



FAIRFIELD YMCA SPRING PROGRAM GUIDE



When you donate to the Fairfield YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community. All contributions to the YMCA provide direct financial assistance for ALL who need it.

FIND YOUR REASON TO GIVE. DONATE FOR A BETTER US.
Connect with Diana Liptak to learn more.

OUR TEAM

VOLUNTEER LEADERSHIP

Board Chair: Andrea Seek
Board Member: Katie Flynn
Board Member: Jason Li
Board Member: Gregory Sargent
Board Member: Dana White
Board Member: Emily Lusk
Board Member: Jessica Knapp
Board Member: Tina Cika

FAIRFIELD Y STAFF

Executive Director: Diana Liptak
Senior Director: Maureen Scinto
Aquatic Coordinator: Amanda Goodwin
Aquatic Coordinator: Russ Spodenko
Membership Coordinator: Wendy Terron
Pre-School Coordinator: Patricia Farrelly
Sports and Rec Coordinator Interim Head Swim Team Coach:
Sam Mouziyk

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

New hours:

Monday–Thursday 5:30am –9pm

Friday 5:30am–7pm

Saturday 7am – 6pm

Sunday 8am–4pm

HOLIDAY HOURS/CLOSURES

Easter, March 31, CLOSED

Memorial Day, May 27, 7am–9am

July 4, Open 7am–1pm

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

Spring Session Registration:

Facility Member: Monday, April 1

Program Participant: Monday, April 8

MEMBERSHIP FOR ALL

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

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YOUTH DEVELOPMENT

LEARN GROW THRIVE

FAIRFIELD YMCA PRESCHOOL PROGRAM

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: \$257 Y Members, \$373 Program Participants

Time: 9:00am-12:00pm

3 Days, MWF

Fee: \$386 Y Members, \$560 Program Participants

Time: 9:00am-12:00pm

THREE YEAR OLDS

Includes weekly swim lessons and kids Zumba classes. State licensed. 1:10 staff/child ratio. Participant must be potty trained.

3 Days: MWF

Fee: \$386 Y Members, \$560 Program Participants

Time: 9:00am-1:00pm

5 Days: M-F

Fee: \$644 Y Members, \$935 Program Participants

PRESCHOOL: FOUR and FIVE YEAR OLDS

Includes weekly swim lessons and kids Zumba 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: \$644 Y for Member, \$935 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 & DANCE

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 Sam Mouziyk Youth Sports and Rec Coordinator.

P 203 255 2834 ext. 2323 or E SMouziyk@ccccymca.org

KARATE

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 achievement goals. This Karate class will provide a fun experience for kids and an opportunity to make new friends and learn new skills.

AGE: 5-12

DAY: Tuesday, April 23 to June 11

TIME: 4:15pm to 5pm

Or

DAY: Friday, April 26 to June 14

TIME: 4:15pm to 5pm

WHERE: Fairfield YMCA

FEE: \$75 Members \$150 Program Participant

KIDS DANCE MOVES

Youth dancers will learn jazz, hip hop, modern and ballet techniques. Participants will enjoy learning new skills, fun choreography, explore impressionism, freestyle dancing and other forms of dance .

AGE 5 -12

DAY: Wednesday, April 24 to June 12

TIME: 4:15pm to 5pm

WHERE: Fairfield YMCA

FEE: \$75 Members \$150 Program Participants

BALLET & TAP COMBO

Students develop the fundamentals of ballet and tap in a nurturing and fun environment. This class builds basic ballet/tap terminology to be used during floor work, barre, and combinations.

AGE: 3-5

DAY: April 22 to June 10

TIME: Monday, 4pm to 4:45pm

WHERE: Fairfield YMCA Room 1

FEE: \$75 Members \$150 Program Participants

AGES: 6-10

DAY Thursday, April 25 to June 13

TIME 4pm to 4:45pm

WHERE Fairfield YMCA Room 1

FEE \$75 Members \$150 Program Participants

AGE: 6-10

DAY: Friday, April 26 to June 14

TIME: 4pm to 4:45pm

WHERE: Fairfield YMCA Room 1

FEE:\$75 Members \$150 Program Participants



REGISTER ON LINE AT FAIRFIELDY.ORG

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YOUTH DEVELOPMENT

YOUTH SPORTS

SOCCER

Looking for a fun program for your child to learn the basics of soccer? This Youth Soccer Program meets once a week to play games and run drills that will help to teach them the basics of the sport!

