STRATFORD YMCA
FALL 1
PROGRAM GUIDE
HERE FOR YOU

STRATFORD YMCA
P 203 375 5844 F 203 380 0291
E stratfordinfo@cccymca.org

YOUR Y STAFF
Executive Director:
Suzanne Richards
Child Care Director:
Melissa Bernardo
Membership and Health & Wellness Director:
Vacant
Aquatics Director:
Nacho Sanchez
Membership Services Specialist:
Denise Champagne
BYS Head Coach:
Marta Taddeo

BOARD OF MANAGERS
Claudine DiSario
Robert Jaekle
Dave Manson
George Perham
Donna Wells, Board Chair
Tom Collins
Tia Lopez
Christopher Green
Phil Conner
Nivin Yakur
Luca Servino
Karen Rey

FACILITY HOURS
Mon-Thurs.  5:30am-9:00pm
Friday  5:30am-7:00pm
Saturday  7:00am-6:00pm
Sunday  8:00am-4:00pm

HOLIDAY HOURS
Labor Day, Monday, September 2, 7:00am-1:00pm

PROGRAM REGISTRATION
FALL 1 SESSION
August 26– October 20

REGISTRATION DATES
Facility Member: Monday, August 5
Program Participant: Monday, August 12

MEMBERSHIP FOR ALL
Membership rates are based on a sliding scale according to household income.
Please contact us for more information.

CENTRAL CONNECTICUT COAST YMCA
STATEMENT OF DIVERSITY & 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.
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. When you donate to the Stratford YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

DONATE FOR A BETTER US. 
Connect with Suzanne Richards to learn more.

FINANCIAL ASSISTANCE 
The Stratford YMCA offers financial assistance for programs to qualified members. We are community based and believe that our programs should be available to everyone and that no one should be turned away because of their inability to pay. Our Financial Assistance Program is made possible because caring people and businesses in our communities fund the program through our Annual Campaign. Financial Assistance is available on a sliding scale that is based on total household income, family size and number of participants for a specific program.

OUR MISSION 
To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.
YMCA PRESCHOOL PROGRAM
The Stratford YMCA operates a NAEYC accredited year-round preschool program for 3-4 year olds at our main branch.

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 is offered during the day at an additional fee! We believe that all children should learn to be safe in and around water by the age of 12. Swimming incorporates water comfort, water safety, and stroke development.

Thanks to the Y’s Annual Campaign, the Y offers financial assistance to families who qualify. Funds are limited. The Stratford YMCA is also a licensed provider with the state Care 4 Kids program. Contact Melissa at mbernardo@cccymca.org to schedule a tour.

BEFORE & AFTER SCHOOL
The YMCA offers Before School Child Care for students who attend Stratford Academy, Nichols, Wilcoxson, Eli Whitney, Franklin, Second Hill Lane, and Chapel schools.

The before school program includes recreational and enrichment activities. Drop off for this program begins at 6:45am.

The YMCA provides extended-day child care to children in grades K-6, from dismissal until 6pm. After School Child Care is provided for students at Second Hill Lane, Stratford Academy, Franklin, Lordship, Nichols, Chapel, Eli Whitney, and Wilcoxson schools.

The after school program includes a quiet homework time and a variety of recreational activities and games. A healthy snack is provided.

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.

CARE 4 KIDS
The Y is a licensed provider with the state program.

REGISTER ONLINE AT STRATFORDYMCA.ORG
View current schedules, programs and events on our website!
PARENTS NIGHT OUT

Let our YMCA staff lead your child in fun group games, swim time, crafts, and other activities while making some new friends! Please bring a bathing suit & towel. Preregistration is required. Registration ends two days before event so we can staff properly. Keep a look out on Social Media for all upcoming dates!

**AGES:** 5–12 years old

**TIME:** 6:00 – 8:00pm

**FEE:**
- Facility Members: $25
- Program Participants: $35

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Y VACATION CLUB

No school? No problem! The Stratford YMCA is here for your child care needs. Drop your child off with our experienced child care staff for a fun-filled day of games, activities, arts & crafts, swimming, and more! Pre-registration is required. Registration ends two days before event so we can staff properly.

**AGES:** 5–12 years old

**TIME:** 6:00 – 8:00pm

**DATES:** October 3

**FEE:**
- Facility Members: $55
- Program Participants: $110

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REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!
The Lifeguard Certification Course at the Stratford YMCA is designed to give participants the basic skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take actions to help those in need.

