the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVER TOGETHER.

Fairfield YMCA Program Guide

Winter II March 1 – April 25, 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

Easter, 4/4: CLOSED

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

Winter Session II Registration:

Facility Member: Monday, February 8
Community Member: Monday, February 15

Winter Session II Dates:

March 1 – April 25

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.

HEALTHY LIVING
Page 4

FAIRFIELD FLYFINS SWIM TEAM
Page 8

AQUATICS
Swim Lessons Page 9
Certifications Page 12
Swim Clubs Page 13
Private Lessons Page 13
Half Day Swim Page 13

CAMP
Page 14

CHILD CARE
Preschool Page 15
School Age Pages16-17

HEALTHY LIVING

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 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!**

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 can be found on-line at FairfieldY.org. On-line you can find arts & crafts, virtual fieldtrips, math, science, social studies, story time, sing-alongs, fitness classes and much more!

HEALTHY LIVING

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 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.

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.**

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.**

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.**

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 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.

FAIRFIELD
FLYFINS

FOR MORE INFORMATION

Contact Swim Team Coach Kevin Quill for additional information; kquill@cccymca.org or 203 255 2834 ext.2323.

EVALUATION CLINIC

Interested in joining the team? Our evaluation clinic is for individuals who would like to join the team as a new member. Swimmers should have the endurance to swim a100 IM demonstrating each stroke. Space is limited and new swimmers must attend a stroke clinic for an evaluation process. 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: $775.50
Juniors 3: $750
Age Group 1: $800.25
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.

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

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 / Community Member: $160

Monday, 10:00am
Wednesday, 10:00am
Friday, 10:00am
Saturday, 9:15am, 9:45am, 10:15am

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
Wednesday, 10:00am
Friday, 10:00am
Saturday, 9:15am, 9:45am, 10:15am

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, 10:00am, 4:00pm
Preschool Tuesday, 5:30pm
Preschool Wednesday, 10:00am, 4:00pm, 5:15pm
Preschool Thursday, 4:00pm, 5:15pm
Preschool Friday, 10:00am, 4:30pm
Preschool Saturday, 9:15am, 10:15am, 10:45am

Stage 1 School Age
School Age Monday, 5:15pm
School Age Tuesday, 5:30pm
School Age Wednesday, 3:30pm, 4:00pm, 5:15pm
School Age Thursday, 4:00pm, 5:15pm
School Age Friday, 4:00pm, 4:45pm
School Age Saturday, 9:45am, 10:45am 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.

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, 4:00pm
Preschool Tuesday, 5:30pm
Preschool Wednesday, 10:00am, 4:00pm, 5:15pm
Preschool Thursday, 4:00pm, 5:15pm
Preschool Friday, 10:00am, 4:30pm
Preschool Saturday, 9:15am, 10:15am, 10:45am

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

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

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

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
School Age Tuesday, 4:00pm, 4:45pm
School Age Wednesday, 4:30pm
School Age Thursday, 4:.30pm
School Age Friday, 4:00pm, 5:00pm
School Age Saturday, 10:15am

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 4:30, Tuesday 4:30, 5:15
Wednesday 4:30, Thursday 4:30

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, 4:00pm, 4:45pm
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
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, 11:00am

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

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.

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

For more information on Aquatic Certification Courses contact :

Aquatic Director: Maureen Scinto at 203 255 2834 ext.2318 or mscinto@cccymca.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

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

ADAPTIVE AQUATICS SPECIAL KIDS

By appointment only.
March 1-April 25

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.
March 1-April 25

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

YOUTH DEVELOPMENT

FAIRFIELD Y SUMMER CAMPS

Registration Begins February 1, 2021

FOREVER SUMMER!

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 BADAKOOKAIA

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 7am 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.

LEARN GROW THRIVE

FAIRFIELD YMCA PRESCHOOL PROGRAM

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

2021-2022 SCHOOL YEAR

Registration for the 2021-2022 school year starts March 1, 2021. Be sure to register and reserve your spot!

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.

LEARNING OUTSIDE THE CLASSROOM

Full Day Y Learning Center

The Y is here to meet your school age child care needs! At our Y Learning Center, children will have scheduled time for distance learning in quiet spaces equipped with WiFi and with YMCA staff for academic support. When distanced learning is completed for the day, Y staff will lead the participants in various enrichment activities including STEM, playground, sports and arts and crafts.

WHERE
Fairfield YMCA—Quiet space and WIFI will be provided to support remote learning.

WHEN
Y Learning Center: Monday-Friday 8am-3pm
Extended PM Care: 3pm-6pm

FEES
Weekly Fee -$225
Extended PM Care- $90

WHO
K-5 Grade.
Schools served based on enrollment.

All Y Learning Center participants must be Y members. Please remember to bring your computer, headphones, nut free lunch, snack and water bottle.

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.

YOUTH DEVELOPMENT

ENGAGE BEYOND THE SCHOOL DAY

Y AFTER SCHOOL

The Y Learning Center will be adjusting its hours to accommodate the Fairfield public school's new schedule. No need to worry about the schools dismissing at 12pm or 1pm, the Y Learning Center bus will be there to pick your child up from school. We will assist them with remote learning and provide a place to have fun. You can choose to have your children stay until 4pm or 6pm. Transportation will be provided for all Fairfield Public Schools based on enrollment.

Registration begins March 1 for the 2021-2022 school year! Prices for our 2020-2021 school year are listed below.

AFTER SCHOOL MONTHLY RATES

5 Days 1:00-4:00: $425 for Members $505 for Community
5 Days 1:00-6:00: $500 for Members $580 for Community
4 Days 1:00-4:00: $361 for Members, $425 for Community
4 Days 1:00-6:00: $436 for Members, $500 for Community
3 Days 1:00-4:00: $270 for Members, $315 for Community
3 Days 1:00-6:00: $345 for Members, $390 for Community

HOLLAND HILL MONTHLY RATES

5 Days12:00-4:00: $450 for Members, $530 for Community
5 Days12:00-6:00: $525 for Members, $605 for Community
4 Days12:00-4:00: $383 for Members, $450 for Community
4 Days12:00-6:00: $458 for Members, $525 for Community
3 Days12:00-4:00: $285 for Members, $330 for Community
3 Days12:00-6:00: $360 for Members, $405 for Community

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.

Dates: February 11, 12, 15; April 2,12,13,14,15,16
Times: AM Session: 8-1 and PM Session 1-6

WHO, WHAT, WHERE, AND WHEN

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!

Member Fee: $40 Half Day, $75 Full Day
Community Fee: $45 Half Day, $80 Full Day

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 6am-7pm; Sat 7am-4pm; Sun 8am-1pm
- 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 touchless 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 in the building. 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 30 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.

REGISTER ONLINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!