AGE: 4 to 6 years

TIME: 4:15pm-5:00pm

DAY: Tuesday April 23 to June 10

FEE: \$75.00 Members

\$150.00 Program Participants

AGE : 6 to 8 years

TIME: 4:15 to 5:00pm

DAY: Tuesday April 23 to June 10

or Sunday 9am to 10am

FEE: \$75 Members \$150 Program Participants

CONTACT: Sam Mouziyk

P: 203 255 2834 ex.2323

E: smouziyk@cccymca.org



ARCHERY

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.

AGE: 8-10 years old and 10-12 years old

FEE: \$100 Members,

\$150.00 Program Participant

DAY: Saturday April 27 to June 15

TIME: 10:00am-10:45am 8-10 years

11:00am -12:00pm 10-12 years

WHERE: Fairfield YMCA

CONTACT: Sam Mouziyk

P: 203 255 2834 ex.2323

E: smouziyk@cccymca.org

T-BALL

This Youth T-Ball Program will meet once a week and will be a fun, enjoyable way for your kids to learn the basics of baseball/softball. Through drills and games, the kids will work to develop skills, coordination, and learn about team work!

AGE: 4 to 5 years

FEE: Member: \$75

Program Participant: \$150

DAY: Thursdays 4:15pm-5:00pm

April 25 to June 13

WHERE: Fairfield YMCA

AGE: 6 to 8 years

FEE: Member: \$75 Program Participant: \$150

DAY: Thursdays 4:15pm-5:00pm

April 25 to June 13

WHERE: Fairfield YMCA

CONTACT: Sam Mouziyk

P: 203 255 2834 ex.2323

E: Smouzik@cccymca.org

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YOUTH DEVELOPMENT

FUN IN THE SUN



Beach Club

Beach Club is 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 have fun in the water, sand, and sun; a perfect combination of what we all need now more than ever! 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. Program begins at 9am and ends at 2:30pm, Monday through Friday. Join us as we explore Fairfield's five beautiful beaches and estuaries, as well as form friendships that will last a lifetime. Contact information the same as Half Day Swim School.

HALF DAY SWIM SCHOOL

In this 5-day swim lesson program children learn to swim and be safe in and around the water. Half Day Swim School is designed for children ages 3-10 years old, who want to learn to swim or improve their swim strokes. Children swim twice a day, enjoy a snack and have lots of fun.

Sessions: June - August

Time: 9:00am to 12:00 or 1:00pm to 4:00pm

Registration: Open now for Members

April 6 Program Participants

Register: at the Fairfield YMCA

Call the Y's Welcome Center Desk at 203-255-2834

Come see us!

Contact: Amanda Goodwin or Russ Spodenko

P: 203 255 2834 ex.2323

E: Agoodwin@cccymca.org **E:** Rspodenko@cccymca.org



YOUTH DEVELOPMENT

ENGAGE BEYOND THE SCHOOL DAY



Y AFTER SCHOOL

Where can children meet other children, finish homework without a hassle, do arts and crafts and play outdoors? **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.

APRIL 2024

VACATION CLUB

NO SCHOOL ? NO WORRIES ! Y VACATION CLUB ! For students K through 6th grade. On days off from school , participants will engage in organized activities, sports programs, arts and crafts and a field trip. Program takes place at the Fairfield YMCA. 8:00am to 6pm \$90 Members \$110 Program Participants \$15 field trip fee.

Vacation club dates April 2, April 10, and April 15 to 19 (Spring Break).

**For more information on School Age Child Care contact
Diana Liptak at 203 255 2834 ext. 2316 or DLiptak@cccymca.org.**

REGISTER ON LINE AT FAIRFIELDY.ORG

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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. In the interest of keeping everyone safe, no one but the lesson participant is allowed to stay on the pool deck during swim lessons.

