BRIDGEPORT YMCA
FALL 1
PROGRAM GUIDE
HERE FOR YOU

YOU BELONG

We offer the greater Bridgeport community access to quality affordable child care, youth and teen programs, summer camp, swim lessons and safety around water programming.

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.

MEMBERSHIP FOR ALL

Youth Membership rates are based on a sliding scale according to household income. Contact the Y for details.

YOUR STAFF

Carmen Colon, Vice President – Bridgeport Ys
Maria Valentin, District Operations Director– Bridgeport Ys
Justine Dupree, Aquatics Director
Brenda Papageorge, Lighthouse Coordinator
Jadette Rivera, Senior Child Care Director
Veronica Vallejo, Youth and Family Coordinator
Isaac Vann, Program Specialist

BOARD OF MANAGERS

Phyllis Anderson
Lissette Colon
Crystal Engram
Elaine Foley
Ceasar Irby, Co-Chair
Terron Jones, Co-Chair
Blanca Kazmierczak
Heather Lange
Sarah Lewis
James Rollinson
Rev. Sara Smith
Regina Vermont

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.

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.

BRIDGEPORT YMCA

850 Park Avenue, Bridgeport, CT 06604
www.bridgeportymca.org
P 203 334 5551 F 203 334 2847
E bridgeportinfo@cccymca.org

FACILITY HOURS

Monday – Friday: 7:30am – 5:30pm
Saturday & Sunday: 9:00am – 4:30pm

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: News 8/My TV9, NBC CT -30 and CT Weather.

Ralphola Taylor Community Center

790 Central Avenue, Bridgeport, CT 06607
P 203 576 7430 F 203 576 7440

FACILITY HOURS

Monday-Friday: 11-7:30pm
Saturday: 11:00-3:00pm
Sunday: Closed
May be open additional hours for special events and programming. Holiday Hours may vary

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

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
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.

Donate to the Bridgeport YMCA Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

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.
YMCA EARLY CARE & LEARNING CENTERS

We are committed to providing a safe, loving environment for your child and aspire to meet his/her needs while promoting physical, social, emotional and cognitive development.

Weekly Curriculum; Age appropriate activities; Indoor and outdoor learning experiences; Credentialled teachers; CACFP food program; State licensed; NAEYC Accredited (The National Association for the Education of Young Children); Fees based on a sliding scale.

Locations:
YMCA Kolbe Education Center
401 Kossuth Street (Ages 8 weeks – 5 years)
203 332-6447

YMCA PALS 1 & PALS V
Bridgeport YMCA, 850 Park Avenue (Ages 3–5 years)
203 334-5551

Days & Times:
Monday – Friday, 7:30 a.m. – 5:30 p.m.

Openings Available. Enroll your child today!

ENGAGE BEYOND THE SCHOOL DAY
Ages: K–8th grade

What are your kids doing after school? At YMCA School Age Child Care program kids build self-esteem, values and leadership skills. You’ll know they are growing and exploring their potential; they’ll think they are just having fun! Our After School Program provides a safe environment where kids can focus on developing confidence and character with trained teachers and site directors guiding them. Our programs teach positive values for youth ages 5 to 11 years through role models, group activities and creative thought. Children enjoy supervised activities including homework time and a variety of recreational activities and games rather than the company of the TV set or the local street corner. A snack is also provided for those students. Programs run throughout the school year, with vacation days available too!

We are a provider of 8 after school sites in collaboration with the City of Bridgeport Lighthouse Program.

Beardsley School – 500 Huntington Road
Dunbar School – 445 Union Avenue
Luis Munoz Marin School – 479 Helen Street
John F. Kennedy Multicultural School – 700 Palisade Avenue
Read School – 130 Ezra Street
Park City Magnet – 1526 Chopsey Hill Road
Hall School – 290 Clermont Avenue
Madison School – 376 Wayne Street
Geraldine Magnet Academy – 240 Ocean Terrace

For more information please contact the Bridgeport Y at 203 334 5551.

Days & Times:
Monday – Friday, 3:00 – 5:30 p.m.

CARE4KIDS
The Bridgeport YMCA is licensed provider

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
GOOD FOOD CHANGES THE MOOD

The “International Cuisine” Culinary Club
This group studies the various types of cuisine of the world, as students are exposed to history, cultural influences, and common recipes. Students will learn the culinary art skills used within various geographic regions around the world. We will explore the traditions, customs, techniques, and major ingredients in specific cuisines. Join Our Certified Chef!

