DISCOVER YOUR Y

FALL 2

2026 PROGRAM GUIDE

October 26 – December 20

ROLLING REGISTRATION

BRIDGEPORT YMCA
850 Park Avenue, Bridgeport CT 06604
P: 203-334-5551 | F: 203-334-2847

RALPHOLA TAYLOR COMMUNITY CENTER
790 Central Avenue, Bridgeport CT 06607

CENTRAL CONNECTICUT COAST YMCA

CONTACT US

PHONE: 203-334-5551

E-MAIL: bridgeportinfo@cccymca.org

WEB: www.bridgeportymca.org

facebook.com/BridgeportYMCA

@cccymca

@Central Connecticut Coast YMCA

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WHY THE Y

Where there's a Y, there's a way – to achieving your goals, supporting your family, and strengthening your community. Our programs empower members to learn, grow, and reach their full potential. At the YMCA, we're here for all – to nurture youth, improve health, and build stronger communities, extending our impact far beyond our walls.

FALL 2 SESSION & REGISTRATION DATES

Session Dates: October 26 – December 20

REGISTRATION DATES

Facility Member: October 3
Program Participant: October 10

GENERAL PROGRAM INFORMATION

Class Schedules & Fees

Class times and fees are subject to change. If a class is scheduled for fewer than eight weeks, the program fee will be adjusted accordingly at the time of registration.

Program Refund & Credit Policy

Refunds or credits for program fees may be issued under the following circumstances:

1. The YMCA cancels the program or class.
2. A refund or credit request is received before the program session begins.*
3. After the program session begins, refunds or credits will only be considered for documented medical reasons.*

*A $10 administrative fee will apply to each approved refund or credit, except when the YMCA cancels the program or class.

YMCA Membership

YMCA facility members receive access to the Main Facility, reduced program rates, and priority program registration. Community members are also welcome to register for programs at the applicable community member rate.

If a YMCA membership is purchased to receive the member rate for a child's program, the membership must remain active from the date of registration through the child's final day of enrollment.

Memberships remain active until a written termination request is submitted with at least 72 hours' notice and all applicable program enrollment requirements have been fulfilled.

For additional information about membership rates, facility hours, or available programs, please contact the YMCA.

FACILITY HOURS

Monday – Friday	**7:30AM – 5:30PM**
Saturday	**9:00AM – 4:30PM**

HOLIDAY HOURS

November 26–27	**CLOSED**
December 25	**CLOSED**
January 1	**CLOSED**

OUR Y TEAM

Maria Valentin, Executive Director
Jadette Rivera, Senior Child Care Director
Veronica Vallejo, Community Outreach Partner

BOARD & VOLUNTEERS

The Hamden/North Haven YMCA governed by our Board of Managers that consists of volunteers throughout our community.

Caesar Irby
Kellie Taylor
Lissette Colon
Heather Lange
Kovac Marcella
Crystal Engram
James Rollinson
Katherine Rosario
Blanca Kazmierczak

CENTRAL CONNECTICUT COAST YMCA

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.

Please give to our Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

MEMBERSHIP FOR ALL

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

DONATE FOR A BETTER US

Connect with Maria Valentin, Executive Director, mvalentin@cccymca.org to learn more.

the YMCA

MEMBERSHIP FOR ALL

The Bridgeport YMCA provides a range of aquatics, childcare and camp programs that will help get you feeling great! Connect with your inner-health! We have a wonderful community of people here at the Y! It's a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most.

When you join the Y, you become part of a family of members who support the Y's philosophy of healthy lifestyles, mutual respect, community spirit, youth leadership, and character development. Our staff is dedicated to providing the best in member service. People from several local communities belong to the Bridgeport Y, creating a diverse and energetic environment we think you will really enjoy!

You'll also get to know people in the community at large, as the Y partners with other charitable organizations in our surrounding towns on projects that benefit the common good. And, as a community service organization, the Y thrives on the camaraderie of people who help out by volunteering for events throughout the year.

We hope you will decide to join the Bridgeport YMCA – We all need a place to belong!

