



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**FAIRFIELD YMCA
Fall I PROGRAM GUIDE
August 31 – October 25, 2020**

HERE FOR YOU

PROGRAM REGISTRATION

Fall Session I Registration:

Facility Member: Monday, August 10

Community Member: Monday, August 17

Fall Session I Dates:

August 31–October 25



FAIRFIELD YMCA

P 203 255 2834 F 203 259 7744

Email: fairfieldinfo@cccymca.org

FACILITY HOURS

Monday–Thursday 7:00 am –7:00 pm

Friday 7:00 am –7:00 pm

Saturday 7:00 am – 4:00 pm

Sunday: Closed

HOLIDAY HOURS/CLOSURES

Labor Day, September 7: 7:00 am–1:00 pm

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: WTNH 8 and News 12.

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income. Please contact the Fairfield Y or more information.

FAIRFIELD YMCA VOLUNTEER LEADERSHIP

The Fairfield YMCA is governed by our Board of Managers that consists of volunteers from throughout Fairfield County.

Andrea Seek, Chair

Julianne Greene

Jason Li

Gregory Sargent

Craig Goos

Bryan LeClerc

Blair Monayhan

Rob Scinto

YOUR YMCA STAFF

Executive Director: Diana Liptak

Health and Wellness Coordinator: Jennifer McGowan

Aquatic Director: Maureen Scinto

Aquatic Coordinator: Amanda Goodwin

Aquatic Coordinator: Ruslan Spodenko

Swim Team Coach: Kevin Quill

Youth and Family Coordinator: Melissa Spiro

Administrative Secretary: Cheryl Wilson

District Facility Director: Casey McCarthy



REGISTER ONLINE AT FAIRFIELDY.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 find the power of their full potential.

When you donate to the FAIRFIELD YMCA Annual Campaign, you make the communities of Fairfield better and the “us” who live in them stronger.

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.

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.

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.

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.

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YOUTH DEVELOPMENT

Youth Sports

Fee: 8 week class session is \$95 Members, \$190 Community

The Fairfield YMCA Youth Sports program is built on values, sportsmanship, and FUNdamentals. Check out our new age groupings and progressive sports classes. Children will have fun while learning basic skill development. Classes are taught by caring and professional staff.

For more information contact Melissa Spiro, Youth and Family Coordinator P 203 255 2834 ext. 2315



Archery

Ready aim FIRE! Learn proper technique for shooting a bow and arrow, as well as basic bow maintenance. Equipment is provided.

Tuesday: Ages 8-Adult, 5:30-6:20 pm

Young Archers

A beginner class for our young archers on equipment geared toward this age group.

Thursdays: Ages 6-8, 5:30-6:20 pm

Both classes held at the YMCA

Arts and Craft Spectacular

Children will have the opportunity to create works of art using different materials.

Ages 5-10

Saturday 11am-12pm

Member: \$70

Community: \$90



GAGA/Kick Club

Come hang out on Saturday mornings from 10:00am – 12:00pm with two of our After School Counselors Ian and Brian for competitive gaga and kick ball. Gaga is a fast-paced, high energy sport played in an octagonal pit. Gaga ball is a gentler version of dodge ball, the game is played with a kick ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the waist. Kick Ball is a high energy sport where you run bases. Kick ball is a lot like baseball, the game is played with a kick ball, and combines the skills of running, kicking and guarding bases, while trying to make a home run. Don't forget to wear active clothes and Sneakers.

Grade 3-6 at the end of the session each child will receive a kick ball.

Saturday: 10am-12pm Held at the YMCA

YOUTH DEVELOPMENT

FAIRFIELD FLYFINS SWIM TEAM

FLYFINS Swim Team 2020–2021, September 14 to March 12 2021
Age group qualifiers and Zone swimmers could swim until mid April depending on championship dates.

