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
Memorial Day, 5/31: 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.

PROGRAM REGISTRATION
Spring Session Registration:
Facility Member: Monday, April 5
Community Member: Monday, April 12
Spring Session Dates:
April 26 – June 20

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
Aquatic Director: Maureen Scinto
Aquatic Coordinator: Amanda Goodwin
Aquatic Coordinator: Ruslan Spodenko
Swim Team Coach: Kevin Quill
Youth & Family Coordinator: Melissa Spiro
District Facility Director: Casey McCarthy

REGISTER ONLINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!
Before Covid-19, families in Connecticut struggled to afford the cost of living, the cost of child care and the cost of enrichment opportunities. Since the global pandemic began affecting all of our communities and the youth, adults and families who live within them, the Central Connecticut Coast YMCA met these challenges head on, and never stopped supporting those we serve.

The Fairfield YMCA stands by our commitment to serve ALL, and the success of our outreach and impact depends upon the success of our Annual Campaign. The Y is a charitable non-profit organization committed to overcoming barriers of success for ALL.

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

All contributions to the YMCA provide direct financial assistance for ALL who need it.

**DONATE FOR A BETTER US.**

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

Schedule a FREE Introductory Training evaluation today! We will 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.2314.

WE’RE HERE FOR YOU

VIRTUAL Y

It’s so important to stick to your regular routine as much as possible! Wake up and go to bed as you usually would, eat at regular meal times, and continue connecting with the Y! Be sure to check-in and utilize our fitness videos, fitness tips, challenges, and live stream class workouts. If you have more than one Y member in your household, please be sure the check-in everyone by filling out the form with their information, too, then scroll for all our Virtual Wellness options!

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 Branch–es / Calendar – for easy transition through days/dates / Filters – by area/room, time of day, class type / Notifications – from multiple branch–es / 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!

VIRTUAL Y

At the Y, we believe that active children are happy children! Visit our website for a few ideas to keep your kids learning, moving, and exploring the world around them. Try one as a family!”
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 a Wellness Coach or a Personal Trainer to schedule your F.I.T. Training.

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 motion 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.

Body Sculpting
The overall muscle conditioning workout increases strength, endurance and stamina using weights, tubing, body bars, bands and exercise balls. For Y Members.

Bodyweight Training
A complete total body workout with no equipment except a mat. Standing and seated movements with no impact and great results. 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.
GROUP EXERCISE CLASSES

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. This class may require a pre-sign up by calling Fairfield Y or stopping by the front desk. For Y Members.

Hydro Deep
Advanced– to build strength, cardio, muscle tone. Buoys, kickboards and noodles used. Aqua belts provided during some intervals but not all. Must be comfortable in the deep water vertically and horizontally without belts for portions of the class. Registration fee. For Y Members.

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.

Qigong
Qigong means “life energy cultivation”. For all levels, it uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy. For Y Members.

Senior H20
A water class designed for senior’s wellness needs done in the shallow end of the pool. 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.

Teen Boot Camp
Small group exercise and fitness training. Boot camp fitness sessions meet for 45 minutes: Military fun-style circuit fitness training program designed just for teens. 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. Call or stop by the front desk to reserve your spot. For Y Members.

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.

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.

What to expect for indoor classes:
- Participants will have their temperature taken and check in at the front desk.
- Participants are required to wear masks during their workout, and must maintain a 12 foot distance from others at all times.
- Please bring your own mat.
BE YOU  
BE HEALTHIER  
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 include wearing a mask and 6 feet distancing will be in place for each session. If preferred, phone consultations are available).
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.

EVALUATION CLINIC

Interested in joining our Fly Fins swim team? Participants who would like to join the team as a new member, must attend an evaluation clinic for the evaluation process; 45 minutes each day, for five days. Swimmers should have 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.

Dates: April 19–23
Fee: $100

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.

Dates: April 26–July 23
Age group qualifiers could go longer and Zone swimmers could swim through August.

Fee (3 Payments or in full):
Juniors 1 and 2: $775
Juniors 3: $750
Age Group 1: $825
Age Group 2: $825
Seniors: $850.50

Fees include USA Registration, USA meets (Sat/Sun) and sanctioned meets.
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. They will be providing lessons, while socially distanced in the water and from the pool deck.

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.