FINANCIAL ASSISTANCE

Today, **1 in 4 children, teens and families need financial assistance** to be a part of the Y. A core priority for us as a charitable non-profit organization is providing access to the extraordinary opportunities and programs offered at the Y to anyone who wishes to participate. Membership dues don't include funding for scholarships; it is your gift that makes this possible. Your contributions to the Central Connecticut Coast YMCA provide direct financial assistance for children, families and individuals to participate in their YMCA.

Membership Category	Monthly Rate	Joiner Fee
Youth 3-17* (or through the end of high school)	$45	$25

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

YOUR MEMBERSHIP GOES FURTHER

As a member of the Central Connecticut Coast YMCA, your membership opens the doors to **every branch in our Association**. If your home branch doesn't offer a specific program or class you're interested in, you can visit another location and enjoy it at the member rate.

Each branch offers its own unique mix of programs designed to strengthen our communities and help individuals of all ages thrive.

From child care and youth development to fitness, swimming, and family activities, there's truly something for everyone at the Y – **more choices, more convenience, and more opportunities** to belong.

	ALPHA COMMUNITY SERVICES Y	BRIDGEPORT Y	FAIRFIELD Y	HAMDEN/NORTH HAVEN Y	LAKEWOOD-TRUMBULL Y	NEW HAVEN Y YOUTH CENTER	SOUNDVIEW FAMILY Y	STRATFORD Y	VALLEY Y	WOODRUFF FAMILY Y	YMCA CAMP HI-ROCK
AMENITIES											
Athletic Fields							X			X	X
Wellness Center (Cardio)			X		X		X	X		X	
Wellness Center (Strength Training)			X		X		X	X		X	
Gymnasium		X			X	X					
Indoor Pool		X	X			X	X	X		X	
Outdoor Pool				X	X						
Childwatch			X		X		X	X		X	
Locker Rooms (Adult)			X		X		X	X		X	
Locker Rooms (Youth)						X	X				
Locker Rooms-Family/Special Needs							X			X	
Food Pantries						X	X	X	X	X	
Bi-Weekly Food Distributions								X	X		
CHILD CARE & OUTREACH											
Before and/or Afterschool Programs-Inquire w/branch		X	X	X	X	X	X	X	X	X	
Early Learning & Child Care		X	X			X		X	X	X	
Summer Day Camp		X	X	X	X	X	X	X	X	X	X
Housing/Shelter/Case Management	X										
Resident Camp/Family Camp											X
PROGRAMS											
Active Older Adults Classes			X		X		X	X		X	
Birthdays Parties		X			X	X	X	X		X	X
Group Exercise-Land and/or Water			X		X		X	X		X	
Lifeguard Certification		X	X	X	X	X	X	X		X	X
Personal Training			X		X		X	X		X	
Chronic Disease Programs-Offerings varry by branch					X		X			X	
Yoga & Pilates			X		X		X	X		X	
Group Cycling			X		X		X			X	
ACTIVITES & SPORTS											
Gymnastics					X						
Swim Lessons		X	X	X	X	X	X	X		X	X
Swim Team			X				X	X			
Basketball		X			X	X	X			X	
Dance		X		X	X					X	
Soccer		X									
Martial Arts				X		X					
Volleyball					X						
Archery					X						

FACILITY USE FOR ALL

RENTALS

CELEBRATE YOUR SPECIAL EVENT AT THE BRIDGEPORT YMCA!

Looking for the perfect space to host a birthday party, meeting, training, family gathering, or special event? The Bridgeport YMCA has you covered!

Why Choose the Bridgeport YMCA?
The Bridgeport YMCA (850 Park Avenue) offers an amazing facility with a variety of options to celebrate any event. Our friendly and experienced staff will guide you from start to finish, ensuring memories that last a lifetime. We can accommodate short-term, full-day, or extended events.
To schedule a tour, learn more about the facilities, or inquire about pricing and availability, please contact the Member Services Desk at 203-334-5551.

- **Indoor & Outdoor Spaces:** Flexible for any season
- **Customizable Experiences:** Our enthusiastic staff will help plan and tailor activities to make your event unforgettable
- **Year-Round Rentals:** Celebrate anytime with our versatile facilities

I AM READY TO PARTY, NOW WHAT?

