FOREVER CARING.
Bridgeport YMCA Program Guide
Fall 11 Program Session
October 25-December 19, 2021
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
Terry McCarthy, Executive Director of Child Care Services
Justine Dupree, Aquatics Director
Brenda Gaffney, Lighthouse Coordinator
Camille Harris, Youth and Family Coordinator
Shaquella Howard, Child Care Director
Casey McCarthy, District Facility Director
Ken Neal, Youth and Family Coordinator
Maria Valentin, Senior Director of Quality Assurance and Administration

BOARD OF MANAGERS
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Heather Lange
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Sarah D. Lewis
James Rollinson
Rev. Sara Smith

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

FACILITY HOURS
Mon–Friday 7:30am–5:30pm

BRIDGEPORT YMCA AT THE 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: 11:00–3:30pm
Sunday: Closed
May be open additional hours for special events and programming.

WEATHER POLICY: In the event of inclement weather related closures, we will post information on our Web Site, Facebook,

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
SOCIAL RESPONSIBILITY

The Bridgeport YMCA is a branch of the CENTRAL CONNECTICUT COAST YMCA which provides citizens within twenty-five Connecticut towns and cities with access to the extraordinary, lifesaving and enriching programs and opportunities, and we need your help, now more than ever.

With our doors open to all, we bring people together 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.

When you donate to the Bridgeport YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community. For which, we are FOREVER GRATEFUL.

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.

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
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: $80 / Community Member: $160
Thursday 12:30pm–1:00pm, 1:00pm–1:30pm

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: $80 / Community Member: $160
Wednesday, 4:00pm–4:30pm
Saturday, 10:00am–10:30am
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:** $80 / **Community Member:** $160

**Preschool 30 minutes**
Tuesday, 4:30pm
Wednesday, 5:30pm, 6:00pm, 6:30pm
Thursday, 4:30pm
Saturday, 10:35am

**School Age 30 minutes**
Tuesday, 4:30pm
Wednesday, 5:30pm, 6:30pm
Thursday, 4:30pm
Saturday, 10:35am, 11:45am

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:** $84 / **Community Member:** $168

School Age 45 minutes–Wednesdays, 4:30pm

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:** $80 / **Community Member:** $160

**Preschool 30 minutes – Wednesday, 6:00pm**
**Preschool 30 minutes – Saturday, 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.

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
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

**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.

**Member:** $84 / **Community Member:** $168

- School Age 45 minutes – Tuesday 5:15pm
- School Age 45 minutes – Thursday 5:15pm
- School Age 45 minutes – Saturday 12:15pm

**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:** $84 / **Community Member:** $168

- School Age 45 minutes – Tuesday 5:15pm
- School Age 45 minutes – Thursday 5:15pm

**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.

**Member:** $84 / **Community Member:** $168

- School Age 45 minutes – Tuesday 5:15pm
- School Age 45 minutes – Thursday 5:15pm
- School Age 45 minutes – Saturday 12:15pm

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.

**Member:** $84 / **Community Member:** $168

- Practice 3 Days: Tuesdays and Thursdays, 6:00pm

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
**ADAPTIVE SWIM LESSONS**

**Ages:** All

We provide classes of all kinds for children with diverse abilities. Classes are tailored around the individual or group’s needs. Instructors will lead the class in water adjustment, water safety and stroke development. An emphasis will be placed on increasing flexibility, balance, range of motion, muscle tone and coordination as well as general social skills.

**Package:** 30 minutes – 6 sessions $150.00

Contact Justine Dupree, Aquatic Director at 203 334 5551 for more information.

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**SPLASH INTO HEALTH**

**Adult Fit**

Our program is designed to give adult swimmers a group setting for their workouts, improve your techniques and physical fitness. Enjoy our heated indoor pool, which also helps your joints move easily. Participants use equipment provided to stay afloat, water weights for resistance and other tools.

**Adult (18+) Wednesdays, 7:00pm**

**Fee:** $125 per program session

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**PRIVATE AND SEMI PRIVATE SWIM LESSON**

**Ages:** 3 and up

One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant.

**Registration:**

You may register by filling out a Private Lesson Request Form at the member service desk.

Contact Justine Dupree, Aquatic Director at 203 334 5551 for more information.

**Individual Lessons:** $50 for 1 / $90 for 2 / $160 for 4

**Semi-Private Lessons:** $60 for 1 / $110 for 2 / $200 for 4
YOUTH DEVELOPMENT

CHILD CARE

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; Credentialed teachers; CACFP food program; State licensed; NAECY 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)
P 203 332 6447

YMCA PALS 1 & PALS V
850 Park Avenue (ages 3-5 years)
P 203 334 5551

Open Year Round Monday-Friday, 7:30am-5:30pm

CARE4KIDS
The Bridgeport YMCA is a licensed provider with the state Care 4 Kids program.

AFTER SCHOOL PROGRAM

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 9 after school sites in collaboration with the City of Bridgeport Lighthouse Program:

Beardsley School – 500 Huntington Road
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 Claytor Magnet Academy – 240 Ocean Terrace
Dunbar School: Ralphola Taylor Community Center YMCA – 790 Central Avenue

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

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

BASKETBALL SKILLS AND DRILLS

We will be hosting basketball skills and drills for boys and girls in the surrounding area. These sessions will provide a safe, fun learning environment for your child to strengthen his or her game.

**Tuesdays and Thursdays**

 Grades K-2  6:30pm-7:15pm  
 Grades 3-6  7:30pm-8:15pm  
 Grades 7-12  8:15pm-9:00pm

**Saturdays**

 Grades K-2  1:00pm-1:45pm  
 Grades 3-6  1:45pm-2:30pm  
 Grades 7-12  2:30pm-3:15pm

**Fee:**  $100

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SOCCER CLINIC

The soccer clinic is for players of all skill levels. Classes will focus on individual ball skills, proper technique, and knowledge of the game. Our goal is to establish a sustainable community that will support the talent and dreams of the children in our program.

**Wednesdays and Fridays**

 Ages 5-8  6:00pm-6:45pm  
 Ages 9-11  6:45pm-7:30pm

**Fee:**  $50

**Contact:** Ken Neal P: 203-576-7430  
E: kneal@cccymca.org

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INSTRUCTIONAL FLAG FOOTBALL

Participants will learn the fundamentals of football. The goal of the program is to provide a safe and fun learning environment for your child to learn the game.

**Mondays**

 Ages 5-7  5:30-6:30pm  
 Ages 9-11  6:30-7:30pm

**Fee:**  $35

**Contact:** Ken Neal P: 203-576-7430  
E: kneal@cccymca.org

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More information online at CCCYMCA.ORG/LOCATIONS/RALPHOLA