The Fairfield YMCA FLYFINS Swim Team focuses on developing the whole swimmer, and providing each of them with the coaching, and guidance to build confidence through improvement and success. This program promotes character development, while providing fitness, friendship, and fun. This competitive swim team offers instruction, training, and competition. The team participates in both YMCA and USA swim meets. Potential team members must have completed the Y's level 5 swim course. Practice times vary by age and experience.

For more information, contact Swim Team Coach Kevin Quill at: kquill@cccymca.org or 203 255 2834 ext.2323.

Interested in joining our FlyFins Swim Team?

Evaluations: Interested participants who would like to join the team as a new member must attend the stroke clinic for the evaluation process ; 45 minutes each day, for four days. Swimmers should have the endurance to swim a 100 IM demonstrating each stroke. Space is limited. Coaches will evaluate your child's skills, and discuss the best path for the development of your swimmer.

Evaluation Clinic Dates: September 8 - 11 Time: 6:15-7:00pm

Fee: \$100, For more information, contact Swim Team Coach Kevin Quill at: kquill@cccymca.org or 203 255 2834 ext.2323.

Swim Team Season 2020:

Fees include USA Registration, USA meets (Sat/Sun), Sanctioned Meets.

Fees: Juniors 1 and 2: \$1,175 Age Group 1: \$1400, Age Group 2: \$1350

***Coach Kevin will designate the level of participation for each team participant.**

For more information, contact Swim Team Coach Kevin Quill at: kquill@cccymca.org or 203 255 2834 ext.2323.

Team participants practice times

JR1: Monday and Wednesday 6:15-7:00 pm, Friday 6:45-7:45 pm

JR2: Tuesday and Thursday 6:15-7:00 pm, Sunday 4:30-5:45 pm

Age Group 1: Monday, Tuesday, Wednesday and Thursday 7:00-8:30 pm, Friday 6:30-8:00pm

Age Group 2: Monday, Tuesday, Wednesday and Thursday 7:00-8:15pm

YOUTH DEVELOPMENT

Fairfield Y Swim Lessons

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. All swim instructors will be wearing masks and leading non-contact instructions. They will be providing lessons, while socially distanced in the water and from the pool deck.

Swim Starters and Swim Basics classes require one parent* to participate in the pool and on the pool deck. Groups will be socially distanced from others.

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.

*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**

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.

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

**Monday, 9:00am
Wednesday, 9:00am
Friday, 9:00am
Saturday, 9:15am, 9:45am**

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.

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 B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

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

**Monday, 9:00am,
Wednesday, 9:00am
Friday, 9:00am
Saturday, 9:15am, 9:45am**

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

Along side one parent, 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.

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

Stage 1 Preschool

Preschool Monday, 9:00am, 3:30pm, 5:30pm

Preschool Tuesday, 4:00pm, 5:30pm

Preschool Wednesday, 9:00am, 3:30pm, 5:30pm, 5:30pm

Preschool Thursday 4:00pm, 4:00pm, 5:30pm

Preschool Friday, 9:00am, 10:00am, 2:00pm, 4:00pm

Preschool Saturday, 9:15am, 10:15am

Stage 1 School Age

School Age Monday, 3:30pm, 5:30pm

School Age Tuesday, 4:00pm, 5:30pm

School Age Wednesday, 3:30pm, 5:30pm

School Age Thursday, 5:30pm

School Age Friday, 4:00pm

School Age Saturday, 9:45am

SWIM BASICS

Stage 2 / Water Movement

In Stage 2, students, with one parent, 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.

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

Stage 2 Preschool

Preschool Monday, 9:00am, 3:30pm, 5:30pm

Preschool Tuesday, 4:00pm, 5:30pm

Preschool Wednesday, 9:00am, 3:30pm, 5:30pm, 5:30pm

Preschool Thursday 4:00pm, 4:00pm, 5:30pm

Preschool Friday, 9:00am, 10:00am, 2:00pm, 4:00pm,

Preschool Saturday, 9:15am, 10:15am

Stage 2 School Age

School Age Monday, 3:30pm, 5:30pm

School Age Tuesday, 4:00pm, 5:30pm

School Age Wednesday, 3:30pm, 5:30pm

School Age Thursday, 5:30pm

School Age Friday, 4:00pm

School Age Saturday, 9:45am

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. One parent is required to assist in the pool.

