FIND WHAT MOVES YOU. FIND YOUR Y.

FALL 1 PROGRAM GUIDE

At the Y, you'll find countless opportunities to get moving and experience the joy of better health. All it takes is one step!

For a better us.®

HERE FOR YOU

FAIRFIELD YMCA

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

FACILITY HOURS

Monday–Thursday 5:30am –8pm
Friday 5:30am –7pm
Saturday 7am – 5:30pm
Sunday 8am – 3pm

HOLIDAY HOURS/CLOSURES

Closed Labor Day

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

Summer Session Dates:
August 29 to October 23

Summer Session Registration:
Facility Members: Monday, August 8
Program Participants: Monday, August 15

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale ac-cording 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
Bryan LeClerc
Gregory Sargent
Craig Goos
Jason Li

YOUR YMCA STAFF

Executive Director: Diana Liptak
Senior Director: Maureen Scinto
Aquatic Coordinator: Amanda Goodwin
Aquatic Coordinator: Ruslan Spodenko
Sports and Rec. Coordinator: Kacey Oberlander
Youth & Family Coordinator: Melissa Spiro

REGISTER ONLINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!

Whenever a neighbor needs support, the Y stands ready to help with open arms and caring hearts.

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.

FIND YOUR REASON TO GIVE. DONATE FOR A BETTER US.

Connect with Branch Executive Diana Liptak to learn more.

HEALTHY LIVING PAGE 4–8
FLYFINS SWIM TEAM PAGE 9
SWIM LESSONS PAGE 10–13
AQUATIC PROGRAMING PAGE 13–14
CHILDCARE PAGE 15–16
YOUTH AND TEEN PAGE 17

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 1,000+ 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!

HEALTHY LIVING

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 and updated Wellness Center includes Matrix, Life Fitness cardiovascular and strength training equipment, and a new stretching area for flexibility and functional exercises.

HEALTHY LIVING

GROUP EXERCISE CLASSES

Active Older Adult Cardio Circuit (AOA)

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 (AOA)

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.**

Aqua Zumba

A Zumba® pool party? Splash, stretch, twist, shout, laugh and holler! This class blends it all into a safe, challenging, water-based workout that's cardio-conditioning, body toning, exhilarating. An invigorating and fun workout! **For Y Members. Registration fee .**

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 .**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.**

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.**

What to expect for indoor classes:

- **Participants will check in at the front desk.**
- **Participants are not required to wear masks in the Y or during their workout.**
- **Please bring your own mat.**

GROUP EXERCISE CLASSES

Hydro Deep
Exercise in the deep water. Jog, bicycle, cross country ski and weight train against the water's resistance. Low impact, fat burning and muscle building. **For Y Members. Registration fee .**

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.**

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

Pure Stretch
A light hearted class designed to stretch your entire body and improve core strength. **For Y Members.**

Senior H20
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.**

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. Sign-up to reserve your spot in advance.**

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.**

HEALTHY LIVING

HAPPY, HEALTHY, YOU!

HEALTHY LIFESTYLE PROGRAM

When is the last time you felt heard and got the attention you needed?

Tried making healthier choices only to return to old habits?

Habit and Lifestyle changes can be hard and that's where talking to a Lifestyle Coach will make it easier!

Find out more by phone or email:

Call 203-255-2834 ext. 2326 or email kinman@cccymca.org. It's that easy!

SUPPORTING WELLNESS TOGETHER

WEIGHT LOSS PROGRAM

Reach your wellness goals with us! We provide tools, knowledge and group support to help you develop plans that support your weight loss goals. Classes are held once a week on Mondays.

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

Date: April 25– July18
Time: Mondays, 6-7pm
Fee: $175 Y Members

SUPPORT, STRENGTH, STAMINA

MOVEMENT for PARKINSON's

We are excited to announce our new class addition to our Movement for Parkinson's series; **Qigong**! All classes are taught by certified instructors and designed to help adults of all levels maintain an active lifestyle while focusing on cardio conditioning, flexibility and balance.

Free for members and care partners! Program participants $96/session.

New session begins June 28; Tuesdays 12:30-1:30,

Qigong Thursdays 12:30-1:30, and Fridays 12:30-1:30.

Benefits Include:

- Stamina and Strength
- Symptom Reduction
- Balance and Coordination
- Emotional Well-Being
- Individually Tailored Exercises
- Connections and Support

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: Evenings, September 5-9; Fee: $100

STROKE CLINICS

RETURNING SWIMMERS: This clinic is for the youth that are currently on the Fairfield Flyfins swim team and are looking to dial in on their stroke technique and starts!

Dates: Evenings, September 5-9; Fee: $100

ADULT STROKE CLINIC: Looking to improve your stroke or get ready for a summer triathlon? This is the clinic for you!

Dates: Evenings, August 29 - September 2; Fee: $100

FAIRFIELD 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.

