FAIRFIELD YMCA
FALL 1
PROGRAM GUIDE
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.

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. FOR A BETTER US

OUR TEAM

**VOLUNTEER LEADERSHIP**

Board Chair: Andrea Seek  
Board Member: Betsy Brown  
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: Sarah Hagan  
Membership Coordinator: Wendy Terron  
District Facility Director: Rafael Peralta  
Youth and Family Coordinator: Missy O’Donnell  
Sports and Rec Coordinator Interim Head Swim Team Coach: Chris Schreiner

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

FAIRFIELD YMCA
P 203 255 2834  F 203 259 7744
E Fairfieldinfo@cccymca.org
W FairfieldY.org

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

HOLIDAY HOURS/CLOSURES
Labor Day, 9/4: 7am-1pm
Thanksgiving Day, 11/23: CLOSED
Christmas Eve, 12/24: Open 5:30am-2pm
Christmas Day, 12/25: CLOSED
New Years Eve, 12/31: Open 5:30pm-6pm
New Years Day, 1/1: Open 8am-2pm

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

PROGRAM REGISTRATION
Fall Session I Registration:
Facility Member: Monday, September 7
Program Participant: Monday, September 14

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

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

- **2 Days, T/TH**
  - Fee: $250 Y Members, $295 Program Participants
  - Time: 9:00am–12:00pm

- **3 Days, MWF**
  - Fee: $368 Y Members, $437 Program Participants
  - Time: 9:00am–12:00pm

**THREE YEAR OLDS**

Includes weekly swim lessons and music classes.

State licensed. 1:10 staff/child ratio. Participant must be potty trained.

- **3 Days: MWF**
  - Fee: $368 Y Members, $437 Program Participants
  - Time: 9:00am–1:00pm

- **5 Days: M–F**
  - Fee: $613 Y Members, $737 Program Participants

**PRESCHOOL: FOUR and FIVE YEAR OLDS**

Includes weekly swim lessons and music classes.

This program also includes field trips. Participant must be potty trained. State licensed, 1:10 staff/child ratio.

- **5 Days: M–F**
  - Time: 9:00am–1:00pm
  - Fee: $613 Y for Member, $737 Program Participants

**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 day drop in
  - **Weekly:** $110

For more information on Fairfield Y’s Program contact Pat Farrelly at Fairfieldpreschool@cccymca.org or 203 255 2834 x 2315

More information online at FairfieldY.org
YOUTH DEVELOPMENT

YOUTH SPORTS

The Fairfield YMCA Youth Sports programs are built on values, sportsmanship, and FUNDamentals. Check out our new age groupings and progressive sports classes. Children will have fun while learning basic skill development. Classes are taught by caring and professional staff.

For more information contact Chris Schreiner Youth Sports and Rec Coordinator
P 203 255 2834 ext. 2323 or Cschreiner@ccccymca.org

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 team. At the same time they’ll learn team work, sportsmanship and what it takes to be a leader in sports and in life. Youth T-Ball provides a fun experience for kids who want to enjoy the game.

Ages: 4-6
Date: August 31 to October 19
Times: Thursday from 4pm to 4:45pm
Where: Sherman Softball Field
Fee: $75 Members $150 Program Participants

ARCHERY

Ready. Aim. FIRE! Learn proper technique for shooting a bow and arrow, as well as basic bow maintenance. Equipment is provided.

Ages: 5 -11
Date: August 30 to October 18
Times: Wednesdays from 4:15pm to 5:15pm
Where: Fairfield YMCA, 841 Old Post Road
Fee: $75 Members $150 Program Participants

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: August 30 to October 18
Times: Wednesdays from 4:15pm to 5:15pm
Where: Fairfield YMCA, 841 Old Post Road
Fee: $75 Members $150 Program Participants

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 and more about the game, participants will learn how to work as a team while building self-confidence and self-worth.

