



# BRIDGEPORT YMCA WINTER 2 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

Lisette 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](http://www.bridgeportymca.org)

P 203 334 5551 F 203 334 2847

E [bridgeportinfo@cccymca.org](mailto: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.

## 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.

## 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.

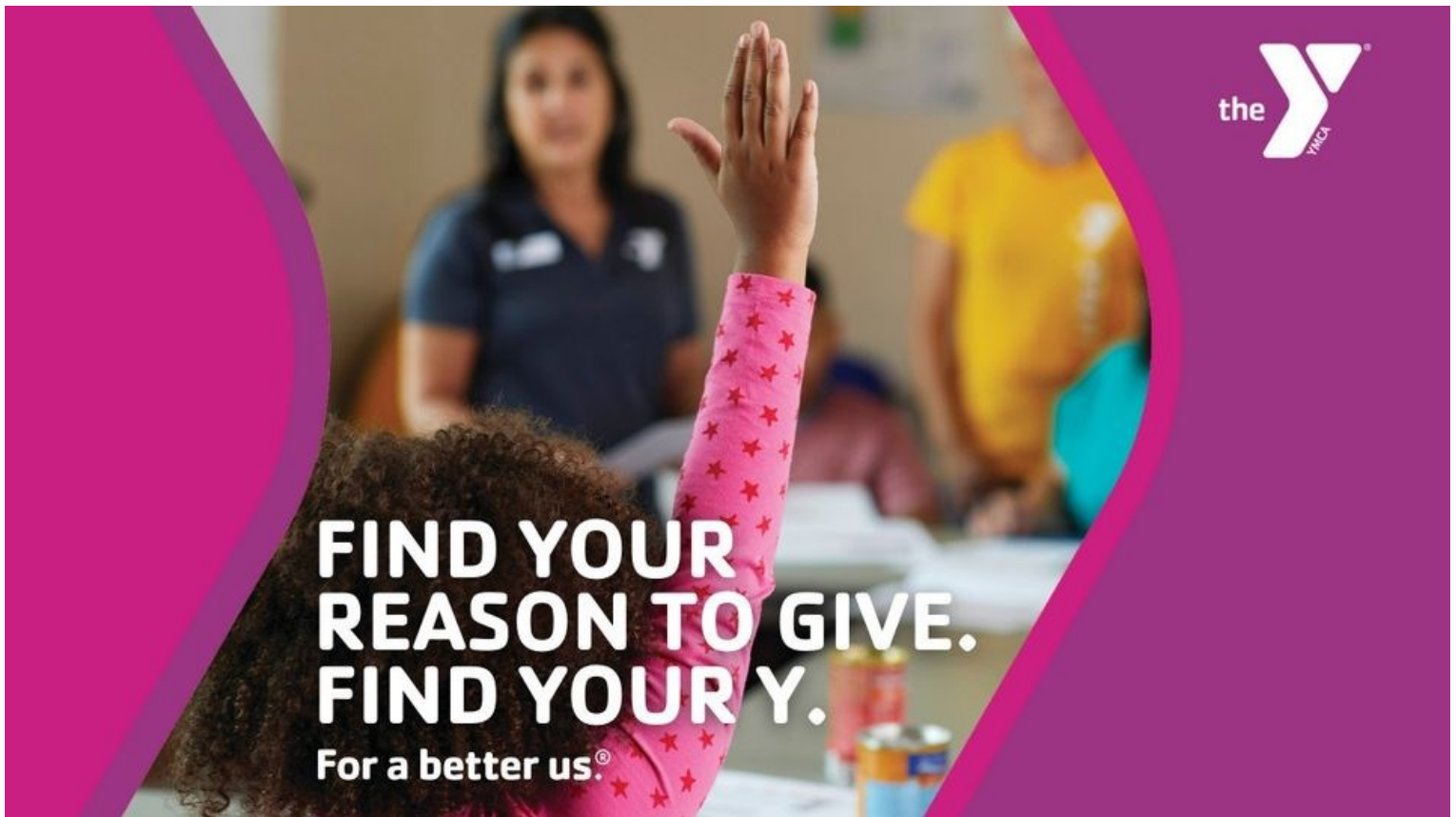
Holiday Hours may vary



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



# 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.

<b>Child Care</b> Page 4	<b>After-School/Camp Programs</b> Page 5	<b>At the Raphaela Taylor Community Center</b> Pages 6-9	<b>Swimming Lessons</b> Pages 10-13	<b>Alpha Community Services</b> Page 14-15	<b>Health and Wellness</b> Pages 16-17
-----------------------------	---	---	--	---	---

# 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)

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!**



**CARE4KIDS**

The Bridgeport YMCA is licensed  
provider



# YOUTH DEVELOPMENT

## AFTER SCHOOL

### ENGAGE BEYOND THE SCHOOL DAY

**Ages:** K-8<sup>th</sup> 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.



# YOUTH DEVELOPMENT

## AT THE RALPHOLA TAYLOR COMMUNITY CENTER

### 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)



### 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)



### 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)

### 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



### 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)



### 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)



### 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)



# 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 sports-manship, 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.