Dates: September 12— March 26

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

Fee (3 Payments or in full):

Juniors 2: $1,200

Juniors 1 : $1,300

Age Group 1: $1,400

Age Group 2: $1,600

High School: $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.

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: $84 / Program Participant: $168

Monday, 10:00am, 10:30am
Tuesday, 10:00am
Wednesday, 10:00am, 10:30am, 2:00pm
Thursday, 10:00am
Friday, 10:00am
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: $84 / Program Participant: $168

Monday, 10:00am, 10:30am
Tuesday, 10:00am
Wednesday, 10:00am, 10:30am, 2:00pm
Thursday, 10:00am
Friday, 10:00am
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.

NO LESSONS ON LABOR DAY

Prorated for Labor Day, September 5, as follows;

30 minute classes
Members $73.50, Program Participant $147

45 minute classes
Members $77, Program Participant $150.50

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 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: $84 / Program Participant: $168

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

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: $84 / Program Participant: $168

Stage 2 Preschool
Monday, 10:00am, 3:45pm, 4:15pm, 5:15pm
Tuesday, 10:00am, 1:30pm, 2:00pm, 4:15pm, 4:45pm
Wednesday, 10:00am, 2:00pm, 3:45pm, 4:15pm
Thursday, 10:00am, 2:00pm, , 4:15pm, 4:45pm
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, 4:45pm
Tuesday, 4:15pm, 4:45pm
Wednesday, 3:45, 4:15pm, 4:45pm
Thursday, 4:15pm, 4:45pm
Friday, 3:45pm, 4:45pm
Saturday, 9:00am, 9:30am, 11:00am
Sunday, 9:00am, 11:30am, 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: $84 / Program Participant: $168

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

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

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: $88 / Program Participant: $172

Monday, 4:30pm
Tuesday, 4:30pm
Wednesday, 3:45pm, 4:30pm
Thursday, 4:30pm
Friday, 5:00pm
Saturday, 10:45am
Sunday, 10:00am

ADULT SWIM LESSONS

Group instruction for beginner and intermediate swimmers ages 12 and up. Classes emphasize specific needs rather than drills.

Tuesday & Thursday, 10:30am–11:15pm
Members: $160, Program Participants: $320

Saturday , 11:30am–12:00pm
Members: $84, Program Participants: $168

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: $88 / Program Participant: $172

Monday, 4:30pm
Thursday, 4:30pm
Friday, 4:15pm
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: $88 / Program Participant: $172

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

YOUTH DEVELOPMENT

SCHOOL SWIM CLUBS

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

September 29 — October 24

Sherman School: Monday at 3:45–4:15pm

Fee: $93.76 Y Member, $165 Program Participants

Bus Fee: $11.25 (fee one time only)

Fairfield Public Schools Fridays

September 2 — October 20

Sherman School: Friday at 3:45–4:15pm

Fee: $110 Y Member, $193 Program Participants

Bus Fee: $13 (fee one time only)

Black Rock Fish Hawks

Mondays, September 19 — December 05, 3:15–3:45pm

Fridays, September 23 — December 09, 3:15–3:45pm

Fee: $175 Y Member, $275 Program Participants

Bus Fee: $15 (fee one time only)

Return bus to The Smilow Burroughs : $35

Return bus enrolled in Lighthouse Program: $25

Saint Thomas

August 29 — December 09

Monday and Friday at 2:30–3:15pm

Fee: $175 Y Member, $275 Program Participants

Bus Fee: $15 (fee one time only)

Saint Ann

September 13— December 08

Tuesday and Thursday at 2:30–3:15pm

Fee: $175 Y Member, $275 Program Participants

Bus Fee: $15 one way, $25 round trip (fee one time only)

Return bus to The Smilow Burroughs : $35

Assumption

September 14 — December 07

Wednesdays at 3:00–3:45pm

Fee: $120 Y Member, $200 Program Participants

Bus Fee: $25 one way, $35 round trip (fee one time only)

Easton Country Day

September 15 — December 15

Thursday at 1:30–2:00pm

Fee: $275 Y Member and Program Participants

Bus Fee: $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: $52, 2 Lessons: $94, 4 Lessons: $168

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: $63, 2 Lessons: $114, 4 Lessons: $208

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

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 Program Participant
Course dates: TBD

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: TBD

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 Program Participant

Pre-test August 6 at 1pm
Classroom hours: August 13, 10am-4pm; August 14, 9am-2 pm

Pre-test September 10 at 1pm
Classroom hours: September 17, 10am-4pm; September 18, 9am-2 pm

Pre-test September 24 at 1pm
Classroom hours: October 1, 10am-4pm; October 2, 9am-2 pm

Pre-test October 22 at 1pm
Classroom hours: October 29, 10am-4pm; October 30, 9am-2 pm

For more information contact Senior Director, Maureen Scinto, at 203 255 2834 ext.2318 or mscinto@cccymca.org.

