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
Lissette Colon
Crystal Engram
Elaine Foley
Thomas Gaudett
Maria Gomes
Ceasar Irby, Co-Chair
Terron Jones, Co-Chair
Blanca Kazmierczak
Heather Lange
Sarah Lewis
Katherine Rosario
James Rollinson
Rev. Sara Smith

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

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

STATEDMENT 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.

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
SOCIAL RESPONSIBILITY

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.

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
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)
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!

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
YOUTH DEVELOPMENT

AFTER SCHOOL

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.

CAMP

2024 DAY CAMP REGISTRATION

YMCA Summer Day Camp is an experience like none other. Kids come away with new skills, confidence and friendships that broaden their perspectives and strengthen their character.

DAY CAMP REGISTRATION IS OPEN So that we can maintain camper to staff ratios, we may have session waiting lists. The Day Camp Registration Fee is $25.

Our camp programs fill up fast, so make plans to reserve your spot!

Here are a few tips for registering for our Summer Camp programs. **We highly recommend registering On-Line!**

Please review our Camp Brochure, Parent Handbook and Registration Packet in advance so that you have all the necessary information available. Consider deciding your child’s Camp Group or Unit before beginning to register. This information is in the Camp Brochure.

- Our registration program works best from a desk top or laptop computer. We do not recommend using a mobile device such as a cell phone.
- We anticipate on-line registration to take less than 30 minutes per child. Please note, our system does time out after 60 minutes of inactivity.
- All on-line registrations will be reviewed by the Y to ensure accuracy.
- At the Y, everyone is invited and encouraged to participate! If you plan to apply for Financial Aid or require a payment plan, please register in-person at the Y.
- Sometimes things happen. If our registration system is experiencing any issues, slowness or capacity problems, they will be posted here.
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: February 26–April 21
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: February 26–April 21
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: February 26–April 21
TIMES: Thursdays – 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: February 26–April 21
TIMES: Monday – Friday – 5:30pm – 8:30pm
AGES: Ages 5 – 18
FEES: $20 (one-time fee)
YOUTH DEVELOPMENT

AT THE RALPHOLA TAYLOR COMMUNITY CENTER

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: Mondays 5:30pm - 6:30pm
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: February 26–April 21
TIMES: Wednesdays- 5:30pm - 6:30 pm
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: February 26–April 21
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: 8 - 18
FEES: $25 per child (one time fee)

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
YOUTH DEVELOPMENT

AT THE RALPHOLA TAYLOR COMMUNITY CENTER

MOVIE NIGHT EVERY FRIDAY AT THE Y

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: February 26–April 21
TIMES: 6:00 pm (Doors open at 5:45pm)
FEES: FREE

JUST KICKIN’ IT! YOUTH INDOOR SOCCER CLUB

JOIN US and get caught up to speed with the fundamental skills of soccer. Learn sportsmanship, teamwork and make friends in a fun and safe environment. Join Us to learn the game and play the game each week.

DATES: February 26–April 21
GROUP 1: Tuesday 7:00pm – 8:30pm: Ages 6 – 12
GROUP 2: Wednesday 5:30pm – 7:00pm: Ages 6 – 12
FEES: $15 per player (one time fee)

PUT ON YOUR DANCING SHOES

Dance Club: Introduction to SALSA
Salsa is the result of combining many Latin and Afro-Caribbean dances, a fusion of Cuban, Puerto Rican and African rhythms, that is one of the most popular Latin American dances. Our goal is to encourage youth to learn and have fun in a friendly atmosphere that embodies cultural awareness. Come learn to Dance Salsa with us.

DATES: February 26–April 21
DAYS: Mondays
AGES: 9 – 17
TIMES: 7:00 pm – 9:00 pm
FEES: $10 per dancer (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: February 26–April 21
DAYS: Thursdays
AGES: 8 – 14

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
YOUTH DEVELOPMENT

AT THE RALPHOLA TAYLOR COMMUNITY CENTER

HOMEWORK & FUN
Afterschool Club

Our After School Club is designed to help children with their homework and then engage them in structured, fun activities and sports during the after school hours. Our staff are young, fun, caring and creative. JOIN US After School!