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

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 / Community Member: $160

Monday, 10:00am (Prorate $70/$140)  
Tuesday, 9:45am  
Wednesday, 10:00am  
Thursday, 9:45am  
Friday, 10:00am  
Saturday, 9:15am, 9:45am, 10:15am  
Sunday, 9:15am, 9:45am

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, 10:00am (Prorate $70/$140)  
Tuesday, 9:45am  
Wednesday, 10:00am  
Thursday, 9:45am  
Friday, 10:00am  
Saturday, 9:15am, 9:45am, 10:15am  
Sunday, 9:15am, 9:45am

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.
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: Member: $80 / Community Member: $160

Stage 1 Preschool
Preschool Monday, 10am, 4pm, 5:15pm (Prorate $70/$140)
Preschool Tuesday, 9:45am
Preschool Wednesday, 10:00am, 3:30pm, 4:00pm
Preschool Thursday, 9:45am, 5:15pm
Preschool Friday, 10am, 4:30pm
Preschool Saturday, 9:15am, 9:45am
Preschool Sunday, 9:15am, 9:45am, 10:15am

Stage 1 School Age
School Age Tuesday, 5:30pm
School Age Wednesday, 4:00pm, 5:15pm
School Age Friday, 4:00pm
School Age Saturday, 11:15am
School Age Sunday, 11:15am

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 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, 10:00am, 5:15pm (Prorate $70/$140)
Preschool Tuesday, 9:45am, 5:30pm
Preschool Wednesday, 10:00am, 5:15pm
Preschool Thursday, 9:45am, 4:00pm, 5:15pm
Preschool Friday, 10:00am, 4:30pm
Preschool Saturday, 10:15am, 10:45am
Preschool Sunday, 10:15am, 10:45am

Stage 2 School Age
School Age Wednesday, 3:30pm
School Age Thursday, 4:00pm
School Age Friday, 4:00pm
School Age Saturday, 10:45am
School Age Sunday, 10:45am

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.

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

Stage 3 Preschool
Preschool Wednesday, 3:30pm
Preschool Saturday, 9:15am
Preschool Sunday, 9:15am

Stage 3 School Age
School Age Monday, 4:00pm, 5:15pm (Prorate $70/$140)
School Age Tuesday, 5:30pm
School Age Wednesday, 4:00pm, 5:15pm
School Age Thursday, 4:00pm, 5:15pm
School Age Friday, 4:00pm, 4:30pm
School Age Saturday, 9:45am, 11:15am
School Age Sunday, 9:45am, 11:15am

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
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 / Community Member: $168
School Age Monday, 4:30pm (Prorate $73.50/$147)
School Age Tuesday, 4:00pm, 4:45pm
School Age Wednesday, 4:30pm
School Age Thursday, 4:30pm
School Age Friday, 5:00pm
School Age Saturday, 10:15am
School Age Sunday, 10:15am

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 (Prorate $73.50/$147)
School Age Tuesday, 4:00pm
School Age Wednesday, 4:30pm
School Age Thursday, 4:30pm
School Age Friday, 5:00pm
School Age Saturday, 11:00am

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.

Fee:  Member: $84 / Community Member: $168
School Age Monday, 4:30pm (Prorate $73.50/$147)
School Age Tuesday, 4:45pm
School Age Wednesday, 4:30pm
School Age Thursday, 4:30pm
School Age Friday, 5:00pm
School Age Sunday, 11:00am

FAMILY SWIM LESSONS
Group instruction for the whole family... even the adults. Max of 5 participants. For families with multiple children of varying levels.

Fee for Members: $300
Fee for Community Member: $425
Monday 3:15pm (Prorate $262.50/$372)
Tuesday 4:00pm, 4:45pm

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
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. Must attend all classes.

Book and Mask are included.
Fee: $275 for Y Member, $375 Community
Course dates: By Appointment

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

Fee: $75, Mask $15
Course dates: By Appointment

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.

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

SWIM CLUBS FOR 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.

