FOREVER CARING.
Fairfield YMCA Program Guide
Fall 11 October 25–December 19, 2021
HERE FOR YOU

FAIRFIELD YMCA

P 203 255 2834 F 203 259 7744
E Fairfieldinfo@cccymca.org

FACILITY HOURS
Monday–Friday 6am – 7pm
Saturday 7am – 4pm
Sunday: 8am – 1pm

HOLIDAY HOURS/CLOSURES
Labor Day 9/6, 7:00am – 1:00pm

WEATHER POLICY:
In the event of inclement weather related closures, we will post information on our Website, Facebook, Twitter, and the following television stations: WTNH 8 and News 12.

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 Craig Goos
Julianne Greene Bryan LeClerc
Jason Li Blair Monayhan
Gregory Sargent Rob Scinto

PROGRAM REGISTRATION

Fall 11 Session Dates:
October 25 – December 19

Fall 11 Session Registration:
Facility Member: Monday, October 4
Community Member: Monday, October 11

MEMBERSHIP FOR ALL

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

YOUR YMCA STAFF

Executive Director: Diana Liptak
Aquatic Director: Maureen Scinto
Aquatic Coordinator: Amanda Goodwin
Aquatic Coordinator: Ruslan Spodenko
Youth & Family Coordinator: Melissa Spiro
District Facility Director: Casey McCarthy

REGISTER ONLINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!
The Fairfield YMCA is a branch of the CENTRAL CONNECTICUT COAST YMCA which provides citizens within twenty-five Connecticut towns and cities with access to the extraordinary, lifesaving and enriching programs and opportunities, and we need your help, now more than ever.

With our doors open to all, we bring people together 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.

When you donate to the Fairfield YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

For which, we are FOREVER GRATEFUL.

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.
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 a free on-demand video platform free to all full-facility members of the Central Connecticut Coast YMCAs. YMCA360 offers 300+ 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.

From your desktop, laptop, tablet, smart TV or mobile device, YMCA360 is available wherever you are with an internet connection.

Instructions for access:
Please visit ymca360.org

• Click the login button
• Enter your email address, click continue
• Enter your zip code, click continue
• Click your YMCA
• You will receive a 6 digit email code, via email
• Enter this code, click continue
• You will be let in!
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 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 a Wellness Coach or a Personal Trainer to schedule your F.I.T. Training.

PERSONAL TRAINING

INSPIRE, MOTIVATE, MAINTAIN

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.

Your personal trainer will discuss your goals and define a training program tailored just for you!

1  60 Minute Session- $75
3  60 Minute Sessions- $215
5  60 Minute Sessions- $345
10  60 Minute Sessions- $685

For more information, please contact Fairfield Y Wellness Department at 203 255 2834 ext. 2314.

THE Y’s WELLNESS CENTER

JOIN US FOR YOUR NEXT WORKOUT!

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

FACILITY UPDATES

Your safety is our priority. Here at the Fairfield Y, masks are required indoors for all members and staff. We will continue to work with the Health Department during this time and will update you on any changes.
HEALTHY LIVING

GROUP EXERCISE CLASSES

**Active Older Adult Cardio Circuit**
Increase cardiovascular and muscular endurance in a standing circuit workout. Hand-held weights, elastic tubing and a ball will be used and alternated with non-impact aerobics. Chairs available. For Y Members.

**Active Older Adult Fit**
Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily activities. Hand-held weights, elastic tubing with handles and balls are used. Chairs available. For Y Members.

**Barre**
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.

**Cardio Dance**
Dance your way to fitness! Low impact dance moves to a variety of high energy beats. It’s like a dance party! All levels welcome to join the fun. For Y Members.

**Boot Camp**
Challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout. For Y Members.

**Cardio Interval and Strength**
This class combines aerobics and sports conditioning with weights, strength training and core. Please bring your own mat. For Y Members.

**Cardio Sculpting**
A complete body workout incorporating intervals of cardio, strength, toning, power and balance. For Y Members.

**Chair Yoga**
Move your whole body with a series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and range of movement. For Y Members.

**Group Cycle**
A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels. For Y Members.

**Hydro Deep**
Exercise in the deep water. Jog, bicycle, cross country ski and weight train against the water’s resistance. It’s a low impact, fat burning and muscle building. For Y Members. Registration fee.
GROUP EXERCISE CLASSES

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.

