



DISCOVER YOUR Y

FALL 1

2026 PROGRAM GUIDE

AUGUST 31st to OCTOBER 25th

FAIRFIELD YMCA

841 Old Post Road, Fairfield CT 06824

P: 203-255-2834 | F: 203-259-7744

CENTRAL CONNECTICUT COAST YMCA



CONTACT US

PHONE: 203-255-2834

E-MAIL: fairfieldinfo@cccymca.org

WEB: www.fairfieldy.org

 facebook.com/YMCAFairfield

 [@cccymca](https://www.instagram.com/cccymca)

 [@Central Connecticut Coast YMCA](https://www.linkedin.com/company/CentralConnecticutCoastYMCA)

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WHY THE Y

Where there's a Y, there's a way — to achieving your goals, supporting your family, and strengthening your community. Our programs empower members to learn, grow, and reach their full potential. At the YMCA, we're here for all — to nurture youth, improve health, and build stronger communities, extending our impact far beyond our walls.

2026 FALL SESSION & REGISTRATION DATES

SESSION DATES: AUGUST 31ST TO OCTOBER 25TH

REGISTRATION DATES

Facility Member: August 8th

Program Participant: August 15th

FACILITY HOURS

Monday - Thursday 5:30AM - 9:00PM

Friday 5:30AM - 7:00PM

Saturday 7:00AM - 6:00PM

Sunday 8:00AM - 4:00PM

HOLIDAY HOURS

Pool Closed: Aug. 31st - Sept. 5th

Labor Day: Monday, Sept. 7th 7:00AM-1:00PM

GENERAL PROGRAM INFORMATION

Class times and fees are subject to change. If a class is scheduled to meet for fewer than the 8 weeks (swimming classes, 7 weeks), the price will be adjusted at the time of registration.

Program Refund Policy: Refunds or credits for program fees will only be approved in the following instances:

1. The YMCA cancels a program or class and is unable to offer a make-up.
2. Request form must be received prior to the start of the program session*.
3. After the start of the program session, only for medically documented reason*.

Membership: Y facility membership allows usage of the Main Facility, reduced rates and priority registration for programs. Community members may also register for programs at the full rate. If you are interested in taking out a membership at the time you register your child, the membership must last from the time of registration to the last day of your child's enrollment in the program. The membership will continue until you submit a termination request in writing with 72 hour notice and only after your child completes their time at program. Please contact the Y for further details on membership prices, hours and programs offered.

*A \$10 administrative fee for each will be added for each credit or refund.

OUR Y TEAM

Diana Liptak, Executive Director
Maureen Scinto, Senior Program Director
Amanda Goodwin, Aquatic Coordinator
Russ Spodenko, Aquatic Coordinator
Wendy Terron, Membership Coordinator
Patricia Farrelly, Preschool Coordinator
Sam Mouziyk, Sports and Rec Coordinator,
Head Swim Team Coach

The Fairfield YMCA is governed by our Board of Managers that consists of volunteers throughout Fairfield

Andrea Seek, Board Chair
Jason Li, Board Member
Gregory Sargent, Board Member
Dana White, Board Member
Emily Lusk, Board Member
Ellie Fatehi, Board Member

CENTRAL CONNECTICUT COAST YMCA

FOR A BETTER US®

We help everyone build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

More people than ever need financial assistance to take part in Y programs. Please give to our Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

MEMBERSHIP FOR ALL

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

DONATE FOR A BETTER US

Connect with Diana Liptak, Executive Director, dliptak@cccymca.org to learn more.





MEMBERSHIP FOR ALL

The Fairfield YMCA provides a full range of fitness, activity, sports, childcare and camp programs that will help get you feeling great! Connect with your inner-health! The Fairfield YMCA wellness center houses professional cardio and strength training equipment designed and geared for all fitness levels.

We have a wonderful community of people here at the Y! It's a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most.

When you join the Y, you become part of a family of members who support the Y's philosophy of healthy lifestyles, mutual respect, community spirit, youth leadership, and character development. Our staff is dedicated to providing the best in member service. Almost 3,100 people from several local communities belong to the Fairfield Y, creating a diverse and energetic environment we think you will really enjoy!

You'll also get to know people in the community at large, as the Y partners with other charitable organizations in our surrounding towns on projects that benefit the common good. And, as a community service organization, the Y thrives on the camaraderie of people who help out by volunteering for events throughout the year.

We hope you will decide to join the Fairfield YMCA – We all need a place to belong!

Membership Category	Monthly Rate	Joiner Fee
Youth 3-17*(or through the end of high school)	\$45	\$25
Young Adult 18-26	\$50	\$50
Adult 27-64	\$72	\$75
Adult Couples	\$109	\$100
Family (2 adult + dependent children)	\$112	\$100
Single Parent (1 adult + dependent children)	\$99	\$100
Senior 65+	\$63	\$75
Senior Couple	\$98	\$100

**Membership rates are based on a sliding scale according to household income.
Please contact the Fairfield Y for more information**

YOUR MEMBERSHIP GOES FURTHER

As a member of the Central Connecticut Coast YMCA, your membership opens the doors to **every branch in our Association**. If your home branch doesn't offer a specific program or class you're interested in, you can visit another location and enjoy it at the member rate.

