FIND YOUR FRIENDS. FIND YOUR Y.

SPRING PROGRAM GUIDE

At the Y, there are no strangers – only friends you haven’t met yet. Friends that will inspire you to develop new skills and confidence to lead positive change in yourself and our community.

For a better us.®

FAIRFIELD YMCA
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 – 5pm
Sunday: 8am – 2pm

HOLIDAY HOURS/CLOSURES
Easter Sunday, 4/17, CLOSED
Memorial Day, 5/30, OPEN 5:30am–8:30am

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

FAIRFIELD YMCA
VOLUNTEER LEADERSHIP
The Fairfield YMCA is governed by our Board of Managers that consists of volunteers from throughout Fairfield County.

Andrea Seek, Chair
Craig Goos
Bryan LeClerc
Jason Li
Gregory Sargent

PROGRAM REGISTRATION
Spring Session Dates:
April 28 – June 19

Spring Session Registration:
Facility Member: Monday, April 4
Community Member: Monday, April 11

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

YOUR YMCA STAFF
Executive Director: Diana Liptak
Senior Director: Maureen Scinto
Aquatic Coordinator: Amanda Goodwin
Aquatic Coordinator: Ruslan Spodenko
Youth & Family Coordinator: Melissa Spiro

REGISTER ONLINE AT FAIRFIELDY.ORG
View current schedules, programs and events on our website!
FIND WHAT MATTERS MOST. FIND YOUR Y.

Whenever a neighbor needs support, the Fairfield YMCA stands ready to help with open arms and caring hearts. Find what matters most and discover what a gift it is to give!

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.
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!
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.
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.

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 starting April 25.

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! Community members $96/session.

New session begins April 26; 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

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
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, April 4–8 Fee: $100

STROKE CLINIC

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

Dates: Evenings, April 4–8 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 per coach and Covid-19 guidelines.

Dates: April 11—July 23
Age group qualifiers and Zone swimmers could swim until mid August depending on championship dates.

Fee (3 Payments or in full):
Juniors 1 and 2: $775.50
Age Group 1: $800
Age Group 2: $825

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 (Mon. $73.50) / Community: $168 (Mon. $147)
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 (Mon. $73.50) / Community: $168 (Mon. $147)
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.

SWIM LESSON DATES

Our Spring Swim Lessons run from April 25 through June 19. Their will be no swimming lessons on Memorial Day, Monday May 30 and classes are prorated. There will be no lessons on Saturday April 30 (make-up on June 25), Friday June 3 from 2-5 (make-up on June 24), Sunday June 5 (make-up on June 26).

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tr>
<td>6 months – 3 years</td>
<td>SWIM STARTERS</td>
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<td>Parent* &amp; Child</td>
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<td>SWIM BASICS</td>
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<tr>
<td>School Age</td>
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<td>5 years – 12 years</td>
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<td>12+ years</td>
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<td>Teen &amp; Adult</td>
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10 MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
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 slide and exit.
- Jump, push, turn, grab.

AGE GROUPS:
3 years – 5 years Preschool
5 years – 12 years School Age
12+ years – Teen & Adult
Stages 1–3

SWIM BASICS

Stage 1 / Water Acclimation

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

Fee: Full Member: $84 (Mon. $73.50)
Community Member: $168 (Mon. $147)

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

SWIM BASICS

Stage 2 / Water Movement

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

Fee: Member: $84 (Mon. $73.50)/ Community: $168 (Mon. $147)

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, 3:45pm, 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

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 (Mon. $73.50)/ Community: $168 (Mon. $147)

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

CLASS LEVEL POLICY

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

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
YOUTH DEVELOPMENT

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 (Mon. $77)/ Community: $172 (Mon. $150.50)

Monday, 4:30pm
Tuesday, 4:30pm
Wednesday, 3:45, 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 and Thursday, 10:30am–11:15am
Fee for Members: $160, Community: $320

Saturday, 11:30am–12:00pm
Fee for Members: $84, Community: $168

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.