Ages: 4-6
Date: August 29 to October 17 Tuesdays
Times: 4:00pm to 4:45pm
Where: Sherman Soccer Field 250 Fern Street
Fee: $75 Members, Program Participants $150

REGISTER ON LINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!
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? 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. Transportation provided. Scheduled early dismissals are included. State licensed. 1:10 staff/child ratio.

Prices for our 2023–2024 school year are listed below.

2023–2024 SCHOOL YEAR

<table>
<thead>
<tr>
<th></th>
<th>AFTER SCHOOL MONTHLY RATES</th>
<th>HOLLAND HILL MONTHLY RATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Days:</td>
<td>$436 for Members, $518 for Program Participants</td>
<td>5 Days: $462 for Members, $535 for Program Participants</td>
</tr>
<tr>
<td>4 Days:</td>
<td>$370 for Members, $436 for Program Participants</td>
<td>4 Days: $391 for Members, $459 for Program Participants</td>
</tr>
<tr>
<td>3 Days:</td>
<td>$277 for Members, $323 for Program Participants</td>
<td>3 Days: $291 for Members, $337 for Program Participants</td>
</tr>
<tr>
<td>2 Days:</td>
<td>$205 for Members, $240 for Program Participants</td>
<td>2 Days: $220 for Members, $292 for Program Participants</td>
</tr>
</tbody>
</table>

NO SCHOOL? NO WORRIES! Y VACATION CLUB! For students K through 6th grade enrolled in our after school program. On days off from school, participants will engage in organized activities, sports programs, arts and crafts at the Fairfield YMCA. 8:00 to 1pm and or 1pm to 6:00pm $50 Members $50 Program Participants for half days and $90 for the full days 8am to 6pm for Members or Program Participants.

For more information on School Age Child Care contact Youth and Family Coordinator Missy O’Donnell at 203 255 2834 ext.2315 or modonnell@cccymca.org.

REGISTER ON LINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!
YOUTH DEVELOPMENT
Fairfield Y Swim Lessons

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

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

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

SWIM STARTERS

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water. They develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

AGE GROUPS: 6 months – 3 years
Parent & Child Stages A–B

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
<th>LEVELS</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months - 3 years</td>
<td>SWIM STARTERS</td>
<td>Stages A-B</td>
</tr>
<tr>
<td>Parent* &amp; Child</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 years - 5 years</td>
<td>SWIM BASICS</td>
<td>Stages 1-4</td>
</tr>
<tr>
<td>Preschool</td>
<td>SWIM STROKES</td>
<td></td>
</tr>
<tr>
<td>5 years - 13 years</td>
<td>SWIM BASICS</td>
<td>Stages 1-6</td>
</tr>
<tr>
<td>School Age</td>
<td>SWIM STROKES</td>
<td></td>
</tr>
<tr>
<td>13+ years</td>
<td>SWIM BASICS</td>
<td>Stages 1-6</td>
</tr>
<tr>
<td>Teen &amp; Adult</td>
<td>SWIM STROKES</td>
<td></td>
</tr>
</tbody>
</table>

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: Members: $95 / Program Participants: $198

SWIM STARTERS
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.

Fee: Members: $95 / Program Participants: $198

REGISTER ON LINE AT FAIRFIELDY.ORG
View current schedules, programs and events on our website!
YOUTH DEVELOPMENT

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

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

SWIM BASICS

Stage 1 / Water Acclimation

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

Fee: Members: $95 / Program Participants: $190
Stage 1 Preschool
Stage 1 School Age

CLASS LEVEL POLICY

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

SWIM BASICS

Stage 2 / Water Movement

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

Fee: Members: $95 / Program Participants: $190
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.

Fee: Members: $95 / Program Participants: $190
Stage 3 Preschool
Stage 3 School Age

REGISTER ON LINE AT FAIRFIELDY.ORG

View current schedules, programs and events on our website!RFIELDY.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: Members: $99 / Program Participants: $198

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: Members: $99 / Program Participants: $198

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.