Each branch offers its own unique mix of programs designed to strengthen our communities and help individuals of all ages thrive.

From child care and youth development to fitness, swimming, and family activities, there's truly something for everyone at the Y – **more choices, more convenience, and more opportunities** to belong.



ALPHA COMMUNITY SERVICES Y	BRIDGEPORT Y	FAIRFIELD Y	HAMDEN/NORTH HAVEN Y	LAKESIDE-TRUMBULL Y	NEW HAVEN Y YOUTH CENTER	SOUNDVIEW FAMILY Y	STRAFORD Y	VALLEY Y	WOODRUFF FAMILY Y	YMCA CAMP HI-ROCK
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AMENITIES										
Athletic Fields						X			X	X
Wellness Center (Cardio)		X		X		X	X		X	
Wellness Center (Strength Training)		X		X		X	X		X	
Gymnasium	X			X	X					
Indoor Pool	X	X			X	X	X		X	
Outdoor Pool			X	X						
Childwatch		X		X		X	X		X	
Locker Rooms (Adult)		X		X		X	X		X	
Locker Rooms (Youth)					X	X				
Locker Rooms-Family/Special Needs						X			X	
CHILD CARE & OUTREACH										
Before and/or Afterschool Programs-Inquire w/branch		X	X	X	X	X	X	X	X	
Early Learning & Child Care		X	X			X		X	X	
Summer Day Camp		X	X	X	X	X	X	X	X	X
Housing/Shelter/Case Management	X									
Resident Camp/Family Camp										X
PROGRAMS										
Active Older Adults Classes		X		X		X	X		X	
Birthdays Parties	X			X	X	X	X		X	X
Group Exercise-Land and/or Water		X		X		X	X		X	
Lifeguard Certification	X	X	X	X	X	X	X		X	X
Personal Training		X		X		X	X		X	
Chronic Disease Programs-Offerings vary by branch				X		X			X	
Yoga & Pilates		X		X		X	X		X	
Group Cycling		X		X		X			X	
ACTIVITIES & SPORTS										
Gymnastics				X						
Swim Lessons	X	X	X	X	X	X	X		X	X
Swim Team		X				X	X			
Basketball	X			X	X	X			X	
Dance	X		X	X					X	
Soccer	X									
Martial Arts			X		X					



YOUTH DEVELOPMENT

CHILD WATCH

HOURS:
MONDAY-THURSDAY
10:00AM – 1:00PM & 3:00PM – 6:00PM

Know your child is safe and happy while you attend a group exercise class or workout! Child Watch allows you to exercise while your children play in a supervised area. Available for any child ages **6 weeks to 11 years with a family membership.**

KEY FEATURES OF THE YMCA CHILD WATCH ROOM:

Supervised Play:

Children engage in various activities like creative play, and arts and crafts, all under the supervision of trained YMCA staff.

Safe and Secure Environment:

The room is designed with safety in mind, featuring limited capacity and areas for different activities.

Parental Supervision Requirement:

Parents or guardians are required to remain within the YMCA facility while their child is in Child Watch.

Nut-Free Policy:

The YMCA has a strict policy against nuts.

Limited Availability:

Child Watch services are limited to 2 hours and available on a first-come, first-served basis.

Parental Responsibilities:

Parents are responsible for bringing necessary items like diapers, wipes, and snacks and for attending to their child's needs, such as diaper changes.

Social and Emotional Development:

Child Watch programs aim to provide a space for children to develop socially, emotionally, and cognitively through interaction and play.

YOUTH DEVELOPMENT

TODDLER & PRESCHOOL PROGRAMS

TWO-YEAR OLDS

Children enjoy sustained independent and group play, stories, arts and crafts, creative movement, and music in a warm and nurturing environment. Activities are designed to support social, emotional, cognitive, and physical development, with a special focus on gross motor skills and outdoor walks. This program provides a gentle introduction to the school experience, helping children build confidence, independence, and a love of learning.. State licensed, 1:4 staff/child ratio. Must be age two by December 31.

3 Days | Monday, Wednesday, Friday
\$415 Y Members | \$599 Program Participants
9:00AM-12:00PM

THREE YEAR OLDS

Children engage in sustained independent and group play, stories, arts and crafts, creative movement, and music. Activities are designed to support each child's social, emotional, cognitive, and physical development while encouraging curiosity, confidence, and independence. The program also includes weekly swim lessons and Kids Zumba classes. Must be potty trained.