Fairfield Public Schools
April 5—May 24
Mill Hill: Monday at 3:30-4:00pm
Sherman School: Monday at 3:30-4:00pm
Fee: $100 Y Member, $175 Community
Bus Fee: $13 (fee one time only)

Black Rock Buccaneers
Mondays, April 5—June 7, 2:30-3:15pm
Fridays, April 9—June 11, 2:30-3:15pm
Fee: $125 Y Member, $200 Community
Bus Fee: $15 (fee one time only)
Return bus to The Smilow Burroughs: $30
Return bus enrolled in Lighthouse Program: $20

ADAPTIVE AQUATICS SPECIAL KIDS

By appointment only.
April 26 – June 20
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

SEMI–PRIVATE AND PRIVATE SWIM LESSONS

For Y Members and by appointment only.
April 26 – June 20
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

HALF DAY SWIM SCHOOL

In this intensive 5 day swim lesson program, children learn to swim and be safe in and around the water. Half Day Swim School is designed for youth ages 3-5 or 6-9 years old, who want to learn to swim or improve their swim strokes. Your child will swim twice a day, enjoy a snack, and have lots of fun!

Register for morning, 9am–12pm or for afternoon, 1pm–4pm

Begins June 14–18 and runs through August
Fee: $150 for Y Member, $200 Community
FAIRFIELD Y SUMMER CAMPS

Register Now!

SUNSHINE CAMP

PRESCHOOL
2 YEAR OLDS

A gentle introduction to camp for the first time camper. The children will participate in circle time, arts and crafts, outdoor play and music.

Choose to attend 2, 3 or 5 days a week.

DISCOVERY CAMP

PRESCHOOL
3 & 4 YEAR OLDS

Safe supervised fun with caring and responsible staff. Each week is themed and has special day celebrating the theme. The children will swim, do arts and crafts, play on the playground, and have lots of fun.

CAMP BADAKOOKALA

SCHOOL AGE CAMP

For ages 5-13 Camp Badakookala is designed to offer a combination of active, quite and creative options that take the individual camper’s interest, talents, and age into consideration. The Camp’s watchwords are “Safe” and “Fun” and more “Fun”. Mature, experienced staff is extensively trained to meet each child’s needs. Adventurers (entering grades 5-8) will participate in archery and a service project for the summer. For those too “big” for camp, (entering grades 9-11), we offer our Counselor-in-Training program.

Campers will swim twice a week, enjoy sports like soccer, softball, capture the flag, whiz ball, dodgeball and specials events like National Popsicle Day every Friday, Talent Show, and end of the year cook out. Campers will also have fun doing arts and crafts project such as painting, working with clay and gimp.

BEACH CLUB

FUN IN THE SUN

Beach Club is a wonderful opportunity for children to make friends and enjoy the beautiful costal area we are blessed to the to live in. Participants get lots of exercise and have fun in the water, sand, and sun; a perfect combination of what we all need now more then ever! The program runs Monday through Friday 9am to 3pm with before care available from 8am and after care available until 6pm. There is never a dull moment as we swim, fish, clam, kayak, and paddleboard. Participants should be strong swimmers having the ability to swim 25 yards without any floatation, be comfortable in open water, as well as treading and swimming in deep water.

Participants will need to bring their energy and endurance as it is a very physical program. Join us as we explore Fairfield’s five beautiful beaches and estuaries, as well as form friendships that will last a lifetime.
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@cccymca.org.

Register now for the 2021–2022 school year. Be sure to register and reserve your spot!
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 2020-2021 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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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: April 2, 12, 13, 14, 15, 16
Times: AM Session: 8-1 and PM Session 1-6
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.

When: 8 week sessions starting the week of April 26
Fee: $90 for Y Members, $190 for Community
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 dodge 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, 5:30–6:20 pm

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, 5:30–6:20 pm

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
RECIPE
FOR A HEALTHY KID

INGREDIENTS & STEPS

1. Start with a tummy full of healthy food
2. Stir in a cup of physical activity
3. Add a tablespoon of laughter
4. Mix in a pinch of curiosity
5. Sprinkle with a dash of fun!

HEALTHY KIDS DAY®
Get the Recipe for a Healthy Kid!

Healthy Kids Day provides all the ingredients for developing healthy, resilient kids.

Join the Y for a day full of fun activities that celebrate kids being kids!

All are welcome to join our free physically distanced event on Saturday, April 24.

Saturday, April 24
10am–1pm

FAIRFIELD YMCA
841 Old Post Road
203 255-2834
www.fairfieldymca.org

For a better us.