FIND CONNECTION. FIND YOUR Y.

FALL 11 PROGRAM GUIDE

The YMCA connects people to a great sense of purpose and to each other to make our community stronger.

FAIRFIELD YMCA

For a better us.

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

When you donate to the Fairfield Y 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.

OUR TEAM

VOLUNTEER LEADERSHIP
Board Chair: Andrea Seek
Board Member: Craig Goos
Board Member: Bryan LeClerc
Board Member: Jason Li
Board Member: Gregory Sargent

FAIRFIELD Y STAFF
Executive Director: Diana Liptak
Senior Director: Maureen Scinto
Aquatic Coordinator: Amanda Goodwin
Aquatic Coordinator: Ruslan Spodenko
Head Swim Team Coach and Sports and Rec. Coordinator: Kacey Oberlander

REGISTER ONLINE AT FAIRFIELDY.ORG
View current schedules, programs and events on our website!
HERE FOR YOU

THE FAIRFIELD YMCA

MEMBERSHIP FOR ALL
Our YMCA is a membership organization open to all people. We welcome individuals of all ages, races, ethnicities, religions, abilities and financial circumstances. Programs and branches embrace diversity, reflecting the needs and composition of our community. Membership rates are based on a sliding scale according to household income. Please contact the Fairfield Y or more information.

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

PROGRAM REGISTRATION
Fall II Session Dates:
October 24 to December 18.

Fall II Registration:
Members; Monday, October 3
Program Participants; Monday, October 10.

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

WEATHER POLICY
In the event of inclement weather related closures, we will post information on our Website, App, Facebook page, Twitter, and the following television stations: WTNH 8 and News 12. Please contact the Fairfield Y or more information.

HOLIDAY HOURS/CLOSURES
Closed Thanksgiving
Open 7am – 2:00pm Christmas Eve
Closed on Christmas
Open 7am – 2:00pm New Year’s Eve
Open 8am-1:00pm New Year’s Day

CONTACT INFO
FAIRFIELD YMCA
841 Old Post Rd. Fairfield CT 06824
P 203 255 2834 F 203 259 7744
E Fairfieldinfo@cccymca.org
W FairfieldY.org

Y 360 4
HEALTH AND WELLNESS 5
FLYFINS SWIM TEAM 9
SWIM LESSONS 10
AQUATIC PROGRAMING 13
CHILD CARE 15
YOUTH AND TEENS 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 visitymca360.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!

---

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
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! The more you take, the more you save.

Ask us about our new specialty training and small group training!

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

**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.
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. For more information contact Karen Inman at 203-255-2834 ext. 2326 or email kinman@cccyymca.org. Classes are held Wednesdays, 6:00-7:00pm the fee for the session is $175 for Y Member $225 for program participant.

MAINTAINING YOUR ACTIVE LIFESTYLE

STRENGTH BALANCE SAFETY WORKSHOP
Join us this special strength balance and safety workshop series. Instructed by Melissa Arnold and Laura Dorr, class will be held Mondays; October 10, November 14, and December 12 from 12:30pm-1:30pm. Free for Member /$100 for Program Participant. Please register in advance.

SUPPORT STRENGTH STAMINA

MOVEMENT FOR PARKINSON’S
Our Movement for Parkinson’s series; 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 participant $96/session.

Movement for Parkinson’s on Tuesdays 12:30-1:30 and Fridays 12:30-1:30. Chair Movement for Parkinson’s on Tuesdays 12:30-1:30.

Benefits Include:
• Stamina and Strength
• Symptom Reduction
• Balance and Coordination
• Emotional Well-Being
• Individually Tailored Exercises
• Connections and Support
For more information, please contact Fairfield Y Wellness Department at 203 255 2834 ext. 2314.
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

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 25

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 2: $1,400
Age Group 1: $1,600
High School: $875

FOR MORE INFORMATION

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

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
YOUTH DEVELOPMENT

Fairfield Y Swim Lessons

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better “us”. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.

Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages – from infants to seniors – can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule.

SWIM 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 – 4 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.

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.

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.

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 continue to practice how to safely exit in the event of falling into a body of water.

SWIM BASICS

Stage 3 / Water Stamina

In Stage 3, students learn how to swim from a longer distance safety in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

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 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.

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.

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.

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
Member: $160, Program Participant: $320

Saturday, 11:30am–12:00pm
Member: $84, Program Participant: $168

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.
## YOUTH DEVELOPMENT

## FAIRFIELD SWIM LESSONS

### CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Fee</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage A/B</td>
<td>6m-4yr</td>
<td>$90 Member $178 Program Participant</td>
<td>10:00-10:30</td>
<td>10:00-10:30</td>
<td>10:00</td>
<td>10:00-10:30</td>
<td>10:00</td>
<td>9:00-10:30</td>
<td>9:00-10:30</td>
</tr>
<tr>
<td>Stage 1 /</td>
<td>3-5yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>10:00-3:45</td>
<td>10:00-3:45</td>
<td>10:00</td>
<td>10:00-3:45</td>
<td>10:00</td>
<td>9:00-4:15</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>Stage 2 /Preschool</td>
<td></td>
<td></td>
<td>2:00-4:15</td>
<td>2:00-4:15</td>
<td>2:00-3:45</td>
<td>2:00-3:45</td>
<td>2:00-3:45</td>
<td>10:00-11:30</td>
<td>10:00-11:30</td>
</tr>
<tr>
<td>Stage 3 /Preschool</td>
<td>3-5yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>10:30-4:15</td>
<td>10:30-4:15</td>
<td>10:30</td>
<td>10:30-4:15</td>
<td>10:30</td>
<td>9:00-4:15</td>
<td>9:00-11:30</td>
</tr>
<tr>
<td>Stage 1 /School Age</td>
<td>5-12yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>4:15</td>
<td>4:45</td>
<td>4:15</td>
<td>4:45</td>
<td>4:15</td>
<td>9:00-10:00</td>
<td>10:30-11:30</td>
</tr>
<tr>
<td>Stage 2 /School Age</td>
<td>5-12yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>4:45</td>
<td>4:45</td>
<td>4:15</td>
<td>4:45</td>
<td>4:45</td>
<td>9:00-11:30</td>
<td>9:00-11:30</td>
</tr>
<tr>
<td>Stage 3 /School Age</td>
<td>5-12yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>9:30-10:30</td>
<td>9:30-11:00</td>
</tr>
<tr>
<td>Stage 4 /School Age</td>
<td>5-12yrs</td>
<td>$94 Member $188 Program Participant</td>
<td>4:30</td>
<td>4:30</td>
<td>4:30</td>
<td>4:30</td>
<td>4:30</td>
<td>10:45</td>
<td>10:00</td>
</tr>
<tr>
<td>Stage 5 /School Age</td>
<td>5-12yrs</td>
<td>$94 Member $188 Program Participant</td>
<td>4:30</td>
<td>4:30</td>
<td>4:30</td>
<td>4:15</td>
<td>10:00</td>
<td>10:45</td>
<td></td>
</tr>
<tr>
<td>Stage 6 /School Age</td>
<td>5-12yrs</td>
<td>$94 Member $188 Program Participant</td>
<td>4:30</td>
<td>4:30</td>
<td>4:30</td>
<td>10:00</td>
<td>10:45</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

More information online at FairfieldY.org
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
October 24 — December 12
Sherman School: Monday at 3:45-4:15pm
Fee: $93.76 Y Member, $165 Program Participant
Bus Fee: $11.25 (fee one time only)

Fairfield Public Schools Fridays
October 28 — December 16
Sherman School: Friday at 3:45-4:15pm
Fee: $110 Y Member, $193 Program Participant
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: $120 Y Member, $200 Program Participant
Bus Fee: $15 (fee one time only)
Return bus to The Smilow Burroughs : $35
Return bus enrolled in Lighthouse Program: $25