3 Days | Monday, Wednesday, Friday
\$415 Y Members | \$599 Program Participants
9:00AM-1:00PM

5 Days | Monday-Friday
\$695 Y Members | \$999 Program Participants

PRESCHOOL: FOUR AND FIVE YEAR OLDS

Children engage in sustained independent and group play, stories, arts and crafts, creative movement, and music. Activities are designed to support social, emotional, cognitive, and physical development while fostering kindergarten readiness. The program features hands-on STEAM activities that encourage creativity, problem-solving, and critical thinking, along with weekly swim lessons and Kids Zumba classes. Must be potty trained.

5 Days | Monday-Friday
\$695 Y for Member | \$999 Program Participants
9:00AM-1:00PM

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. For Preschool Participants Only. Limited spaces available. Must be potty trained.

Threes & Fours
Monday-Friday
1:00PM-4:00PM
Drop In Daily Fee: \$25
Weekly: \$110

Have questions about our preschool program?

Contact Patricia Farrelly, Preschool Coordinator
at fairfieldpreschool@cccymca.org





YOUTH DEVELOPMENT

AFTER SCHOOL PROGRAM

Where can children meet other children, finish homework without a hassle, do arts and crafts and play outdoors? In the Fairfield Y School Age After School Child Care! Parents 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. We offer a curriculum that aligns with the school day and supports growth in literacy, science, technology, engineering, arts and math (STEAM) while infusing physical activity and fun. We teach kids confidence, encourage self-expression and enrich social development. Providing our youth with the support, encouragement and positive role models that they need, will not only increase their ability to succeed in school, but in life!

Location: Fairfield YMCA
After Care Hours: 3:00PM-6:00PM

YMCA YOUTH MEMBERSHIP	\$45.00 MONTHLY	N/A
Partner School	Y Member Monthly	Program Participant Monthly
Holland Hill 2 Days	\$275	\$352
Holland Hill 3 Days	\$398	\$577
Holland Hill 4 Days	\$445	\$624
Holland Hill 5 Days	\$545	\$777
McKinley/Riverfield/Mill Hill 2 Days	\$249	\$350
McKinley/Riverfield/Mill Hill 3 Days	\$325	\$440
McKinley/Riverfield/Mill Hill 4 Days	\$405	\$518
McKinley/Riverfield/Mill Hill 5 Days	\$515	\$687



YOUTH DEVELOPMENT

Y VACATION CLUB

No school, and you have to work? Our vacation club has your child care needs covered! This program is for children in grades Kindergarten to 5th Grade. Your child will enjoy a variety of activities at the Fairfield YMCA including sports, crafts, occasional field trips, games and swimming. All children should bring a snack and lunch with water! Nut-free please! School-Aged Child Care Registration and Release Form and Health Assessment required.

Full Day 7:30AM-3:30PM

Member \$80 | Program Participant \$160

Post Care 3:30PM-6:00PM

Member \$25 | Program Participant \$30

UPCOMING DATES :

- Yom Kippur- 9/21
- Election Day- 11/3
- Veterans Day- 11/11
- Christmas Break- 12/28 to 12/31
- MLK- 1/18/2027
- February Break- 2/12/2027 to 2/15/2027
- Eid- 3/10/2027
- Good Friday-3/26/2027
- Spring Break-4/12/2027 to 4/16/2027



YOUTH FITNESS

LIFTING CLUB

If you are looking to get in shape for the upcoming sports season, to stay in shape after seasons, or are just looking to build muscle, then this is the program for you! An eight week program for teens ages 10 to 15 years. Participants will learn the basics of strength training.

September 9–November 2

Mondays | AGES 10–12 years old | 4:00PM–5:00PM

Wednesdays | AGES 10–12 years old | 4:00PM–5:00PM

\$150 Members (ONLY)

September 11–October 30

Fridays | AGES 13–15 years old | 4:00PM–5:00PM

\$150 Members (ONLY)



MARTIAL ARTS

Find your inner warrior, learn Tang Soo Do Karate. Tang Soo Do Karate helps develop discipline, self control and confidence. Students also learn to defend themselves through proper Karate techniques and achieve personal goals. This Karate class will provide a fun experience for kids and an opportunity to make new friends and learn new skills.

AGES: 5–12

Tuesdays | September 8–October 27

4:15PM to 5:00PM

Fridays | September 11–October 30

4:15PM to 5:00PM

AGES: 13+

Mondays | September 14–November 2

6:30PM–7:15PM

ADULT SELF DEFENSE 16+

Wednesdays, September 9–October 28

7:15PM to 8:00PM

\$75 Members | \$150 Program Participant

**CONTACT: Sam Mouzyik at 203 255 2834 ext. 2323
or smouzyik@cccymca.org**



YOUTH ARCHERY

Archery is becoming a popular sport! Join our certified Archery instructor to learn all the basic skills needed for archery. The instructor will lead the kids through fun games and drills to help improve their skills!

- There are two different classes based on age 8–10 years old and 11–13 years old.

