The Fairfield YMCA, a branch of the CENTRAL CONNECTICUT COAST YMCA, provides citizens within twenty-five Connecticut towns and cities with access to the extraordinary, lifesaving and enriching programs and opportunities, and we need your help, now more than ever.

With our doors open to all, we bring people together from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

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

DONATE FOR A BETTER US.

OUR TEAM

VOLUNTEER LEADERSHIP
Board Chair: Andrea Seek
Board Member: Betsy Brown
Board Member: Craig Goos
Board Member: Michael Jarvis
Board Member: Jason Li
Board Member: Gregory Sargent
Board Member: Dana White

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!
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
Summer Session Dates:
June 19 to August 13.
Summer Registration:
Member; Monday, May 29
Program Participant; Monday, June 5.

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, and the following television stations: WTHN 8 and News 12. Please contact the Fairfield Y or more information.

HOLIDAY HOURS/CLOSURES
Open 7am-9am, 5/29, Memorial Day
Open 7am-1pm, 7/4, Independence Day

CONTACT INFO
FAIRFIELD YMCA
841 Old Post Road
Fairfield CT 06824
P 203 255 2834 F 203 259 7744
E Fairfieldinfo@cccymca.org
W FairfieldY.org
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!
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. Register at the member services desk today!

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

For more information, please contact our welcome desk at 203 255 2834.

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.*

**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.*

**Creative Dance**
Dance includes stretching, and dance techniques of jazz, ballet and modern styles. Improve your balance, tone, grace and coordination. Creative movement and choreography will improve self-expression. *FREE 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.*
HEALTHY LIVING

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

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.

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 ad-

Yoga
Yoga for the novice and the experienced yoga participant. Revitalizes the mind, body and spirit with strengthening, stretching and breathing techniques. For Y Members.

Zumba
Dance your way into shape in this high energy environment set to exotic rhythms and Latin beats. Easy to learn and a fun workout. All levels welcome. For Y Members.

What to expect for indoor classes:
• Participants will 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.

Senior H2O
A water class designed for senior’s wellness needs held in the shallow end of the pool. For Y Members.

Small Ball Workout
Relieve back pain, reduce stress and excess muscle tension using ball positions with breathing techniques. For Y Members.

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
HEALTHY LIVING

SUPPORTING WELLNESS TOGETHER

WEIGHT LOSS PROGRAM
Reach your wellness goals with us! We provide tools, knowledge and group support to help you develop plans to achieve your weight loss goals. For more information contact Karen Inman at 203-255-2834 ext. 2326 or email kinman@cccymca.org. Classes are held Thursdays 12:30–1:30pm, 6/6–8/24. The session fee is $175 for Member $225 for program participant.

H.E.L.P.

HEALTH, EDUCATION and LOGICAL PLANNING
Here at the Y, we understand that sorting through all the conflicting nutritional information out there can be both confusing and frustrating. We are here to H.E.L.P.

Perhaps you want more energy. Maybe you have those nagging sweet cravings that you can’t seem to get under control. Or, perhaps it’s time to finally figure out how to look and feel great in your own body. Does any of this sound familiar?

Two 45-minute sessions will get you on track to:

Understanding your goals and expectations so that we can develop an action plan to ensure your success.

Know your dedicated H.E.L.P. Coach

Understand your body’s unique needs and create a personal blueprint. Set personal goals. Practice simple suggestions towards sustainable change.

FEE: FREE
To schedule an appointment, contact Karen Inman, Health Nutrition Coach at kinman@cccymca.org or visit the Front Desk or call 203 255 2834.

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. June 20–August 11.

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.

CREATIVE DANCE

ADULT DANCE CLASS
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.

Classes are held Mondays 3:45–4:45pm, 6:15–7:15pm, June 21–August 8 and Wednesdays 6:15–7:15pm, June 19–August 7. The session is FREE for Members, $50 for program participant.
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 national competitor. Coaches will designate the level of participation for each team participant.

Practice times are subject to change.

Dates: September 18—March 22

Age group qualifiers and Zone swimmers could swim until mid August 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

Fees include USA registration, USA meets (Sat/Sun) and sanctioned meets.

FAIRFIELD FLYFINS

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: September 11-15
Time: Ages 6-9 5:20-6:05pm, Ages 10+ 6:15-7pm
Fee: $100

STROKE CLINICS

NEW AND RETURNING SWIMMERS: Stroke clinics are offered in 1 hour sessions with an area of focus for each time slot. Check on-line, call or stop by for more information.

Dates: September 5-8
Time: 5:20-6:20pm
Fee: $80

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

Dates: September 5-8
Time: 6:30-7:15pm
Fee: $80

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

WHAT DEFINES A PARENT? *
At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit. Jump, push, turn, grab.

AGE GROUPS:
3 years – 5 years Preschool
5 years – 13 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.
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 – 13 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.
Saturday, 11:30am–12:00pm
Member: $90, Program Participant: $178
Sunday, 12:00am–12:30pm
Member: $90, Program Participant: $178

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.

SAFETY IS OUR PRIORITY

Keeping your children safe is our priority. In the interest of keeping your children safe no spectators are allowed on deck.
## Fairfield Swim Lessons

### Class Schedule

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Fee</th>
<th>Mon/Wed</th>
<th>Tue/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>2:15</td>
<td>3:15</td>
<td>10:15</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td>Stage 1 / Stage 2 Preschool</td>
<td>3-5yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>2:15</td>
<td>3:15</td>
<td>3:45</td>
<td>2:45</td>
<td>9:00</td>
</tr>
<tr>
<td>Stage 3 Preschool</td>
<td>3-5yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>2:45</td>
<td>3:15</td>
<td>3:45</td>
<td>10:00</td>
<td>11:30</td>
</tr>
<tr>
<td>Stage 1 School Age</td>
<td>5-13yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>3:15</td>
<td>4:15</td>
<td>4:45</td>
<td>3:45</td>
<td>9:00</td>
</tr>
<tr>
<td>Stage 2 School Age</td>
<td>5-13yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>3:45</td>
<td>4:15</td>
<td>4:45</td>
<td>2:45</td>
<td>9:00</td>
</tr>
<tr>
<td>Stage 3 School Age</td>
<td>5-13yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>4:15</td>
<td>4:45</td>
<td>4:15</td>
<td>3:15</td>
<td>9:00</td>
</tr>
<tr>
<td>Stage 4 School Age</td>
<td>5-13yrs</td>
<td>$94 Member $188 Program Participant</td>
<td>3:45</td>
<td>4:30</td>
<td>2:45</td>
<td>4:30</td>
<td>10:45</td>
</tr>
<tr>
<td>Stage 5/6 School Age</td>
<td>5-13yrs</td>
<td>$94 Member $188 Program Participant</td>
<td>3:45</td>
<td>4:30</td>
<td>3:45</td>
<td>11:30</td>
<td>10:45</td>
</tr>
<tr>
<td>Teen/Adult School Age</td>
<td>12-99yrs</td>
<td>$90 Member $178 Program Participant</td>
<td>4:30</td>
<td>3:45</td>
<td>4:30</td>
<td>11:30</td>
<td>12:00</td>
</tr>
</tbody>
</table>

### More Information Online at Fairfieldy.org
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 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 May 20 25 at 1pm– 4pm
Classroom hours: 5/27, 9am–5:30pm; 5/28, 9am–3pm

Pre-test June 3 at 1pm– 4pm
Classroom hours: 6/10, 9am–5:30pm; 6/11, 9am–3pm

Pre-test June 17 at 1pm– 4pm
Classroom hours: 6/24, 9am–5:30pm; 6/25, 9am–3pm

Pre-test July 1 at 1pm– 4pm
Classroom hours: 7/8, 9am–5:30pm; 7/9, 9am–3pm

Pre-test July 15 at 1pm– 4pm
Classroom hours: 7/22, 9am–5:30pm; 7/23, 9am–3pm

CPR for the Professional Rescuer and AED

Participants must bring their own mask or purchase one.

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

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

FUN IN THE SUN

Beach Club

A wonderful opportunity for children to make friends and enjoy the beautiful coastal area we are blessed to live in. Participants get lots of exercise and fun in the water, sand, and sun; a perfect combination of what we all need now more than ever! The program runs Monday through Friday 9am to 2:30pm 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.

Fee: $200 for Y Member, $350 Program Participant
When: Weekly, June 26 to August 14

STRONG SWIMMERS
CONFIDENT KIDS

Half Day Swim

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 for 45 minutes, 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.

Fee: $160 for Y Member, $200 Program Participant
When: Weekly, June 5 to August 14
Times: 9am-12pm or 1pm-4pm

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
There are few environments as special as summer camp. Kids unite to become their own community as they learn to be independent and part of a team through physical, social, and educational activities.

Day camp offers camper’s new experiences mixed with old camp favorites each week. Campers thrive during various daily activities including organized games, arts and craft projects, swimming and exciting field trips.

Our Sunshine and Discovery clubs are dropped off at the Y, while our school age campers are dropped off at Dwight Elementary School, 1600 Redding Road. The Fairfield YMCA ensures a fun filled summer jammed with new activities, new friendships and new experiences.