CPR, First Aid, AED, and O2 certifications are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered.

Prerequisite Swim Test:
- Swim 300 yards
- Tread water for 2 minutes, using only the legs
- Complete a timed event within 1 minute and 40 seconds

All class times are required for certification in addition to completion of online prerequisite courses prior to first day of class.

Call to reserve your spot today!

**AGES:** 15 years old and up

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YOUTH DEVELOPMENT

PAINT AND SMOOTHIES

We pick a fun painting relating to the season and go through a step by step process so your child can re-create the painting while adding their own creative touches. We’ll provide smoothies, and all the materials necessary for the project. Upcoming dates to be announced via our social media and website for children and adults.

FEE:
Member: $15
Program Participant: $30

Youth—6—13
September 20, 6:30pm—8pm

READ TO GROW

Did you know that the Stratford Y is a Read to Grow Book Place? Free books are available from Read to Grow in our lobby. Take a few home for the young readers in your family. The more time you spend reading with your children, the better! There are even books available for adults.

REGISTER ONLINE AT STRATFORDYMCA.ORG
View current schedules, programs and events on our website!
GAGA DODGEBALL CLUB

Come hang out on Saturday mornings from 9:00am–12:00pm 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! GaGa ball is a gentler version of dodgeball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the waist. Don’t forget to wear active clothes and sneakers.

AGES: Grades 4 – 8

Members: FREE FOR FACILTY MEMBERS
(Please register in advance)

BOARD GAME CLUB

Come hang out on Monday evening at the Y with veteran Camp Counselor Isaiah and play thought-provoking tabletop games. Tabletop games played included 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 Monday nights from 5pm–8pm for children in grades 5th to 9th.

Members: FREE FOR FACILTY MEMBERS (Please register in advance)
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. 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.

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 caregiver to participate in the pool and on the pool deck.

### SWIM STARTERS

Accompanied by a caregiver, 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  
**Caregiver & Child:** Stages A-B, 30 minutes

#### Stage A / Water Discovery
Caregivers accompany children in Stage A, which introduces infants and toddlers to the pool through exploration and encourages them to enjoy themselves while learning about the water.

**Member:** $98 / **Program Participant:** $196  
**Saturday:** 8:00am  
**Sunday:** 11:45am (Stage A & B)

#### Stage B / Water Exploration
In Stage B, caregivers work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

**Member:** $98 / **Program Participant:** $196  
**Saturday:** 8:30am  
**Sunday:** 11:45am (Stage A & B)
SWIM BASICSS

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

Stages 1-3, 30 minutes, Teen/Adult, 40 minutes

SWIM BASICS

Stage 1/ Water Acclimation

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.

Member: $98 / Program Participant: $196
Member: $103 / Program Participant: $206 - Teen/Adult *

Stage 2 / Water Movement

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

Member: $98 / Program Participant: $196
Member: $103 / Program Participant: $206 - Teen/Adult *

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**Observation Policy**

Parents are asked not to disrupt the children or instructor while the class is in session.

Register Online at StratfordYMCA.org

View current schedules, programs and events on our website!
# SWIMMING LESSONS

## 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.

**Member:** $98 / Program Participant: $196  
**Member:** $103 / Program Participant: $206 - Teen / Adult *

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

**Age Group:**  
- 3 years – 5 years Preschool  
- 5 years – 12 years School Age  
- 12+ years – Teen & Adult

**Stage 4, 30 minutes, Preschool**  
Stages 4–6, 40 minutes, School Age and Teen

### 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.

**Member:** $98 / Program Participant: $196  
**Member:** $103 / Program Participant: $206 - Teen / Adult *

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## 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.

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**REGISTER ONLINE AT STRATFORDYMCA.ORG**  
View current schedules, programs and events on our website!
**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.

**Member: $103 / Program Participant: $206**

- **School Age**
  - Monday 6:10pm
  - Wednesday 6:30pm
  - Saturday 10:00am

**Stage 6 / Stoke Mechanics**
Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**Member: $103 / Program Participant: $206**

- **School Age**
  - Saturday 11:00am

**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

**OBSERVATION POLICY**
Parents are asked not to disrupt the children or instructor while the class is in session.

**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: Facility Members only**

- 1 session- $60
- 2 sessions- $108
- 4 sessions- $193
- 8 sessions- $372
BSY TORPEDOES SWIM TEAM
2024-2025 SHORT COURSE SEASON INFORMATION
September 16, 2024 – February 28, 2025

Our team offers a stimulating, enjoyable program that stresses stroke technique, starts, turns, and basic to advanced training. Our team ranges from entry level competitive swimmers to National Championship caliber swimmers – all are welcome and encouraged to swim with the BSY Torpedoes.

