



STRATFORD YMCA SPRING 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

Andrew Prophet

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

Memorial Day- 7:00am-1:00pm

PROGRAM REGISTRATION

SPRING SESSION

April 27—June 21

PROGRAM REGISTRATION DATES

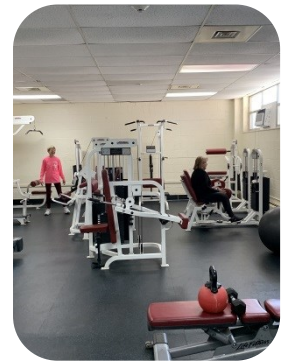
Facility Member - April 7

Program Participant - April 14

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!



**FIND YOUR
REASON TO GIVE.
FIND YOUR Y.**

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.

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
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YOUTH DEVELOPMENT

SUMMER CAMP

WELCOME TO SUMMER DAY CAMP!

The YMCA believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve. At YMCA day camp kids and teens can develop skills, self-confidence, new friendships and a sense of belonging – all while having tons of fun.

In order to have fun and thrive, kids of all ages need to feel both physically and emotionally safe. When you drop your child off at a camp, you can rest assured that their total well-being will be supported. Safety is always our number one priority! We keep kids healthy and safe while providing enriching experiences. As a leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for over 130 years. Our experienced and caring staff and volunteers model the positive core Y values of caring, honesty, respect and responsibility that help build character.

If your child is 14-15 years of age, they may be interested in our Counselor in Training program. In our CIT program, they will receive valuable job interviewing skills, child care training, leadership experience, team building, and problem-solving skills. To apply please fill out the application and contact the Y for an interview.

Our camp programs fill up fast, so make plans to reserve your spot now! Registration is now open to all.

Camp Open House– April 26, May 17 and June 14– 10am—1pm



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!

YOUTH DEVELOPMENT

RACE4CHASE

Race4Chase is a six week youth triathlon training program aimed to provide kids ages 6—12 with a safe and non-competitive environment to discover the sport of triathlon. Under the direction of dedicated and spirited coaches and coach volunteers **Race4Chase** brings together kids from different athletic abilities and backgrounds. At the culmination of camp, all youth athletes compete in a USAT sanctioned triathlon at Camp Sloper in Southington on Saturday, August 2.

Complete one application per child. If selected, completion of a registration packet is required.

Due to limited space, selection priority will be given to first time registrations, a demonstration of need, and those indicating a sincere desire to participate for the full duration of the 6-week program.

Application can be found on our website and can be returned to the YMCA beginning April 1.

DATES: June 23—August 1 (Monday—Friday)

LOCATION: Stratford YMCA

TIME: 9:00am—12:00n

*Contact us if you are interested in an extended day.

Each participant will try to meet the fundraising goal of \$250. Every dollar donated to the Stratford YMCA stays in our communities and goes directly to serving youth and families in need. We will help participants with ideas to meet their fundraising goal.



FOR MORE INFORMATION VISIT US ONLINE AT WWW.STRATFORDYMCA.ORG

SLEEP AWAY CAMP

YMCA CAMP HI-ROCK

YMCA Camp Hi-Rock is a sleepaway located in Western Massachusetts. We are nestled among 1,000 acres in the Berkshire Mountains, surrounded by conservation forest, and centered around our pristine, private, ninety-acre lake. This gives us the ideal backdrop for the wide variety of activities we offer, which include swimming, climbing, water skiing, archery, sailing and arts & crafts among many others. Camp Hi-Rock is dedicated to the growth and development of all of the participants we serve. We seek to help each camper develop his or her sense of personal worth and responsibility as a cooperative member of a group. In addition, we want campers to discover, learn, cultivate new skills, develop healthy lifestyles, create meaningful relationships, and become more caring, honest, respectful and responsible people.

Please check out our website for virtual information sessions and open houses on camp in the spring:
<https://camphirock.org/2025-info-sessions-and-open-houses/>

For more information please visit our website stratfordymca.org.

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.



NEW 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 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.



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.