DATES: August 30 – October 18
TIMES: Wednesdays – 5:30pm – 7:30pm
AGES: Ages 11 – 18
FEES: $20 (one-time fee)

A SWEET ESCAPE FROM THE ORDINARY

Youth Baking Club
Our Youth Baking Club is an open environment where youth share a love for baking with peers who are also passionate about baking and working on recipes. The best part is, we get to bring home our baked goods, if we don’t eat them all up during the club meeting. Measuring, mixing and kneading are a few actions in baking that will allow your child to enhance their motor functions, control, and strength. Come Bake with Us!

DATES: August 29 – October 19
TIMES: 5:30pm – 7:30pm
GROUP 1: Tuesdays – Ages 6 – 9
GROUP 2: Thursdays – Ages 10 – 17
FEES: $15 (one-time fee)

PLANTING SEEDS IN OUR COMMUNITY GARDEN

Gardening Club
Apart from just being a way to occupy time, tending to plants is a great way to bring purpose, fulfillment, and joy to our lives. Learn, grow and share with like-minded peers with the common goal to build and maintain our very own, on-site Community Garden.

DATES: August 29 – October 17
TIMES: Tuesdays – 5:30pm – 6:30pm
AGES: Ages 6 – 18
FEES: $10 (one-time fee)

ACCESS TO TECHNOLOGY AT THE Y

Computer Club
Our Computer Lab is open for youth to have access to technology in a safe environment. 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.

DATES: August 28 – October 20
TIMES: Monday – Friday – 3:30pm – 8:30pm
AGES: Ages 5 – 18
FEES: $40 (one-time fee)
YOUTH DEVELOPMENT

GIVING, RELIABLE, EQUITABLE, AWARE AND TRUSTWORTHY
The G.R.E.A.T. Youth Movement
A group mentoring experience that is designed to engage the youth in caring for and helping to uplift the community. We work to enhance the character within our group members through team building, trainings, workshops, volunteer service and activities that promote personal growth, social development and leadership skills.

WHEN: Wednesdays 6:00pm - 7:00pm
AGES: Ages 9 – 17
FEES: FREE

OPPORTUNITY IMAGINATION AND CREATIVITY AT THE Y
Krafty Kidz Arts & Crafts Club
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 #1 goal of the Krafty Kidz Club at the Y.

DATES: August 28 – October 16
TIMES: Mondays – 5:30pm - 6:30 pm
AGES: Ages 5 – 14
FEES: $10 (One time fee)

BASKETBALL SKILLS AND DRILLS
We are back doing Skills and Drills for the youth. Our goal is get them conditioned, sharpen their Basketball IQ and enhance their skillset, JOIN US.

DATES: August 29 – October 19
DAYS: Tuesdays & Thursdays
TIMES: 5:30 pm - 7:00 pm
FEES: $30 per player (one time fee)

THE CONTROL IS IN YOUR HANDS AT THE Y
Video Game Club
The Video Game Club 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!

WHEN: Mondays – Friday
TIME: 5:30 pm - 8:30 pm
AGES: Ages 8 – 18
FEES: $40 per child (one time fee)

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
YOUTH DEVELOPMENT

AT THE RALPHOLA TAYLOR COMMUNITY CENTER

JUST KICKIN’ IT!
YOUTH INDOOR KICKBALL CLUB
JOIN US and get caught up to speed with the fundamental skills of kickball. Learn sportsmanship, teamwork and make friends in a fun and safe environment. Learning this classic game also enhances the knowledge and skillset for both softball and baseball.

DATES: August 30 – October 18
DAYS: Wednesdays
AGES: 8 years old – 13 years old
TIMES: 5:30 pm – 7:00 pm
FEES: $10 per player (one time fee)

MOVIE NIGHT EVERY FRIDAY AT THE Y
(8 Weeks – 8 Movies)
A great way to promote family bonding time is our weekly Family Movie Night. JOIN US, to watch a variety of newer and classic films, together as a community. All Ages Welcome.

DATES: September 1 – October 20
TIMES: 6:15 pm (Doors open at 6:00pm)
FEES: $10 (one time fee)

DODGE, DUCK, DIP, DIVE AND DODGE AT THE Y
Dodgeball Club
The Dodgeball Club is a place for youth to learn, grow and enjoy the classic game of dodgeball in a fun, safe and competitive environment. JOIN the FUN!

DATES: August 29 – October 19
DAYS: Tuesdays & Thursdays
AGES: 8 years old – 17 years old
TIMES: 7:00 pm – 8:30 pm
FEES: $10 per player (one time fee)

SERVE, SET, DIG AND SPIKE AT THE Y
Volleyball Club
The Volleyball Club is a place for youth to learn, grow and enjoy the game of volleyball in a fun, safe and friendly environment. We learn and practice the fundamentals, then put them into action with live game play, every week. JOIN the FUN!