SWIM STARTERS

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

AGE GROUPS: 6 months – 3 years

Parent & Child Stages A-B

SWIM STARTERS

Stage A

Water Discovery

Parents accompany children in Stage A, introducing infants and toddlers to the aquatic environment through exploration, encouraging them to enjoy themselves and learn about the water.

Fee: Members: \$98

Program Participants: \$196

AGE GROUP	STAGE	LEVELS
6 months – 3 years	SWIM	Stages A-B
3 years – 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-4
5 years – 13 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
13+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

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: \$98

Program Participants: \$196

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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

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 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: \$98

Program Participants: \$196

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.

Fee: Members: \$98

Program Participants: \$196

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: \$98

Program Participants: \$196

Stage 3 Preschool

Stage 3 School Age

REGISTER ON LINE AT FAIRFIELDY.ORG

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

YOUTH DEVELOPMENT

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

AGE GROUPS: 3 years - 5 years
Preschool
5 years - 12 years School Age
12+ years - Teen & Adult
Stages 4-6



HALF DAY SWIM

Registration for Summer Half Day swim is open for Full Facility Members. Opens April 6 for Program Participants. Sessions will run June to August 9am to 12pm, and 1pm to 4pm, two 45minute swim lessons each day. Snack provided.
Contact: 203 255 2834 ext.2325

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: \$103

Program Participants: \$206

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: \$103

Program Participants: \$206

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: \$103

Program Participants: \$206

**JOIN US FOR FREE WATER SAFETY
LESSONS ON HEALTHY KIDS DAY
APRIL 20, 10am to 1pm register now
203 255 2834 ext. 2325**

HEALTHY KIDS DAY®
» APRIL 20, 2024
For a better us.®



MORE INFORMATION ONLINE AT FAIRFIELDY.ORG



YOUTH DEVELOPMENT

Fairfield Y Swim Lessons

Spring 2024									
Swim Programs									
Class	Age	Price	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
A/B	6m-4yr	\$98 Members \$196 Program Participants	10:30	10:00	10:00 10:30 2:00	10:00	10:00	9:00 9:30 10:00 10:30	9:00 9:30 10:00
1/2 Preschool	3-5yrs	\$98 Members \$196 Program Participants	10:00 10:30 3:45 4:15	10:00 2:00 4:15 4:45	10:00 2:00 2:30 3:45 4:15	10:00 2:00 4:15 4:45	10:00 4:15 4:45	9:00 9:30 10:00 10:30 11:00 12:00	9:00 9:00 9:30 10:00 10:30 11:00
3 Preschool	3-5yrs	\$98 Members \$196 Program Participants	10:00	2:00	10:30 3:45	2:00	10:00		
1 School Age	5-12yrs	\$98 Members \$196 Program Participants	4:45		4:45	4:15	4:15	9:00 10:00 12:00	10:30 11:30
2 School Age	5-12yrs	\$98 Members \$196 Program Participants	4:15 4:45	4:15 4:45	4:15 4:45	4:15 4:45	3:45 4:45	9:00 9:30 11:00	11:30 12:00
3 School Age	5-12yrs	\$98 Members \$196 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 11:00
4 School Age	5-12yrs	\$103 Members \$206 Program Participants	4:30	4:30	3:45 4:30	4:30	4:30	10:45 11:30	10:00 11:30
5 School Age	5-12yrs	\$103 Members \$206 Program Participants	4:30			4:30		10:00	
5/6 School Age	5-12yrs	\$103 Members \$206 Program Participants		3:45		3:45	4:30	11:30	10:45
6 School Age	5-12yrs	\$103 Members \$206 Program Participants		4:30	4:30				
Teen/Adult 30 mins	12-99yrs	\$98 Members \$196 Program Participants						11:30	
Teen/Adult 45 mins 2 x per week	12-99yrs	\$196 Members Program \$360 Program Participants		10:30 7:15		10:30 7:15			

MORE INFORMATION ONLINE AT FAIRFIELDY.ORG

YOUTH DEVELOPMENT

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.