DATES: February 26–April 21
DAYS: Monday–Friday
AGES: 5–12
TIMES: 3:00 pm – 5:30 pm
FEES: $20 per week

<table>
<thead>
<tr>
<th>Monday</th>
<th>Afterschool Club Ages 5–12</th>
<th>3:00pm – 5:30pm</th>
<th>Video Game Club Ages 5–18</th>
<th>5:30pm – 8:30pm</th>
<th>Computer Club Ages 5–18</th>
<th>5:30pm – 8:30pm</th>
<th>G.R.E.A.T Youth Movement Ages 9–17</th>
<th>5:30pm – 6:30pm</th>
<th>(Dance) Salsa: Ages 8–14</th>
<th>6:00pm – 7:00pm</th>
<th>KARAOKE CLUB Ages 5–17</th>
<th>6:00pm – 8:00pm</th>
<th>OPEN GYM: All Ages</th>
<th>5:30pm – 9:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Afterschool Club Ages 5–12</td>
<td>3:00pm – 5:30pm</td>
<td>Computer Club Ages 5–18</td>
<td>5:30pm – 8:30pm</td>
<td>BAKING CLUB Ages 6–9</td>
<td>5:30pm – 7:30pm</td>
<td>SKILLS &amp; DRILLS BASKETBALL TRAINING Ages 8–14</td>
<td>5:30pm – 7:00pm</td>
<td>SOCCER CLUB Ages 6–12</td>
<td>7:00pm – 9:00pm</td>
<td>SKILLS &amp; DRILLS BASKETBALL TRAINING Ages 8–14</td>
<td>5:30pm – 7:00pm</td>
<td>VOLLEYBALL CLUB Ages 8–14</td>
<td>7:00pm – 9:00pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Afterschool Club Ages 5–12</td>
<td>3:00pm – 5:30pm</td>
<td>Computer Club Ages 5–18</td>
<td>5:30pm – 8:30pm</td>
<td>&quot;KRAFTY KIDZ&quot; Arts &amp; Crafts Club Ages 5–14</td>
<td>5:30pm – 6:30pm</td>
<td>COOKING CLUB Ages 11–18</td>
<td>5:30pm – 7:30pm</td>
<td>SOCCER CLUB Ages 6–12</td>
<td>5:30pm – 7:00pm</td>
<td>SKILLS &amp; DRILLS BASKETBALL TRAINING Ages 8–14</td>
<td>5:30pm – 7:00pm</td>
<td>VOLLEYBALL CLUB Ages 8–14</td>
<td>7:00pm – 9:00pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>Afterschool Club Ages 5–12</td>
<td>3:00pm – 5:30pm</td>
<td>Computer Club Ages 5–18</td>
<td>5:30pm – 8:30pm</td>
<td>GARDENING CLUB Ages 6–18</td>
<td>5:30pm – 6:30pm</td>
<td>BAKING CLUB Ages 10–17</td>
<td>5:30pm – 7:30pm</td>
<td>SKILLS &amp; DRILLS BASKETBALL TRAINING Ages 8–14</td>
<td>5:30pm – 7:00pm</td>
<td>VOLLEYBALL CLUB Ages 8–14</td>
<td>7:00pm – 9:00pm</td>
<td>VOLLEYBALL CLUB Ages 8–14</td>
<td>7:00pm – 9:00pm</td>
</tr>
<tr>
<td>Friday</td>
<td>Afterschool Club Ages 5–12</td>
<td>3:00pm – 5:30pm</td>
<td>Computer Club Ages 5–18</td>
<td>5:30pm – 8:30pm</td>
<td>OPEN GYM: All Ages</td>
<td>5:30pm – 9:00pm</td>
<td>MOVIE/AVENT NIGHTS All Ages Doors Open 5:45pm Movie Starts 6:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Pricing:

- $10 Groups: Gardening Club
- Krafty Kidz Club
- Volleyball Club
- Soccer Club
- Tae Kwan Do
- Karaoke Club
- Pokemon Club