DATES: August 30 – October 18
DAYS: Wednesdays
AGES: 8 years old – 14 years old
TIMES: 7:00 pm – 9:00 pm
FEES: $10 per player (one time fee)

HOW TO REGISTER: EMAIL THE FOLLOWING INFORMATION – CHILD: FIRST NAME, LAST NAME & AGE
EMAIL INFORMATION TO: IVANN@CCCYMCA.ORG

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

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
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.

**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 – 48 months
*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.

**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.

**YOUTH DEVELOPMENT**

**SWIMMING LESSONS**

**STRONG SWIMMERS = CONFIDENT KIDS**

More information online at BridgeportYMCA.org
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.

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.

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.

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:
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 threading water and elementary backstroke.

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.

SWIM STROKES
Stage 6 / Stoke 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.

ADULT FIT
(18 yrs & older)
WEDNESDAYS  7:00-7:45pm
$140 (flat rate)

CLASS LEVEL POLICY
For correct placement, we reserve the right to transition children up or down a swim level at time during the session.

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
FALL 2023 Group Swim Lesson Schedule: Registration is open now! Classes begin September 5 through October 21

Who can take swim lessons? Everyone! Babies, youth and adults: it is never too early or too late to learn how to swim. Swimming is a lifelong sport: Our swim students build self-confidence, a sense of community with peers, lifesaving skills and a healthy routine. Financial aid is available for youth programming for those who qualify, inquire within Bridgeport YMCA.

### Stages of Learning

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>THURSDAY</th>
<th>WEDNESDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Swim Starters</strong>&lt;br&gt;Water Discovery &amp; Exploration&lt;br&gt;6 months-3.5 years&lt;br&gt;30 minutes&lt;br&gt;(1 parent/1 child in pool during lesson)&lt;br&gt;-Children who are 3 years old or younger should participate in Swim Starters class to ready for preschool swim lessons.&lt;br&gt;Swim Starters prepares the child for independent preschool lessons where they must be able to hold the wall, listen to directions and engage with others.&lt;br&gt;&lt;br&gt;Please note children who are not yet potty trained must have a swim diaper on in addition to swim wear, 1 parent/guardian must accompany baby in water during class, no siblings.</td>
<td>4:30 PM</td>
<td>4:30 PM</td>
<td>4:30 PM</td>
</tr>
<tr>
<td><strong>Level 1 Preschool (BEG)</strong>&lt;br&gt;Swim Basics-Water Acclimation&lt;br&gt;3.5-5 years</td>
<td>4:30 PM</td>
<td>4:30 PM</td>
<td>4:30 PM</td>
</tr>
<tr>
<td><strong>Level 1 School Age (BEG)</strong>&lt;br&gt;Swim Basics-Water Acclimation&lt;br&gt;6-12 years&lt;br&gt;30 minutes</td>
<td>6:20 PM</td>
<td>11:15 AM</td>
<td>6:20 PM</td>
</tr>
<tr>
<td><strong>Level 2/3 Preschool (Beg/Int)</strong>&lt;br&gt;Swim Basics-Water Movement &amp; Stamina&lt;br&gt;3.5-5 years</td>
<td>5:05 PM</td>
<td>5:05 PM</td>
<td>5:10 PM</td>
</tr>
<tr>
<td><strong>Level 2/3 School Age (Beg/Int)</strong>&lt;br&gt;Swim Basics-Water Movement &amp; Stamina&lt;br&gt;6-13 years</td>
<td>5:45 PM</td>
<td>11:50 AM</td>
<td>5:45 PM</td>
</tr>
<tr>
<td><strong>Level 4/5 School Age (Int/Adv)</strong>&lt;br&gt;Swim Strokes-Stroke Introduction&lt;br&gt;6-13 years&lt;br&gt;45 minutes</td>
<td>5:40 PM</td>
<td>5:40 PM</td>
<td>12:25 PM</td>
</tr>
<tr>
<td><strong>Level 5/6 School Age (Int/Adv)</strong>&lt;br&gt;Swim Strokes-Stroke Development &amp; Mechanics&lt;br&gt;6-13 years&lt;br&gt;45 minutes</td>
<td>5:40 PM</td>
<td>5:40 PM</td>
<td></td>
</tr>
</tbody>
</table>
INTRO TO SWIM TEAM
An introduction to the Bridgeport Stratford Ys Swim Team Program geared for intermediate swimmers ages six and up. The BSY Intro Team is the natural progression from YMCA swim lessons with no swim meets. Swimmers will focus on fun, fitness, stroke technique, and learn swim team drills. Swimming is a lifelong sport which develops fitness, self-esteem and lasting friendships.

Facility Member: $103/ Program Participant: $206
Days: Tuesday and Thursdays
Time: 6:30pm – 7:30pm

OPEN SWIM
Bring the kids to our warm water pool for quality family time during Open Swim. Families are welcome to bring children of all ages to enjoy our pool. Children under the age of 12 must have a supervising adult with them in the pool area. Children 9 and under are required to have a parent in the water, ages 9–12 need a parent on deck. We enforce a swim test for deep end swim. All ages must take a swim test under the lifeguard’s discretion.