Our counselors are specially chosen using in-person interviews, reference checks and training. They are educators, future teachers and local students with a genuine interest in working with children. Your children may already know them from other Y programs. At least 80% are 18 years old and older. After receiving an average of 40 hours of training in safety, positive behavior management and activity planning, they are ready to help campers make new friends and do everything possible to ensure a fun summer.

The Y works with children of all abilities. If your child requires special accommodations (social, behavioral, medical) please contact the Camp Director. The Y strives to provide each camper with an optimal summer experience. Registration packets are now being accepted for all.

### Weekly Themes

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 19-23</td>
<td>Aloha Summer</td>
</tr>
<tr>
<td>June 26-30</td>
<td>Color Wars</td>
</tr>
<tr>
<td>July 3-7</td>
<td>Build It</td>
</tr>
<tr>
<td>July 10-14</td>
<td>Amazing Race</td>
</tr>
<tr>
<td>July 17-21</td>
<td>Olympics</td>
</tr>
<tr>
<td>July 24-28</td>
<td>Holiday Hoopla</td>
</tr>
<tr>
<td>July 31-August 4</td>
<td>Going Green</td>
</tr>
<tr>
<td>August 7-11</td>
<td>Myths &amp; Legends</td>
</tr>
<tr>
<td>August 14-18</td>
<td>Outer Space</td>
</tr>
</tbody>
</table>

### Entering Grade | Camp Group

<table>
<thead>
<tr>
<th>Grade</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre K</td>
<td>Discovery</td>
</tr>
<tr>
<td>Ages 3, 4</td>
<td>Greenhorns</td>
</tr>
<tr>
<td>Kindergarten-1st</td>
<td>Explorers</td>
</tr>
<tr>
<td>2nd-3rd</td>
<td>Pioneers</td>
</tr>
<tr>
<td>4th-6th</td>
<td>Adventurers</td>
</tr>
<tr>
<td>7th-9th</td>
<td></td>
</tr>
<tr>
<td>14-15 year olds</td>
<td>CIT - Counselor In Training</td>
</tr>
</tbody>
</table>

More information online at FairfieldY.org
Register now for the 2023-2024 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 Patricia Farrelly at  203 255 2834 x 2315 or Fairfieldpreschool@cccymca.org.

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
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.

2022-2023 School Year

<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>
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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 enrolled in our after school program. On days off from school, participants will engage in organized activities, sports programs, arts and crafts. We start and end the day in a preschool classroom at the Fairfield YMCA. Snack is not provided! Please pack two snacks and lunch for each participant.
YOUTH DEVELOPMENT

YOUTH SPORTS

YOUTH ARCHERY
Join our outdoor class 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.

Ages: 10+
Date: June 25 – August 13.
Times: Sundays from 11:00-12PM
Where: Fairfield YMCA, 841 Old Post Road
Fee: $100 Y Member, $135 Program Participant

YOUTH 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: 4-6
Date: June 22 – August 10.
Times: Thursdays from 4:00-4:45PM
Where: Sherman Softball Field, 250 Fern Street
Fee: $100 Y Member, $135 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: June 21 – August 9.
Times: Wednesdays from 4:15-5:15PM
Where: Fairfield YMCA, 841 Old Post Road
Fee: $75 Y Member, $150 Program Participant

YOUTH SOCCER
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 learn how to work as a team while building self-confidence and self-worth.

Ages: 4-6 on Tuesdays
Date: June 20 – August 8.
Times: Ages 4-6 Tuesdays from 4:00-4:45PM
Where: Sherman Soccer Field, 250 Fern Street
Fee: $100 Y Member, $135 Program Participant

For more information about youth sports and programs, contact Kacey Oberlander P 475 888 1203 E koberlander@cccymca.org.

LETS GET FIT
FREE STRENGTH and CONDITIONING CLUB
If you’re looking to get in shape for an upcoming sports season, to stay in shape after season, or are just looking to build muscle, then this is the program for you! Join our Head Swim Coach and former Division One Collegiate Athlete in classes run in the gym designed to get you pumped up.

For more information contact Kacey Oberlander P 475 888 1203 E koberlander@cccymca.org.

Who: Ages 13 to 18
Time: Mon., Wed. and Fri. 3:00-4:00pm
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
Where: Fairfield YMCA and Jennings Beach
When: Throughout the day on Saturday June 3 and on Sunday June 4 from 5:30am to 12:00pm

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!
When: Memorial Day, Monday, May 29.
Fee: $5 per car to park in the Fairfield Y lot.
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!*