Pilates Mat
Tone and strengthen core muscles, improve stability and posture, slim down and tone up. This class involves free flowing moves concentrating on core strength, muscle balance, flexibility by doing traditional Pilates on a mat and stability ball. For Y Members.

Senior H2O
A water class designed for senior’s wellness needs held in the shallow end of the pool. For Y Members. Requires sign-up 24 hours in advance.

Small Ball Workout
Relieve back pain, reduce stress and excess muscle tension using ball positions with breathing techniques. For Y Members.

Step & Sculpt
Strengthen your lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness. For Y Members.

Pedal & Pump
Combine the benefits of cycling and strength training with weights. Maximize your workout results with this combo class! For Y Members.

TRX®
TRX® will get you in the best shape of your life. A suspension training system that combats your body, challenging your strength, power, balance and flexibility. This class may require a pre-sign up by calling Fairfield Y or stopping by the front desk. For Y Members.

Yoga
Yoga for the novice and the experienced yoga participant. Re-vitalizes the mind, body and spirit with strengthening, stretching and breathing techniques. For Y Members.

What to expect for indoor classes:
- Participants will check in at the front desk.
- Participants are required to wear masks in the Y and during their workout.
- Please bring your own mat.

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.
HEALTHY LIVING

BE YOU
BE HEALTHER
BE YOUR BEST

Healthy Lifestyle Program

When is the last time you felt heard? Are you tired of trying to make healthier choices but going back to old habits? Habit change can be hard and that’s where talking to a Lifestyle Coach can help!

Learn how to:

- Prevent future diseases
- Make small changes that create new habits
- How talking about change makes change possible
- How Prioritizing self-care is best for everyone
- How lifestyle relates to weight gain and your health
- Create lasting change

Schedule your 15 minute information session today by calling 203-255-2834 and asking for Karen Inman. Let’s talk!

(Health and Safety guidelines and social distancing will be in place for each session. If preferred, phone consultations are available).
YOUTH DEVELOPMENT

SWIM TEAM

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 stroke improvement and success, this program promotes character development, while providing fitness, friendship, and fun. Our 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.

FLYFINS SWIM TEAM

Our team is a year round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor. Coaches will designate the level of participation for each team participant.

Practice times are subject to change per coach and Covid–19 guidelines.

Age group qualifiers and Zone swimmers could swim until mid April depending on championship dates.

Fee (3 Payments or in full):
Juniors 1 and 2: $1,200
Juniors 3: $1,300
Age Group 1: $1,400
Age Group 2: $1,500
Seniors: $875

Fees include USA Registration,
USA meets (Sat/Sun) and sanctioned meets.

FOR MORE INFORMATION
For additional information, contact our head coach, Kacey Oberlander at 203 255 2834 ext.2323 or at koberlander@cccymca.org.
YOUTH DEVELOPMENT

SWIM STARTERS

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water. They develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

AGE GROUPS: 6 months – 3 years
Parent* & Child Stages A-B

SWIM STARTERS

Stage A / Water Discovery

Parents* accompany children in Stage A, introducing infants and toddlers to the aquatic environment through exploration, encouraging them to enjoy themselves and learn about the water.

Fee: Member: $80 (M/Tu $70) / Community: $160 (M/Tu $140)
Monday, 10:00am, 10:30am
Tuesday, 10:00am
Wednesday, 10:00am, 10:30am, 1:30pm
Thursday, 10:00am
Friday, 10:00am, 10:30am
Saturday, 9:00am, 9:30am, 10:00am, 10:30am
Sunday, 9:00am, 9:30am, 10:00am

SWIM STARTERS

Stage B / Water Exploration

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

Fee: Member: $80 (M/Tu $70) / Community: $160 (M/Tu $140)
Monday, 10:00am, 10:30am
Tuesday, 10:00am
Wednesday, 10:00am, 10:30am, 1:30pm
Thursday, 10:00am
Friday, 10:00am, 10:30am
Saturday, 9:00am, 9:30am, 10:00am, 10:30am
Sunday, 9:00am, 9:30am, 10:00am

WHAT DEFINES A PARENT? *

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.

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.

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.

SWIM LESSON START DATES

Our Fall II Swim lessons run from November 8 to December 30. Friday, Saturday and Sunday lessons are prorated, as there will be 6 classes instead of 7.