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

Stage 3 Preschool

Preschool Monday, 9:00am, 3:30pm

Preschool Wednesday, 9:00am, 3:30pm

Preschool Friday, 9:00am, 10:00am, 3:00pm,

Preschool Saturday, 9:15am

Stage 3 School Age

School Age Monday, 5:30pm

School Age Tuesday 4:00pm, 5:30pm

School Age Thursday 4:00pm, 5:30pm

School Age Friday, 2:00pm, 4:00pm

School Age Saturday, 9:45am



YOUTH DEVELOPMENT

SWIM STROKE

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.

Fee: Member: \$84 / Community Member: \$168

School Age Monday, 4:30pm

School Age Tuesday, 4:45pm

School Age Wednesday, 4:30pm

School Age Thursday, 4:45pm

School Age Friday, 2:00pm, 5:00pm

School Age Saturday, 10:15am, 11:00am

NEW!!!

Family Swim Lesson For families with multiple children of varying levels.

Group instruction for the whole family...even the adults.
Max of 6 participants.

Fee: Member: \$300 Community Member: \$425

Monday 4:30, Tuesday 4:45, Wednesday 4:30, Thursday 4:45,
Friday 3:00 and 5:00, Saturday 10:15 and 11:00

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.

Fee: Member: \$84 / Community Member: \$168

School Age Monday, 4:30pm

School Age Tuesday, 4:45pm

School Age Wednesday, 4:30pm

School Age Thursday, 4:45pm

School Age Friday, 3:00pm, 5:00pm

School Age Saturday, 11:00am

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.

Fee: Member: \$84 / Community Member: \$168

School Age Monday, 4:30pm

School Age Tuesday, 4:45pm

School Age Wednesday, 4:30pm

School Age Thursday, 4:45pm

School Age Friday, 3:00pm, 5:00pm

School Age Saturday, 11:00am



YOUTH DEVELOPMENT



Swim Clubs For Fairfield Public Schools

YMCA bus will pick up participants at school and parents pick up at the Y. **On days that school is not held or when there is an early dismissal, classes will not be held.**

Monday Swim Club Winter Session II

September 21– October 19

No classes on September 28

Mill Hill: Monday at 3:45–4:15pm

Sherman School: Monday at 3:45–4:15pm

Ludlowe Middle School: Monday at 3:30–4:15pm

Tomlinson Middle School: Monday at 3:30–4:15pm

Fee: \$60 Y Member, \$120 Community

Bus Fee: \$12(fee one time only)

Wednesday Swim Club Winter Session II

September 23– October 21

No classes on October 14

Holland Hill School: Wednesday at 3:15–3:45pm

Riverfield School: Wednesday at 3:45–4:15pm

Stratfield School: Wednesday at 4:00–4:30pm

Fee: \$60Y Member, \$120 TBD Community

Bus Fee: \$12(fee one time only)

Friday Swim Club Winter Session II

September 25– October 23

McKinley School: Friday at 3:45–4:15pm

Riverfield School: Friday at 3:45–4:15pm

Sherman School: Friday at 3:45–4:15pm

Fee: \$75for Y Member, \$150 Community

Bus Fee: \$15

Black Rock Buccaneers

Saint Thomas:

September 21–December 18

Monday and Friday at 2:30–3:15 pm

Fee: \$150 for Y Member, \$250 Community

Bus: One way only \$15(fee one time only)

Saint Ann:

September 22–December 17

Tuesday and Thursday at 2:30–3:15 pm

Fee: \$150 for Y Member, \$250 Community

Bus: Round trip \$25 or one way \$15(fee one time only)

Assumption Holy Family:

September 23–December 16

Wednesdays at 3:00–3:45 pm

Fee: \$120 for Y Member, \$200 Community

Bus: Round trip \$35 or one way \$25(fee one time only)

Aquatic Specialized Training (AST)

Aquatic Exercise for Rehabilitation

Aquatic Specialist will assess class needs and design the right specialized aquatic rehabilitation and aquatic training program for those with functional limitations. For Adults and Children. Each session is 45 minutes.