How to Book:

1. Choose your preferred date and time.
2. Contact Veronica at vvallejo@cccymca.org
3. Complete a rental agreement and submit a $25 deposit at the program center
4. Secure your date and time!

YOUTH DEVELOPMENT

EARLY LEARNING PROGRAMS

Open year-round, **Monday–Friday, 7:30am–5:30pm**, with full-time options available. Our relationship-based program partners with parents, teachers, and children to support social, emotional, cognitive, physical, and creative growth. Safety is our top priority, and all programs follow Early Start CT, CT Office of Early Childhood, NAEYC, Y-USA, and other guidelines. Affordable tuition, CACFP program participant, Care4Kids accepted. Call the Y to schedule a tour.

AGES 8 WEEKS–5 YEARS

KOLBE EDUCATION CENTER
401 KOSSUTH STREET
BRIDGEPORT, CT 06608
203-332-6447

Kolbe Infant: Tummy time, stories, music, arts, instructional movement, and exploration. State licensed; 1:4 staff-to-child ratio.
Kolbe Toddler: Independent and group play, stories, arts and crafts, gym, creative movement, and music. Must be age two by December 31. State licensed; 1:4 staff-to-child ratio.
Kolbe Preschool: Independent and group play, stories, arts and crafts, gym, creative movement, math, science, and music. State licensed; 1:10 staff-to-child ratio.

AGES 3 YEARS–5 YEARS

BRIDGEPORT YMCA
850 PARK AVENUE
BRIDGEPORT, CT 06604
203-334-5551

PALS V: Independent and group play, stories, arts and crafts, gym, creative movement, math, science, and music. State licensed; 1:10 staff-to-child ratio. Swim lessons are available at our Park Avenue location.

Have questions about our early education programs?

Contact Jadette Rivera, Senior Child Care Director at jrivera@cccymca.org

YOUTH DEVELOPMENT

AFTER SCHOOL PROGRAM

What are your kids doing after school? At the YMCA, our comprehensive, state certified After School Program supports youth in kindergarten through 8th grade. Kids build confidence, leadership skills, and positive values in a safe, supportive environment with trained teachers and site directors guiding them.

Our program aligns with the school day and encourages growth in literacy, science, technology, engineering, arts, and math (STEAM), while also incorporating physical activity, recreation, and fun. Children enjoy supervised activities, homework support, games, and a healthy snack—giving them a productive alternative to the TV or the street corner.

Through engaging activities, role models, and social enrichment, children increase self-expression, social skills, and self-esteem, helping them thrive not only in school but in life. Programs run throughout the school year, with vacation day care available. For details regarding early care services, please contact us.

Safety is our top priority, and all programs follow Early Start CT, CT Office of Early Childhood, NAEYC, Y-USA, and other guidelines. Affordable tuition, CACFP program participant, Care4Kids accepted.

Offered at the Bridgeport YMCA.

Hours: Monday – Friday, 2:30PM – 6:00PM

Member Rate: $320/Month
Non-Member Rate: $420/Month

Annual Registration Fee: $50 per child

Affordable prices based on OEC Sliding Scale

Half Days	$15/day	12:00PM – 6:00PM
Vacation Days	$20/day $80/week	9:00AM – 6:00PM

***Transportation not included at this time**

SWIM PROGRAMS

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 Starters and Swim Basics classes require one parent* to participate in the pool and on the pool deck.**

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.

POOL GUIDELINES/OBSERVATION POLICY

Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol. Parents are asked not to disrupt the children or instructor while the class is in session. *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.

AGE GROUP:	STAGE:	
6 months – 4 years Parent* & Child	SWIM STARTERS	Stages A–B
3 years – 5 years Preschool	SWIM BASICS	Stages 1–3
6 years – 13 years School Age	SWIM BASICS SWIM STROKES	Stages 1–6
18+ years	ADULT FIT	All

Please contact the Bridgeport YMCA, Fairfield YMCA, Woodruff Family YMCA, Stratford YMCA or Soundview Family YMCA for swim lessons during the school year.

SWIM STARTERS

A WATER DISCOVERY
Student can respond to verbal cues.

B WATER EXPLORATION
Student can comfortably submerge his or her nose and mouth with assistance.