Fee: Members: $99 / Program Participants: $198

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
## Fairfield Y Swim Lessons

### Fall 1 2023

<table>
<thead>
<tr>
<th>Class Programs</th>
<th>Age</th>
<th>Price</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A/B</strong></td>
<td>6m–4yr</td>
<td>$95 Members</td>
<td>10:30</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$190 Program Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1/2 Preschool</strong></td>
<td>3–5yrs</td>
<td>$95 Members</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$190 Program Participants</td>
<td>10:30</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>2:00</td>
<td>9:30</td>
<td>9:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Participants</td>
<td>3:45</td>
<td>4:15</td>
<td>4:15</td>
<td>4:15</td>
<td>4:15</td>
<td>4:45</td>
<td>4:45</td>
</tr>
<tr>
<td><strong>3 Preschool</strong></td>
<td>3–5yrs</td>
<td>$95 Members</td>
<td>10:00</td>
<td>2:00</td>
<td>10:30</td>
<td>2:00</td>
<td>2:00</td>
<td>10:00</td>
<td>10:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$190 Program Participants</td>
<td>4:15</td>
<td></td>
<td>3:45</td>
<td></td>
<td>3:45</td>
<td></td>
<td>4:45</td>
</tr>
<tr>
<td><strong>1 School Age</strong></td>
<td>5–12yrs</td>
<td>$95 Members</td>
<td>4:15</td>
<td>4:45</td>
<td>4:15</td>
<td>4:15</td>
<td>4:15</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$190 Program Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:00</td>
<td>10:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00</td>
</tr>
<tr>
<td><strong>2 School Age</strong></td>
<td>5–12yrs</td>
<td>$95 Members</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>3:45</td>
<td>3:45</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$190 Program Participants</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>11:00</td>
<td>11:00</td>
</tr>
<tr>
<td><strong>3 School Age</strong></td>
<td>5–12yrs</td>
<td>$95 Members</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>4:45</td>
<td>9:30</td>
<td>9:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$190 Program Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:00</td>
</tr>
<tr>
<td><strong>4 School Age</strong></td>
<td>5–12yrs</td>
<td>$99 Members</td>
<td>4:30</td>
<td>4:30</td>
<td>3:45</td>
<td>3:45</td>
<td>3:45</td>
<td>10:45</td>
<td>10:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$198 Program Participants</td>
<td>4:30</td>
<td>4:30</td>
<td>4:30</td>
<td>4:30</td>
<td>4:30</td>
<td>11:30</td>
<td>11:30</td>
</tr>
<tr>
<td><strong>5 School Age</strong></td>
<td>5–12yrs</td>
<td>$99 Members</td>
<td>4:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$198 Program Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>5/6 School Age</strong></td>
<td>5–12yrs</td>
<td>$99 Members</td>
<td>3:45</td>
<td>3:45</td>
<td>3:45</td>
<td>3:45</td>
<td>3:45</td>
<td>10:00</td>
<td>10:45</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$198 Program Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:30</td>
<td>11:30</td>
</tr>
<tr>
<td><strong>6 School Age</strong></td>
<td>5–12yrs</td>
<td>$99 Members</td>
<td>4:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$198 Program Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Teen/Adult 30 mins</strong></td>
<td>12–99yrs</td>
<td>$95 Members</td>
<td>10:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$190 Program Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Teen/Adult 45 mins 2x per week</strong></td>
<td>12–99yrs</td>
<td>$190 Members Program</td>
<td>10:30</td>
<td>10:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
Private and Semi Private Swim Lessons
For Y Members and by appointment only.
September 5 to December 31 enrollment period

Private:
Must be 4 years of age and older. Private lessons are offered in packages of 1, 2, or 4 lessons.
Fee:
1 Lesson: $58, 2 Lessons: $104, 4 Lessons: $186

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: $78, 2 Lessons: $121, 4 Lessons: $223

Adaptive Aquatics (Special Kids)
Ages 4 and above, this program is open to all individuals with cognitive and or physical disabilities, fear and or anxiety. The program 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: $127 Y Members, $200 Program Participants

YOUTH DEVELOPMENT

SWIM CLUBS
FOR PUBLIC 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.

