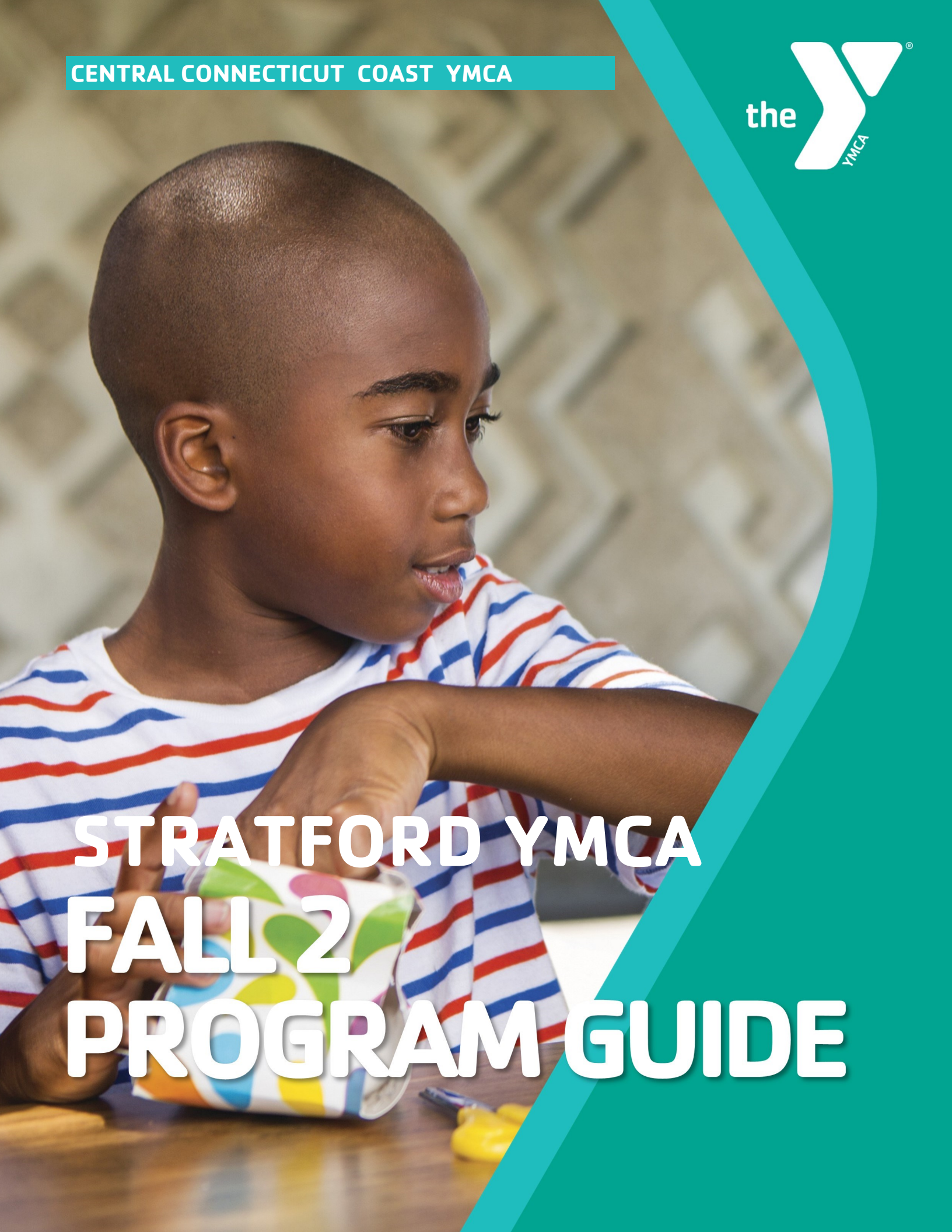


CENTRAL CONNECTICUT COAST YMCA



STRATFORD YMCA FALL 2 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:

Domenick DeMarco

Aquatics Director:

Nacho Sanchez

Membership Services Coordinator:

Denise Champagne

BYS Head Couch:

Marta Taddeo

BOARD OF MANAGERS

Robert Jaekle

Dave Manson

George Perham

Donna Wells, Board Chair

Tom Collins

Tia Lopez

Christopher Green

Phil Conner

Nivin Yakur

Luca Servino

Karen Rey

Fiona Jones

Roody Jean-Baptiste

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

Thanksgiving— Closed

PROGRAM REGISTRATION

FALL 2 SESSION

October 26—December 20

PROGRAM REGISTRATION DATES

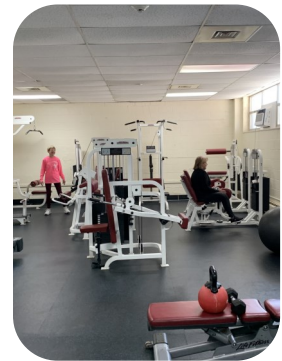
Facility Member - October 6

Program Participant - October 13

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income.

Please contact us for more information.



REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!



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.

Child Care

Pages 4 - 7

Educational and
Training Programs

Page-9

Sports and Recreation

Page 10 & 11

Swimming Lessons

Page 12-15

BSY Swim Team

Page 16

Social Responsibility

Page 17 & 18

Health and Wellness

Pages 19-25

YOUTH DEVELOPMENT

CHILD CARE

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.

Ages: 3—5 year olds

When: Monday—Friday

Times: Half Day— 8:30am–1:00pm

Full Day— 7:30am–5:30pm

Contact Melissa at mbernardo@cccymca.org to schedule a tour.



TWO'S PROGRAM

Child care programs help youngsters gain self-confidence and social skills while developing positive attitudes about school and learning. At the Y, we offer a safe, nurturing environment for children to learn and grow. The Y supports their social-emotional, cognitive and physical development. Our early learning child care programs are OEC licensed and our preschool program is NAEYC accredited. We are committed to providing a safe, loving environment for your child and aspire to meet their needs while promoting physical, social, emotional and cognitive development. When you enroll your child at the Y it allows families to go to work with peace of mind knowing that their children are being cared for in a safe, structured and fun environment!

Our programs develop weekly curriculum with age-appropriate activities for indoor and outdoor learning experiences.

Ages: 2 year old's

When: Monday—Friday

Times: Full Day 7:30am—5:30pm

Contact Melissa at mbernardo@cccymca.org to schedule a tour.



CARE 4 KIDS & FINANCIAL ASSISTANCE

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.

REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!

YOUTH DEVELOPMENT

BEFORE & AFTER SCHOOL PROGRAM



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 **6:15pm**. After School Child Care is provided for students at Second Hill Lane, Stratford Academy, Franklin, Lordship, Nichols, Chapel, Eli Whitney, and Wilcoxson schools. **New this year– Vicki Soto Preschool.**

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.

VACATION CAMP

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: 7:30AM-5:30PM

DATES: December 29, 30
January 2, 5 & 6

FEE:

Facility Members: \$55 per day

Program Participants: \$110 per day



YOUTH DEVELOPMENT

LIFEGUARD COURSE

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

For more information contact Nacho Sanchez, Aquatics Director at isanchez@cccymca.org.



CLASS	DATES	TIME	FACILITY MEMBERS FEE	PROGRAM PARTICIPANTS FEE
Lifeguarding	Dec 29, 30 & Jan 5 & 6	9:00am-5:00pm	\$285	\$385
Lifeguard Recertification	Jan 5 & 6	9:00am-5:00pm	\$120	\$160

YOUTH DEVELOPMENT

BIRTHDAY PARTIES AT THE Y

CELEBRATE WITH US!

At all of our birthday parties, a party host will be provided to help parents set up and clean up from the party. Parties are two hours—the first hour is in the pool, and the second hour is in our party room. You'll provide the decorations and food, we'll provide the fun!

WHEN: Saturdays-1:00 PM —3:00 PM/Sundays- 12:00 PM—2:00 PM

FEE: Members: \$250/Program Participants: \$350

Contact the YMCA front desk to check availability at 203-375-5844.



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

Ages: Youth- 6—13

Dates: Look for dates posted soon!

Register online or at the YMCA front desk.



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.

