



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY FUN FOR EVERYONE



**LAKWOOD-TRUMBULL YMCA
FAMILY OUTDOOR CENTER
204 Stanley Road, Monroe CT**



LAKWOOD - TRUMBULL YMCA FAMILY OUTDOOR CENTER

LIFE'S BETTER OUTDOORS

Nestled in an undeveloped wooded area of Monroe, participants at the Lakewood-Trumbull YMCA Family Outdoor Center have been delighted by its charming atmosphere. With 47 acres of land the possibilities of fun, relaxation and exploration are endless.

Whether you are looking to unwind in the sun by one of our three pools, learn to swim, or get competitive on one of our 2 tennis courts, basketball courts or gaga pits, there is something for everyone.

From Memorial Day to Labor Day embark out on our lake in paddle boats or improve your golfing skills on our mini golf course. Be on the lookout for opportunities that allow you to participate in fun activities for kids of all ages through arts and crafts, tie dye, sports activities, water games and the ever popular obstacle course. Adults are not left out while we organize family fun activities such as the 4th of July Great American Bash, S'more Nights, and a Summer Luau.

Located at 204 Stanley Road in Monroe, the YMCA Family Outdoor Center is open Memorial Day through Labor Day.

Hours of operations:

May 23 - June 14

Thurs- Sun 11:00 am - 8:00 pm

June 15 - September 7

Sat & Sun 11:00 am - 8:00 pm

Mon - Fri 11:00 am - 8:00 pm



P 203 261 2566

W lakewoodtrumbullymca.org

STRONG SWIMMERS = CONFIDENT KIDS

SWIM 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.



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 can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule.

LAKWOOD-TRUMBULL YMCA LIGHTNING SWIM TEAM

The Lakewood-Trumbull YMCA Lightning Swim Team offers a stimulating, enjoyable program that stresses stroke technique, endurance, sportsmanship, goal-setting and leadership. We strive to do all this in an environment that embraces the YMCA's philosophy of building spirit, mind and body for all.

We believe these qualities serve our swimmers well in the pool, in the classroom and in life.





JOIN SOMETHING SPECIAL

At the Y, you are not just a member - you are part of a community. Our mission is to help you and your family achieve a balance of spirit, mind and body by encouraging good health, fostering connections with friends and giving back for a stronger community.

GUESTS

The Y Outdoor Center welcomes guests only when accompanied by a member. A family may bring up to 2 individual guests or 1 family guest per visit. That same individual/family may not be signed in as a guest more than 5 times per season.

FEES: Family \$25 / Adult \$5 / Youth Guest \$10

PARKING

For your convenience, we have designated parking spots near the pavilion in the main parking lot. On Monday through Friday 3:00-3:40pm, the driveway traffic to exit the facility may be busy by parents picking up their children from camp.

CONVENIENT FOR YOU

If you are feeling hungry just walk on over to Domenica's Kitchen! Enjoy an ice cold beverage and a healthy refreshing snack.



REGISTRATION

Registration opens on March 1. When you register by March 31 you will receive 4 guest passes (\$100 value).

Register between April 1 - May 25, you will receive 2 guest passes (\$50 value).

Register on-line or in person at a CCC Y Branch.



OUR MISSION

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

LAKESWOOD-TRUMBULL YMCA

20 Trefoil Drive, Trumbull CT 06611

P 203 445 9633 **F** 203 445 9080

W lakewoodtrumbullymca.org