Fairfield Public Schools
Sherman School: Fridays
September 8 – October 27, 3:45–4:15 pm
Fee: $125 Y Members, $200 Program Participants
Bus Fee: $15 (fee one time only )
Sherman School Monday
September 11 – October 23, 3:45–4:15 pm
Fee: $78 Y Members, $138 Program Participants
Bus Fee: $10 (fee one time only )

Black Rock Fish Hawks
Mondays, at 2:30–3:15 pm
September 25 to December 4
Friday at 2:30–3:15 pm
September 29 to December 8
Fee: $125 Members $220 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 )

St Thomas School
Mondays and Fridays
September 18 to December 4
Fee: $175 Y Members, $275 Program Participants
Bus Fee: $15 one way only
(bus fee one time only )

St Ann School
Tuesdays and Thursdays
September 19 to December 5
Fee: $175 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 to Smilow Burroughs community Center
(all bus fees one time only )

Easton Country Day School
Tuesdays
September 12 to December 12
Fee: $275 Members or Program Participants
Bus Fee: $25
Thursdays
September 13 to December 14
Fee: $275 Members or Program participants
Bus Fee: $25

Assumption School
Wednesdays
September 20 to December 6
Fee: $125 Y Members
$200 Program Participants
Bus Fee: $25 one way pick up at the Y
Round trip to Assumption after school program $35.

REGISTER ON LINE AT FAIRFIELDY.ORG
View current schedules, programs and events on our website!
YOUTH DEVELOPMENT

CERTIFICATION COURSES

Waterfront Life Guarding Course
Red Cross Life Guard Certification includes CPR, AED and First Aid. Waterfront, 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 and must attend all classes.

CPR Mask is included.
Fee: $275 for Y Member, $375 Program Participant

Life Guarding Review Course
Materials are free online at redcross.org. This class is a two day course. Course dates coincide with the Lifeguarding class, classroom dates.
Fee: $125 Y Members, $175 Program Participants

Red Cross Babysitting Training
Participants must be 14 years old by the first class, certification includes babysitting, CPR and First Aid. The course length is 7 hours.
Fee: $125 Members, $175 Program Participants

CPR for the Professional Rescuer
Learn to save a life, you’ll never know when you need it, be prepared. September 20 at 5pm and September 27 at 5pm.
Fee: $50 Members, $75 Program Participants

For more information on Certification Courses contact Maureen Scinto at 203 255 2834 ext. 2318 or mscinto@cccymca.org.

More information online at fairfieldy.org
YOUTH DEVELOPMENT
FAIRFIELD FLYFINS SWIM TEAM

FLYFINS Swim Team 2023–2024, September 18 to March 22, 2024

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

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 course. Practice times vary by age and experience.

For more information, contact Swim Team Interim Head Coach Chris Schreiner CSchreiner@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 stroke clinic for an evaluation process; 45 minutes each day, for five days. The fee for the evaluation clinic is $100 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 Clinic
Date: 9/11 to 9/15
Age: 6-9
Times: 5:20-6:05
Fee: $100

New Team Member Evaluation Clinic
Date: 9/11 to 9/15
Age: 9+
Times: 6:15-7:00
Fee: $100

Returning Team Member Clinic
Date: 9/5-9/8
Age: all ages
Times: 5:20-6:20
Fee: $80

Adult Stroke Clinic
Date: 9/5-9/8
Age: 18+
Times: 6:30-7:15
Fee: $80

JR2 begins 9/18, Fee: $1200
JR1 begins 9/18, Fee: $1300
AG2 begins 9/18 Fee: $1400
AG1 begins 9/18 Fee: $1600
High School Girls begins 11/1 Fee: $875
High School Boys begins 9/18 Fee: $875

REGISTER ON LINE AT FAIRFIELDY.ORG
View current schedules, programs and events on our website!
MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
HEALTHY LIVING

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.