# 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



Monday	After School Club Ages 5 – 12 3:00pm – 5:30pm	Video Game Club Ages 5 – 18 5:30pm – 8:30pm	Computer Club Ages 5 – 18 5:30pm – 8:30pm	G.R.E.A.T Youth Movement Ages 9 – 17 5:30pm – 6:30pm	(Dance) Salsa: Ages 8 – 14 6:00pm – 7:00pm	KARAOKE CLUB Ages 5 – 17 6:30pm – 8:00pm	OPEN GYM: ALL AGES 5:30pm – 9:00pm
Tuesday	After School Club Ages 5 – 12 3:00pm – 5:30pm	Video Game Club Ages 5 – 18 5:30pm – 8:30pm	Computer Club Ages 5 – 18 5:30pm – 8:30pm	BAKING CLUB Ages 6 – 9 5:30pm – 7:30pm	SKILLS & DRILLS BASKETBALL TRAINING Ages 8 – 14 5:30pm – 7:00pm	SOCCER CLUB Ages 6 – 12 7:00pm – 9:00pm	
Wednesday	After School Club Ages 5 – 12 3:00pm – 5:30pm	Video Game Club Ages 5 – 18 5:30pm – 8:30pm	Computer Club Ages 5 – 18 5:30pm – 8:30pm	"KRAFTY KIDZ" Arts & Crafts Club Ages 5 – 14 5:30pm – 6:30pm	COOKING CLUB Ages 11 – 18 5:30pm – 7:30pm	SOCCER CLUB Ages 6 – 12 5:30pm – 7:00pm	
Thursday	After School Club Ages 5 – 12 3:00pm – 5:30pm	Video Game Club Ages 5 – 18 5:30pm – 8:30pm	Computer Club Ages 5 – 18 5:30pm – 8:30pm	GARDENING CLUB Ages 6 – 18 5:30pm – 6:30pm	BAKING CLUB Ages 10 – 17 5:30pm – 7:30pm	SKILLS & DRILLS BASKETBALL TRAINING Ages 8 – 14 5:30pm – 7:00pm	VOLLEYBALL CLUB Ages 8 – 14 7:00pm – 9:00pm
Friday	After School Club Ages 5 – 12 3:00pm – 5:30pm	Video Game Club Ages 5 – 18 5:30pm – 8:30pm	Computer Club Ages 5 – 18 5:30pm – 8:30pm	OPEN GYM: ALL AGES 5:30pm – 9:00pm	MOVIE/EVENT NIGHTS ALL Ages Doors Open: 5:45pm Movie Start: 6:00pm		
Saturday							
Sunday							
Pricing:	<b>\$10 Groups:</b> Gardening Club Krafty Kidz Club Volleyball Club Salsa Club Karaoke Club Pokemon Club	<b>\$15 Groups:</b> Baking Club Soccer Club	<b>\$20 Groups:</b> Cooking Club Computer Club ..... After School Club After School is \$20 per week	<b>\$25 Groups:</b> Video Game Club	<b>\$30 Groups:</b> Skills & Drills Bball	<b>FREE GROUPS:</b> 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](mailto:IVANN@CCCYMCA.ORG)

# YOUTH DEVELOPMENT

## SWIMMING LESSONS

### 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.

#### 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.



#### 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**





# YOUTH DEVELOPMENT

## SWIMMING LESSONS

### 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.

#### ADULT FIT

(18 yrs & older)

WEDNESDAYS 7:00-7:45pm

**\$140 (flat rate)**



### 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 / 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.

#### CLASS LEVEL POLICY

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

# YOUTH DEVELOPMENT

**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.

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



# YOUTH DEVELOPMENT

## 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**

## OBSERVATION POLICY

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

## 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**

## 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**

## 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](mailto:jdupree@cccymca.org), P: 203-334-5551**



# 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.



Individuals and families an assessment with a CAN Navigator once connected through 211.



Community partnerships and resources to help clients access applicable supports



Supportive services to over 400 clients each year through Permanent Supportive Housing.



Links residents to mental health, substance abuse, medical resources, educational opportunities and other services in the community



# SOCIAL RESPONSIBILITY

## LOCATION

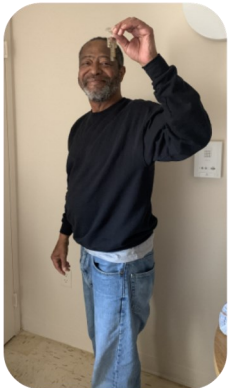
The Bridgeport South End Community Center on 650 Park Avenue serves as the Alpha Community Services YMCA Administrative Office. Case management and client group sessions supported by grants and the Y Annual Campaign are also conducted at this site.



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



## FAMILIES AND INDIVIDUALS GETTING THEIR KEYS



# 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](https://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.