DATES: May 9, 2025

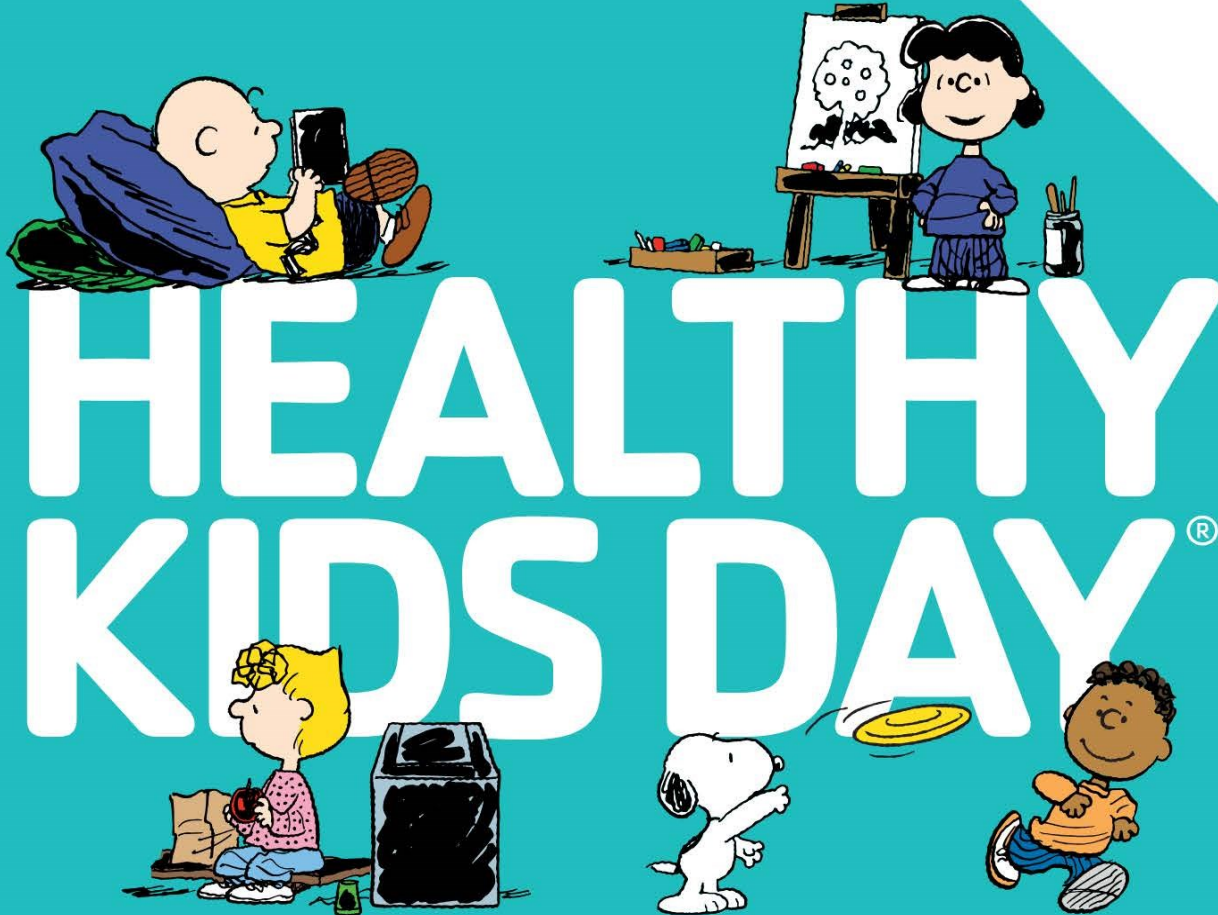
AGES: 5-12 years old

TIME: 6:00 – 8:00pm

FEE:
Facility Members: \$25
Program Participants: \$35



YOUTH DEVELOPMENT



HEALTHY KIDS DAY[®]

APRIL 26 10am-1pm
Free to the Public

**FIND A SAFE, HEALTHY & FUN
SUMMER AT THE Y!**

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

A DJ, Snoopy Meet and Greet,
Gaga, Archery, Fruit Trays, STEM
Activities, Family Activities,
Vendors, and more!

National Sponsor

PEANUTS

© PNTS

43248 1/25

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

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	May 17, 18, 24 or June 14, 15, 21	9:00am-5:00pm	\$285	\$385
Lifeguard Recertification	May 24 or June 21	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: April 25 and May 23

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.

REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!

YOUTH DEVELOPMENT

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 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

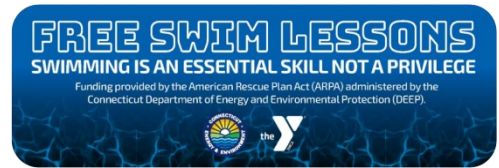
SWIMMING LESSONS

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
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

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
Sunday 11:45am-12:15pm (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: \$105 / Program Participant: \$210
Saturday 8:30-8:30am
Sunday 11:45am-12:15pm (Stage A & B)



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	4:00-4:30pm
	Wednesday	4:00-4:30pm
	Saturday	9:00-9:30am
		10:45-11:15am
Sunday	10:00-10:30am	

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

Adult/Teen	Tuesday	12:00-12:45pm
	Wednesday	6:30-7:10pm
	Saturday	11:45am-12:25pm

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	4:35-5:05pm
	Wednesday	4:35-5:05pm
	Saturday	9:35-10:05am
		11:20-11:50am
Sunday	10:35-11:05am	

School Age	Monday	4:35-5:05pm
	Wednesday	4:35-5:05pm
	Saturday	9:35-10:05am
		11:20-11:50am
Sunday	10:35-11:05am	

Adult/Teen	Thursday	12:00-12:45pm
	Saturday	11:45am-12:25pm



FREE SWIM LESSONS
SWIMMING IS AN ESSENTIAL SKILL NOT A PRIVILEGE

Funding provided by the American Rescue Plan Act (ARPA) administered by the Connecticut Department of Energy and Environmental Protection (DEEP).

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

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

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	5:45-6:25pm
	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.

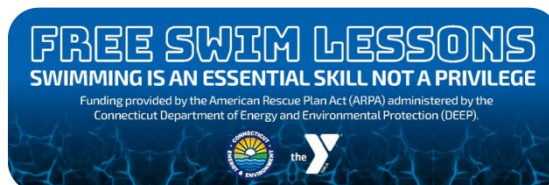
Member: \$110 / Program Participant: \$220

School Age	Monday	6:30-7:10pm
	Wednesday	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.



REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!

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 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 12:00pm-1:00pm

FEES: Member: \$180

Program Participant: \$240

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

FREE SWIM LESSONS
SWIMMING IS AN ESSENTIAL SKILL NOT A PRIVILEGE

Funding provided by the American Rescue Plan Act (ARPA) administered by the Connecticut Department of Energy and Environmental Protection (DEEP).



OBSERVATION POLICY

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

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 LONG COURSE SEASON INFORMATION

April 14—August 1, 2025

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.



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SOCIAL RESPONSIBILITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEES FOR TOMORROW

STRATFORD YMCA 21ST Annual Golf Tournament

Join us for the most important round of the year.

At the heart of the Y is the belief in a stronger community for all. Every day, we provide food for the hungry, safe spaces for kids to learn and grow, and outreach to seniors. Thanks to the generosity of people like you, our members, volunteers, and donors, we continue to improve lives.

By participating in our Annual Golf Tournament, you support adults, youth, and families in our community with the YMCA programs and services they need to thrive. Join us on the course and be a part of something truly impactful. Help us stay on course and make a difference in our community.

WHEN: Monday, August 4, 2025

WHERE: Mill River Country Club
4567 Main Street, Stratford, CT
P 203 375 5641

PLANS: 11:00am Registration
11:30am Lunch
12:30pm Shotgun Start (Scramble)
5:00pm Reception/Dinner, Auction/
Raffle, Awards

RSVP: Please respond by July 15, 2025

FOR MORE INFORMATION, CONTACT:
Suzanne Richards, srichards@cccymca.org,
203 375 5844
George Perham, gperham@viavisionary.com
203 218 0700



STRATFORD YMCA

3045 Main Street, Stratford, CT 06614
P 203 375 5844 W stratfordymca.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: March 31, April 14, April 28

New Time: 9:15-10:15am.

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.

We meet the **1st Thursday of each month at 11:30am.**

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.

Please contact the front desk at 203-375-5844 for more information. **No sign up needed.**

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. 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.

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.