YOUTH DEVELOPMENT

GAGA DODGEBALL CLUB

Come hang out on Saturday mornings from **1:00pm–3:00pm (new time)** 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 FACILITY 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 FACILITY MEMBERS (Please register in advance)



YOUTH DEVELOPMENT

SWIMMING LESSONS

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.

Inquire about Financial Assistance and DEEP Grant opportunities

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
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5 years – 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
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12+ years Teen	SWIM BASICS SWIM STROKES	Stages 1-6
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18 + years Adult	SWIM BASICS SWIM STROKES	Stages 1-6
------------------	-----------------------------	-------------------

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

SWIM STARTERS

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: \$105 / Program Participant: \$210

Saturday 8:00-8:30am

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: \$105 / Program Participant: \$210

Saturday 8:30-9:00am



YOUTH DEVELOPMENT

SWIMMING LESSONS

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.

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: \$105 / Program Participant: \$210

Member: \$110 / Program Participant: \$220- Teen/Adult *

Preschool	Monday	4:30-5:00pm
	Wednesday	4:30-5:00pm
	Saturday	9:00-9:30am 10:45-11:15am

School Age	Monday	4:30-5:00pm
	Wednesday	4:30-5:00pm
	Saturday	9:00-9:30am 10:45-11:15am

Adult/Teen	Tuesday	12:00-12:45pm
	Saturday	12:45-1:25pm

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: \$105 / Program Participant: \$210

Member: \$110 / Program Participant: \$220- Teen/Adult *

Preschool	Monday	5:05-5:35pm
	Wednesday	5:05-5:35pm
	Saturday	9:35-10:05am 11:20-11:50am

School Age	Monday	5:05-5:35pm
	Wednesday	5:05-5:35pm
	Saturday	9:35-10:05am 11:20-11:50am

Adult/Teen	Thursday	12:00-12:45pm
	Saturday	12:45-1:25pm



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!

YOUTH DEVELOPMENT

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: \$105/ Program Participant: \$210

Member: \$110 / Program Participant: \$220- Teen/ Adult *

Preschool	Monday	5:40-6:10pm
	Wednesday	5:40-6:10pm
	Saturday	10:10-10:40am 11:55am-12:25pm
School Age	Monday	5:40-6:10 pm
	Wednesday	5:40-6:10pm
	Saturday	10:10-10:40am 11:55am-12:25pm

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

Stages 4-6, 40 minutes, School Age and Teen

Stage 4 / Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breast-stroke, kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Member: \$110 / Program Participant: \$220-

School Age	Monday	6:15-6:55pm
	Thursday	5:00-5:40pm
	Saturday	9:00-9:40am

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: \$110 / Program Participant: \$220

School Age	Monday	6:15-6:55pm
	Wednesday	6:15-6:55pm
	Thursday	5:45-6:25pm
	Saturday	10:00-10:40am

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	SWIM BASICS SWIM STROKES	Stages 1-6
18 + years Adult	SWIM BASICS SWIM STROKES	Stages 1-6

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.

YOUTH DEVELOPMENT

SWIMMING LESSONS

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: \$110 / Program Participant: \$220

School Age

Thursday 6:30-7:10pm
Saturday 11:00-11:40am



YMCA Youth Swim Club

Swim Club is perfect for advanced swimmers that want to refine their skills without the pressure of competing.

Swim. Train. Improve Your Swim Techniques and Endurances.

Looking to take your swimming to the next level? Whether you're training for competition, looking for a great workout, or just want to swim with a supportive team, our **Youth Swim Club** is for you!

What You Get:

- Structured swim sessions with like-minded swimmers
- Tailored all four Swim strokes , Fly , Free, Breast Stroke and Back Stroke. Dives and Flip Turns will be introduced
- Introduction to life saving skills such as CPR.
- Expert coaching to improve technique, speed, and stamina
- A motivating and social atmosphere.

AGE: 7 years and older

DAY/TIME: Saturday at 12:30pm-1:30pm

FEES: Member: \$180

Program Participant: \$240

For more information contact Nacho Sanchez, Aquatics Director at isanchez@cccymca.org

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!