For more information about registering/season details or swim evaluation, please contact our BSY Head Coach, Marta by emailing her at mtaddeo@cccymca.org.
HEALTHY LIVING

ADULT LAP SWIM
Adult Swim times are open to all adult members. One lane is available for lap swimming. The rest of the pool is available for therapeutic exercising and slow swimming. Times vary through the week. Please check the schedules page of our web site or our mobile app for details. * Please contact the Y for updates on pool schedule.

LAP SWIMMING ETIQUETTE
- Swimmers are encouraged to contribute to an atmosphere of cooperation and courtesy.
- Always enter from the shallow end.
- A maximum of five swimmers are permitted in each lane during lap swimming.
- Please swim with others of similar speed. Lifeguards will move swimmers to the appropriate lane when necessary.
- Always let swimmers in your lane know when you are entering the water.
- Always circle swim counter-clockwise when three or more swimmers are in a lane.
- Fins and/or kickboards are not permitted during circle swim.
- Allow faster swimmers to pass. Passing always occurs on the left of the swimmer or at the end walls.
- Do not stand at the ends of the pool for an extended period of time.
Teens age fourteen and older may participate in lap swimming.

MARKET STYLE FOOD PANTRY
Stock up on FREE produce and shelf stable food for your family! Questions? Want to volunteer? Contact the Stratford Y at stratfordinfo@cccymca.org. *In case of inclement weather, check the CT Foodshare website or call the Y for more info at 203-375-5844.

Brought to the community by the Town of Stratford Health Department, Community & Senior Services, Stratford YMCA, and CT Foodshare.

Where: Holy Name of Jesus Church on 1950 Barnum Ave, Stratford, CT, 06614
When: September 16, September 30, October 14 and October 28 from 12:45-2:00pm

TOGETHERHOOD
Togetherhood is a nationwide program that gives Y members a way to get to know people and strengthen our community through volunteerism. The program is led by a committee of Y members that decides on projects and carries them out throughout the year.

If you’re interested, please contact the Y for more info. We meet the 1st Thursday of each month at 11:15am. If you’re interested in learning more, please contact Suzanne for more info at srichards@cccymca.org

FUEL YOUR HEALTHY HABITS
Join us for a coffee and conversation about nutrition with Jen Evans, MS in Human Nutrition from the University of Bridgeport. Our monthly Healthy Food Chats are held on Friday’s. Upcoming dates to be announced via our social media and website for children and adults.
HEALTHY LIVING

MEMBERSHIP
From exceptional fitness facilities including our indoor pool, Life Fitness equipment, Elliptical Cross trainers, treadmills, recumbent bikes and upright bikes, child watch and child care services, before and after-school child care and summer day camp – the Stratford YMCA is the place to go!

The Stratford YMCA has a wide variety of programs for people of all ages and interests. Please take a few minutes to explore our facility. Tours are available during regular branch hours.

Why do so many people feel like they belong at the Y? One reason is that no other single membership provides so many ways to exercise spirit, mind and body as the YMCA. So, whether your life is about shaping up, studying up, meeting up or growing up, it all begins with signing up at the YMCA.

We have a wonderful community of people here at the Stratford Y! It’s a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most.

ACTIVE OLDER ADULT MEMBERSHIPS
IT’S NEVER TOO LATE TO FEEL GREAT!
Stratford YMCA’s Active Older Adult (AOA) members can enjoy a variety of free classes that help you to stay healthy. Our fitness classes are designed for all ages and abilities! A body in motion stays in motion. Y programs keep you moving, active and thriving physically, emotionally and mentally. Meet new friends and join the fun!

OUTDOOR FITNESS
Located towards the front of our Y at 3045 Main Street, the outdoor fitness structure is available for members and our community who are 13+ years old. We encourage you to try it out! It has the ability to accommodate a variety of exercises with directions for use posted at the site. Have fun and be safe exercising!

PERSONAL TRAINING
Whether you are 15 or 75, an experienced or beginning exerciser, personal training can help you reach your health and fitness goals. Our certified personal trainers will help develop an individualized program that is perfect for you and will support you with expert knowledge, coaching and motivation to help you look, feel and live better.