Session dates: August 31– October 25

Sessions available:

**Individual 45 minute Session: \$55, 3 Sessions: \$165,
6 Sessions: \$300, 8 Sessions: \$400**

The State of Connecticut requires that all public pools close for 30 minutes after the last clap of thunder. A land water safety class will be held during scheduled lessons when the pool is closed due to inclement weather.

YOUTH DEVELOPMENT

Private and Semi Private Swim Lessons:

For Y Members and by appointment only.

August 31 – October 25

Private: Must be 3 years of age and older. Private lessons are offered in packages of 1, 2, or 4 lessons. An adult will be required to assist with participants who are not swimming independently .

Fee: 1 Lesson: \$50, 2 Lessons: \$90, 4 Lessons: \$160

Semi Private: Lessons for 2 children at a time who are at the same level. Semi Private lessons are offered in packages of 1, 2, or 4 lessons.

Fee: 1 Lesson: \$60, 2 Lessons: \$110, 4 Lessons: \$200

Adaptive Aquatics (Special Kids)

Ages 3 and up: 1:1 class ratio This program is open to all individuals with cognitive and/or physical disabilities or fear and/or anxiety and is designed to provide a positive recreational and educational experience for participants. Registration is ongoing. Programs will be adapted to meet the individual needs. For all levels of swimmers. An adult will be required to assist with participants who are not swimming independently .

Date: Sign up anytime, session runs with ongoing registration.

Fee: \$90 for Y Member, \$175 Community

AQUATIC CERTIFICATION COURSES

Water Front Life Guarding Course

Red Cross Life Guard Certification includes CPR, AED and First Aid. For 15 years and up. Candidates must be able to swim 550 yards non-stop and tread water for three minutes. Must take pre-test before registering for class. Must attend all classes.

Book and Mask are included

Fee: \$275 for Y Member, \$375 Community

Course dates: By Appointment

Family Swim Lesson

For families with multiple children of varying levels.

August 31 – October 25

Group instruction for the whole family...even the adults. Max of 6 participants.

Fee: Member: \$300 Community Member: \$425

Monday 4:30

Tuesday 4:45,

Wednesday 4:30,

Thursday 4:45

Friday 3:00, 5:00

Saturday 10:15, 11:00



Life Guarding Review Course

Materials are free online at redcross.org or can be purchased at the YMCA. This class is a one day course.

Fee: \$125 Y Member, \$175 Community

Course dates: By Appointment

CPR for the Professional Rescuer and AED

Participants must bring their own mask or purchase one.

Class held Tuesday and Thursday

Time: By Appointment

Fee: \$75, Mask \$15

For more information on Aquatic Certification courses contact :

**Aquatic Director: Maureen Scinto at
203 255 2834 ext.2318 or mscin@cccymca.org.**

YOUTH DEVELOPMENT

LEARN GROW THRIVE

FAIRFIELD YMCA PRESCHOOL PROGRAM

The Fairfield Y is excited about its Preschool Program. Our Preschool program will follow the Reggio Emilia approach of an emergent curriculum. Our relationship-based approach will be a collaboration between parents, teachers and children. Through exploration and discovery, our program will be based on the principles of respect, responsibility and community. Learning is a journey, an education and a building of relationships.

Two Year old's

Sustained independent and group free play, stories, arts and crafts, creative movement, and music.

State licensed, 1:4 staff/child ratio.

Must be age Two by December 31.

Time: 9:00 am-12:00 pm

3 Days: Monday, Wednesday and Friday

Fee: \$345 Y for Member, \$410 Community

Three Year Old's

Includes weekly swim lessons, and music classes.

