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
Sarah Calzone, Child Care Director
Brenda Gaffney, Lighthouse Coordinator
Casey McCarthy, District Facility Director
Justine Dupree, Aquatics Director
Maria Valentin, Branch & Child Care Administrator/Membership

BOARD OF MANAGERS
Jorge Garcia
Tim Hammill
Heather Lange
Terron Jones
Blanca Kazmierczak
James Rollinson
Rev. Sara Smith
Karl Wintermeyer

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

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 CTWeather.

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

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.

The Central Connecticut Coast YMCA is a charitable, not-for-profit, community service organization dedicated to putting Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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.

FACILITY HOURS
Mon–Friday 7:30am–5:30pm
Saturday–Sunday 9:00am–4:30pm

HOLIDAY HOURS
Good Friday: Friday, April 10 – Closed
Easter: Sunday, April 12 – Closed
Memorial Day: Monday, May 25 – Closed

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
Every day, the Y strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It’s how we help communities and the ‘us’ who live in them achieve our individual and collective promise.

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 taking action and giving back together.

When you donate to the Bridgeport YMCA Annual Campaign, you help us provide kids and families in our community with the programs and services they need to thrive.

GIVE 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
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**

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**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: $74 / Community Member: $148

Saturdays, 10:30am

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**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: $74 / Community Member: $148

Saturdays, 10:30am

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MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG

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AGE GROUP | STAGE
---|---
6 months – 3 years | SWIM STARTERS Stages A-B
3 years – 5 years | SWIM BASICS Stages 1-4
5 years – 12 years | SWIM BASICS Stages 1-6
12+ years | SWIM BASICS Stages 1-6
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: $74 / Community Member: $148
Preschool 30 minutes – Tuesdays, 4:30pm
Preschool 30 minutes – Thursdays, 5:05pm
Preschool 30 minutes – Saturdays, 12:15PM / 12:50pm

School Age 30 minutes – Tuesdays, 4:30pm
School Age 30 minutes – Thursdays, 5:05pm
School Age 30 minutes – Saturdays, 12:15pm

Member: $86 / Community Member: $172
Adult 45 minutes – Tuesdays, 7:00pm
Teen 45 minutes – Thursdays, 6:30pm

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: $74 / Community Member: $148
Preschool 30 minutes – Tuesdays, 5:05pm
Preschool 30 minutes – Thursdays, 4:30pm
Preschool 30 minutes – Saturdays, 11:05am

School Age 30 minutes – Tuesdays, 5:05pm
School Age 30 minutes – Thursdays, 4:30pm
School Age 30 minutes – Saturdays, 11:05am

AGES GROUP
STAGE
6 months – 3 years Parent* & Child
3 years – 5 years Preschool
5 years – 12 years School Age
12+ years Teen & Adult

SWIM STROKES
Stages 1–4
Stages 1–6
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: $74 / Community Member: $148
Preschool 30 minutes – Tuesdays, 5:40pm
Preschool 30 minutes – Saturdays, 11:40am

School Age 30 minutes – Thursdays, 5:40pm
School Age 30 minutes – Saturdays, 11:40am

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
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 threading water and elementary backstroke.

Member: $74 / Community Member: $148
Preschool 30 minutes – Tuesdays, 5:40pm
Preschool 30 minutes – Saturdays, 10:30am

Member: $86 / Community Member: $172
School Age 45 minutes – Tuesdays, 6:15pm
School Age 45 minutes – Thursdays, 5:40pm
School Age 45 minutes – Saturdays, 12:50pm

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: $86 / Community Member: $172
School Age 45 minutes – Tuesdays or Thursdays 6:15pm
School Age 45 minutes – Saturdays, 1:40pm

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.

Member: $86 / Community Member: $172
School Age 45 minutes – Tuesdays or Thursdays, 6:15pm
School Age 45 minutes – Saturdays, 1:40pm

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: $115/Community Member: $230
Practice 3 Days : Monday, Wednesday and Saturday

OBSERVATION POLICY

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

Individual Lessons: $60 for 1 / $95 for 2 / $150 for 4
Semi-Private Lessons: $70 for 1 / $115 for 2 / $205 for 4

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
YOUTH DEVELOPMENT

ADAPTIVE SWIM LESSONS
Ages: All
We provide classes of all kinds for children with disabilities. 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 the Aquatics Department for more details.

WATER ACTIVITIES
WATER WALKING
Great for your first water experience. Water walking is a fun, practical alternative to walking on land. The water provides extra resistance while protecting you from injuries common to joggers. A variety of moves and equipment make this class a versatile and challenging class that will improve your strength, improve your balance, and increase bone density.

Tuesdays and Thursdays 11:30am – 12:45pm
Fee: $25 per program session

FAMILY TIME
OPEN SWIM TIME
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: 2:30 – 4:30PM
Fee: Adults (ages 18+) $5 & Youth (ages 0-17) $3
Youth Members – FREE

POOL PARTY PACKAGE
Enjoy an hour of swimming in our heated pool with family and friends. Pool parties include community room for 1 hour. 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.

Availability: Saturday and Sunday 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.

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
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

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 8 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

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 a licensed provider with the state Care 4 Kids program.

Camp Open Houses
Date:
Saturday, March 14
Saturday, April 18
Saturday, May 2
Saturday, June 6
Time: 10am – 1pm

View our websites for more information

MORE INFORMATION ONLINE AT BRIDGEPORTYMCA.ORG
HERE FOR YOU

SPRING SESSION
April 27 – June 21, 2020
PROGRAM REGISTRATION DATES
Facility Member – April 6
Community Member – April 13

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 KIDS DAY®
Saturday, April 18, 2019

On Saturday, April 18, the Y is celebrating the Healthy Kids Day®, the Y’s national initiative to improve the health and well-being of kids and families.

A child’s development is never on vacation and Healthy Kids Day serves as the summer kick-off event that helps kids stay healthy and achieving all summer long.

The Y supports families in their efforts to teach healthy habits and keep kids active and learning, preparing them for a brighter future. It’s part of the Y’s promise to strengthen communities.

Join us!

Saturday, April 18 from 10am-1pm at the Y! This event is FREE and open to the public.

YMCA Camp Hi-Rock is coming to the Bridgeport YMCA!

YMCA Camp Hi-Rock is the sleepaway camp for the Central Connecticut Coast YMCA! Camp is nestled among 1,000 acres in the Berkshire Mountains, surrounded by conservation forest, and centered around a pristine, private, ninety-acre lake. It’s the ideal backdrop for the wide variety of activities, which include swimming, climbing, water skiing, archery, sailing and arts & crafts among many others.

Want to learn more about YMCA Camp Hi-Rock sleepaway camp?

Thursday, March 5, 4:00pm – 7:00pm

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