Registration: Personal Training sessions for Y Facility Members only; are sold in one hour increments and are scheduled between members and trainers. Available 1:1 or Group Sessions for 2-6. To schedule your training & more information please contact the front desk at 203-375-5844.

GET F.I.T.
Free Introductory Trainings
As a new Y member, we would like you to achieve your wellness goals and get the most out of your membership. Please sign up for F.I.T. Sessions so that we can help you get started. Available for members 12 and up. You must register to schedule an appointment.

ACTIVE OLDER ADULT LOYALTY PROGRAM
We are glad that you are being active and having fun with friends here at the Y! Pick up a Loyalty Card each month. Have it punched each day you come to the Y to get moving. At the end of the month if you have 10 punches, turn in your card. You will have a chance to win a fabulous prize!

MEMBER SOCIAL
Healthy Living is about more than just a workout, it’s about making friends too! Bring your own picnic lunch and we will discuss healthy living topics under our tent and at a safe distance. Please register in advance as space is limited. Upcoming dates will be published on our website and social media. Stay tuned!

REGISTER ONLINE AT STRATFORDYMCA.ORG
View current schedules, programs and events on our website!
HEALTHY LIVING

HEALTH AND WELLNESS

TAKING IT TO THE NEXT LEVEL
Stratford YMCA Fitness and Aquatic Group Exercise Classes!

Welcome to our new group exercise classes here at the Stratford YMCA. Our outdoor group ex class schedule will extend through the good weather; classes will be moved inside given daily weather. We are asking members to bring their own mat, water, towel and gear. We will provide equipment based on the class needs including free weights and exercise bands. It’s your favorite group ex classes under the sun; same classes, same music, same instructors, different group exercise room!

AQUATIC GROUP EX SCHEDULE:
Please make sure to pre-register All Classes - Limited space/availability per class; 15 maximum allowed per class.

Monday:
  8:30AM– Water Fit with Andrea F
  11:15AM– Joints in Motion with Nacho

Tuesday:
  8:45AM–Aqua Power with Tony
  9:30AM– Deep Water Fit with Tony

Wednesday:
  11:15AM–Aqua Power with Joanne
  12:15PM– Deep Water Fit with Joanne

Thursday:
  9:00AM–Aqua Zumba with Pauline

Friday:
  8:45AM– Aqua Power with Tony
  9:30AM– Deep Water Fit with Tony

GROUP EX SCHEDULE:
Mondays:
  10:00AM–Active Older Adult Fit with Virginia
  10:45AM– Yoga with Virginia
  4:00PM– Kardio Kickboxing with Eileen
  5:00PM– Pilates Mat with Helen

Tuesdays:
  9:00AM Zumba Toning with Pauline
  10:00AM–Zumba Gold with Pauline
  10:45AM–CIRCL with Pauline
  5:30PM– Circuit Training 101 with Anna

Wednesdays:
  9:00AM – Pilates Power with Helen
  10:00AM– Cardio Interval & Strength with Virginia
  10:45AM– Chair Yoga with Virginia
  5:30PM– Yoga with Sharron

Thursdays:
  10:00AM – Zumba Gold with Pauline
  10:45AM– CIRCL with Pauline
  4:00PM– Circuit Training 101 with Anna
  5:30PM– Tai Chi with David
  5:30PM– Strength Circuits with Anna

Fridays:
  9:00AM–Active Older Adult Stretch & Stability with Robin
  10:00AM–Active Older Adult Fit with Robin
  11:00AM– Muscle, Core and More with Joanne

Saturdays:
  9:15AM– Yoga with Thomas

Sundays:
  9:00AM–Muscle, Core & More with Joanne

Get the current Group Exercise Schedule on our web site, from our mobile app or at the Y.

REGISTER ONLINE AT STRATFORDYMCA.ORG
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**HEALTHY LIVING**

**GROUP EXERCISE CLASS DESCRIPTIONS**

**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 & 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.

*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.

*Tuesday & Friday 8:45AM & Wednesday 11:15AM*

**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*

**Arthritis Aquatics Class**
Helps improve balance and posture with a variety of exercise for feet, legs, core and glutes, along with water walking routines. Range of motion exercise for every joint from head to toe to help with arthritis.