YOUTH DEVELOPMENT

SWIM PROGRAMS

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 is a small group class with instructors who can help give individualized attention to participants

Saturday 12:30—1:10pm

Facility Members: \$110

Program Participants: \$220

Contact Nacho Sanchez at isanchez@cccymca.org if your child needs 1:1 private lessons.

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- \$65

2 sessions- \$115

4 sessions- \$205

8 sessions- \$385

Semi-Private lessons are also available

BSY TORPEDOES SWIM TEAM

2025 SHORT COURSE SEASON INFORMATION

September 15, 2025—February 27, 2026

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.

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



SOCIAL RESPONSIBILITY

HERE FOR OUR COMMUNITY!

COMMUNITY FRIDGE AND PANTRY

Together, we're dedicated to strengthening the community by giving back and supporting our neighbors.

The Stratford YMCA Community Fridge & Pantry is located at the Stratford YMCA at 3045 Main Street, Stratford. Our Community Fridge & Pantry is located on the James Street side of our building in the shed outside and is open to the community daily based on the YMCA operating hours. It is designed as a "take what you need, leave what you can" program.

The Community Fridge & Pantry project **happily accepts donations** of prepackaged, prepared meals, fresh produce, dairy, non-perishables, snacks, and more.

The goal is to reduce food insecurity by providing free, direct access to nutritious food made possible through community partnerships, local food stores and restaurants.

Hours:

Monday—Thursday— 5:30am-9:00pm

Friday— 5:30am-7:00pm

Saturday— 7:00am-6:00pm

Sunday— 8:00am-4:00pm

For more information contact Suzanne Richards, Executive Director at srichards@cccymca.org or 203-375-5844.



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: Oct. 27, Nov 11 & 24, Dec 8 & 22

New Time: 9:15-10:15am (Volunteers arrive 8:45am)

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.

Upcoming Meetings: Oct. 8, Nov 12, Dec 10

Time: 10:30 AM

If you're interested in learning more, please contact Suzanne for more info at srichards@cccymca.org

COFFEE AND CONVERSATIONS

Join us in a casual, relaxed setting where you can gather to enjoy a cup of coffee and snacks, while getting to know fellow Stratford YMCA members and staff.

This is a great opportunity to connect with others, share thoughts, ideas, or experiences, and foster social interaction.

Please join us on the **1st Friday** of each month at 10:15am.

HEALTHY LIVING

HEALTH AND WELLNESS

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. Life-guards 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.

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 Y 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.

Contact the YMCA at 203-375-5844.



HEALTHY LIVING

HEALTH AND WELLNESS

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!

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.

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 GET A MEMBER PROGRAM

When a friend you've referred joins the Y, we'll thank you by giving you a **FREE** membership month. There's no limit to how many friends you refer and there's no limit to how many FREE months you can receive. Being with friends is always more fun for you and your family.



HEALTHY LIVING

LIVESTRONG® at the YMCA

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—3:00PM
- Full access to the Y seven days a week

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.

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.

Rolling Admission— start as early as October 28

SWIM CLUB – AQUA & FITNESS

Looking to take your swimming to the next level? Whether you're training for competition, looking for a great workout, or just want to swim with a supportive team, our **Adult Swim Club** is for you!

AGES: 18 years and older

SWIM: Wed 12:00pm—12:45am

DRYLAND: Friday 12:00pm—12:45pm

DATES: October 29—December 19

FEE: Facility Members: \$150
Program Participants: \$300



HEALTHY LIVING

MAXIMIZE STRENGTH, MINIMIZE PAIN

Join our **NEW** class designed to relieve chronic pain!

Joint pain doesn't have to be your normal. This class helps you build strength where it counts.

Learn safe, effective exercises that support specific areas and improve how you move every day.

October 28—December 16

Tuesdays, 4:30—5:15pm

Members- \$50 Program Participants \$100

For more information contact Domenick DeMarco, Membership and Health & Wellness Director at ddemarco@cccymca.org.



RESET AND RECHARGE

WELLNESS KICKSTART PROGRAM– PHASE II

Tired of starting over? Join our **FREE** 8-week program and get the support, structure and momentum you need to build healthy habits this fall.

Together, we'll:

- Set achievable goals
- Focus on small, sustainable changes
- Build Strength, stamina and support

You'll also receive:

- Weekly group check-ins (in person)
- Healthy habit challenges
- A community of support
- Optional post-program upgrade (Phase 2) for deeper results

October 28—December 17

Wednesdays, 6:30—7:15pm

Members- \$50 Program Participants- \$100

Want to take it further? Enroll in Phase 3: "Results & Resilience" coming in 2026
A guided program with accountability, coaching and real momentum.

For more information contact Domenick DeMarco, Membership and Health & Wellness Director at ddemarco@cccymca.org.



REGISTER ONLINE AT [STRATFORDYMCA.ORG](https://www.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!

There's something for everyone in the Stratford YMCA's group exercise classes — whether you're looking to move more, feel stronger, or just have fun while working out. Our weekly schedule is packed with energizing options like Aqua Power, Zumba Gold, Pilates Power, Tai Chi, Chair Yoga, and more. From high-energy cardio to low-impact strength and flexibility classes, each session is led by certified instructors who know how to keep you safe, motivated, and challenged. We offer classes for all fitness levels, including options designed specifically for active older adults and beginners. You'll find community, accountability, and just the right mix of sweat and smiles. And best of all? Group exercise classes are included in your membership.

AQUATIC GROUP EX SCHEDULE:

Monday:

8:30AM—Aqua Power with Tony
9:15AM— Deep Water Fit with Tony
11:15AM— Joints in Motion with Nacho

Wednesday:

8:30AM—Aqua Power with Tony
9:15PM— Deep Water Fit with Tony

Thursday:

9:00AM—Aqua Zumba with Pauline

Friday:

8:30AM— Aqua Power with Tony
9:15AM— Deep Water Fit with Tony

GROUP EX SCHEDULE:

Mondays:

9:00AM—Active Older Adult Fit with Virginia
9:45AM— Yoga with Virginia

Tuesdays:

9:00AM Zumba Toning with Pauline
10:00AM—Zumba Gold with Pauline

Wednesdays:

9:00AM —Pilates Power with Helen
10:00AM— Cardio Interval & Strength with Virginia
10:45AM— Chair Yoga with Virginia
11:45PM— Active Older Adult Stretch & Stability with Robyn
12:45PM—Active Older Adult Fit with Robyn
5:30PM—Yoga with Sharron

Thursdays:

10:00AM – Zumba Gold with Pauline
5:30PM— Tai Chi with David

Fridays:

9:00AM—Active Older Adult Stretch & Stability with Robyn
10:00AM—Active Older Adult Fit with Robyn
11:00AM— Muscle, Core & More with Joanne

Saturdays:

8:00AM— Yoga with Thomas
9:30AM— Cardio Interval & Strength with Andrea



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

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 9:00AM, 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 8:30 AM

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 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, 9:15am

JOINTS IN MOTION FOR ARTHRITIS

Helps improve balance and posture with a variety of exercise along with water walking routines. Range of motion exercise for every joint to help with arthritis.

Monday, 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 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

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, 9:45AM, Wednesday, 5:30PM, Saturday, 8:00AM

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

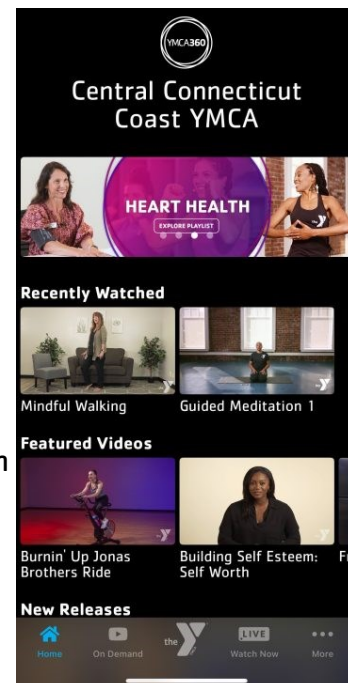
HEALTHY LIVING

YMCA360 MOBILE APP

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.