swim Lessons, Lifeguard Training)

Bridgeport YMCA - www.bridgeportymca.org
(Swim Lessons, Swim Team)

Stratford YMCA - www.stratfordymca.org
(Swim Lessons, Swim Team, Lap Swim, Open/Family Swim)

Woodruff Family YMCA - www.woodruffymca.org
(Swim Lessons, Free Swim, Splash Pad, Lifeguard Training)

Fairfield YMCA - www.fairfieldymca.org
(Swim Lessons, Swim Team, Lap Swim)

Lakewood-Trumbull YMCA - www.lakewoodtrumbullymca.org
(Seasonal Outdoor Pool + Lake + Boating)

Soundview Family YMCA - www.soundviewymca.org
(Swim Lessons, Swim Team, Lap Swim, Lifeguard Training)

YMCA Camp Hi-Rock - www.camphirock.org
(Seasonal Lake + Boating)



SWIM PROGRAMS

BSY TORPEDOES SWIM TEAM

SWIM TEAM LONG COURSE

Our team offers a fun, competitive program that stresses technique, team cohesion, and some competition. Our team ranges from entry level competitive swimmers to those that compete in travel competitions- all are welcome and encouraged to swim with the BSY Torpedoes.

Long Course Season: April 13 - July 31, 2026

All new swimmers must be evaluated by one of our swim coaches. Contact the coaches at bsyswimming@cccymca.org to schedule.

All swimmers must be members of the Stratford YMCA.

SWIM EXPERIENCES

ADAPTIVE SWIM EXPERIENCE

The focus for our Adaptive Swim Experience program is to help adults, kids and families with diverse abilities learn an important life skill and support them in gaining the knowledge, ability, and stamina to become strong and confident swimmers. Y instructors use child-centered methods and flexible teaching to deliver instruction children of all abilities.

This one-on-one program is designed to give the swimmer individualized attention needed to address their needs.

FEE: 7 Sessions for 40 minutes
Facility Members: \$350
Program Participants: \$450

PRIVATE SWIM LESSONS

Private and semi-private lessons are offered at the Stratford Y for youth and adult facility members. Private lessons give adults and children the opportunity to build their skills one-on-one with our instructors. Semi-private lessons are available 2 to 1. Lessons are 30 minutes long and can be purchased in packages of 1, 2, 4, or 8 classes. Classes are scheduled cooperatively based on the instructor and swimmers schedules. Contact the Y to schedule today!

FEE: Members only

- 1 session- \$62
- 2 sessions- \$111
- 4 sessions- \$199
- 8 sessions- \$384

For more information, contact Nacho Sanchez, Aquatics Director at isanchez@cccymca.org or 203-375-5844.



LIFEGUARD CERTIFICATION CLASS



Our Y offers Red Cross Life Guard certification courses throughout the year. The course includes CPR, AED and First Aid certifications for ages 15 years and up. Candidates must be able to swim 550 yards non-stop and tread water for three minutes, as well as complete a timed event within 1min. 40 sec. Blended learning course- online and in classroom. Participants must attend ALL classes (5 day course).

CLASS INCLUDES: A two-year certification for CPR for the Professional Rescuer, First Aid and AED Training, and Lifeguard Certification

April 13 - 17, 2026

Monday - Friday

9:00AM - 3:00PM

*Must attend all sessions

Members: \$285 Program Participant: \$385

Lifeguard Recertification (current certification expired less than 30 days)

Thursday & Friday

9:00AM - 3:00PM

Member: \$120 Program Participant: \$160

Register on-line or at the YMCA front desk.

*Must have a minimum of 4 registrants to run class

For more information, please contact Nacho Sanchez, Aquatics Director at 203-375-5844 or isanchez@cccymca.org



HEALTH & WELLNESS

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 trainer 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 are available in several options to suit your goals and schedule.

1 hour \$71.00 | 3 hours \$189.00
5 hours \$308.00 | 10 hours \$572.00

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 Trainer 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.

4 hours \$210.00

SMALL GROUP TRAINING

Small Group Training Packages for 2-6 participants are available in 3-, 5-, and 10-hour options. Enjoy the motivation and support of training with others while receiving expert guidance to help you reach your fitness goals together.

3 hours \$264.00 | 5 hours \$500.00 | 10 hours \$824.00

YOUTH WEIGHT TRAINING (AGES 12-17 YEARS)

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 new-comers who want to learn how to get stronger safely and properly.

Saturdays 10:30AM-11:15AM
\$100 Members | \$200 Program Participants.