State licensed. 1:10 staff/child ratio.

Must be potty trained.

Time: 9:00am-1:00pm

3 Days: Monday, Wednesday and Friday

Fee: \$345 Y Member, \$410 Community

For more information on Fairfield Y's Preschool Program contact Melissa Spiro at 203 255 2834 ext.2315 or mspiro@cccymca.org.



Preschool Four and Five year olds

Includes weekly swim lessons, music classes. This program also includes field trips.

State licensed, 1:10 staff/child ratio.

Days: Monday-Friday

Time: 9:00 am-1:00 pm

Lunch Bunch

Lunch Bunch Children spend time playing with toys in the room and using gross motor skill, dance studio, or outside. Art projects weekly. Sign up by the day, week or month as needed.

Three's and Fours

Days: Monday-Friday Times: 1-4pm Fee: \$20 a days

YOUTH DEVELOPMENT

Engage beyond the school day! Y SCHOOL AGE CHILD CARE AFTER SCHOOL

2020-2021 Registration is ongoing

Child Care and Educational support

The Y is working to create a flexible program that can accommodate changes to school plans and offer consistent care that meets children's social, emotional, and academic needs for the 2020-2021 school year. We are working with the Fairfield Board of Ed and Office of Early Childhood to create programs that will serve our community needs. More details will be available once the Board of Ed plans are finalized. These options may change based on any changes made by the Board of Ed.

We will provide programming that will support the 3 options for the 2020-2021 school year—

Option 1:

Schools open for in person learning.

The Fairfield Y will offer traditional Afterschool Programs. The Y will pick children up from school and bring them to the Y. **New** this year, we will also be offering Before School Care. Parents will drop the children off at the Y and we will transport them to school.

Option 2:

Schools open for Hybrid learning, both in person and distance learning. When the schools are in hybrid learning, the Y has parents covered with child care option for both half and full days based on what the hybrid schedule is. This program will include virtual learning support and enrichment activities on days the children are doing distance learning. On Hybrid in school days you have the option of signing up for traditional Before and After-School Programs at the Y.

Option 3:

Fully remote learning. The Y remote learning hours 8-3, similar to the normal school hours, space will be provided for students to participate in virtual learning and enrichment activities. Each three-hour session will be separated by a lunch break. If needed, aftercare will be available for an additional cost, until 6pm.

Supporting our families is important to us. Please reach out to our Youth and Family Coordinator, Melissa Spiro mspiro@cccymca.org or 203 255-2834. to learn more about any of our child care programs or to learn about what program may best fit the needs of your family.

YOUTH DEVELOPMENT

Engage beyond the school day Y SCHOOL AGE CHILD CARE BEFORE AND AFTER SCHOOL



NEW!!!

Before School Care

Before school care will take place at the Y prior to the start of school beginning at 7am and run until school starts. The children will be bused to school from the Y and dropped off at the start of the school day. We will provide this option for schools based on interest and enrollment.

After School Care

Where can children meet other children, finish homework without a hassle, do arts and crafts and play outdoors? How can parents have peace of mind that their children are in a safe, fun atmosphere that models and teaches the YMCA four core values of Caring, Honesty, Respect, and Responsibility?

In the Fairfield Y School Age After School Child Care

After school care is provided for kindergarten through 5th grade for Fairfield Public Elementary School students. Transportation provided. Scheduled early dismissals are included. State licensed. 1:10 staff/child ratio.

For more information on School Age Child Care contact Youth and Family Coordinator Melissa Spiro at 203 255 2834 ext.2315 or mspiro@cccymca.org.

YOUTH DEVELOPMENT

School Early Dismissal Days for Fairfield Public Schools K-5th Grade

The Fairfield Y After School program offers one day at a time option, for students who need after school care only on some of the early dismissal days. Children are picked up at their school by the Y bus, and transported back to the Y for an afternoon of fun and games. A healthy snack will be provided. Program is held until 6:00 pm.

