



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



FOR REACHING  
**NEW  
GOALS**

**FAIRFIELD YMCA  
WINTER I PROGRAM GUIDE  
January 1–February 24, 2019**

# HERE FOR YOU

## PROGRAM REGISTRATION

### Winter Session 1 Registration:

Facility Member: Tuesday, December 11

Community Participant: Tuesday, December 18

### Winter Session I Dates:

January 1 - February 24

## CHILD WATCH HOURS

We will watch your child while you work out!

Monday-Thursday: 9:00 am-1:00 pm  
4:00 pm-7:30 pm

Friday: 9:00 am-1:00 pm  
4:00 pm-6:00 pm

Saturday: 8:45am-12:00 pm



## Fairfield YMCA

P 203 255 2834 F 203 259 7744

Email: [fairfieldinfo@cccymca.org](mailto:fairfieldinfo@cccymca.org)

## FACILITY HOURS

Monday-Thursday 5:30 am-10:00 pm

Friday 5:30 am-9:00 pm

Saturday 8:00 am-5:00 pm

Sunday 7:00 am-5:00 pm

## HOLIDAY HOURS/CLOSURES

New Years Day, January 1: 8:00 am-3:00 pm

Easter Sunday, April 21: Closed

Memorial Day, May 27: 5:30-8:30 am

July 4: 5:30 am-1:00 pm

Labor Day, September 2: 5:30 am-1:00 pm

Thanksgiving, November 28: 7:00-11:00 am

Christmas Eve, December 24: Closing 2:00 pm

Christmas Day, December 25: Closed

New Years Eve, December 31: Closing 6:00 pm

**WEATHER POLICY: In the event of inclement weather related closures, we will post information on our Web Site, Facebook, Twitter, and the following television stations: WTNH 8 and News 12.**

## MEMBERSHIP FOR ALL

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

## YOUR YMCA STAFF

Executive Director: Diana Liptak

Healthy Lifestyle Director: Sue McCall

Health and Wellness Coordinator: Jennifer McGowan

Membership Coordinator: Laura Comandini

Aquatic Director: Maureen Scinto

Aquatic Coordinator: Amanda Goodwin

Aquatic Coordinator: Sam Mouziyk

Swim Team Coach: Kevin Quill

Youth and Family Coordinator: Ryan LeWorthy

Administrative Secretary: Cheryl Wilson

Facility Director: Casey McCarthy

## REGISTER ONLINE AT FAIRFIELDY.ORG



When you donate to the Fairfield YMCA Annual Campaign, you make the community of Fairfield better and the “us” who live in them stronger.

## Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y’s core values of caring, honesty, respect and responsibility.

## Healthy Living

We help people and families 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.

## Social Responsibility

With our doors open to all, we bring together people from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

## DONATE FOR A BETTER US.

**OUR MISSION:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

**YOUTH  
SPORTS AND  
WELLNESS**  
Page 5-7

**Y PARTIES BY  
DESIGN**  
Page 6  
**FAIRFIELD  
FLYFINS  
SWIM TEAM**  
Page 8

**AQUATIC  
PROGRAMS**  
Swim Lessons  
Page 9-13  
**Aquatic Certifications**  
Page 13

**PRESCHOOL  
PROGRAMS**  
Page 14  
**SCHOOL AGE  
AFTER CARE**  
Page 15 & 16

**SPECIAL  
EVENTS**  
Page 17  
**HEALTH AND  
WELL BEING**  
Page 18-23

# ALWAYS WELCOME IN EVERY COMMUNITY

## NATIONWIDE MEMBERSHIP:

At the Y, we are for youth development, healthy living and social responsibility. We are dedicated to ensuring our facilities, programs and services are open and welcoming to all... As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals.



### ALWAYS WELCOME

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your “home” YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

### IN EVERY COMMUNITY

We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

### WHAT YOU NEED TO KNOW

- Nationwide Membership is valid for active, full facility Y members whose home Y participates without restriction or blackout periods.
- Nationwide member visitors must use their home Y at least 50% of the time.
- Program-only participants (including Silver Sneakers, Silver and Fit or other like programs) are not eligible for nationwide membership.
- Special memberships established by any Y for group homes, other agencies, etc., are not eligible.
- When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID, as well as provide basic membership data such as name and email address.
- Members will need to sign a universal liability waiver and privacy policy.
- Ys should allow nationwide members access to services typically offered to full-facility members. Check with the Y for schedule and availability. Nationwide members visiting other Y’s for a period greater than 28 days must transfer membership affiliation for continued use.
- All Ys reserve the right to restrict or revoke these privileges.
- Registered sex offenders are prohibited from participating.
- To find a Y in another location, go to [ymca.net](http://ymca.net).



# YOUTH DEVELOPMENT

## Youth Sports

YMCA Youth Sports "We Teach FUNdamentals"

Winter Session I: January 1-February 24

Fee: 8 week class session is \$95 Members, \$190 Community

The Fairfield YMCA Youth Sports program is built on values, sportsmanship, and FUNdamentals. Check out our new age groupings and progressive sports classes. Children will have fun while learning basic skill development and game experience. Classes are taught by caring and professional staff. For more information contact Youth and Family Coordinator Ryan LeWorthy at 203 255 2834 ext. 2315.

### Private Sports Classes:

Book a package of 8 private sports classes for your child and their friends during a time of your choosing! Sports options include soccer, basketball, t-ball and more! Starts: When you want it, ends when you want it! Member: \$95 per child, Community: \$190 per child.

### Archery

Ready aim FIRE! Learn proper technique for shooting a bow and arrow, as well as basic bow maintenance. Equipment is provided.

**Tuesday: Ages 8-Adult, 5:30-6:20 pm**

### Young Archers

A beginner class for our young archers on equipment geared toward this age group.

**Thursdays: Ages 6-8, 5:30-6:20 pm**

**\*Both classes held at the YMCA**

### Basketball 1

Designed for the child who has never played basketball before or who is still learning the game. Your child will learn the basics of dribbling, passing and shooting.