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tbody>
<tr>
<td>6 months – 3 years</td>
<td>SWIM STARTERS Stages A-B</td>
</tr>
<tr>
<td>Parent* &amp; Child</td>
<td>SWIM BASICS Stages 1-4</td>
</tr>
<tr>
<td>3 years – 5 years</td>
<td>SWIM STROKES Stages 1-6</td>
</tr>
<tr>
<td>Preschool</td>
<td>SWIM BASICS Stages 1-6</td>
</tr>
<tr>
<td>5 years – 12 years</td>
<td>SWIM STROKES Stages 1-6</td>
</tr>
<tr>
<td>School Age</td>
<td>SWIM BASICS Stages 1-6</td>
</tr>
<tr>
<td>12+ years</td>
<td>SWIM STROKES Stages 1-6</td>
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</tbody>
</table>

MORE INFORMATION ONLINE AT FAIRFIELD.Y.ORG
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 GROUPS:
3 years – 5 years Preschool
5 years – 12 years School Age
12+ years – Teen & Adult
Stages 1–3

SWIM BASICS
Stage 1 / Water Acclimation

In Stage 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Fee: Full Facility Member: $80 (M/Tu $70)
Community Member: $160 (M/Tu $140)

Stage 1 Preschool
Monday, 10:00am, 4:15pm, 5:15pm
Tuesday, 10:00am, 1:30pm, 2:00pm, 4:15pm
Wednesday, 10:00am, 1:30pm, 2:00pm, 3:45pm, 5:00pm
Thursday, 10:00am, 2:00pm, 4:15pm
Friday, 10:00am, 4:15pm, 4:45pm
Saturday, 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 11:30am
Sunday, 9:00am, 9:30am, 10:00am, 10:30am, 11:00am

Stage 1 School Age
Monday, 4:15pm, 4:45pm
Tuesday, 4:15pm
Wednesday, 5:00pm
Thursday, 4:15pm
Friday, 4:15pm, 4:45pm
Saturday, 9:00am, 10:00am, 11:30am
Sunday, 10:30am, 11:30am

SWIM BASICS
Stage 2 / Water Movement

In Stage 2, students focus on body position and control, directional change and forward movement in the water. They also continue to practice how to safely exit in the event of falling into a body of water.

Fee: Member: $80 (M/Tu $70) / Community: $160 (M/Tu $140)

Stage 2 Preschool
Monday, 10:00am, 4:15pm, 5:15pm
Tuesday, 10:00am, 1:30pm, 2:00pm, 4:15pm
Wednesday, 10:00am, 1:30pm, 2:00pm, 3:45pm, 5:00pm
Thursday, 10:00am, 2:00pm, 4:15pm
Friday, 10:00am, 4:15pm, 4:45pm
Saturday, 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 11:30am
Sunday, 9:00am, 9:30am, 10:00am, 10:30am, 11:00am

Stage 2 School Age
Monday, 4:45pm
Tuesday, 4:45pm
Wednesday, 3:45pm, 4:30pm, 5:00pm
Thursday, 4:45pm
Friday, 4:45pm
Saturday, 9:30am, 11:00am
Sunday, 9:00am, 11:30am

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.

Fee: Member: $80 (M/Tu $70) / Community: $160 (M/Tu $140)

Stage 3 Preschool
Monday, 10:30am, 4:15pm
Tuesday, 10:30am, 1:30pm, 2:00pm
Wednesday, 10:30am, 2:00pm
Thursday, 10:30am, 2:00pm
Friday, 10:30am

Stage 3 School Age
Monday, 4:45pm, 5:15pm
Tuesday, 4:45pm
Wednesday, 3:45pm, 4:30pm
Thursday, 4:45pm
Friday, 4:15pm
Saturday, 9:00am, 9:30am, 10:30am, 11:00am
Sunday, 9:30am, 11:00am

CLASS LEVEL POLICY

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

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG 11
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 GROUPS:
3 years – 5 years Preschool
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 (M/Tu $73.50) / Community: $168 (M/Tu $147)

Monday, 4:30pm
Tuesday, 4:30pm
Thursday, 4:30pm
Friday, 5:15pm
Saturday, 10:45am
Sunday, 10:00am

ADULT SWIM LESSONS

Group instruction for beginner and intermediate swimmers ages 12 and up. Half hour classes with an emphasis on specific needs rather than drills.