Saturdays September 12–October 31

10:00AM–10:45AM | 8–10 years old

11:00AM–12:00PM | 11–13 years old

Members \$100 | Program Participants \$135





SWIM PROGRAMS

STRONG SWIMMERS = CONFIDENT KIDS

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 Starters classes require one parent* to participate in the pool.**

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.

POOL GUIDELINES/OBSERVATION POLICY

Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol. Parents are asked not to disrupt the children or instructor while the class is in session. *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.

AGE GROUP	STAGE	
6 months – 3 years Parent* & Child	SWIM STARTERS	Stages A-B
3 years – 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-3
5 years – 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

Please contact the Fairfield YMCA, Woodruff Family YMCA, Stratford YMCA or Soundview Family YMCA for swim lessons during the school year.

SWIM STARTERS			SWIM BASICS			SWIM STROKES		
A WATER DISCOVERY	B WATER EXPLORATION		1 WATER ACCLIMATION	2 WATER MOVEMENT	3 WATER STAMINA	4 STROKE INTRODUCTION	5 STROKE DEVELOPMENT	6 STROKE MECHANICS
Student can respond to verbal cues.	Student can comfortably submerge his or her nose and mouth with assistance.		Student can go underwater voluntarily.	Student can do a front and back float on his or her own.	Student can swim 10-15 yards on his or her front and back.	Student can swim 15 yards of front and back crawl.	Student can swim front crawl, back crawl, and breaststroke across the pool.	Student can swim front crawl, back crawl, and breaststroke across the pool and back.



SWIM PROGRAMS

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

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.

Members \$110 | Program Participants: \$220

STAGE B WATER EXPLORATION

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Members \$110 | Program Participants \$220

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.

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.

Members \$110 | Program Participants \$220

Stage 1 Preschool | Stage 1 School Age

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.

Members \$110 | Program Participants \$220

Stage 2 Preschool | Stage 2 School Age

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.

Members \$110 | Program Participants \$220

Stage 3 Preschool | Stage 3 School Age

STAGES 1-3 AGE GROUPS:

**3 years – 5 years
Preschool**

**5 years – 12 years
School Age**

**12+ years
Teen & Adult**

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.

Thank you for your cooperation.



SWIM PROGRAMS

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.

Members \$115 | Program Participants \$230

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.

Members \$115 | Program Participants \$230

SWIM STROKES STAGE 6 STROKE MECHANICS

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Members \$115 | Program Participants \$230

CREDIT POLICY

Please note our credit policy has changed!

We will no longer be offering a credit if a make-up is offered.

CLASS LEVEL POLICY

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



SWIM PROGRAMS

SWIM CLUBS FOR SCHOOLS

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

AGE GROUPS

3 years – 5 years | Preschool

5 years – 12 years | School Age

12+ years | Teen & Adult | Stages 4–6

FAIRFIELD PUBLIC SCHOOLS

SEPTEMBER 8–OCTOBER 30

Sherman School:

Monday 3:45PM–4:15PM | Friday 3:45PM–4:15PM

Mill Hill School

Tuesday 3:45PM–4:15PM

Holland Hill School

Thursday 3:15PM–3:45PM

Riverfield School

Thursday 3:45PM–4:15PM

McKinley School

Thursday 3:45PM–4:15PM

Program Fee: \$125 Y Members | \$220 Program Participants

Bus Fee: \$15 (bus fee one time only)

Fees prorated for 2026/2027 school calendar.

EASTON COUNTRY DAY SCHOOL

SEPTEMBER 17–DECEMBER 10

Thursdays 1:15PM–2:00PM

Program Fee: \$300

Bus Fee: \$25 round trip to Easton Country Day School





SWIM PROGRAMS

SWIM CLUBS FOR SCHOOLS.....

YMCA bus will pick up participants at school and parents pick up at the Y. On days that school is not held or when there is an early dismissal, transportation is not provided but parents may bring participant.

SWIM SCHOOLS

ST. ANN SCHOOL

Tuesdays and Thursdays 2:30-3:15 September 15 to December 03
Fee: \$200 Y Members, \$275 Program Participants
Bus Fee: \$15 One way only pick up at the Y
 \$25 Round trip to St. Ann afterschool program
 \$35 Smilow Burroughs (bus fees one time only)

ASSUMPTION SCHOOL

Wednesdays 3:00-3:45 September 16 to December 02
Fee: \$150 Y Members \$200 Program Participants
Bus Fee: \$25 One way pick up at the Y
 \$35 Round trip to Assumption after school program (bus fees one time only)

ST. THOMAS SCHOOL

Mondays and Fridays 2:30-3:15 September 14 to December 04
Fee: \$200 Y Members \$275 Program Participants
Bus Fee: \$15 One way only (bus fee one time only)

BLACK ROCK SCHOOL FISH HAWKS

Mondays 3:15-3:45 September 14– November 30
Fridays 3:15-3:45 September 18-December 10
Fee: \$150 members \$200 Program Participants
Bus Fee: \$15 one way to the Y
 \$25 round trip to lighthouse program
 \$35 to Smilow Burroughs (all bus fees one time only)