Days: Saturdays
Time: 2:15 pm - 3:15 pm
Fee: Adults (ages 18+) $5 & Youth (ages 0–17) $3
Youth Members – FREE

POOL RENTAL PACKAGE
Enjoy an hour of swimming in our heated pool with family and friends. Children unable to swim independently including those that require assistance from flotation devices must be accompanied in the water by a parent or guardian. This will count toward your total participants. If you are a faith-based organization looking to do a baptism, please contact the Aquatics Director for more details.

Availability: Saturday afternoon
Rates: $250 (max 25 participants).

Additional fees may apply depending on number of participants.

Location: 850 Park Avenue, Bridgeport, CT 06604

Contact the Aquatics Department for more details or to schedule a tour and learn more about the facility.

Justine Dupree
Aquatic Director,
jdupree@cccymca.org, P: 203-334-5551

GROUP SWIM LESSONS

30-MINUTE LESSON (BEG/INT LEVELS):
$190 PROGRAM PARTICIPANT
$95 FACILITY MEMBER

45-MINUTE LESSON (INT/ADV LEVELS):
$198 PROGRAM PARTICIPANT
$99 FACILITY MEMBER

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
Alpha Community Services YMCA, a Bridgeport area pioneer in providing services dedicated to the homeless, has been a branch of the Central Connecticut Coast YMCA since 1992. As part of the Y, Alpha Community Services YMCA has grown and expanded its services, striving to provide not just temporary shelter but also a path to a better life for those experiencing homelessness. For clients who need more than temporary shelter,

Alpha Community Services YMCA provides extended services through Permanent Supportive Housing (PSH) and Rapid Rehousing (RRH) Case Management which are provided in a variety of settings encompassing hundreds of units across Fairfield Country. Partnering with community resources, Case Managers help clients access applicable financial supports like and services like healthcare, counseling, or job training. Many programs are offered on site and include enrichment and self-care options.

“The Y opens doors for so many people.”

“The Y is a place where you can come and make connections and become stronger and realize who you are.”

“The YMCA is a safe space that I can go to in this community.”

**ALPHA COMMUNITY SERVICES YMCA** provides:

- **Emergency shelter services** for families and individuals.
- **Supportive services** to over 400 clients each year through Permanent Supportive Housing.
- **Individuals and families an assessment with a CAN Navigator** once connected through 211.
- **Community partnerships and resources** to help clients access applicable supports
- **Links residents to mental health, substance abuse, medical resources, educational opportunities and other services in the community**

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
SOCIAL RESPONSIBILITY

LOCATION

The Bridgeport South End Community Center on 650 Park Avenue serves as the Alpha Community Services YMCA Administrative Office. Case management and client group sessions supported by grants and the Y Annual Campaign are also conducted at this site.

IF YOU ARE CURRENTLY HOMELESS AND SEEKING SERVICES, PLEASE CALL 2-1-1.

FAMILIES AND INDIVIDUALS GETTING THEIR KEYS

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
HEALTHY LIVING

HEALTH AND WELLNESS

YMCA360 ON-DEMAND AND LIVE

At the YMCA we believe that when people experience all that our Y has to offer, they will be drawn into supportive, healthier relationships with one another and their community.

YMCA360 is an on-demand video platform for our Y community. YMCA360 offers 1000+ group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more. Watch this brief introduction!

These programs are free to all full-facility members of the Central Connecticut Coast YMCAs.

From your desktop, laptop, tablet, smart TV or mobile device, YMCA360 is available wherever you are with an internet connection. Instructions for access:

Please visit ymca360.org

- Click the login button
- Enter your email address, click continue
- Enter your zip code, click continue
- Click your YMCA
- You will receive a 6 digit email code, via email
- Enter this code, click continue
- You will be let in!

Please reach out to the Y with questions or check our YMCA360 FAQs for CCCY Members. If you have a recommendation for a new program, please let us know.

FALL 1 SESSION

September 5 – October 22
PROGRAM REGISTRATION DATES
Facility Member – August 7
Program Participant – August 14

FALL 2 SESSION

October 23 – December 17
PROGRAM REGISTRATION DATES
Facility Member – October 2
Program Participant – October 9

Are you looking for a place to host your next birthday party, meeting, training or special event? The Bridgeport YMCA, 850 Park Avenue, and South End Community Center, 650 Park Avenue, can accommodate short term, full day or extended events.

To schedule a tour, learn more about the facility, or to inquire about pricing and availability, please contact the Members Service Desk at 203-334-5551.
HEALTHY LIVING

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.