**Saturday: Ages: 4 & 5, 9:00-9:50 am**

**Ages: 6 & 7, 10:00-10:50 am**

**\* Held at the YMCA Gym**



### Private Basketball or Baseball Lessons

Work one on one with a coach who will help your child learn the game of Baseball or Basketball. Each lesson is 45 minutes. For ages 10 and above.

**Monday, 5:00-5:50 pm**

**Fee: \$35 Y Member, \$70 Community**

**For more information, contact**

**Ryan LeWorthy at 203 255 2834 ext. 2315 or [rlworthy@cccymca.org](mailto:rlworthy@cccymca.org)**

# YOUTH DEVELOPMENT

Check it out!

## Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net.

The class will be held league style where we will keep track of wins and losses. Certificates will be awarded to the team that wins the session!

The class will be competitive but also social. It will benefit coordination, endurance, and agility.

**Monday: Ages 10 and over, 5:00-5:50 pm**

**Fee: \$95 for Y Member, \$190 Community**

**Held at the YMCA Gym**

**Contact Ryan LeWorthy at**

**203 255 2834 ext. 2315 or rleworthy@cccymca.org**



## Y Party-By-Design!



### Birthday Parties

- Sports
- Camp Games
- Entertainment: Magic, Science, Music

- Teen Party  
DJ optional
- Arts & Crafts
- Princess Parties
- Obstacle Course

### Special Events:

- Baby Showers
- Corporate Events
- Graduation Party
- Clubs

**Our Party Coordinator will work with you to custom design the party. There are so many to choose from! For more information, questions or to set up your next event, contact Party Coordinator Ryan LeWorthy at: 203 255 2834 ext.2315.**

# YOUTH DEVELOPMENT

## Sports and Youth Wellness

### Lacrosse

Designed for beginning and intermediate players. This class emphasizes individual lacrosse skills and also incorporates elements of game strategy using 3v3 small sided game. Equipment is provided, but we encourage you to bring your own.

**Monday: Ages 4-6, 4:00-4:50 pm**

**\*Held at YMCA Gym**

### Multi Sports

Participants will be challenged to learn quickly as they explore Basketball, T-ball, Soccer and Kickball, which rotate weekly. Great class to help your child see which sports they truly excel in!

**Friday: Ages 3-5, 4:00-4:50 pm**

**Tuesday: Ages 6-8, 4:00-4:50 pm**

**\* Held at the YMCA Gym**

### Floor Hockey

Floor hockey is a hockey stick and ball game played indoors, on a flat floor surface. Each participant will learn the basics of hockey including passing, shooting and normal game play.

**Friday: Ages 5-8, 5:00-5:50 pm**

**\* Held at the YMCA Gym**

### Soccer

Designed for the child who has never played before or who is still learning the sport. Your child will learn the basics of dribbling, passing and shooting.

**Wednesday: Ages 4-6, 4:00-4:50 pm**

**\* Held at YMCA Gym**

**\*All Sports Classes are**

**Member: \$95**

**Community Member: \$195\***



### Youth Wellness Orientation Bracelet Program

Our Youth Wellness Orientation Bracelet Program is designed for youth members ages 10-13, who would like to use our Wellness Center while their parent is in the room. Youth will be given FREE trainings with one of our Wellness Coaches to learn about each aspect of the Wellness Center. Youth Members will learn proper technique, safety and etiquette of gym fitness.

#### **Wellness Center: Yellow Bracelet**

Youth members **10-13 years of age** are permitted to exercise on the cardiovascular equipment, with a parent, after completing a free orientation with a Wellness Coach. The Youth Member must wear a yellow wristband when working out in the Branch.

#### **Wellness Center: Blue Bracelet**

Youth Members **12-13 years of age** are permitted to exercise on the strength equipment with a parent after completing a free orientation with a Wellness Coach. The youth member must wear a blue wristband when working out in the branch.

**Prerequisite: Must have completed yellow bracelet training.**

**Note:** Depending on the youth's height, they may not safely fit on some of the equipment. The instructor will determine this.

**Fee: Free to Y Members only.**

**Call ext. 2326 to schedule a Youth Wellness Orientation.**

# YOUTH DEVELOPMENT

## FAIRFIELD FLYFINS

### SWIM TEAM



**FLYFINS Swim Team Spring Season is April 8 - July 12, 2019**

**Age group qualifiers could go to July 28, Zone swimmers could go to August 9**

The Fairfield YMCA FLYFINS Swim Team focuses on developing the whole swimmer, and providing each of them with the coaching, and guidance to build confidence through improvement and success. This program promotes character development, while providing fitness, friendship, and fun. This competitive swim team offers instruction, training, and competition. The team participates in both YMCA and USA swim meets. Potential team members must have completed the Y's level 5 swim course. Practice times vary by age and experience. **For more information, contact Swim Team Coach Kevin Quill at: [kquill@cccymca.org](mailto:kquill@cccymca.org)**

## Interested in joining our FlyFins Swim Team?

**Clinics and Evaluations** Interested participants who would like to join the team as a new member must attend the stroke clinic for the evaluation process; 45 minutes each day, for five days. Swimmers should have the endurance to swim a 100 IM demonstrating each stroke. Space is limited. Coaches will evaluate your child's skills, and discuss the best path for the development of your swimmer. Evaluation Clinic Date: April 1-5 Time: 6:15-7:00pm Fee: \$100 **For more information, contact Swim Team Coach Kevin Quill at: [kquill@cccymca.org](mailto:kquill@cccymca.org) or 203 255 2834 ext.2323.**

### Spring Swim Team Season 2019:

Fees include USA Registration, USA meets (Sat/Sun), Sanctioned Meets.