**Fairfield Public School Early dismissal dates:
September 22 October 8, 13, 14
Fee: Per day-\$50 Y Member \$75 Community**

Y Vacation Club at the Fairfield Y

For ages K-6th

Children will enjoy a fun packed day of activities on their day off from school. Activities include swimming, sports, arts and crafts, playing games and much more!

Dates: September 28 November 3, 11

Fee and times:

Half Day 8:00 am-1:00 pm

Fee: \$40 Y Member, \$45 Community

Half Day 1:00-6:00 pm

Fee: \$40 Y Member, \$45 Community

Full Day 8:00 am-6:00 pm

Fee: \$75 Y Member, \$80 Community

***Vacation Club fees are non-refundable.**

Register early to reserve your child's space.

For Full Day session, bring a bathing suit and towel for swimming, lunch and active clothing should be worn on these days. All participants not currently enrolled in the Y's after school program will need to complete a registration packet. In addition, a current health form and medication authorization form, if needed, need to be filled out prior to attending Y Vacation Club.

For more information contact Youth and Family Coordinator Melissa Spiro at 203 255 2834 ext.2315 or mspiro@cccymca.org.

KIDS CONNECT HERE

At the Y, we believe that active children are happy children! Ideas to keep your kids learning, moving, and exploring the world around them are listed here.



CHECK-IN ONLINE FOR YOUTH ACTIVITIES!

ARTS & CRAFTS

Every child needs to feel creative. Arts and Crafts boost self-esteem, encourages self-expression and enhances decision-making skills. We all need more of that!

VIRTUAL FIELD TRIPS

Everyone learns in different ways. Virtual Field Trips can offer children many benefits such as being more inclusive and building confidence in a controlled environment.

FITNESS

The children need to get their exercise and their jitters out. Being cooped up in the house, doing their school work they need to burn off some energy.

MATH, SCIENCE, SOCIAL STUDIES & READING

Making learning a little more exciting and fun!

STORY TIME AND SING A LONG WITH SOME OF YOUR FAVORITE YMCA TEACHERS

HEALTHY LIVING

For Healthy Living
Improving the nation's health and well-being

Workout in the Y's Wellness Center!

Our Wellness Center includes state of the art Life Fitness cardiovascular and strength training equipment, and a stretching area for flexibility and functional exercises.

GET F.I.T.

FREE INTRODUCTORY TRAINING

As a new Y Member, we would like you to achieve your wellness goals and get the most out of your Y investment. Together, we will help you to understand your goals and expectations, so that we can develop an action plan to ensure your success. We will also review your progress toward your wellness goals and expectations and help you define and commit to your goals. For more information, please speak with the Wellness or Member Services staff.



Personal Training

INSPIRE MOTIVATE MAINTAIN

Personal Training

If you are 14, 80 or in between, and if your goal is to lose weight, gain strength, improve balance, flexibility and agility, rehabilitate a new or old injury; or just push yourself - a Y personal trainer can help you get there.

Our certified personal trainers will help develop a personalized program that is perfect for you. They will support you with expert knowledge, coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be.

Schedule a FREE F.I.T. evaluation today! We'll discuss your goals and define a training program tailored just for you!

For more information, please contact Fairfield Y Wellness Department at 203 255 2834 ext.2326



HEALTHY LIVING

Group Exercise OUTDOOR Classes



CARDIO

Cardio Sculpting

A complete body workout incorporating intervals of cardio, strength, toning, power and balance.

For Y Members.

Days: Monday and Friday - 7:15 am

Non-Stop Tabata

Non-Stop Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20 seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post-workout, get in shape the fast way!

For Y Members.

Day: Tuesday and Thursday - 8:30 am

Boot Camp

Challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout.

For Y Members.

Days: Wednesday 7:15 am

Zumba

Dance Your way into shape in this high energy environment set to exotic rhythms and Latin beats. Easy to learn and a fun workout. All levels welcome.