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 (Mon. $77)/ Community: $172 (Mon. $150.50)

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 (Mon. $77)/Community: $172 (Mon. $150.50)

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

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
YOUTH DEVELOPMENT

SWIM CLUBS
FOR PUBLIC SCHOOLS

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

Fairfield Public Schools Mondays
April 25 — June 13 (no school 5/30)
Sherman School: Monday at 3:45-4:15pm
Fee: $110 Y Member, $192.50 Community
Bus Fee: $11.25 (fee one time only)

Fairfield Public Schools Fridays
April 29 — June 17
Sherman School: Friday at 3:45-4:15pm
Fee: $125 Y Member, $220 Community
Bus Fee: $15 (fee one time only)

Black Rock Fish Hawks
Mondays, March 21 — May 30, 3:15-3:45pm
Fridays, March 25 — June 3, 3:15-3:45pm
Fee: $120 Y Member, $200 Community
Bus Fee: $15 (fee one time only)
Return bus to The Smilow Burroughs : $35
Return bus enrolled in Lighthouse Program: $25

SAINTS
SWIM CLUB

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

Saint Thomas
March 21 — June 3
Monday and Friday at 2:30-3:15pm
Fee: $175 Y Member, $275 Community
Bus Fee: $15 (fee one time only)

Saint Ann
March 22 — June 2
Tuesday and Thursday at 2:30-3:15pm
Fee: $175 Y Member, $275 Community
Bus Fee: $15 one way, $25 round trip (fee one time only)
Return bus to The Smilow Burroughs : $35

Assumption
March 23 — June 1
Wednesdays at 3:00-3:45pm
Fee: $120 Y Member, $200 Community
Bus Fee: $15 one way, $25 round trip (fee one time only)

SEMI–PRIVATE AND PRIVATE SWIM LESSONS

For Y Members and by appointment only.

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

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
YOUTH DEVELOPMENT

AQUATIC CERTIFICATION COURSES

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

Fee: $275 for Y Member, $375 Community
Pre-test  April 2 at 1pm
Classroom hours: April 8, 10am–4pm; April 9, 9am–2 pm
Pre-test  April 16 at 1pm
Classroom hours: April 22, 10am–4pm; April 23, 9am–2 pm
Pre-test  April 30 at 1pm
Classroom hours: May 7, 10am–4pm; May 8, 9am–2 pm
Pre-test  May 14 at 1pm
Classroom hours: May 21, 10am–4pm; May 22, 9am–2 pm
Pre-test  June 4 at 1pm
Classroom hours: June 11, 10am–4pm; June 12, 9am–2 pm
Pre-test  June 18 at 1pm
Classroom hours: June 25, 10am–4pm; June 26, 9am–2 pm

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

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: 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

HALF DAY SWIM SCHOOL
In this 5 day swim lesson program, children learn to swim and be safe in and around the water. Half Day Swim School is designed for children ages 3-5 or 6-9 years old, who want to learn to swim or improve their swim strokes. Children swim twice a day, enjoy a snack and have lots of fun!
For additional questions and to register please stop by our welcome center or email our Senior Director, Maureen Scinto at mscinto@cccymca.org.
Register for morning 9am-12pm or for afternoon 1pm-4pm
Begins June 13 and runs through August.
Fee: $160 for Full Members, $210 for Community Members

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG 14
YOUTH DEVELOPMENT

FAIRFIELD Y SUMMER CAMPS

Register Now!

SUNSHINE CAMP

PRESCHOOL
2 YEAR OLDS

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

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

DISCOVERY CAMP

PRESCHOOL
3 & 4 YEAR OLDS

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

CAMP BADAKOOKAIA

SCHOOL AGE CAMP

For ages 5-13 Camp Badakookaia 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 6-8) will participate in archery and a service project for the summer. For those too “big” for camp, (entering grades 9-11), we offer our Counselor-in-Training program.

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

BEACH CLUB

FUN IN THE SUN

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

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

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 Community

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

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 Community
5 Days: Monday–Friday
Fee: $589 Y for Member, $707 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: $589 Y for Member, $707 Community

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

Threes and Fours

Days: Monday–Friday
Times: 1:00pm–4:00pm
Fee: $25 a days

OPEN HOUSE
Join us April 9, between 10am–2pm to learn more about Fairfield Y’s Preschool Program, or 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 2021-2022 school year are listed below.

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

Register for the 2022-2023 school year now!