ATTEND A WORKSHOP

Join us for a workshop presented by Physical Therapy & Sports Medicine Centers of Connecticut. Learn about topics from movement to injury prevention from our physical therapy experts in the community. These quarterly workshops will leave you with all the fundamental tools and techniques to begin a new mind-body and positive experience throughout your daily activities and exercises. 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

SUPPORTING WELLNESS TOGETHER

It's time to work on you! Join our new 8 week program that will help you lose weight, learn healthy eating habits, love exercise, make new friends and gain a new outlook on life. Program includes a one hour weekly group class, including workout and group discussion. Two 30 minute Personal Training sessions including assessment. A one hour nutrition workshop and digital check-ins with a Nutrition Consultant. And a tracking log with ongoing support. A package valued at over \$1200!

DATES: April 30—June 18

TIME: Wednesdays, 6:30 – 7:30pm

FEE: Facility Members: \$120
Program Participants: \$240



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 11:00am—12:00pm

DATES: April 30—June 18

DRYLAND: Thurs 8:30am-9:15am

DATES: May 1—June 19

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



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:

Monday:

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

Tuesday:

- 8:30AM–Aqua Power with Tony
- 9:15AM– Deep Water Fit with Tony
- 1:15PM–Aqua Tai Chi with David

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:

- 10:30AM–Active Older Adult Fit with Virginia
- 11:15AM– Yoga with Virginia
- 4:30PM– Tone with Ryann

Tuesdays:

- 9:00AM Zumba Toning with Pauline
- 10:00AM–Zumba Gold with Pauline
- 10:45AM–CIRCL Mobility with Pauline

Wednesdays:

- 9:00AM –Pilates Power with Helen
- 10:30AM– Cardio Interval & Strength with Virginia
- 11:15AM– Chair Yoga with Virginia
- 12:30PM– Active Older Adult Stretch & Stability with Robin
- 5:30PM–Yoga with Sharron

Thursdays:

- 10:00AM – Zumba Gold with Pauline
- 10:45AM– CIRCL Mobility with Pauline
- 3:30PM– Qigong Seated with Lisa
- 4:30PM– Qigong with Lisa
- 5:30PM– Tai Chi with David

Fridays:

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

Saturdays:

- 8:15AM– Yoga with Thomas
- 9:30AM– Cardio Interval & Strength with Jon

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



REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!

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.

Wednesday, 12:30PM & 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, Wednesday & Friday 8:30 AM

AQUA TAI CHI

The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress blending it all into a safe, water-based movement workout. All levels.

Tuesday, 1:15PM

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

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

CORE FOCUS

Build a stronger foundation for your body with a focus on core strength. Enhance your overall power with exercises that target your core while incorporating strength training and cardio for a well-rounded workout. This class is designed to support your whole-body fitness goals.

Monday & Wednesday, 4:00PM

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!

Check back for schedule updates

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.

Tuesday, 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.

Check back for schedule updates

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

QIGONG SEATED / QIGONG

Qigong means "life energy cultivation". It uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy. All levels.

Thursday, 3:30PM QIGONG SEATED, 4:30PM QIGONG

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

TONE

A low-impact, full-body toning workout for your muscles with simple choreography to fun music. Adaptable to all fitness levels, enjoy the burn with this effective steady-state workout and end with stretching!

Monday, 4:30PM

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.

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 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

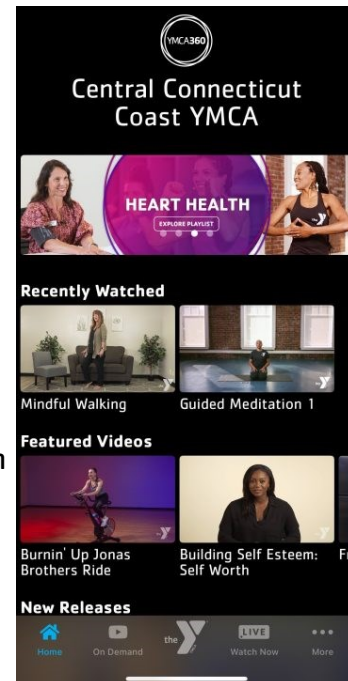
HEALTHY LIVING

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

LAKWOOD-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.

REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!