WORKOUT IN THE Y’s WELLNESS CENTER!

Our Wellness Center includes state of the art Life Fitness 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, 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 that 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 the Wellness or Member Services staff.

GROUP EXERCISE CLASSES

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.

Body Sculpting
The overall muscle conditioning workout increases strength, endurance and stamina using weights, tubing, body bars, bands and exercise balls. 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.

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.

Cardio Power
Medium to high-level cardio workout. Recommended for more advanced participants. Uses various moves to create resistance for an up-tempo workout. For Y Members.

REGISTER ON LINE AT FAIRFIELDY.ORG
View current schedules, programs and events on our website!
MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
**HEALTHY LIVING**

**GROUP EXERCISE CLASSES**

**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.**

**Hydro Deep**
Advanced— to build strength, cardio, muscle tone. Buoys, kickboards and noodles used. Aqua belts provided during some intervals but not all. Must be comfortable in the deep water vertically and horizontally without belts for portions of the class. **For Y Members.**

**Zumba/Multi-Cultural Dance**
Provides learners with a variety of exciting dance styles tied to various cultures. The instructor, provides a solid foundation through ballet, modern, and jazz, Zumba, hip-hop, African, Hawaiian (Hula), Native American, Flag dancing and more. This exciting class will be infused with various styles of dance from many cultures **For Y Members.**

**Non-Stop Tabata**
up Non-Stop Tabata is a high intensity interval training workout with a warm-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.**

**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.**

**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.**

**Guided Meditation and Stretching for Adults**
This class helps you to relax mentally, and physically. Alleviate tension in your muscles, and daily stresses and anxiety. The guided meditation begins by laying down on a mat while listening to relaxing music and nature sounds. There will be a strong concentration on diaphragmatic breathing. A safe space is created where everyone moves at their own pace without judgment. The class will consist of 1/2 hour of meditation and 15 minutes of stretching to improve flexibility, strength, and tone. **For Y Members.**

**REGISTER ON LINE AT FAIRFIELDY.ORG**
View current schedules, programs and events on our website!
MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
Join the YMCA Healthy Lifestyle program to adopt and maintain a healthy lifestyle.

**Benefits:**
- Led by a trained Healthy Lifestyle Coach
- Learn about healthy eating and physical activity
- Learn how to increase energy
- Learn how to decrease stress
- Learn relaxation techniques
- Learn how to sleep better
- Learn how to self-care
- Most importantly, learn how to make those small changes in your life that will allow you to live a healthier and happier life!

**The Weight Loss Program**

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution. The program is designed for adults, 18 years and older who desire a healthier weight. This program is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease. This is a 12-week program that meets one time per week. Each weekly session is 60 minutes. For more information contact 203 255 2834 ext. 2326

**MORE INFORMATION ONLINE AT FAIRFIELDY.ORG**
YOUR Y. Anywhere, Anytime.

- Free classes for all ages and all fitness levels
- Classes for active older adults, teens, kids, more!
- Available on your phone, AppleTV, Roku & Android TV

What is YMCA360.org?
A healthy living network for you and your family anywhere, anytime!
Virtual classes taught by YMCA instructors from across the country.
A multi-function platform that includes website and TV access
Hundreds of great programs for all ages, for you and for your family.
Kids & Family Classes, Mind & Body; Fitness First; Boomers & Beyond.
FREE with a full-facility Central Connecticut Coast YMCA membership.

Try it! NEW!
We invite you and your family to try our new offering!
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!
Please let us know what you think! Email info@cccymca.org

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG
YMCA UNIVERSAL 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

CENTRAL CONNECTICUT COAST YMCA
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 203 562 5129
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 5527
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

REGISTER ON LINE AT FAIRFIELDY.ORG
View current schedules, programs and events on our website!