Fairfield Public Schools April 22– June 14

Sherman School: Monday 3:45–4:15
Sherman School: Friday 3:45–4:15
Mill Hill School: Tuesday 3:45–4:15
Holland Hill School: Tuesday 3:15–3:45
Riverfield School: Thursday 3:45–4:15
McKinley School: Thursday 3:45–4:15
Osborne Hill School Thursday 3:45–4:15
Fee: \$125 Y Members, \$200 Program Participants
Bus Fee: \$15 (bus fee one time only)
Fees prorated for 2023/2024 school calendar.

SAINTS SCHOOLS St Ann School

Tuesdays and Thursdays
March 19 to June 4
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 (bus fee one time only)

Assumption School

Wednesdays
March 20 to June 5
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. (bus fees one time only)

St Thomas School

Mondays and Fridays
March 18 to June 3
Fee: \$175 Y Members,
\$275 Program Participants
Bus Fee: \$15 one way only
(bus fee one time only)

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. 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: \$127 Y Members,
\$200 Program Participants

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: \$60, 2 Lessons: \$108, 4 Lessons: \$193

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: \$74, 2 Lessons: \$133, 4 Lessons: \$231

BLACK ROCK SCHOOL

Black Rock Fish Hawks

Mondays, at 3:15–3:45 pm
March 18 to June 3
Friday at 3:15– 3:45pm
March 22 to June 7
Fee: \$125 Members \$200 Program Participants
Bus Fee: \$15 one way to the Y, \$25 round trip to
Lighthouse program, \$35 to Smilow Burroughs (bus fees one time only)

REGISTER ON LINE AT FAIRFIELDDY.ORG

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CAMP

CAMPING AT THE Y OFFERS AN EXPERIENCE FOR CHILDREN AND TEENS, NOT JUST CARE.

Exploring nature, swimming, playing games and making new friends are just some aspects of the experience of participating in Day Camp. As summer approaches, the Fairfield Y reminds parents that camping is a unique and invaluable experience for children and teens. The Y has plans for the summer and is gearing up for summer adventures that will keep kids active, engaged and healthy all summer long. Summer is the ideal time for kids to get up, get out and explore!

FOUR WAYS TO GET THE MOST OUT OF SUMMER CAMP

Find Your Adventure

Summer is a time for kids to explore and expand the limits of their imagination. At Y summer camp, every day is a new adventure!

Find Your Spark

Kids discover hidden talents and passions they never knew they had.

Find Your Circle

At the Y, their experience is like none other. Kids come away with new skills, confidence and friendships that broaden their perspectives and strengthen their character.

Find Your Friends

At YMCA camp, kids will make new friends and have tons of fun as they explore new adventures each day!

The Fairfield Y provides exciting and educational camp programming for children and teens, and their parents, at our Traditional Day Camp. At YMCA Day Camp, kids are in a welcoming environment where they can belong, build relationships and lasting friendships, develop character and discover their potential.

To ensure that every child and teen has the chance to go camping, the Fairfield Y offers financial assistance to those in need. We believe that no one should be turned away because of their inability to pay. Come, let us help.

2024 DAY CAMP REGISTRATION



YMCA Summer Day Camp is an experience like none other. Kids come away with new skills, confidence and friendships that broaden their perspectives and strengthen their character.

DAY CAMP REGISTRATION IS OPEN for all CCCY Members and Program Participants and Members of other Ys . So that we can maintain camper to staff ratios, we may have session waiting lists. The Day Camp Registration Fee is \$25.

SUMMER DAY CAMP



The YMCA believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve. At YMCA day camp kids and teens can develop skills, self-confidence, new friendships and a sense of belonging – all while having tons of fun.

In order to have fun and thrive, kids of all ages need to feel both physically and emotionally safe. When you drop your child off at a camp, you can rest assured that their total well-being will be supported. Safety is always our number one priority! We keep kids healthy and safe while providing enriching experiences. As a leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for over 130 years. Our experienced and caring staff and volunteers model the positive core Y values of caring, honesty, respect and responsibility that help build character.