**Ready to take the next step in
your wellness journey?**

**Connect with our Personal Trainer Diana Knapp at
dknapp@cccymca.org
for more information or to schedule a Personal
Training Session**

Register online or at the YMCA Front Desk



HEALTH & WELLNESS

TRANSFORM YOUR HEALTH, MIND & BODY

FUEL YOUR HEALTHY HABITS

Join us for interactive conversations about nutrition with Jen Evans, MS in Human Nutrition from the University of Bridgeport. Our monthly Healthy Food Chats are held on Fridays, 12:30pm at the Stratford YMCA.

Every month Jen covers topics such as Nutritious Resolutions, Proteins, Food Sources and Daily Requirements, Healthy & Unhealthy Fats and more.

Upcoming dates and topics to be announced via our social media, website and at the YMCA.

Free to Members and the community

YMCA 360 MOBILE APP

YMCA360 is a wellness program benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allows you to customize your health and wellness journey. The things you love about the Y, its people, places, and programs, are all on YMCA360!

Download our Mobile App which will allow you to:

- Check-in using your bar code
- View class schedules at your Y and other Central Connecticut Coast YMCAs
- Make a class reservation
- Livestream and on-demand classes taught by YMCA instructors
- Fitness classes, sports instructions, nutrition/cooking classes, children’s book readings, and so much more!
- Learn what’s happening at the Y. Push notifications are also available
- PLUS set personal wellness goals
- Get connected by joining Challenges
- Track your wellness activities
- Connect to your wellness device and other health apps.
- View a history of your wellness accomplishments
- Check Y hours and locations

YOUR VIRTUAL YMCA
Your favorite classes, workouts, and programs — anytime, anywhere.

INCLUDED WITH YOUR MEMBERSHIP.
LEARN MORE & DOWNLOAD NOW

HEALTH & WELLNESS

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

WHAT TO EXPECT FOR OUR CLASSES

Please bring your own mat, water and towel. Our instructors lead the classes through various exercises. They assist with modifications and advancements and offer recommendations to ensure each participant is both comfortable and challenged to reach their full potential. If you have a specific health concern or injury, please inform an instructor prior to the class beginning.

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 activities. Hand-held weights, elastic tubing with handles and balls are used.

Monday, 10:00AM, Wednesday, 12:45PM, & Friday, 10:00AM

ACTIVE OLDER ADULT STRETCH AND STABILITY

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

Wednesday, 11:45AM & Friday, 9:00AM

AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

Monday, Wednesday, & Friday 8:45AM

AQUA ZUMBA

A Zumba® "pool party" invigorating workout. Splash, stretch, twist, shout, laugh and holler! This class blends it all into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, exhilarating and fun!

Thursdays, 9:00AM

CARDIO INTERVAL & STRENGTH

This class combines aerobics and sports conditioning with weights, strength training and core.

Wednesday, 10:00AM & Saturday, 9:30AM

CHAIR YOGA

Move your whole body through a series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and range of movement.

Wednesday, 10:45AM

DEEP WATER FIT

A dynamic workout using cardio and strength training intervals in the pool. This class can also be 20- 30 min cardio with resistance training at the end in the pool.

Monday, Wednesday, & Friday 9:30AM

HEALTH & WELLNESS

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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.

Mondays, 11:15AM

MUSCLE, CORE & MORE

Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.

Friday, 11:00AM

PILATES MAT

Tone and strengthen core muscles, improve stability and posture, slim down and tone up. This class involves free flowing moves concentrating on core strength, muscle balance, flexibility by doing traditional Pilates using both the mat and non-mat.

Wednesday, 9:00AM

TAI CHI

The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress. All levels.

Thursday, 5:30PM

YOGA

Grow longer and stronger as you work through movements designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.

Monday, 10:45AM, Wednesday, 5:30PM, Saturday, 8:15AM

ZUMBA GOLD

Easy to follow class that lets you move to the beat at your own speed. Invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Modified, low-impact moves available for active older adults.

Tuesday, Thursday, 10:00AM

ZUMBA CHAIR

Mind and body variations, cardio, body weight strength exercises, balance and flexibility. A fun class for active older adults and anyone that wants to have fun in a chair. Safe and accessible to all.

Thursday 8:15AM

*Days and times are subject to change



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

CENTRAL CONNECTICUT COAST YMCA



STRATFORD YMCA

3045 Main Street, Stratford, CT 06614
P: 203-375-5844 | F: 203-380-0291

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