Easton Country Day
September 15 — December 15
Thursday at 1:30-2:00pm
Fee: $275 Y Member and Program Participant
Bus Fee: $25 round trip (fee one time only)

Saint Thomas
August 29 — December 09
Monday and Friday at 2:30-3:15pm
Fee: $175 Y Member, $275 Program Participant
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 Participant
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 Participant
Bus Fee: $25 one way, $35 round trip (fee one time only)
YOUTH DEVELOPMENT

SEMI-PRIVATE AND PRIVATE SWIM LESSONS

For Y Members and by appointment only.

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

Fee: 1 Lesson: $55, 2 Lessons: $99, 4 Lessons: $176

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: $67, 2 Lessons: $121, 4 Lessons: $220

ADAPTIVE AQUATICS SPECIAL KIDS

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: $120 for Y Member, $190 Program Participant

AQUATIC CERTIFICATION COURSES

Waterfront Life Guarding Course

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

Fee: $275 for Y Member, $375 Program Participant

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

Pre-test December 26 at 1pm
Classroom hours: December 31, 10am–4pm; January 1, 9am–2 pm

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

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

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

More information online at fairfieldy.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 day

To learn more about Fairfield Y’s Preschool Program, contact Patricia Farrelly at 203 255 2834 x 2315 or Fairfieldpreschool@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 Chris Schreiner at FairfieldAfterschool@cccymca.org.

Register for the 2022–2023 school year now!

<table>
<thead>
<tr>
<th>AFTER SCHOOL MONTHLY RATES</th>
<th>HOLLAND HILL MONTHLY RATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Days: $436 for Members, $518 for Program Participant</td>
<td>5 Days: $462 for Members, $530 for Program Participant</td>
</tr>
<tr>
<td>4 Days: $370 for Members, $436 for Program Participant</td>
<td>4 Days: $391 for Members, $459 for Program Participant</td>
</tr>
<tr>
<td>3 Days: $277 for Members, $323 for Program Participant</td>
<td>3 Days: $291 for Members, $337 for Program Participant</td>
</tr>
<tr>
<td>2 Days: $205 for Members, $240 for Program Participant</td>
<td>2 Days: $220 for Members, $292 for Program Participant</td>
</tr>
</tbody>
</table>

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.
**YOUTH DEVELOPMENT**

**YOUTH SPORTS AND PROGRAMING**

**MOVE TO THE BEAT**
Teen dancers will enjoy and grow in self-expression through jazz, hip-hop, modern and ballet techniques. Fun routines will be taught as well as balance, strength, flexibility, grace and coordination.

Ages: 12-18  
**Date:** October 25 to December 15  
**Times:** Tuesdays and Thursdays from 4:00-5:00PM  
**Fee:** $100 Y Member, $175 Program Participant

**KIDS DANCE MOVES**
Youth dancers will learn jazz, hip hop, modern and ballet techniques. You will enjoy and learn fun choreography and explore impressionism and freestyle.

Ages: 5-11  
**Date:** October 26– December 14.  
**Times:** Wednesdays from 4:00–5:00PM  
**Fee:** $75 Y Member, $150 Program Participant

**CREATIVE DANCE FOR ADULTS**
Dance includes stretching, and dance techniques of jazz, ballet and modern styles. Improve your balance, tone, grace and coordination. Creative movements and choreography will improve self-expression.

Ages: Adults  
**Date:** October 26– December 14.  
**Times:** Wednesdays from 12:30–1:30PM  
**Fee:** FREE Y Member, $50 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  
**Dates:** October 15, November 12, December 10

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG 17
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 Recumbent Bike, Matrix Rower, Matrix Glute Trainer, Matrix 45-Degree Leg Press, Matrix Endurance Climbbill, 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

REGISTER ONLINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!