Tuesday and Thursday, 10:30
Fee for Members: $150, Community: $300

Saturday, 11:30
Fee for Members: $80, Community: $160

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 (M/Tu $73.50) / Community: $168 (M/Tu $147)

Monday, 4:30pm
Wednesday, 4:15pm
Thursday, 4:30pm
Friday, 4:30pm
Saturday, 10:00am
Sunday, 10:45am

SWIM STROKES
Stage 6 / Stoke Mechanics

In Stage 6, students refine stroke technique on all competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Fee: Member: $84 (M/Tu $73.50)
Community: $168 (M/Tu $147)

Tuesday, 4:30pm
Saturday, 10:00am
Sunday, 10:45am

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
YOUTH DEVELOPMENT

SWIM CLUBS
FOR PUBLIC SCHOOLS

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

Fairfield Public Schools Mondays
November 8 — December 20
Sherman School: Monday at 3:45–4:15pm
Fee: $110 Y Member, $193 Community
Bus Fee: $13 (fee one time only)

Fairfield Public Schools Fridays
November 12 — December 17 (No class November 26)
Sherman School: Friday at 3:45–4:15pm
Fee: $125 Y Member, $220 Community
Bus Fee: $15 (fee one time only)

Black Rock Buccaneers
Mondays, September 20—December 13, 3:15–3:45pm
Fridays, September 24—December 17, 3:15–3:45pm
Fee: $120 Y Member, $200 Community
Bus Fee: $15 (fee one time only)
Return bus to The Smilow Burroughs: $30
Return bus enrolled in Lighthouse Program: $25

SAINTS
SWIM CLUB

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

Saint Thomas
September 20—December 17
Monday and Friday at 2:30–3:15pm
Fee: $175 Y Member, $275 Community
Bus Fee: $15 (fee one time only)

Saint Ann
September 21—December 16
Tuesday and Thursday at 2:30–3:15pm
Fee: $175 Y Member, $275 Community
Bus Fee: $15 one way, $25 round trip (fee one time only)

Assumption
September 22—December 17
Wednesdays at 3:00–3:45pm
Fee: $120 Y Member, $200 Community
Bus Fee: $15 one way, $25 round trip (fee one time only)

SEMI–PRIVATE AND PRIVATE SWIM LESSONS

For Y Members and by appointment only.

Private: Must be 3 years of age and older. Private lessons are offered in packages of 1, 2, or 4 lessons.
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

For Y Members and by appointment only.

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.
Fee: $90 for Y Member, $175 Community
YOUTH DEVELOPMENT

AQUATIC CERTIFICATION COURSES

Waterfront 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. Blended learning course, online and classroom. Must attend all classes.

Fee: $275 for Y Member, $375 Community

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: November 27 & 28

CPR for the Professional Rescuer and AED
Participants must bring their own mask or purchase one.
Class held Tuesday and Thursday

Fee: $75, Mask $15
Course dates: November 16 & 18, 7:00-10:00pm

For more information on Aquatic Certification Courses contact Aquatic Director: Maureen Scinto at 203 255 2834 ext.2318 or mscinto@cccymca.org.

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.
LEARN GROW THRIVE
FAIRFIELD YMCA PRESCHOOL PROGRAM

Register now for the 2021-2022 school year!

The Fairfield Y is focused on building strong kids through its preschool program. Addressing the social and emotional needs of our children, we use a relationship-based approach, collaborating with parents, teachers and children. Through exploration and discovery, our program is based on the principles of caring, honesty, respect and responsibility. Learning is a journey, and at the Y we provide a safe nurturing environment for children to learn, grow and thrive.

TWO YEAR OLDS

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.

3 Days: Monday, Wednesday and Friday
Time: 9:00am-12:00pm
Fee: $345 Y for Member, $410 Community

THREE YEAR OLDS

Includes weekly swim lessons and music classes.
State licensed, 1:10 staff/child ratio.
Must be potty trained.

3 Days: Monday, Wednesday and Friday
Time: 9:00am-1:00pm
Fee: $345 Y Member, $410 Community

PRESCHOOL: FOUR and FIVE YEAR OLDS

Includes weekly swim lessons and music classes.
This program also includes field trips.
State licensed, 1:10 staff/child ratio.

Days: Monday–Friday
Time: 9:00am–1:00pm
Fee: $575 Y for Member, $690 Community

LUNCH BUNCH

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

Threes and Fours

Days: Monday–Friday
Times: 1:00pm-4:00pm
Fee: $20 a days

For more information on Fairfield Y’s Preschool Program contact Melissa Spiro at 203 255 2834 x 2315 or mspiro@ccsymca.org.

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
Engage beyond the school day!