- $15 Groups: Baking Club
- Soccer Club

- $20 Groups: Cooking Club
- Computer Club
- After School Club
- After School is $20 per week

- $25 Groups: Video Game Club

- $30 Groups: Skills & Drills Ball

- FREE Groups: Open Gym
- G.R.E.A.T Youth Movement
- Movie Night

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

STAGE

AGE GROUP

6 months - 3 years
Parent* & Child

3 years - 5 years
Preschool

5 years - 12 years
School Age

12+ years
Teen & Adult

SWIM STARTERS
Stages A-B

SWIM BASICS
Stages 1-4

SWIM BASICS
Stages 1-6

School Age
SWIM STROKES

Stages 1-6

Teen & Adult

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

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

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
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.

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
**WINTER 2 2024 Group Swim Lessons**: Session dates February 27–April 20. Our swimmers build self-confidence, sense of belonging with peers, lifesaving skills and healthy routine. Financial aid is available for youth programming to those whose qualify, inquire within. Questions regarding programming, please speak to Aquatic Team: Miss Justine or Miss Harmony before registering, we look forward to serving your family, thank you.

<table>
<thead>
<tr>
<th>Stages of Learning</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim Starters-</td>
<td></td>
<td></td>
<td></td>
<td>10:00AM</td>
</tr>
<tr>
<td>Water Discovery &amp; Exploration</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 months-3 years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(1 parent/1 child)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 1: Preschool</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>10:30AM</td>
</tr>
<tr>
<td>Swim Basics–Water Acclimation</td>
<td></td>
<td></td>
<td></td>
<td>11:00AM</td>
</tr>
<tr>
<td>BEGINNER</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-5 years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 1: School Age</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>4:30PM</td>
<td>10:30AM</td>
</tr>
<tr>
<td>Swim Basics–Water Acclimation</td>
<td></td>
<td></td>
<td></td>
<td>11:00AM</td>
</tr>
<tr>
<td>BEGINNER</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-13 years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 2/3: Preschool</td>
<td>5:00PM</td>
<td>5:00PM</td>
<td>5:00PM</td>
<td>11:30AM</td>
</tr>
<tr>
<td>Swim Basics–Water Movement &amp; Stamina</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>INTERMEDIATE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-5 years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 2/3 School Age</td>
<td>5:00PM</td>
<td>5:00PM</td>
<td>5:00PM</td>
<td>11:30AM</td>
</tr>
<tr>
<td>Swim Basics–Water Movement &amp; Stamina</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>INTERMEDIATE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-13 years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 4: School Age</td>
<td>5:30PM</td>
<td></td>
<td>5:30PM</td>
<td>12:00PM</td>
</tr>
<tr>
<td>Swim Strokes–Stroke Intro.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>INT/ADVANCED</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-13 years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 5/6: School Age</td>
<td>5:30PM</td>
<td></td>
<td>5:30PM</td>
<td>12:00PM</td>
</tr>
<tr>
<td>Swim Strokes–Stroke Development/Mechanics</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>INT/ADVANCED</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-13 years</td>
<td>45 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

12

**MORE INFORMATION ONLINE AT BRIDGEPORTYMYMCA.ORG**
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: 6:15pm – 7:15pm

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: 1:00pm–2:00pm
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

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

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
SOCIAL RESPONSIBILITY

ALPHA COMMUNITY SERVICES YMCA

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 County. 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.
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.

WINTER 2 SESSION

February 26– April 21

PROGRAM REGISTRATION DATES
Facility Member – February 5
Program Participant – February 12

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

Save the date for Healthy Kids Day: April 20, 2024!

Healthy Kids Day® is the Y’s national initiative to improve the health and well-being of kids and families. For over 30 years, YMCAs and their communities hosted free community events aimed to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond.
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
LAKEWOOD-TRUMBULL BRANCH *20 Trefoil Drive, Trumbull CT 06611 P 203 445 9633
NEW HAVEN YMCA 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.

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG