



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CENTRAL CONNECTICUT COAST YMCA

SEPTEMBER 2024 SPOTLIGHTS

IT'S BACK TO SCHOOL

"Time to go back to the beginning, Harry. Back to where the adventure started." - *Harry Potter and the Goblet of Fire* (2005)

You may have noticed that the sun is setting just a bit earlier now in August. For many of us the next couple of weeks will mark the end of summer and a return to school. It can be a wonderful time of catching up with friends, meeting new ones and going through a shared experience that will last a lifetime.

However, for some the thought of being back inside a classroom after a couple glorious months of unstructured freedom brings anxiety and fear of the unknown. The YMCA gets that and are here to help.

Since the early 80's the YMCA has been a friendly face to start the students day before school and a warm welcome after school ends. The Y means one less thing to have to worry about as a parent during those difficult "out of school" hours. It is our honor to serve thousands of kids again this year – be it providing a snack, getting exercise or getting a jump start on the next day's homework – and the YMCA is grateful to be a part of the success of tomorrow's leaders.

As we head into September, now is the perfect time to give thought to how we can help our students have the best chance at success. Whether it's helping prep for a quiz, attending at a school event, or just being a listening ear, every little bit of support makes a big difference. Together, we can make this school year one to remember.

I wish you all the best of adventures.

-Tim Bartlett, Central Connecticut Coast YMCA President & CEO



AFTERSCHOOL WELLNESS FOR YOUTH

Y Be Fit is a health and wellness afterschool program offered at the **Soundview Family YMCA**. This 6-week initiative is available for 4th to 6th graders in Branford and promotes physical activity and nutrition.

Led by a certified Health Coach, Y Be Fit combines interactive cooking lessons with moderate cardiovascular workouts and fitness center introductions. Students engage in hands-on cooking, learning to prepare healthy recipes like Mock Cookie Dough and Air Fryer Doritos, while also participating in activities like relay races and Kids Zumba.

Families receive recipes in weekly newsletters and a free Family Membership for the program's duration, thanks to support from the East Shore Health Department and Branford Community Foundation.



CAREER EXPLORATION FOR CAMPERS

Throughout the summer, **YMCA Camp Mountain Laurel** had a variety of community partners and friends visit camp to partake in their weekly Career Exploration Program.

The presenters shared their time and talent with campers. They talked about their professions, the road they took to get there, how it contributes to our community, as well as providing a hands-on activity that related to their profession. Visitors included:

- Tim Bartlett, Central Connecticut Coast YMCA President and CEO
- Donna Lisitano and Ryan Paglia from the Central Connecticut Coast YMCA Marketing & Communications Team
- Paul, Owner of Paul the Plumber
- Bob Skolozdra with teammates from the Svigals + Partners Team. Bob is also on the Hamden/North Haven YMCA Board of Managers
- Sharon Jones, Shelley Joyner, and Jacob Galaza from the Keefe Community Center. Sharon also volunteers on the New Haven YMCA Board of Managers
- Community Outreach Officers from the Hamden Police Department
- Casey Stark, University of Bridgeport Assistant Professor of Sports Management and Central Connecticut Coast YMCA Board of Directors

- Daniel Hunt, Andrea Taylor, and Elaine Roper from ConnCorp

The Career Exploration Program was so well received, campers looked forward to the next visitor. Exploring life after high school, future career opportunities, and life possibilities are all part of the program.

Thank you to everyone who shared their time, talent, and passion with the YMCA Camp Mountain Laurel campers!



the Y[®]
YMCA

SWEAT FOR A CAUSE

Together we can make a difference in the lives of others.
Help us raise funds to support our life-changing chronic disease programs.
Saturday, October 5, 2024

TOGETHER WE CAN MAKE A DIFFERENCE IN THE LIVES OF OTHERS.

The **Central Connecticut Coast YMCA** is dedicated to the health of all people in our community, especially those with chronic disease. Our programs go beyond the physical, they provide a space for social and emotional healing, creating a community of support.

Help us raise funds to support our life-changing programs: **LIVESTRONG AT THE YMCA, MS YOGA, Programs for People with Parkinson's such as ROCKSTEADY BOXING;** and other evidence-based/chronic disease programs. Most are offered to those who qualify, free of charge.

Join our community fundraiser! To Register for an Event, Support or Donate [Click Here](#)

Fairfield YMCA Zumba-thon 6pm-8pm. Dancer Registration: \$25 / Sponsor: \$10. Dance the night away! For more information, contact: [Maureen Scinto](mailto:Maureen.Scinto) 203 255 2834 ext.2318 or mscinto@cccymca.org

Lakewood-Trumbull YMCA Zumba Master Class 10-12pm. Suggested Donation: \$25, but feel free to give more! Can't make it? Your donation of any amount will be gratefully accepted. Contact Joanne Orenstein, Health & Wellness Director, jorenstein@cccymca.org with any questions or suggestions.

Soundview Family YMCA 4-hour Cycle 8-12pm. Pedal for a purpose on stationary bikes and ride with the music! **\$500 per team/per bike.** Teams of 1-6 riders. Livestrong at the YMCA T-shirt. Team

Recognition. Contact Colleen Villano, Health & Wellness Director, cvillano@cccymca.org for more information.

Soundview Family YMCA 2-hour Water Aerobics 9am-11am. Jump in for a low impact high energy water aerobics workout. **\$30 per person** 9am Recreation Pool / 10am Competition Pool. Contact Alex Hunter, Aquatics Director, ahunter@cccymca.org for more information.

Soundview Family YMCA 2-hour Cardio Dance 9:30am-1:30pm. A fun dance workout that's more of a party than exercise. **\$30 per person** Multi-purpose Room. Contact Colleen Villano, Health & Wellness Director, cvillano@cccymca.org for more information.

Woodruff Family YMCA Zumba-thon 10am-Noon. Get your groove on dancing and sweating for a cause with your favorite instructors in our Multi-Purpose Room. This is going to be GREAT! **\$25.00 per person, but feel free to donate more.** Contact Jennifer Fleischer, Health and Wellness Director, jfleischer@cccymca.org for more information.

To Register for an Event, Support or Donate [Click Here](#)

SUPPORT FOR THOSE WITH PARKINSON'S

The **Fairfield Y** is proud to be offering a Parkinson's Body and Mind Exercise class. Led by our certified instructor, participants will engage exercise that will focus on Symptom Reduction, Stamina and Strength, Balance and Coordination, Emotional Well-Being, Connections and Support, and, Individually Tailored Exercises.

Our instructor, Laura Dorr saw the need for this type of programing and pursued how to make this happen. Laura facilitated a relationship between Shaker's Anonymous and Parkinson's Body and Mind that has benefited all. The class continues to grow offering our participants a place to not only exercise but find support as well. The friendship and support that has resulted from this program is truly inspirational.

[Learn More!](#)

JOIN US IN BUILDING A BETTER TOMORROW

The **Central Connecticut Coast YMCA** Heritage Club was established to increase the awareness of our endowment fund and to recognize those who have included the YMCA in their financial planning.

The purpose of the endowment fund is to provide the Central Connecticut Coast YMCA with a stable financial base to carry out its mission for years to come.

Choosing to be part of the Central Connecticut Coast YMCA Heritage Club involves making a commitment that adds to our endowment fund, now or in the future. Your charitable gift ensures that the Y can continue to serve future generations our community.



- Expand youth development programs
- Enhance health and wellness initiatives
- Improve community outreach
- Provide supportive services to the unhoused and unsheltered
- Assist those experiencing with food insecurity
- Keep people of all ages safe in and around the water
- Expand evidence based wellness programs
- Sustain and grow our programs and facilities

Planned giving is a unique way to support the Central Connecticut Coast YMCA, allowing you to make a significant impact through thoughtful, strategic financial planning.

For more information, please visit [our web site](#) or email [Amy Wiltsie](#), Development Director.

BOARD OF DIRECTORS Howard Olderman, Chair - Alexis Smith, Vice Chair - George Logan, Secretary - Leo Connors, Jr., Asst. Secretary - Christopher Gallo, Treasurer - Marc Romanow, Asst. Treas. - James McGuinness, Imm. Past Chair - Tim Bartlett, CCCY President & CEO - Cathy Burni - Scott Burns - Christal Esposito - Dr. Mario Garcia - Dr. Ceasar Irby - Melissa Kessell - Andrea Kovacs - Margaret Kuo - Jon Leckerling - Lenny Lye - Dr. Victor Morris - Dan O'Donnell - Andrew Patrick - Louis Procaccini - Dr. Jeff Santee - Andrea Seek - Casey Stark - Donna Wells

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BRANCH LOCATIONS Alpha Community Services YMCA Bridgeport - Bridgeport YMCA - Fairfield YMCA - Hamden/North Haven YMCA - Lakewood-Trumbull YMCA - New Haven YMCA Youth Center - Soundview Family YMCA, Branford - Stratford YMCA - Valley YMCA, Ansonia - Woodruff Family YMCA, Milford - YMCA Camp Hi-Rock, Mt. Washington MA - Association Office, New Haven

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

CENTRAL CONNECTICUT COAST YMCA

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The Y is a charitable, not-for-profit, community service organization.