SWIM BASICS

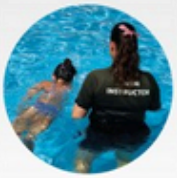
1 WATER ACCLIMATION
Student can go underwater voluntarily.

2 WATER MOVEMENT
Student can do a front and back float on his or her own.

3 WATER STAMINA
Student can swim 10–15 yards on his or her front and back.

SWIM STROKES

4 STROKE INTRODUCTION
Student can swim 15 yards of front and back crawl.



5 STROKE DEVELOPMENT
Student can swim front crawl, back crawl, and breaststroke across the pool.

6 STROKE MECHANICS
Student can swim front crawl, back crawl, and breaststroke across the pool and back.

YOUTH PROGRAMS

YOUTH PROGRAMS

AT THE RALPHOLA TAYLOR COMMUNITY CENTER, WE PROUDLY OFFER A WIDE RANGE OF ENRICHING EXTRACURRICULAR ACTIVITIES, INCLUDING:

ARTS & CRAFTS

Arts and Crafts helps to enhance the fine motor skills, hand to eye coordination and building levels of manual dexterity, as well as, identification of shapes, colors, textures, and working with materials. Encouraging and enhancing the natural creativity within the mind is the main goal!

VIDEO GAME CENTER

The Video Game Center is a fun and safe environment for youth to connect with like-minded peers and enjoy gaming together. We offer a few different gaming systems to ensure that there is a variety of choices for the youth. Join us!

GAME ROOM

Our Game Room is the perfect hangout spot, featuring a pool table, foosball, air hockey, and more. It's a fun place for teens to relax, connect with friends, and enjoy some friendly competition.

COMPUTER LAB

Our Computer Lab is open for youth to have access to technology in a safe environment while building valuable skills. Our computers are equipped with high-speed internet service, as well as Microsoft and Adobe software. Our staff will be on hand to assist with projects and open computer use.

YOUTH PROGRAMS

YOUTH PROGRAMS

WORK READINESS CLUB

This club teaches youth essential job skills such as applications, resumes, interviewing, and more. Teens who complete the program may be hired and receive a stipend. Participants must be registered in school.

SKILLS & DRILLS BASKETBALL

Do you have a young hooper who is ready to take their skills to the next level? Bring them to the Bridgeport YMCA for Basketball Skills and Drills, where children will develop their basketball skills in an environment that provides individualized guidance and positive reinforcement. We will provide a variety of drills that are fun and exciting, focusing on self-improvement and teamwork, too!

OPEN GYM

Our Open Gym provides a welcoming space for all types of recreational activities, allowing participants of all ages to stay active, socialize, and enjoy unstructured play. The program encourages physical fitness, teamwork, and fun by offering a flexible environment where individuals can choose activities that match their interests and abilities.

SPORTS FUNDAMENTALS

Sports Fundamentals introduces youth to soccer, basketball, flag football, volleyball, and dance in a fun, safe, and inclusive environment. Participants build athletic skills, teamwork, confidence, sportsmanship, and YMCA core values while staying active.

ALPHA COMMUNITY SERVICES YMCA

HELP US HELP THEM

The Alpha Community Services YMCA has served the Bridgeport area since 1992, providing dedicated services for individuals experiencing homelessness. Now a branch of the Central Connecticut Coast YMCA, Alpha goes beyond temporary shelter—offering supportive services to more than 400 clients each year and helping create pathways to stability and a better life.

Alpha Community Services YMCA serves clients referred through Connecticut's Coordinated Access Network (CAN), providing family navigation, family-focused emergency shelter, permanent supportive housing, and supportive services for veterans. Alpha also plays a key role in the Bridgeport Housing First Collaborative, with all services supported by comprehensive case management, strong community partnerships, and full compliance with state and federal privacy standards.