**Fees: Juniors 1 and 2: \$775 Junior 3: \$750 Age Group 1: \$800 Age Group 2: \$825 Seniors: \$850**

**\*Coach Kevin will designate the level of participation for each team participant.**

**For more information, contact Swim Team Coach Kevin Quill at: [kquill@cccymca.org](mailto:kquill@cccymca.org) or 203 255 2834 ext.2323.**

### Team participants practice times

**JR1: Tuesday and Thursday 5:15-6:15 pm, Friday 6:45-7:45 pm, Sunday 4:30-5:45 pm**

**JR2: Monday and Wednesday 5:15-6:15 pm, Friday 6:45-7:45 pm, Sunday 4:30-5:45 pm**

**JR3: Monday 5:15-6:15 pm, Friday 6:45-7:30 pm, Sunday 4:30-5:15 pm**

**Age Group 1: Monday 6:00-7:30 pm, Tuesday, Wednesday and Thursday 6:30-8:00 pm, Friday 5:15-6:45 pm**

**Age Group 2: Monday 6:15-7:30 pm, Tuesday, Wednesday and Thursday 5:15-6:30 pm**

**High School-Seniors: Monday 7:15-9:00 pm, Tuesday, Wednesday and Thursday 6:15-8:00 pm, Friday 5:15-6:45 pm**

### One Day Clinics: Fee: \$20 Member

**March 18: Breast Stroke-5:15 pm**

**March 18: Starts and Turns-6:05 pm**

**March 19: Back and Free Stroke, Starts and Turns-5:15 pm**

**March 19: Fly-5:15 pm**

**March 20: Fly-5:15 pm**

**March 20: Starts and Turns-6:05 pm**

**March 21: Breast Stroke-5:15 pm**

**March 21: Breast Stroke-6:05 pm**

**March 25: Back Stroke-5:15pm**

**March 25: Back Stroke Turns-6:05 pm**

**March 26: Starts and Turns-5:15 pm**

**March 26: Fly-6:05 pm**

**March 27: Breast Stroke-5:15 pm**

**March 27: Starts and Turns-6:05**

**March 28: Freestyle-5:15 pm**

**March 28: Fly-6:05 pm**



# YOUTH DEVELOPMENT

## STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

\*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

### SWIM STARTERS

Accompanied by a parent\*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

**Age Group 6 months - 3 years**  
**Parent\* & Child**  
**Stages A-B**

### SWIM STARTERS

#### Stage A / Water Discovery

Parents\* accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**Member: \$100 / Community Member: \$200**  
**Mondays 11:00am**  
**Tuesdays 9:55am, 12:55pm, 2:00pm**  
**Wednesdays 10:25am, 1:30pm**  
**Thursdays 9:55am, 12:55pm**  
**Saturdays 8:50am, 9:25am**  
**Sundays 8:50am, 9:25am**

#### AGE GROUP

#### STAGE

6 months - 3 years Parent* & Child	<b>SWIM STARTERS</b>	<b>Stages A-B</b>
3 years - 5 years Preschool	<b>SWIM BASICS</b> <b>SWIM STROKES</b>	<b>Stages 1-4</b>
5 years - 12 years School Age	<b>SWIM BASICS</b> <b>SWIM STROKES</b>	<b>Stages 1-6</b>
12+ years Teen & Adult	<b>SWIM BASICS</b> <b>SWIM STROKES</b>	<b>Stages 1-6</b>

### SWIM STARTERS

#### Stage B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

**Member: \$100 / Community Member: \$200**  
**Mondays 10:25am**  
**Tuesdays 10:30am, 12:55pm, 1:30pm**  
**Wednesdays 11:00 am, 12:55pm, 2:00pm**  
**Thursdays 10:30am**  
**Fridays 10:25am**  
**Saturdays 10:00am, 10:35am**  
**Sundays 10:00am, 10:35am**

# YOUTH DEVELOPMENT

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

### Age Group:

**3 years - 5 years** Preschool

**5 years - 12 years** School Age

**12+ years** - Teen & Adult

Stages 1-3

## SWIM BASICS

### Stage 1 / Water Acclimation

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: \$100 / Community Member: \$200**

**Preschool Mondays 10:25am, 11:00 am, 4:15pm, 4:50pm, 5:20pm**

**Preschool Tuesdays 9:55am,10:30am,11:00am,12:55pm, 1:30pm, 2:00pm, 4:15pm**

**Preschool Wednesdays 12:55pm,1:30pm, 2:00pm, 2:30pm , 3:45pm, 4:20pm**

**Preschool Thursdays 9:55am,10:30am,12:55pm, 2:00pm, 4:15pm**

**Preschool Fridays 10:25am, 4:15pm, 4:50pm**

**Preschool Saturdays 8:50am, 9:25am,10:00am,10:35am, 11:10am,11:45am**

**Preschool Sundays 8:50am, 9:25 am,10:00am,10:35am, 11:10am,11:45am**

**School Age Mondays 4:50pm, 5:20pm**

**School Age Tuesdays 4:15pm**

**School Age Wednesdays 4:20pm**

**School Age Fridays 4:15pm, 4:50pm**

**School Age Saturdays 8:50am, 11:10am,11:45am**

**School Age Sundays 11:10am**

### 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.

## SWIM BASICS

### Stage 2 / Water Movement

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

**Member: \$100/ Community Member: \$200**

**Preschool Mondays 10:25am, 4:50pm**

**Preschool Tuesdays 9:55am,10:30am,12:55pm, 1:30pm,**

**Preschool Wednesdays 10:25am,12:55pm,1:30pm, 2:00 pm, 2:30pm, 4:20pm**

**Preschool Thursdays 9:55am,10:30am,12:55pm, 2:00pm, 4:15pm**

**Preschool Fridays 10:25am, 4:15pm, 4:50pm**

**Preschool Saturdays 9:25am, 10:00am,10:35am**

**Preschool Sundays 8:50am, 9:25am,10:35am,11:45am**

**School Age Mondays 4:50pm**

**School Age Tuesdays 4:50pm**

**School Age Wednesdays 3:45pm**

**School Age Thursday 4:50pm**

**School Age Fridays 4:15 pm**

**School Age Saturdays 10:00am, 11:45am**

**School Age Sundays 10:00am**

## SWIM BASICS

### Stage 3 / Water Stamina

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

**Member: \$100/ Community Member: \$200**

**Preschool Mondays 10:25am, 4:15pm, 5:20pm**

**Preschool Tuesdays 9:55am, 11:00am**

**Preschool Tuesdays 1:30pm, 2:00pm, 4:15pm**

**Preschool Wednesdays 11:00am, 1:30pm, 2:00pm, 2:30pm**

**Preschool Thursdays 9:55am,12:55pm**

**Preschool Fridays 10:25am, 4:50pm**

**Preschool Saturdays 8:50am,10:35am**

**Preschool Sundays 8:50am,10:00am**

**School Age Mondays 4:15pm, 5:20pm**

**School Age Wednesday 4:20pm**

**School Age Thursday 4:50 pm**

**School Age Saturdays 9:25am, 10:35am, 11:10am**

**School Age Sundays 9:25am,10:35am**

**Adult and Teen Tuesday and Thursday: 8:15pm**

# YOUTH DEVELOPMENT

## SWIM STROKE

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:

**5 years - 12 years School Age**

**12+ years - Teen & Adult**

**Stages 4-6**

## 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: \$100/ Community Member: \$200**

**Preschool Tuesdays 10:30am, 12:55pm**

**Preschool Wednesdays 10:25am, 2:30pm**

**Preschool Thursdays 10:30am, 2:00pm, 4:15pm**

**Preschool Sundays 11:45am**

**Member: \$110/ Community Member: \$220**

**School Age Mondays 4:30pm**

**School Age Tuesdays 4:30pm**

**School Age Wednesdays 4:30pm**

**School Age Thursdays 4:30pm**

**School Age Fridays 5:20pm**

**School Age Saturdays 8:50am, 11:20am**

**School Age Sundays 9:40am, 11:20am**

**Adult and Teen Tuesday and Thursday 11:00am, 8:15pm**



### OBSERVATION POLICY

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

### AGE GROUP

### STAGE

6 months - 3 years  
Parent\* & Child

**SWIM STARTERS Stages A-B**

3 years - 5 years  
Preschool

**SWIM BASICS  
SWIM STROKES Stages 1-4**

5 years - 12 years  
School Age

**SWIM BASICS  
SWIM STROKES Stages 1-6**

12+ years  
Teen & Adult

**SWIM BASICS  
SWIM STROKES Stages 1-6**

## SWIM STROKES

### Stage 5 / Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**Member: \$110 / Community Member: \$220**

**School Age Mondays 4:30pm**

**School Age Tuesdays 4:30pm**

**School Age Wednesdays 4:30pm**

**School Age Fridays 4:30pm**

**School Age Saturdays 11:20am**

**School Age Sundays 8:50am**

**Adult and Teen Tuesday and Thursday 11:00am, 8:15pm**

## SWIM STROKES

### Stage 6 / Stroke Mechanics

In Stage 6, 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 / Community Member: \$220**

**School Age Tuesdays 4:30pm**

**School Age Thursdays 4:30pm**

**School Age Fridays 6:05pm**

**School Age Saturdays 9:40am**

**School Age Sundays 11:20am**

**Adult and Teen Tuesday and Thursday 11:00am, 8:15pm**

# YOUTH DEVELOPMENT

## Swim Clubs For Fairfield Public Schools



YMCA bus will pick up participants at school and parents pick up at the Y. **On days that school is not held or when there is an early dismissal, classes will not be held.**

### Monday Swim Club Winter Session 1

January 7-February 18

(No class on December 31, January 21 and February 18)

Mill Hill: Monday at 3:45-4:15 pm

Sherman School : Monday at 3:45-4:15 pm

Ludlowe Middle School: Monday at 3:30-4:15 pm

Tomlinson Middle School: Monday at 3:30-4:15 pm

Fee: \$96.25 Y Member, \$192.50 Community

Bus Fee: \$13.00

### Wednesday Swim Club Winter Session 1

January 2-February 20

Holland Hill School: Wednesday at 3:15-3:45 pm

Riverfield School: Wednesday at 3:45-4:15 pm

Stratfield School: Wednesday at 4:00-4:30 pm

Fee: \$110 Y Member, \$220 Community

Bus Fee: \$13.00

### Friday Swim Club Winter Session 1

January 4-February 8

(No class January 18 and February 22)

McKinley School: Friday at 3:45-4:15 pm

Riverfield School: Friday at 3:45-4:15 pm

Sherman School: Friday at 3:45-4:15 pm

Fee: \$82.50 for Y Member, \$165 Bus Fee: \$11.25

### Black Rock Buccaneers

Dates: Monday: January 14-March 18

Friday: January 18-March 22

Time: 3:15-3:45 pm

Fee: Monday Class: \$120 for Y Member  
\$200 for Community

Friday Class: \$120 for Y Member  
\$200 for Community

Bus fee:

One way: \$15

Round trip for children who are enrolled in the Lighthouse program \$25

Bus to Smilow Burroughs Club House: \$30

### Saint Thomas:

January 7-March 22

Monday and Friday at 2:30-3:15 pm

Fee: \$150 for Y Member, \$275 Community

Bus: One way only \$15

### Saint Ann:

January 8-March 21

Tuesday and Thursday at 2:30-3:15 pm

Fee: \$150 for Y Member, \$275 Community

Bus: Round trip \$25 or one way \$15

### Assumption Holy Family:

January 9-March 20

Wednesdays at 3:00-3:45 pm

Fee: \$120 for Y Member, \$200 Community

Bus: Round trip \$25 or one way \$15

### Aquatic Specialized Training (AST)

#### Aquatic Exercise for Rehabilitation

Aquatic Specialist will assess classes needs and design the right specialized aquatic rehabilitation and aquatic training program for those with functional limitations. For Adults and Children. Each session is 45 minutes.

Session dates: October 29-December 23

Sessions available:

Individual 45 minute Session: \$55, 3 Sessions: \$165,  
6 Sessions: \$300, 8 Sessions: \$400

---

The State of Connecticut requires that all public pools close for 30 minutes after the last clap of thunder. A land water safety class will be held during scheduled lessons when the pool is closed due to inclement weather.