Y AFTER SCHOOL

2021 registration is ongoing.

Where can children meet other children, finish homework without a hassle, do arts and crafts and play outdoors?

After School at the Fairfield Y School Age Child Care program!

Parents can have peace of mind that their children are cared for in a safe, fun atmosphere that models and teaches the YMCA core values of Caring, Honesty, Respect and Responsibility. After school care is provided for Kindergarten through 5th grade for Fairfield Public Elementary School students. Transportation is provided. Scheduled early dismissals are included. State licensed, 1:10 staff/child ratio. Prices for our 2021-2022 school year are listed below.

For additional questions and to register please stop by our welcome center or email our Youth and Family Coordinator, Melissa Spiro at mspiro@cccymca.org.

Register now for the 2021-2022 school year!

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<thead>
<tr>
<th>AFTER SCHOOL MONTHLY RATES</th>
<th>HOLLAND HILL MONTHLY RATES</th>
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<tbody>
<tr>
<td>5 Days: $425 for Members, $505 for Community</td>
<td>5 Days: $450 for Members, $530 for Community</td>
</tr>
<tr>
<td>4 Days: $361 for Members, $425 for Community</td>
<td>4 Days: $383 for Members, $450 for Community</td>
</tr>
<tr>
<td>3 Days: $270 for Members, $315 for Community</td>
<td>3 Days: $285 for Members, $330 for Community</td>
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YOUTH DEVELOPMENT

NO SCHOOL? NO WORRIES!

Y VACATION CLUB

Our program is designed to provide an environment where each child can learn and grow through a wide variety of exciting activities that promote youth development, healthy living and social responsibility.

For students in grades K-6th grade. Participants will engage in organized play activities, sports programs, arts and crafts. The program will start and end in one of the preschool classrooms at the Fairfield YMCA. Snack is not provided!

Please pack 2 snacks and lunch for each participant.

SERVING THE FAIRFIELD SCHOOL DISTRICT AND BEYOND!

**Dates:** Professional Development Day November 2, Veterans Day November 11 and Winter Break December 27–31

**Times:** AM Session 8:00–1:00 and PM Session 1:00–6:00

**Fee:** Members; $40 Half Day, $75 Full Day Community; $45 Half Day, $80 Full Day

YOUTH SPORTS

The Fairfield YMCA’s Youth Sports Programs are built on values of 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

GAGA/ARCHERY

Come hang out on Saturday mornings with our Y After School Counselors! Gaga is a fast-paced, high energy sport played in an octagonal pit. Gaga ball is a gentler version of doge ball, the game combines the skills of dodging, striking, running and jumping, while trying to hit opponents with a kick ball below the waist. Also, learn proper technique for shooting a bow and arrow and basic bow maintenance. Classes held at the YMCA.

Saturday: Grade 3-6, 10:00–11:30am

ARCHERY

Ready. Aim. FIRE! Learn proper technique for shooting a bow and arrow, as well as basic bow maintenance. Equipment is provided. Classes held at the YMCA.

Tuesday: Ages 8-Adult, 5:30–6:20pm

YOUNG ARCHERS

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

Classes held at the YMCA.

Fridays: Ages 6-8, 5:30–6:20pm

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
EXPERIENCE OUR NEW WELLNESS CENTER

Come and try our new fitness equipment and see the upgrades we made in our NEW Wellness Center! Initial feedback is “It’s Great!”, “Nice Job!”, “Love the upgrades, it’s awesome!”

We are excited to have you try our new equipment including; Matrix Recumbant Bike, Matrix Rower, Matrix Glute Trainer, Matrix 45-Degree Leg Press, Matrix Endurance Climbmill, Matrix Full Power Rack, and much more!

OUR APP KEEPS YOU ON TRACK

DOWNLOAD DAXKO LLC CENTRAL CONNECTICUT COAST YMCA MOBIL APP!

Forget your membership Card? Need to squeeze in a workout while you’re out and about? The Daxko LLC Central Connecticut Coast Y app will give you everything you need in the palm of your hand!

Schedules – on one user-friendly landing page for all CCCY Branches / Calendar – for easy transition through days/dates / Filters – by area/room, time of day, class type / Notifications – from multiple branches / Locations – with facility status and hours / Member Cards – use your phone to check-in, load them into your IOS Wallet for display when near the Y / Programs – view and register / Push Notifications! Opt-in for updates on classes and the facility / Email the Y / FREE!

REGISTER ONLINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!