For Y Members.

Days: Tuesday and Thursdays 9:30 am

Cardio

Gets your blood pumping without impacting your joints. Please bring your own matt.

For Y Members.

Days: Tuesday and Thursday 10:15am

YOGA



Yoga

Yoga for the novice and the experienced yoga participant. Revitalizes the mind, body and spirit with strengthening, stretching and breathing techniques.

For Y Members.

Days: Monday 11:30 am Thursday 11:15 am and 6:00



STRENGTH

Barre Mat

Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest workouts on the market today.

For Y Members.

Days: Tuesday and Thursdays 9:30 am

What to expect for outdoor classes:

- Participants will have their temperature taken and check in at the front desk.
- Participants are not required to wear masks during their workout, but must maintain a 12 foot distance from others at all times.
- Classes are subject to last minute cancellation due to inclement weather.
- Please bring your own mat.

HEALTHY LIVING

FAIRFIELD YMCA HEALTHY LIFESTYLE PROGRAM

CHANGE YOUR CHOICES CHANGE YOUR LIFE

Join the YMCA Healthy Lifestyle program to adopt and maintain a healthy lifestyle.

Benefits:

- Led by a trained Healthy Lifestyle Coach
- Learn about healthy eating and physical activity
- Learn how to increase energy
- Learn how to decrease stress
- Learn relaxation techniques
- Learn how to sleep better
- Learn how to self-care
- Most important, learn how to make those small changes in your life that will allow you to live a healthier and happier life



The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

The program is designed for adults, 18 years and older who desire a healthier weight. This program is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease.

This is a 12-week program that meets one time per week. Each weekly session is 60 minutes.

For more information contact Karen Inman at kinman@cccymca.org or 203 255 2834 ext.2326.



We invite you to join us however you are most comfortable – come for a workout or just to say hi. Taking care of your health is more important now than ever before. We're here to help you stay active and connected to your Y community. We look forward to seeing you.

We have taken numerous steps to facilitate physical distancing in our wellness areas and throughout the Y to ensure the highest standards for cleanliness. We are following guidance from the State of Connecticut, the CDC, our Health Department and other YMCAs.

Please remember:

- Branch Hours: M-F 7am-7pm; Sat 7am-4pm
- Members of all ages are required to agree and electronically sign a new CCCY Adult Waiver or the CCCY Youth Waiver. You can bring a copy with you when you arrive or email us at fairfieldinfo@cccymca.org.
- Health screenings are required prior to entering the Y. Temperatures will be taken with touch less thermometers to confirm a temperature below 100 degrees Fahrenheit. Everyone will be screened for any observable illness, including cough or respiratory distress.
- Face masks are required when traveling in common spaces. All Y staff will be wearing face coverings.
- Everyone will self-scan in using their membership card or mobile phone.
- Please bring your own mat, water and refillable water bottle. We are offering fillable water stations only. Water fountains are temporarily disabled.
- As always, leave your valuables at home. It would be best if you could please, leave everything home – but your water bottle, phone and keys.
- To ensure that everyone can visit the Y, visits are limited to 60-minutes with a 30-minute limit on cardio equipment.
- Aquatic Centers are open for Adult Lap Swims. Lap swimming is for Y Members 14 years and older.
- Advance reservations for lap swimming are required so that we can properly clean areas and maintain social distancing in tight common areas such as doorways and hallways. To reserve a lane, call the Y at 203-255-2834.
- Lap swimmers must have the ability to swim the length of the pool without a floatation device.
- One swimmer per lane for a maximum of 45 minutes as recommended by the State of Connecticut.
- Face masks are required in common areas such as the pool deck. Face masks should be removed before entering the pool. Lifeguards will be wearing face masks when 6 feet from others.
- Bring your own aquatic equipment – towels, kickboards, noodles and goggles please. Y Equipment is temporarily unavailable.
- Showers are open for pre and post swim rinse off only.

FAIRFIELD YMCA

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