---



# YOUTH DEVELOPMENT

## Private and Semi Private Swim Lessons:

**For Y Members and by appointment only.**

**Private:** Must be 5 years of age and older. Private lessons are offered in packages of 1, 2 or 4 lessons.

**Fee: Individual Lesson: \$55, 2 Lesson Package: \$110, 4 Lesson Package: \$220**

**Semi Private:** Lessons for 2 children at a time who are at the same level. Sold in a block of 4 30 minute lessons. **Fee: \$300 @cccymca.org.**

## Adaptive Aquatics (Special Kids)

**Ages 3 and up: 1:1 class ratio** This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Registration is ongoing. Programs will be adapted to meet the individual needs. For all levels of swimmers. An adult may accompany if needed.

**Date: Sign up anytime, session runs with ongoing registration.**

**Fee: 7 weeks, \$90 for Y Member, \$175 Community**

## AQUATIC

### CERTIFICATION COURSES

#### Water Front Life Guarding Course

Red Cross Life Guard Certification includes CPR, AED and First Aid. For 15 years and up. Candidates must be able to swim 550 yards non-stop and tread water for three minutes. Must take pre-test before registering for class. Must attend all classes.

**Book and Mask are included**

**Fee: \$275 for Y Member, \$375 Community**

#### Course schedule

**December 26-December 31**

Pre-test: December 26 at 10:00 am

Course held everyday from 10:00 am-4:00pm

**January 20-February 24**

Pre-test: January 20 at 4:00 pm

Course held Sundays from 1:00-6:00 pm

**March 3-April 7**

Pre-test: March 4 at 4:00 pm

Course held Sundays held 1:00-6:00 pm

**For more information on Aquatic Certification courses, contact Aquatic Director Maureen Scinto at 203 255 2834 ext.2318 or [mscinto@cccymca.org](mailto:mscinto@cccymca.org).**

## Adult Lessons For ages 12 and up.

Group instruction for beginners and intermediate swimmers. Emphasis is on specific needs, rather than mass drills. (Class not held January 1)

**Day Class: January 3-February 21**

**Tuesday and Thursday at 11:00-11:45am**

**Night Class: January 3-February 21**

**Tuesday and Thursday at 8:15-9:00 pm**

**Fee: \$117 for Y Member, \$211 Community**

## Diving Classes

**Learn to dive at the Y.**

Each session is 4 classes.

**Fee: \$50 Y for Member, \$100 Community**

**Day: Sunday at 11:10 am**

**Session 1: January 6, 13, 20, 27**

**Session 2: February 3, 9, 17, 24**



## Life Guarding Review Course

Materials are free online at [redcross.org](http://redcross.org) or can be purchased at the YMCA. This class is a one day course.

**Fee: \$125 Y Member, \$175 Community**

**Course dates: January 12, February 16, March 9, April 6**

**Held on Saturdays 9:00 am-4:00 pm.**

## CPR for the Professional Rescuer and AED

Participants must bring their own mask or purchase one.

**Class held Tuesday and Thursday**

**Time: 7:00-10:00 pm Fee: \$75, Mask \$15**

**Courses offered: January 15 and 17, March 19 and 21**

# YOUTH DEVELOPMENT

## LEARN GROW THRIVE

### FAIRFIELD YMCA PRESCHOOL PROGRAM

The Fairfield Y is excited about its Preschool Program. Our Preschool program will follow the Reggio Emilia approach of an emergent curriculum. Our relationship-based approach will be a collaboration between parents, teachers and children. Through exploration and discovery, our program will be based on the principles of respect, responsibility and community. Learning is a journey, an education and a building of relationships.

#### Playdays for Two Year olds

Sustained independent and group free play, stories, arts and crafts, monthly instructional gym and creative movement, and music. State licensed, 1:4 staff/child ratio. Must be age Two by December 31.

**Time: 9:00 am- 12:00 pm**

**3 Days: Monday, Wednesday and Friday**

**Fee: \$345 Y for Member, \$410 Community**

#### Three Year Old's

Includes weekly swim lessons, monthly instructional gym and music classes. State licensed. 1:8 staff/child ratio. Must be potty trained.

**Time: 9:00am- 1:00pm**

**3 Days: Monday, Wednesday and Friday**

**Fee: \$345 Y Member, \$410 Community**

**For more information on Fairfield Y's Preschool Program contact Ryan LeWorthy at 203 255 2834 ext.2315 or [rleworthy@cccymca.org](mailto:rleworthy@cccymca.org).**



#### Preschool Four and Five year olds

Includes weekly swim lessons, monthly instructional gym and music classes. This program also includes field trips.

State licensed, 1:8 staff/child ratio.

**Days: Monday-Friday**

**Time: 9:00 am- 1:00 pm**

**Fee: \$575 Y for Member, \$690 Community**

# YOUTH DEVELOPMENT

---

Engage beyond the school day!  
**Y SCHOOL AGE CHILD CARE AFTER SCHOOL**

**2019 Registration is ongoing**



Parents can have peace of mind that their children are cared for in a safe, fun atmosphere that models and teaches the YMCA four core values of Caring, Honesty, Respect, and Responsibility. Where can children meet other children, finish homework without a hassle, do arts and crafts and play outdoors? **In the Fairfield Y School Age After School Care Child Care!**

After school care is provided for kindergarten through 5th grade for Fairfield Public Elementary School students. Transportation provided. Scheduled early dismissals are included. State licensed. 1:10 staff/child ratio. Price listing for 2018-2019 listed below.

Days	YMCA	Days	Holland Hill
5	\$425 Member, \$505 Community	5	\$450 Member, \$530 Community
4	\$361 Member, \$425 Community	4	\$383 Member, \$450 Community
3	\$270 Member, \$315 Community	3	\$270 Member, \$315 Community
2	\$200 Member, \$235 Community	2	\$215 Member, \$250 Community

For more information on School Age Child Care contact Youth and Family Coordinator Ryan LeWorthy at 203 255 2834 ext.2315 or [rleworthy@cccymca.org](mailto:rleworthy@cccymca.org).

# YOUTH DEVELOPMENT

## Y After School Child Care for 5th-7th Grade

An after school program designed to engage students in 5th through 7th grade. Includes help with effective time management for school assignments, ongoing community outreach and service, group games with relaxed competition such as dodge ball, ultimate Frisbee, flag football and more. We welcome children in grade 5 in all Fairfield Public Schools and children in grades 6 and 7 in Tomlinson and Ludlowe Middle School.

**\$10 one time registration fee required.**

**Fees: \$18 per day Y Member**

**\$20 per day Community**

Registration and Health forms must be received prior to first day's attendance.

## Full School Early Dismissal Days for Fairfield Public Schools K-5th Grade

The Fairfield Y After School program offers one day at a time option, for students who need after school care only on some of the early dismissal days. Children are picked up at their school by the Y bus, and transported back to the Y for an afternoon of fun and games. A healthy snack will be provided. Program is held until 6:00 pm.

**Fall 2018 Fairfield Public School Early dismissal dates: January 18, 24**

**March 12, 20, 21 and 28**

**Fee: Per day-**

**\$50 Y Member**

**\$75 Community**

**For more  
information**

**contact Youth and  
Family Coordinator  
Ryan LeWorthy at  
203 255 2834**

**ext.2315 or rleworthy@cccymca.org.**



## Y Vacation Club at the Fairfield Y



**For ages K-6th**

Children will enjoy a fun packed day of activities on their day off from school. Activities include swimming, sports, arts and crafts, playing games and much more!

**Dates: Winter Session1 Fairfield Public School**

**December 26, 27, 28 and 31**

**January 21, February 15 and 18**

**Fee and times:**

**Half Day 8:00 am-1:00 pm**

**Fee: \$40 Y Member, \$45 Community**

**Half Day 1:00-6:00 pm**

**Fee: \$40 Y Member, \$45 Community**

**Full Day 8:00 am-6:00 pm**

**Fee: \$75 Y Member, \$80 Community**

**\*Vacation Club fees are non-refundable.**

Register early to reserve your child's space.

For Full Day session, bring a bathing suit and towel for swimming, lunch and active clothing should be worn on these days. All participants not currently enrolled in the Y's after school program will need to complete a registration packet. In addition, a current health form and medication authorization form, if needed, need to be filled out prior to attending Y Vacation Club.

**For more information contact Youth and Family  
Coordinator Ryan LeWorthy at  
203 255 2834 ext.2315 or  
rleworthy@cccymca.org.**



# YOUTH DEVELOPMENT

## Special Events and Programs

The Fairfield Y offers families opportunities to spend quality time with each other while having fun



**Open Swim**-Families having fun swimming and playing in the Pool.

**Family Fun Night**-Families gather together for a special night of food, games, swimming and fun!

**Open Gym**-Families have fun playing basketball, soccer or just throwing a ball around.

**Workout together**-Want to workout as a family, try our Wellness Center.

**Vacation Club**-Children have fun doing special activities and trips on their day off from school.

**4th-7th Grade Neon Nights**-4th-7th graders have fun playing games swimming and dancing.

**Septa Family and Teen Night**-Fun activities for Septa Families and Teens to enjoy at the Y.

**Birthday Parties**-Celebrate your child's birthday at the Y! So many parties to choose from.

### **Drop and Shop: We will watch your child while you Holiday shop!**

Children will have fun while parents get their shopping done! Dinner will be provided and children will enjoy movies and a craft. All proceeds collected will go to the Fairfield Y Annual Campaign.

**Date: Saturday, December 17**

**Time: 5:30-8:30 pm**

**Fee: \$25 first child.**

**Call ext.2318 for sibling discount.**

### **Neon Night for 4th-7th Grade**

Includes swimming, DJ, Joust, gym games, Monster Boxing Gloves, pizza, ice cream sundae and a raffle ticket for a great gift certificate to places like Carabiners, Chef's Table and more! Held Saturday nights. **Time: 6:30-9:00 pm**

**Fee: Y Member \$12, Community \$14**

**At the door \$20 for everyone!**

**\*Parent Chaperones receive a voucher for the next Neon Nights!**

**Neon Night Dates: Held Saturday, January 12, February 9, March 9, April 13, May 11, June 8**

**Register online at [fairfieldy.org](http://fairfieldy.org) or call the Welcome Center Desk at 203 255 2834.**

### **Septa Teen Night**

Have fun at the Y! Dancing, swimming and Wii; activities vary month to month, but are always a blast! This event is held for Middle and High School SEPTA teens. Septa Teen night is held the last Friday of the month at the YMCA from 7:00-8:30 pm.

**Please R.V.S.P. to Diane Baxter at:**

**203-366-6693 or Meg Barlow at:**

**[JMTTBL@optonline.net](mailto:JMTTBL@optonline.net).**

### **FIELD GOODS is now at the Fairfield Y!**

Fresh food from small farms delivered here at the Y weekly! You can become a customer and receive 5 to 8 different fruits and vegetables each week, that are grown on small farms. Convenient pick-up at the Fairfield YMCA on Tuesdays. The produce is non-GMO and mostly organic! Bags cost \$16 to \$32 per week, and include a fun educational newsletter and recipes. There is no long term commitment and the program helps supports the Fairfield Y's Annual Campaign!

- **Sign up at [Fieldgoods.com](http://Fieldgoods.com)**
- **Pick up at the Fairfield Y**
- **Eat Healthy Be Healthy at the Y**

**For more information contact Aquatic Director Maureen Scinto at 203 255 2834 ext. 2318 or [msscinto@cccymca.org](mailto:msscinto@cccymca.org).**



# HEALTHY LIVING

## For Healthy Living

Improving the nation's health and well-being

### Workout in the Y's Wellness Center!

Our Wellness Center includes state of the art Life Fitness cardiovascular and strength training equipment, and a stretching area for flexibility and functional exercises.

#### GET F.I.T.

#### FREE INTRODUCTORY TRAINING

As a new Y Member, we would like you to achieve your wellness goals and get the most out of your Y investment. Together, we will help you to understand your goals and expectations, so that we can develop an action plan to ensure your success. We will also review your progress toward your wellness goals and expectations, help you define and commit to your goals. For more information, please speak with the Wellness or Member Services staff.



## Personal Training

### INSPIRE MOTIVATE MAINTAIN

#### Personal Training

If you are 14, 80 or in between, and if your goal is to lose weight, gain strength, improve balance, flexibility and agility, rehabilitate a new or old injury; or just push yourself - a Y personal trainer can help you get there.

Our certified personal trainers will help develop a personalized program that is perfect for you. They will support you with expert knowledge, coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be.

Schedule a FREE evaluation today! We'll discuss your goals and define a training program tailored just for you!

**For more information, please contact Jennifer McGowan, Health & Wellness Coordinator at 203 255 2834 ext.2326 or [jmcgowan@cccymca.org](mailto:jmcgowan@cccymca.org)**



# HEALTHY LIVING

## Improving the nation's health and well-being

**NEW!**



### SUPPORTING WELLNESS TOGETHER

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

The program is designed for adults, 18 years and older who desire a healthier weight. This program is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease.

This is a 12-week program that meets one time per week. Each weekly session is 60 minutes.

Held Monday nights at 6:00 pm Start date: January 14 Fee: \$250

For more information contact Karen Inman at [kinman@cccymca.org](mailto:kinman@cccymca.org) or 203 255 2834 ext.2326.

### GET INSPIRED BY THE INFINITE POWER OF SYNRGY360!

Synrgy360 provides inspirational fitness experiences to increase a diverse workout. Synrgy360 is about more than just working out, its revolutionary concept provides limitless opportunities to train smarter, better, and more effectively. It's a full-service training nerve center that can be tailored to serve the broad scope of your goal and facilitate the latest fitness trends. Whether you workout in small group trainings or personal training, Synrgy360 will take your workout to the next level!



**Synrgy360 Circuit, Interval, Functional and Sports Specific Group and Individual trainings are available upon request.**

**Group Classes: Workout with friends or family. Group training is a cost effective training option for reaching your optimum goal. 2-6 Members per group.**

**For Training fees contact the Y's Welcome Center at 203 255 2834. For more information contact: Health and Wellness Coordinator, Jennifer McGowan at ext.2326.**

# HEALTHY LIVING

---

## FAIRFIELD YMCA HEALTHY LIFESTYLE PROGRAM

# CHANGE YOUR CHOICES CHANGE YOUR LIFE

**Attend a HEALTHY LIFESTYLE PROGRAM Information Session to learn more about making positive, healthy and lifelong change.**

Join the YMCA Healthy Lifestyle program to adopt and maintain a healthy lifestyle.

### Benefits:

- Led by a trained Health Lifestyle Coach
- Learn about healthy eating and physical activity
- Learn how to increase energy
- Learn to how decrease stress
- Learn relaxation techniques
- Learn how to sleep better
- Learn how to self-care
- Most important, learn how to make those small changes in your life that will allow you to live a healthier and happier life.



### Call to register for one of the following Fairfield Y Information Sessions:

**Tuesday, January 8 at 10:30 pm**

**Monday, January 16 at 5:30 pm**

**Tuesday, February 5 at 11:00 pm**

**Wednesday, February 20 at 5:30 pm**

**For more information contact Healthy Lifestyle Director Sue McCall at: 203 255 2834 ext.2312 or [smccall@cccycma.org](mailto:smccall@cccycma.org).**



# HEALTHY LIVING



## Group Exercise Classes Winter Session I

### CARDIO

#### Active Together

Active Together gives you all the training you need – cardio, strength, balance and flexibility – in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. **Free to Y Members.**

**Days: Tuesday 5:35 am, Thursday 12:00 pm**

#### Adult Swim Lessons For ages 12 and up.

Group instruction for beginners and intermediate swimmers. Emphasis is on specific needs, rather than mass drills.

**Day Class: January 3–February 21**

**Tuesday and Thursday 11:00–11:45 am**

**Night Class: January 3–February 21**

**Tuesday and Thursday at 8:15–9:00 pm**

**Fee: \$117 for Y Member, \$200 Community**

#### Aqua Power (Nine Week Session)

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.

**Days: Tues and Thurs 9:05–9:50am**

**Fee: \$96 Y Member, \$144 Community**

#### Balance & Flex Together

Balance & Flex will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. **For Y Members.**

**Days: Tuesday 12:30 pm and 5:00 pm,**

**Thursday 5:35 am and Friday 9:15 am**

#### Boot Camp

Challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout.

**For Y Members.**

**Days: Monday and Wednesday 9:20–10:20 am,  
Saturday 9:10 am**

#### Cardio Barre

Barre movements with intervals of cardio. There is minimal impact but don't let that fool you. One of the best workouts with standing and seated work. **For Y Members only.**

**Day: Thursday's 5:15 pm**

#### Cardio Sculpting

A complete body workout incorporating intervals of cardio, strength, toning, power and balance.

**For Y Members.**

**Days: Monday 8:00 am and 6:00 pm, Tuesday 9:15 am,  
Friday 8:15 am and 10:30 am, Sunday 9:10 am**

#### Cycling

A unique group exercise class performed on stationary bicycles set to great and motivating music! A cardio and strength workout for all levels.

Classes are 45 minutes. **For Y Members.**

**Monday 5:45 am, Tuesday 8:30 am, Wednesday 5:45 am and 10:30 am, Friday 5:35 am and 9:10am**

#### Cycle Together

Cycle Together is a huge calorie burner. It's a 60-minute cycling experience brought indoors.

Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

**For Y Members.**

**Days: Wednesday 5:35 am and Saturday 8:10 am**

#### Cycle 30 Together

will get you moving and feeling better in only 30 minutes. It's as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness. **For Y Members.**

**Days: Wednesday 6:15 pm and Thursday 9:15am**

#### Deep Water (Nine Week Session)

A dynamic workout using cardio and strength training intervals in the deep end of the pool.

**Days: Monday, Wednesday and Friday, 9:30–10:15 am**

**Fee: Member: 2 Days \$96**

**3 Days \$144**

**Community: 2 Days \$190**

**3 Days \$285**

# HEALTHY LIVING

## Defend Together

**DEFEND TOGETHER** is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music. **For Y Members.**

**Day: Friday 11:30am**

## HIIT (High Intensity Interval Training)

An efficient and effective workout for those who want quick results. Short bursts of activity with periods of less intensity give you guaranteed results.