ALPHA COMMUNITY SERVICES YMCA
650 PARK AVE, BRIDGEPORT, CT 06605
P: 203-336-2809
Hours: Monday - Friday, 9:00am-5:00pm

CENTRAL CONNECTICUT COAST YMCA

FOOD PANTRY LOCATIONS

STRATFORD YMCA
3045 Main Street
Stratford, CT 06614

VALLEY YMCA
32 Howard Avenue
Ansonia, CT 06401

WOODRUFF FAMILY YMCA
631 Orange Avenue
Milford, CT 06461

SOUNDVIEW FAMILY YMCA
628 East Main Street
Branford, CT 06405

NEW HAVEN YMCA YOUTH CENTER
50 Howe Street
New Haven, CT 06511

the YMCA
CENTRAL CONNECTICUT COAST YMCA

AN OPPORTUNITY TO CHANGE LIVES!

LEARN TO BECOME A YMCA PROFESSIONAL

Are you looking for a job that can change your life? If you're between the ages of 16–21 and searching for a great part-time job or a challenging, in-demand career, the YMCA is one of the best places to start. Students gain the opportunity to explore exciting career paths while working as part of a team in a supportive environment. You'll discover new ways to connect with your community, find your purpose, and fuel your passion every day—while building skills that truly matter. You could even save a life.

Learning is fun and accessible through a mix of videos, group discussions, and hands-on practice. Participants will learn:

- Rescue skills for use in the water and on land
- First aid and professional rescuer CPR/AED training to prepare for emergencies
- Professional lifeguard roles and responsibilities
- Surveillance techniques to recognize and prevent injuries
- Customer service and communication skills
- Swim instruction and foundational swim skills

Looking to earn community service hours or interested in volunteering? Start as a swim instructor and gain the training and experience needed to work your way up to becoming a lifeguard.

SAFETY AROUND WATER, CERTIFIED LIFEGUARD, SWIM INSTRUCTOR!

LOCATION:
Bridgeport YMCA
850 Park Ave.

For more information, please call
Maria Valentin at
203-334-5551 x2502 or
via email at mvalentin@cccymca.org

ENROLL TODAY

BRIDGEPORT YMCA
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P: 203.334.5551 | **F:** 203.334.2847 | **W:** www.bridgeportymca.org

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WORK FOR A CAUSE IN BRIDGEPORT

NOW HIRING FOR CHILD CARE PROGRAMS THROUGH EARLY START CT

We're hiring for:

- Early Childhood Education Teachers
- After School Program Staff
- Full-time child care roles available
- Immediate openings in Bridgeport

Why work for the Y:

- Free Y membership
- Program discounts
- Training and professional development
- Tuition support opportunities
- Full-time benefits package
- YMCA Retirement Fund contribution

Why this work matters:

- Support children and families in Bridgeport
- Help expand access to high-quality child care
- Be part of a mission-driven team

APPLY TODAY

- Email jrivera@cccymca.org with questions
- Visit our web site: cccymca.org/careers
- Scan the QR code for job openings

UPCOMING CCCY EVENTS

Alpha Community Services YMCA presents

A Home for the Holidays

You're Invited

Friday, November 20, 2026

7:00PM

Hartford HealthCare AMPHITHEATER

500 Broad St, Bridgeport, CT 06604

Get tickets, sponsor or donate at **https://cccymca.org/locations/alpha/a-home-for-the-holidays/**

Questions? Contact: Nick Hoffman, Executive Director at 203-366-2809 or nhoffman@cccymca.org

October 16–18, 2026

YMCA Camp Hi Rock

Mt. Washington, MA

Theme: Clarity

Live in Love & *Enjoy the Journey* RETREATS

Includes:
2 nights, 5 meals, workshops, yoga, new friends, time in nature, meditation, meaningful FUN.

Cost: $444-$667

EnjoyTheJourneyRetreats.com

LAKEWOOD-TRUMBULL YMCA

Have a Heart For a Cause Gala

To support Chronic Disease Programs

Save the date!

THURSDAY, FEBRUARY 4, 2027

6:00PM - 10:00PM

WATERVIEW

215 ROOSEVELT DR, MONROE, CT 06468

CENTRAL CONNECTICUT COAST YMCA

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401 Kossuth Street, Bridgeport CT 06608
P: 203-332-6447

RALPHOLA TAYLOR COMMUNITY CENTER
790 Central Ave, Bridgeport CT 06607
P: 203-576-7430

ALPHA COMMUNITY SERVICES YMCA
650 Park Avenue, Bridgeport CT 06605
P: 203-366-2809

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