<table>
<thead>
<tr>
<th>AFTER SCHOOL MONTHLY RATES</th>
<th>HOLLAND HILL MONTHLY RATES</th>
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</thead>
<tbody>
<tr>
<td>5 Days : $436 for Members, $518 for Community</td>
<td>5 Days : $462 for Members, $530 for Community</td>
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<tr>
<td>4 Days : $370 for Members, $436 for Community</td>
<td>4 Days : $391 for Members, $459 for Community</td>
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<tr>
<td>3 Days : $277 for Members, $323 for Community</td>
<td>3 Days : $291 for Members, $337 for Community</td>
</tr>
<tr>
<td>2 Days : $205 for Members, $240 for Community</td>
<td>2 Days : $220 for Members, $292 for Community</td>
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NO SCHOOL? NO WORRIES!

Y VACATION CLUB

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

For students in grades K–6th grade. Participants will engage in organized play activities, sports programs, arts and crafts. The program will start and end in one of the preschool classrooms at the Fairfield YMCA. Snack is not provided! Please pack 2 snacks and lunch for each participant.

SERVING THE FAIRFIELD SCHOOL DISTRICT AND BEYOND!

Dates: Spring Break 4/15–4/22, 5/31
Times: AM Session 8:00–1:00 and PM Session 1:00–6:00
Fee: Members; $40 Half Day, $75 Full Day
Community; $45 Half Day, $80 Full Day

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
JOIN THE PARTY

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 / Community Member: $15
Registration Fee: Facility Members: $20 / Community Member: $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.

When: April 2, May 14, and June 11
Who: Grades 4-7
Time: 6:30–9pm
Wellness Center: Ages 10 and up

HEALTHY KIDS DAY

Celebrating 30 Years of Healthy Kids

For 30 years Healthy Kids Day has been where fun and play become lifelong memories.
Join us at the Fairfield Y on April 30th 10am–1pm for a day of healthy, fun activities that celebrate kids being kids.

Run our obstacle course, learn about fire safety, take a pony ride, get your face painted, and bring your swim suit to participate in a free water safety swim lesson.
PARADE PARKING
JOIN US ON MEMORIAL DAY!

Bring your family and friends to the Fairfield Y for front row seats at the Memorial Day Parade. Come early, streets will be closed one and a half hours before the start of the parade. Funds raised will go to our Annual Campaign to assist Fairfield Y’s financial aid. Concession stand and restrooms will be available for those registered. Water safety education will be provided outside for all!

What: Register now to save your spot for parade parking!
Fee: $5 per car to park in the Fairfield Y lot.

MAKING A DIFFERENCE
VOLUNTEER FOR THE HALF MARATHON

The Fairfield Half Marathon is truly a community collaborative. Your effort, by volunteering, will benefit individuals and organizations in our community. The Fairfield Firefighters have hosted The Fairfield Half Marathon from the first race in 1981.

The proceeds of this national caliber sporting event benefits local charities. Fairfield YMCA is one of the charities to receive funds raised from the Half Marathon. Funds go directly towards the Fairfield Y’s Annual Campaign to provide financial assistance for children, families, and ALL individuals to participate in the YMCA.

The Y is looking for volunteers to support the race from 5:30am to 12:15pm. Volunteers will set up and run water stations at the finish and on the beach, sit by the clocks along the route, distribute t-shirts and hand out medals. On that Sunday, volunteers are treated to breakfast at the Y starting at 5:30am and transportation to the beach is provided to and from the event, so you can avoid the traffic. Come out and volunteer to support our community!

What: Volunteers needed for the Fairfield Half Marathon
When: Sunday, June 5 at the Y from 5:30am to 12:00pm
Where: Fairfield YMCA and Jennings Beach

SUPPORT OUR ATHLETES
SPECIAL OLYMPICS SUMMER GAMES

We are happy to be a host for the Special Olympics Summer Games 2022. We will be hosting the Developmental Swim Event on June 3 from 12 to 5pm at the Fairfield YMCA. This is an opportunity for everyone to be part of Special Olympics Connecticut and enjoy a meaningful and rewarding experience as a supporter of our local athletes.

What: Special Olympics Developmental Swim Event
When: June 3, from 12pm to 5pm
Where: Fairfield YMCA Pool

HAPPY BIRTHDAY!
FOUNDER’S DAY CELEBRATION

Come to the party and join us in celebrating the Y’s Birthday! On June 6, the YMCA celebrates 176 years of doing good. Founded by George Williams in London, the Y began with a simple but powerful idea to help people build healthier, happier lives. The Y has a long history of dedicated work focused on building better and stronger communities.

What: Founder’s Day Anniversary Party
When: June 6th
Where: Fairfield YMCA
EXPERIENCE OUR NEW WELLNESS CENTER

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

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

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!