**For Y Members.**

**Day: Thursday 9:30-10:15 am**



**Non-Stop Tabata** Non-Stop Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20 seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post-workout, get in shape the fast way!

**For Y Members. Day: Tuesday 10:20 am**

## Strength Train Together

Strength Training Together will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, the workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

**For Y Members.**

**Days: Wednesdays 5:00-6:00 pm,**

**Fridays 12:30 pm and Saturdays, 10:20 am**

## TRX®

TRX will get your body in the best shape of your life. A suspension training system that combats your body, challenging your strength, power, balance and flexibility. **For Y Members.**

**Days: Monday 5:30-6:00 pm, Tuesday 9:30 am,**

**Thursday 10:30 am and 6:15 am, Friday 9:15 am**

## **WANT TO START EXERCISING BUT NOT SURE YOU ARE READY FOR ANY OF THE CLASSES OR PROGRAMS? Try our 101 Class!**

This 30 minute entry level class is small in size and will help you make new friends, become part of a group, and learn to incorporate exercise into your lifestyle. This class will support you and teach you how to exercise!

**For Y Members.**

**Day: Tuesday:10:30-11:00 am**

## **STRENGTH**

**Barre Mat** Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest work outs on the market today. **For Y Members.**

**Day: Wednesday 8:30 am**

## Foam Roller Class

Classes teach a form of myofascial release using a roller to release muscular tension. Trigger point tension release enables you to stretch more easily. Benefits: improved range of motion, reduce tightness/soreness and maintain muscular length. **For Y Members.**

**Day: Wednesday 12:40pm**

## Pilates Mat

Involves free flowing moves concentrating on core strength, muscle balance and flexibility by doing traditional Pilates exercises on the mat as well as use of a stability ball. **For Y Members.**

**Days: Monday 11:40 am , Thursday 8:30 am,**

**Sunday 8:15-9:00 am**

## Small Ball Workout

Relieve back pain, reduce stress and excess muscle tension using ball positions with breathing techniques.

**For Y Members.**

**Day: Thursday, 9:00 am**

**Group Exercise Schedule is on our Mobile App and our web site at [www.fairfieldy.org](http://www.fairfieldy.org)**

# HEALTHY LIVING



## YOGA

### Hatha Yoga

This yoga class revitalizes both body and mind. It strengthens the body through gentle stretching, correct breathing and meditation.

**For Y Member**

**Days: Tuesday, 6:20-7:20 pm**

**Wednesday 10:30-11:30 am**

### Qi Gong

Qi Gong means "life energy cultivation". It uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy.

**For Y Members**

**Day: Wednesday, 10:30 am and 6:15 pm**

### Vinyasa Power Yoga

Energetic flow style practice with emphasis on movement and breath.

**For Y Members**

**Day: Monday, 7:00 pm**

### Yoga For all

Yoga for the novice and the experienced yoga participant. Revitalizes the mind, body and spirit with strengthening, stretching and breathing techniques.

**For Y Members**

**Day: Thursday, 10:45 am.**



## SENIORS

### Cardio Sculpting

This Active Older Adult workout meets Seniors specific wellness needs. Challenging, but non-intimidating.

Improves agility, balance, flexibility, cardio, strength and toning. **For Y Members**

**Days: Monday and Friday, 10:30 am**

### Senior H2O

A water class designed for seniors wellness needs, done in the shallow end of the pool. **For Y Members**

**Days: Monday and Wednesday, 9:30-10:05 am**

### SilverSneakers® (Classic)

This class is a multi-level equipment based class to increase strength and range of motion.

**For Y Members**

**Days: Monday, 1:30-2:15 pm or**

**Thursday, 9:45-10:25 or 10:45-11:45 am**

### SilverSneakers® Splash

An invigorating non-impact SilverSneakers water exercise class taught in shallow water.

**For Y Members**

**Days: Friday, 9:30 am-10:05 am**

### SilverSneakers® Yoga

This class will move your body through chair supported series of seated and standing yoga poses, promoting stress reduction and mental clarity. **For Y Members**

**Day: Friday, 11:30 am-12:15 am**

### Zumba® Gold

A fun introduction Zumba class for beginners and Seniors. **For Y Members**

**Day: Tuesday, 11:30 am-12:15 pm**

### Aquatic Specialized Training (AST)

#### **Aquatic Exercise for Rehabilitation**

Aquatic Specialist will classes needs, and design the right specialized aquatic rehabilitation and aquatic training program for those with functional limitations. For Adults and Children. Each session is 45 minutes.

**Sessions available**

**Individual 45 minute Session: \$55**

**3 Sessions: \$165, 6 Sessions: \$300**

**8 Sessions: \$400**

# HEALTHY LIVING

---

## FAIRFIELD YMCA VOLUNTEER LEADERSHIP

The Fairfield YMCA is governed by our Board of Managers that consists of volunteers from throughout Fairfield County.

Craig Goos, Chair

Bryan LeClerc

Dario Lopez

Gregory Sargent

Rob Scinto

Andrea Seek

Lucas Swineford

## YOU BELONG

### Membership Gives You Many Opportunities

At the Y we exist to strengthen the community. Together with people like you, we nurture the potential of kids, help people understand and improve their health and provide opportunities to give back and support neighbors.

**So join our cause and create meaningful change not just for you, but also for your community.**

### Bring a Friend!

**There has never been a better time to refer your friends, family or colleagues to the Fairfield YMCA or an easier way to do it.**

When your friend joins as a member, **YOU** will receive a **FREE MONTH MEMBERSHIP!**  
See Member Services for details.

### Statement of Diversity and Inclusion

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.

**FAIRFIELD YMCA**  
**841 Old Post Road**  
**Fairfield, CT 06824**  
**P 203 255 2834 F 203 259 7744**  
**W [fairfielddy.org](http://fairfielddy.org)**