*Monday, 11:15AM*

**CARDIO DANCE**
Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium and low-impact aerobic dance moves to a variety of high-energy beats. It’s like a dance party!

*Saturday, 8:15AM*

**CARDIO INTERVAL & STRENGTH**
This class combines aerobics and sports conditioning with weights, strength training and core.

*Wednesday, 10:00AM & Saturday, 7:30AM*

**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*

**CIRCL Mobility**
CIRCL Mobility™ will unlock your body’s potential through flexibility, breath work, and mobility exercises. Based on the cutting-edge science of functional movement, you’ll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer.

*Tuesday & Thursday 10:45AM*

**CIRCUIT TRAINING 101**
This is a fun entry level class where participants complete a “circuit” of exercises to build foundational strength and to elevate your heart rate. Wrap it up with some stretches and you’re on your way!

*Tuesday, 5:45PM & Saturday, 8:00AM*

**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 & Friday, 9:30am Wednesday, 12:15pm*

**KARDIO KICKBOXING**
Powerful kickbox and martial arts type movements put together for the ultimate calorie burning class.

*Monday, 4:00PM*

**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 & Sunday, 9:00am*

**PILATES POWER**
Power Pilates encompasses precise movements to stretch and strengthen muscle without adding bulk. Discover your inner strength while your body transforms as your energy improves and you achieve an inner balance.

*Wednesday, 9:00AM*

**STRENGTH CIRCUITS**
Work specifically on building strength throughout the body. Each circuit will work either your upper body, lower body, or a combination of exercises. You will leave this class feeling powerful!

*Thursday, 5:30PM*

**STEP & SCULPT**
This energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness.

*Thursday, 4:00PM*

**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*

**WATER FIT**
Water fit is moderate intensity water aerobics. Includes cardiovascular workout followed by toning exercises using a variety of equipment in the water.

*Mondays, 8:30AM*

**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.

*Wednesday, 5:30PM*

**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 TONING**
Targeted body sculpting exercises and high energy cardio work combined with Latin infused Zumba moves create a calorie torching, strength training dance party. Using Zumba toning sticks or light weight dumbbells, you’ll work every muscle group.

*Tuesday 9:00AM*

REGISTER ONLINE AT STRATFORDYMCA.ORG

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

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Instructions for access:
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STAY ON TRACK WITH THE YMCA360 MOBILE APP
Download our Mobile App which will allow you to:

- Check-in using your bar code
- View class schedules at your Y and other Central Connecticut Coast YMCAs
- Make a class reservation
- Watch YMCA360 on-demand programs
- Add classes to your personal calendar (those at the Y and those on Y360)
- Register for Programs and Classes
- Learn what’s happening at the Y. Push notifications are also available
- PLUS set personal wellness goals,
- Track your wellness activities. Connect to your wellness device and other health apps.
- View a history of your wellness accomplishments Reference Y hours and locations

CENTRAL CONNECTICUT COAST YMCA BRANCH LOCATIONS
ASSOCIATION OFFICE 1240 Chapel Street, New Haven CT 06511 P 203 777 9622
ALPHA COMMUNITY SERVICES YMCA 650 Park Avenue, Bridgeport CT 06604 P 203 366 2809
BRIDGEPORT YMCA 850 Park Avenue, Bridgeport CT 06604 P 203 334 5551
FAIRFIELD YMCA* 841 Old Post Road, Fairfield, CT 06824 P 203 255 2834
HAMDEN/NORTH HAVEN YMCA P.O. BOX 6555, HAMDEN, CT 06517 P 203 562 5129
LAKewood–TRUMBULL BRANCH * 20 Trefoil Drive, Trumbull CT 06611 P 203 445 9633
NEW HAVEN YOUTH CENTER 52 Howe Street, New Haven CT 06511 P 203 776 9622
SOUNDVIEW FAMILY YMCA* 628 East Main Street, Branford CT 06405 P 203 481 9622
STRATFORD YMCA* 3045 Main Street, Stratford CT 06614 P 203 375 5844
VALLEY YMCA P.O. BOX 373, ANSONIA, CT 06401 P 203 732 5527
WOODRUFF FAMILY YMCA* 631 Orange Avenue, Milford CT 06461 P 203 878 6501
YMCA CAMP HI–ROCK 162 East Street, Mount Washington MA 01258 P 413 528 1227
*Indicates a full-facility branch. All have an indoor swimming pool except the Lakewood-Trumbull Y.