SWIM PROGRAMS

Fall 2026 (Session Dates: 09/08-11/01)

Swim Programs	Age	Price	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Stage A/B	6m-4yrs	\$110 Members \$220 Program Participants	10:30	10:00	10:00 10:30 2:00	10:00	10:00	9:00 10:00 10:30	9:00 9:30 10:00
Stage 1 /2 Preschool	3-5yrs	\$110 Members \$220 Program Participants	10:00 10:30 3:45 4:15	10:00 2:00 4:15 4:45	10:30 2:00 2:30 3:45 4:15 4:45	10:00 2:00 4:15 4:45	10:00 3:45 4:15 4:45	9:00 9:30 9:30 10:00 10:30 11:00 11:30	9:00 9:00 9:30 10:00 10:30 11:00 11:30
Stage 3 Preschool	3-5yrs	\$110 Members \$220 Program Participants	10:00	2:00 4:15 4:15	10:00 3:45	2:00	10:00		
Stage 1 School Age	5-12yrs	\$110 Members \$220 Program Participants	4:45			4:15	4:15	9:00 10:00 11:30	11:30
Stage 2 School Age	5-12yrs	\$110 Members \$220 Program Participants	4:15 4:45	4:45	4:15 4:45	4:15 4:45	4:45	9:00 9:30 11:00	9:00 9:30 11:30
Stage 3 School Age	5-12yrs	\$110 Members \$220 Program Participants	4:15 4:45	4:45	3:45 4:15 4:45	4:45	4:15 4:45	9:30 10:30 11:00	9:30 10:30 11:00
Stage 4 School Age	5-12yrs	\$115 Members \$230 Program Participants	4:30	4:30	3:45 4:30	4:30	4:30	10:45 11:30	10:00 11:30
Stage 5 School Age	5-12yrs	\$115 Members \$230 Program Participants	4:30			4:30		10:00	10:00
Stage 5/6 School Age	5-12yrs	\$115 Members \$230 Program Participants		3:45		3:45	4:30		
Stage 6 School Age	5-12yrs	\$115 Members \$230 Program Participants		4:30	4:30			11:30	10:45
Teen/Adult 30 mins	12-99yrs	\$110 Members \$220 Program Participants						12:00	12:00
Teen/Adult 45 mins 2 x per week	12-99yrs	\$220 Members \$440 Program Participants		10:30 7:15		10:30 7:15			



SWIM PROGRAMS

FAIRFIELD FLYFINS SWIM TEAM

FLYFINS Swim Team Fall Season September 14, 2026–March 19, 2027:

Our competitive swim team offers instruction, training, and competition with a high quality professional coaching staff. 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 member. Through stroke improvement and success, this program promotes character development, while providing fitness, friendship, and fun. The team participates in both YMCA and USA swim meets. Potential team members must have completed the Y’s level 5 swim lesson course. Practice times vary by age and experience. For more information, contact Swim Team Head Coach Sam Mouziyk, Smouziyk@cccymca.org or at 203 255 2834 ext.2323.

INTERESTED IN JOINING OUR FLYFINS SWIM TEAM?

Individuals who would like to join the team as a new member must attend a new team member evaluation; 45 minutes each day, for four days. Please contact Coach Sam, SMouziyk@cccymca.org or 203 255 2834 ext. 2323. The fee for the evaluation clinic is \$80 and swimmers should have the endurance to swim a 100 Individual Medley demonstrating each stroke. Space is limited. Coaches will evaluate your child’s skills, and discuss the best path for the development of your swimmer.

New Team Member Evaluation: 9/8 to 9/11 5:15–6pm All Ages
Fee: \$80

Flyfin Team Member Stroke Clinic: 9/8 to 9/11 6:15–7:15pm
Flyfin Team Member Starts and Turns: 7/27 to 7/31 5:15–6:15pm

JR2 begins 9/14 Fee: \$1200
JR1 begins 9/14 Fee: \$1300
AG2 begins 9/14 Fee: \$1400
AG1 begins 9/14 Fee: \$1600

***Age group qualifiers and Zone swimmers could swim later, depending on championship dates.**





SWIM PROGRAMS

PRIVATE AND SEMI PRIVATE SWIM LESSONS

For Y Members, by appointment only.

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

Fee: 1 Lesson: \$69 2 Lessons: \$120 4 Lessons: \$215

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: \$42.50 2 Lessons: \$74.50 4 Lessons: \$129.50 (each participant)

..... ADAPTIVE AQUATICS (SPECIAL KIDS)

Ages 3 and above, this program is open to all individuals with cognitive and or physical disabilities, fear and or anxiety. It is designed to provide a positive recreational and educational experience for participants, it is not water therapy. Registration is ongoing. Program is for all levels of swimmers.

**Fee: \$175 Y Members
\$275 Program Participants**

CERTIFICATION COURSES WATERFRONT LIFE GUARDING COURSE

Red Cross Life Guard Certification includes CPR,AED and First Aid. Waterfront Lifeguarding, for 15 years and up. Candidates must be able to swim 550 yards non-stop and tread water. Participants take pre-test before registering for class, they must stay after they have passed the pre-test to start the first portion of the class and must attend all classes that follow the pre-test date they attended.

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

This is a Blended Learning Course, on line and in the pool/classroom.

August 8th pre-test at 2pm

Classroom Days: Saturday 8/22, at 9am to 6pm
Sunday, 8/23, at 9am to 4pm
Tuesday, 8/25, at 5pm-9pm
Thursday, 8/27, at 5pm-9pm

September 12th pre-test at 2pm

Classroom Days: Saturday 9/26, at 9am to 6pm
Sunday, 9/27, at 9am to 4pm
Tuesday, 9/29, at 5pm-9pm
Thursday, 10/1, at 5pm-9pm

October 3rd pre-test at 2pm

Classroom Days: Saturday 10/17, at 9am to 6pm
Sunday, 10/18, at 9am to 4pm
Tuesday, 10/20, at 5pm-9pm
Thursday, 10/22, at 5pm-9pm

LIFE GUARDING REVIEW COURSE

Materials are free online at

<https://ebooks.redcrosslearningcenter.org/>.

The access code is **2589355AMM8VYNCFWS**.

This class is a two day course. Course dates coincide with the Lifeguarding class, classroom dates.

Certifications must be current at the time of class participation.

**Fee: \$125 Y Members,
\$175 Program Participants**

For more information on
Certification Courses
Contact : George Franco
E: gfranco@cccymca.org



AQUATICS PROGRAMS

BUILDING STRONG SWIMMERS

DID YOU KNOW...

- The YMCA has been teaching people how to swim for **over 110 years**, making it one of the longest-running swim education programs in the country.
- YMCA swim programs serve millions of children and adults each year across the U.S.
- The Y was one of the **first organizations** to develop a national swim lesson curriculum, ensuring consistent safety and instruction standards.
- Lifeguard training and water safety programs at the YMCA have helped **produce generations of certified lifeguards**, many of whom go on to work at pools and beaches nationwide.

SWIM LOCATIONS

New Haven YMCA Youth Center - www.newhavenymca.org
(Swim Lessons, Lifeguard Training)

Bridgeport YMCA - www.bridgeportymca.org
(Swim Lessons, Swim Team)

Stratford YMCA - www.stratfordymca.org
(Swim Lessons, Swim Team, Lap Swim)

Woodruff Family YMCA - www.woodruffymca.org
(Swim Lessons, Free Swim, Splash Pad, Lifeguard Training)

Fairfield YMCA - www.fairfieldymca.org
(Swim Lessons, Swim Team, Lap Swim)

Lakewood-Trumbull YMCA - www.lakewoodtrumbullymca.org
(Seasonal Outdoor Pool + Lake + Boating)

Soundview Family YMCA - www.soundviewymca.org
(Swim Lessons, Swim Team, Lap Swim, Lifeguard Training)

YMCA Camp Hi-Rock - www.camphirock.org
(Seasonal Lake + Boating)

bigelow tea community challenge

BICC

Fairfield, CT est. 1988

5k Run
Fitness Walk
Kids' Fun Run



RUN.
WALK.
EAT & DRINK.
GIVE BACK.

September 27th

**FREE T-SHIRT
& RACE BAG!**

MUSIC!

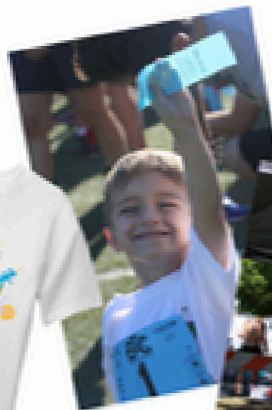
FOOD!

BEER!

(ID Required)

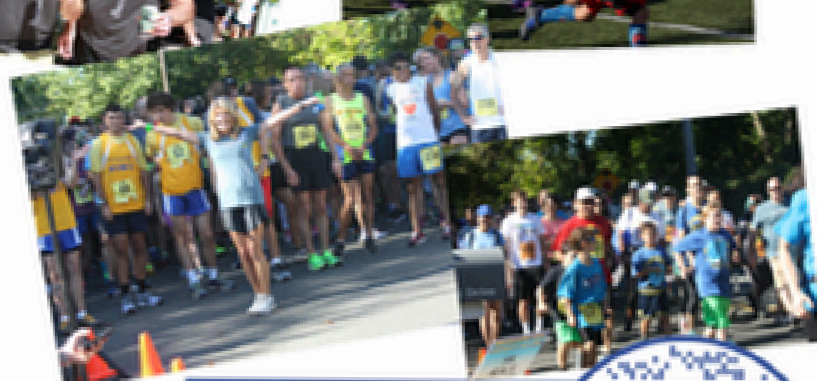


**TOUCH A
TRUCK
EVENT!**



Wakeman Boys & Girls Club
385 Center St. Southport

Kids' Fun Run - 9am
2-Mile Walk & 5K Run - 10am



Two Ways to Register
Go to bigelowtea.com or runsignup.com
Register on race day at the event or
Pre-register the day before at Bigelow Tea

**Scan Here for
direct link
to Run Signup!**



**PLEASE BRING YOUR OWN
MAT FOR CLASSES THAT
REQUIRE A MAT**

HEALTH & WELLNESS

GROUP EXERCISE CLASSES ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS

WHAT TO EXPECT FOR OUR CLASSES

Please bring your own mat, water and towel. Our instructors lead the classes through various exercises. They assist with modifications and advancements and offer recommendations to ensure each participant is both comfortable and challenged to reach their full potential. If you have a specific health concern or injury, please inform an instructor prior to the class beginning.

RESERVATIONS FOR CLASSES

We request that all members reserve a spot for the TRX classes, either from our website, on our Y360 app, or by contacting us. You can sign up for group classes 6 days in advance, and up to one hour before the start of class. We are happy to show you how to use the app!

CLASS DESCRIPTIONS THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

BARRE MAT

Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest workouts on the market today. **For Y Members.**

TAI CHI

The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress. All levels. **For Y Members.**

BOOT CAMP

Challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout. **For Y Members.**

PURE STRETCH

A light-hearted class designed to stretch your entire body and improve your core strength, classes are suitable for all. **For Y Members.**

ADULT SELF DEFENSE

Our Tang Soo Do Karate can empower you in self-defense and other aspects of your life. It can help you feel safe and secure at home, school, work and on the streets. **FEE: \$75 Y Members \$150 Program Participants**

CARDIO CHALLENGE

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.**

HYDRO DEEP

Advanced– to build strength, cardio, muscle tone. Buoys, kickboards and noodles used. Must be comfortable in the deep water vertically and horizontally without belts for portions of the class. Class fee : **\$50 For Y Members. \$100 Program Participants.**

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.**

HEALTH & WELLNESS

PLEASE BRING YOUR OWN MAT FOR CLASSES THAT REQUIRE A MAT

CLASS DESCRIPTIONS THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

STEP

The energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness. **For Y Members.**

PILATES POWER

Power Pilates encompasses precise movements to stretch and strengthen muscle without adding bulk. Discover your inner strength while your body transforms as your energy improves and you achieve an inner balance. **For Y Members.**

MOVEMENT FOR PARKINSON'S

Physical activity seems to slow the disease progress, decreasing pain associated with Parkinson's Disease. Exercise through gentle, deliberate movements to help prolong independent mobility, improve sleep mood and overall quality of life. **For Y Members.**

GROUP CYCLING

A fun group class performed on a stationary cycling bike. This combines a cardio and strength training workout for all levels. **For Y Members.**

MUSCLE, CORE AND MORE

Strength training which may use weights, stretch bands and medicine balls encouraging core strength throughout, followed by stretching. **For Y Members.**

PILATES

A mindful, full-body workout focused on strength, stability, and mobility. This Pilates class emphasizes core engagement, controlled movement, and proper alignment to improve posture, flexibility, and overall body awareness. Suitable for all levels, with options to modify or progress each exercise. **For Y Members.**

CARDIO BARRE

Barre movements with intervals of cardio. There is minimal impact but don't let that fool you. One of the best workouts with standing and seated work. Mat needed. **For Y Members.**

ACTIVE OLDER ADULT FIT

Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily activities. Hand-held weights, elastic tubing with handles and balls are used, chairs are available. **For Y Members.**

CARDIO INTERVAL & STRENGTH

The overall muscle conditioning workout increases strength, endurance and stamina using weights, tubing, body bars, bands and exercise balls. **For Y Members.**

STRENGTH & CORE

Work on building strength overall this muscle conditioning class increases strength, endurance and stamina using weights, tubing and bands. **For Y Members.**

TRX® 101

A beginner TRX class which will help you become familiar with TRX training. If you have always wanted to try using TRX this is a great place to start. **For Y Members.**

TRX®

TRX will get your body in the best shape of your life. A suspension training system that combats your body, challenging your strength, power and flexibility. **For Y Members.**

HEALTH & WELLNESS

PLEASE BRING YOUR OWN MAT FOR CLASSES THAT REQUIRE A MAT

CLASS DESCRIPTIONS THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

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 and by doing traditional Pilates on a mat and stability ball. **For Y Members.**

QIGONG

Qigong means "life energy cultivation". For all levels, it uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy. **For Y Members.**

SENIOR H2O

A water class designed for senior's wellness needs done in the shallow end of the pool. **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.**

STRENGTH AND CONDITIONING

Maximize your workout results with 60 minutes of impactful strength training. A combination of traditional strength training and functional exercise using an adjustable barbell weights and body weight. **For Y Members.**

STRENGTH EXPRESS

For those looking to get a quick workout in! This total body strengthening class will target all the major muscle groups with cardiovascular training to get you fast results. **For Y Members.**

ACTIVE OLDER ADULT CARDIO CIRCUIT

Increase cardiovascular and muscular endurance in a standing circuit workout. Hand-held weights, elastic tubing and a ball will be used and alternated with non-impact aerobics. Chairs available. **For Y Members.**

TOTAL BODY BLITZ

A full body strength and conditioning workout compounding body weight training exercises that utilizes rollers and balls. **For Y Members.**

SMALL BALL WORKOUT

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

CARDIO SCULPTING

A complete body workout incorporating intervals of cardio, strength, toning, power and balance. **For Y Members.**



HEALTH & WELLNESS

WORKOUT IN THE Y'S WELLNESS CENTER!

Our Wellness Center includes state of the art cardiovascular and strength training equipment, and a stretching area for flexibility and functional exercises.

GET F.I.T. – FREE INTRODUCTORY TRAINING

As a new Y member, our goal is to help you feel comfortable and confident in the Wellness Center. The F.I.T. program (Free Introductory Training) is designed to provide an orientation to the machines and equipment so you can learn how to use them safely and effectively. For more information, please speak with the Member Services staff.



..... YMCA 360 MOBILE APP

YMCA360 is a wellness program benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allows you to customize your health and wellness journey. The things you love about the Y, its people, places, and programs, are all on YMCA360!

Download our Mobile App which will allow you to:

- Check-in using your bar code
- View class schedules at your Y and other Central Connecticut Coast YMCAs
- Make a class reservation
- Livestream and on-demand classes taught by YMCA instructors
- Fitness classes, sports instructions, nutrition/cooking classes, children's book readings, and so much more!
- Learn what's happening at the Y. Push notifications are also available
- PLUS set personal wellness goals
- Get connected by joining Challenges
- Track your wellness activities
- Connect to your wellness device and other health apps.
- View a history of your wellness accomplishments
- Check Y hours and locations



YOUR VIRTUAL YMCA
Your favorite classes, workouts,
and programs — anytime, anywhere.



 INCLUDED WITH YOUR MEMBERSHIP.
LEARN MORE & DOWNLOAD NOW



HEALTH & WELLNESS

PERSONAL TRAINING & WELLNESS PROGRAMS

PERSONAL TRAINING & NUTRITIONAL COUNSELING

If you are 14 or 80, and if your goal is to lose weight; gain strength; improve balance; flexibility and agility; rehabilitate an 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 and 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. Personal Training Packages are available in several options to suit your goals and schedule.

1 hour \$82 | 3 hours \$236
5 hours \$379 | 10 hours \$753

INTRODUCTION TO PERSONAL TRAINING

For new clients we offer an introductory program for your first 4 hours at \$278 so you can experience the benefits of working with a personal trainer. Our Certified Personal Trainers will assess your wellness goals and develop a customized plan to meet your needs to help you achieve success, no matter where you are on your wellness journey.

4 hours \$278



**Ready to take the next step in
your wellness journey?**

**Connect with our Senior Program
Director, Maureen Scinto,
at mscinto@cccymca.org
for more information.**

CENTRAL CONNECTICUT COAST BRANCH LOCATIONS



ASSOCIATION OFFICE

1240 Chapel Street, New Haven CT 06511, P 203 777 9622

ALPHA COMMUNITY SERVICES YMCA

850 Park Avenue, Bridgeport CT 06604, P 203 366 2809

BRIDGEPORT YMCA

850 Park Avenue, Bridgeport CT 06604, P 203 334 5551

FAIRFIELD YMCA*

841 Old Post Road, Fairfield, CT 06824, P 203 255 2834

HAMDEN/NORTH HAVEN YMCA

P.O. BOX 6555, HAMDEN, CT 06517, P 203 535 2569

LAKEWOOD-TRUMBULL BRANCH

20 Trefoil Drive, Trumbull CT 06611, P 203 445 9633

NEW HAVEN YMCA YOUTH CENTER

52 Howe Street, New Haven CT 06511, P 203 776 9622

SOUNDVIEW FAMILY YMCA*

628 East Main Street, Branford CT 06405, P 203 481 9622

STRATFORD YMCA*

3045 Main Street, Stratford CT 06614 , P 203 375 5844

VALLEY YMCA

P.O. BOX 373, ANSONIA, CT 06401, P 203 732 7778

WOODRUFF FAMILY YMCA*

631 Orange Avenue, Milford CT 06461, P 203 878 6501

YMCA CAMP HI-ROCK

162 East Street, Mount Washington MA 01258, P 413 528 1227

*Indicates a full-facility branch equipped with an indoor swimming pool

CENTRAL CONNECTICUT COAST YMCA



FAIRFIELD YMCA

841 Old Post Road, Fairfield CT 06824
P: 203-255-2834 | F: 203 259 7744

FOR A BETTER US®