



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOREVER SUPPORTIVE

Program Guide

Spring April 26–June 20, 2021

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
Terry McCarthy, Executive Director of
Child Care Services

Justine Dupree, Aquatics Director
Brenda Gaffney, Lighthouse Coordinator
Camille Harris, Youth and Family Director
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

Phyllis Anderson
Teresa Brown
Lissette Colón
Jorge Garcia
Lashea Hall
Tim Hammill
Dr. Ceasar Irby
Heather Lange
Terron Jones
Blanca Kazmierczak
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: 11:00-3:00pm

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.

SOCIAL RESPONSIBILITY



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. These programs are committed to build youth of strong character, close the educational achievement gap, improve health outcomes socially, emotionally and physically and to put an end to chronic homelessness.

When you donate to the Bridgeport YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

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](https://bridgeportymca.org)

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

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 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

Thursdays 12:30pm-1:00pm, Fridays 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

Thursdays 12:30pm-1:00pm, Fridays 1:00pm-1:30pm



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: \$80/ Community Member: \$160

Preschool 30 minutes - Tuesdays, 4:30pm

Preschool 30 minutes - Thursdays, 4:45pm

School Age 30 minutes - Tuesdays, 4:30pm

School Age 30 minutes - Thursdays, 4:45pm

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: \$80/ Community Member: \$160

Preschool 30 minutes - Tuesdays, 4:30pm

Preschool 30 minutes - Thursdays, 4:45pm

School Age 30 minutes - Tuesdays, 4:30pm

School Age 30 minutes - Thursdays, 4:45pm

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 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 - Wednesdays, 5:30pm

School Age 30 minutes - Thursdays, 5:45pm



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.

YOUTH DEVELOPMENT

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 treading water and elementary backstroke.

Member: \$80/ Community Member: \$160

Preschool 30 minutes - Wednesdays, 5:30pm

School Age 45 minutes - Tuesdays, 5:15pm

School Age 45 minutes - Wednesdays, 4:30pm

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: \$84 / Community Member: \$168

School Age 45 minutes - Tuesdays or Thursdays 5:15pm

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: \$84 / Community Member: \$168

School Age 45 minutes - Tuesdays or Thursdays, 5:15pm

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, Wednesdays and Thursdays



OBSERVATION POLICY

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

YOUTH DEVELOPMENT

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 \$135.00

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

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



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; 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)
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.

Wednesday	Ages 5-8	3:00-4:30pm
	Ages 9-14	3:00-4:30pm
Saturday	Ages 5-8	11:00-12:30pm
	Ages 9-14	11:00-12:30pm
Fee:	\$45	



THE ALLSTAR YOUTH LEAGUE

Join our co-ed basketball league for K-8 graders in the surrounding area. Participating in youth basketball is a great way to make new friends and play your favorite sport. Players will be assigned to a team. There will be one game a week with 7 games guaranteed for each team.

Days: TBD

Ages: 6-8
9-11

Contact: Ken Neal, P: 203 576 7430, E: kneal@cccyymca.org



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.

Days: Fridays
Ages: 5-8
Time: 6:00-7:00pm
Fee: \$40



TAEKWONDO

Join Maser Gomez as he enhances self-esteem by increasing your physical and mental strength. Develop discipline by thoroughly training your body and mind with the techniques of Tae Kwon Do.

Tuesdays & Thursdays

Ages 10-14 6:00-7:00pm
Ages 18+ 7:00- 8:00pm

Fee:

(10-14) \$90
(18+) \$150