LEARN GROW THRIVE

FAIRFIELD YMCA PRESCHOOL PROGRAM

Register now for the 2022–2023 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.

Time: 9:00am–12:00pm
2 Days: Tuesday and Thursday
Fee: $236 Y for Member, $282 Program Participant

Time: 9:00am–12:00pm
3 Days: Monday, Wednesday and Friday
Fee: $354 Y for Member, $420 Program Participant

THREE YEAR OLDS

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

Time: 9:00am–1:00pm
3 Days: Monday, Wednesday and Friday
Fee: $354 Y Member, $420 Program Participant
5 Days: Monday–Friday
Fee: $589 Y for Member, $707 Program Participant

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: $589 Y for Member, $707 Program Participant

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

To learn more about Fairfield Y's Preschool Program, contact Melissa Spiro at 203 255 2834 x 2315 or mspiro@cccymca.org.

YOUTH DEVELOPMENT

ENGAGE BEYOND THE SCHOOL DAY

Y AFTER SCHOOL

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 2022-2023 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 for the 2022-2023 school year now!

AFTER SCHOOL MONTHLY RATES

5 Days : $436 for Members, $518 for Program Participant
4 Days : $370 for Members, $436 for Program Participant
3 Days : $277 for Members, $323 for Program Participant
2 Days : $205 for Members, $240 for Program Participant

HOLLAND HILL MONTHLY RATES

5 Days : $462 for Members, $530 for Program Participant
4 Days : $391 for Members, $459 for Program Participant
3 Days : $291 for Members, $337 for Program Participant
2 Days : $220 for Members, $292 for Program Participant

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 on dates off .

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.

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

YOUTH SPORTS AND PROGRAMING

Archery

This class is designed for kids who are new to the organized rules of archery. We will cover the safety procedures, basic shooting technique, and beginner equipment care using a variety of shooting games. Class takes place outside the YMCA in the grassy area.

Ages: 10+
Date: August 29 – October 23
Times: Saturday Mornings from 9:00-10:00 AM
Fee: $85 Y Member, $115 Program Participant

Flag Football

Are you ready for some football? The Y's flag football program removes the tackling but adds in extra fun and excitement for your child. Participants learn the basic skills of the game in a safe environment from our team of caring coaches who also emphasize the importance of teamwork, fair play and sportsmanship.

Ages: 8-10, 11-13
Date: August 29 – October 23
Times: Saturday Mornings from 9:00-10:00 AM
Fee: $100 Y Member, $135 Program Participant

Soccer Shots

Be goal oriented! We believe all kids have great potential – that's why the Y gives them the opportunity to shine on and off the field in our youth soccer program. Beyond learning more about the game, participants will gain something even more valuable: learning how to work as a team while building their self-confidence and self-worth.

Ages: 4-5, 6-7 and 8-9
Date: August 29 – October 23
Times: Saturday Mornings from 9:00-10:00 AM
Fee ages 4-7: $100 Y Member, $135 Program Participant

T-Ball

Slide into fun with T-Ball at the Y! Your child will learn T-Ball fundamentals, nurture their skills and feel the support of our volunteer coaches and a team. At the same time, they'll learn teamwork, sportsmanship and what it takes to be a leader in sports and in life. Youth T-Ball provides a fun, positive experience for kids who want to enjoy the game.

Ages: 3-4, 5-7
Date: August 29 – October 23
Times: Saturday Mornings from 9:00-10:00 AM
Fee: $85 Y Member, $115 Program Participant

Y NIGHT

Y Night includes swimming, wellness center, laser tag, scavenger hunt, pizza, ice cream sundae and a raffle for gift certificates to fun places in Fairfield. Don't forget to bring money for the concession stand!

REGISTRATION

Register soon to get an early bird discount! Early Bird: Facility Members: $12 / Program Participant: $15 Registration Fee: Facility Members: $20 / Program Participant: $23

Waivers are required for every Y Night. If you register online you will fill out an electronic waiver or fill one out at the welcome center at the Y.

Who: Grades 4-7

Time: 6:30-9pm

Wellness Center: Ages 10 and up

the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CENTRAL CONNECTICUT COAST YMCA

FAIRFIELD YMCA

EXPERIENCE OUR 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!

YMCA UNIVERSAL MOBILE APP

STAY ON TRACK WITH THE Y MOBILE APP

Download our new and greatly improved Mobile App which will allow you to:

- Check-in
- View class schedules
- Make reservations in the class schedule section
- Watch YMCA360 on-demand programs
- See what's happening at the Y
- PLUS set personal wellness goals,
- Log your workouts
- And view a history of your wellness accomplishments
- Push notifications also available

IOS Users: Download on the App Store

Android Users: Get it on Google play

REGISTER ONLINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!