Learn more at FairfieldY.org and follow these links for more information :

[Fairfield Y 2024 Day Camp Brochure](#)

[Fairfield Y Day Camp Parent Handbook](#)

[2024 Fairfield YMCA Day Camp Registration Packet – Fillable](#)

[Individual Care Plan Medicine Authorization](#)

Financial assistance is available for families who need it to ensure that all kids in our community can have enriching summer experiences. These forms are required to apply:

[Financial Assistance Forms](#)

If your child is 14-15 years of age, they may be interested in our **Counselor in Training** program. In our CIT program, they will receive valuable job interviewing skills, child care training, leadership experience, team building, and problem-solving skills. To apply please fill out the application and contact the Y for an interview. [CIT Application Form](#)

Our camp programs fill up fast, so make plans to reserve your spot.

YOUTH DEVELOPMENT



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 and must attend all classes.

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

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

March 30 pre-test 1pm

Classroom Saturday 4/6 at 9am to 6pm and Sunday 4/7, 9am to 4pm

April 13 pre-test 1pm

Classroom Saturday 4/20 at 9am to 6pm and Sunday 4/21, 9am to 4pm

April 27, pre-test at 1pm

Classroom Saturday 5/4, at 9am to 6pm and Sunday, 5/5, 9am to 4pm

May 11 pre-test at 1pm

Classroom Saturday 5/18 at 9am to 6pm and Sunday 5/19, 9am to 4pm

May 25 pre-test at 1pm

Classroom Saturday 6/1 at 9am to 5pm and Sunday 6/2 9am to 4pm

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

CPR for the Professional Rescuer

Learn to save a life, you'll never know when you need it, be prepared.

Free CPR Class at Healthy Kids Day .

April 20, one class at 10am and one class at 12pm. There will be no test or certification issued.

For more information on Certification Courses contact : Maureen Scinto

**P 203 255 2834 ext.2318 or
E mscinto@cccymca.org.**



MORE INFORMATION ONLINE AT [FAIRFIELDY.ORG](https://fairfielddy.org)



YOUTH DEVELOPMENT

FAIRFIELD FLYFINS SWIM TEAM

FLYFINS Swim Team 2023-2024, April 15 to July 22, 2024

Age group qualifiers and Zone swimmers could swim until mid August 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 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 stroke clinic for an evaluation process; 45 minutes each day, for five days.

Please contact Coach Sam, SMouziyk@cccymca.org or 203 255 2834 ext. 2323. 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 : 4/1 to 4/5, 5:15-6pm Monday to Friday, Fee: \$100.

Flyfin Team Member Stroke Clinic: 4/8 to 4/12, 5:15-6pm, Monday to Friday, Fee \$100.

Adult Stroke Clinic : 4/1 to 4/5, 6:15 to 7pm, Monday to Friday, Fee: \$100.



JR2 begins 4/15, Fee: \$800. AG2 begins 4/15, Fee: \$850.

JR1 begins 4/15, Fee: \$825. AG1 begins 4/15, Fee: \$875.

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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. For more information, please speak with the 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.**

Body Shock

High intensity athletic conditioning to boost strength and endurance, sharpen agility and improve your energy. Challenge yourself like you never have before. **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. 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

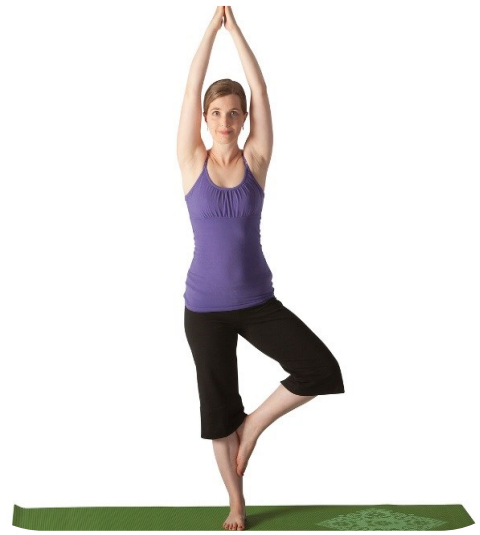
Non-Stop Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20 seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post-workout, get in shape the fast way! **For Y Members.**

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.**

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.**



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.**

Cycle and Pump

A fun class performed on a stationary cycling bike combining a cardio work out, arm exercises and strength training with light weights while cycling. A great workout for all levels **For Y Members.**

Strength and Conditioning

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

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HEALTHY KIDS DAY

APRIL 20, 2024 10AM-1PM



FIND YOUR FUN, FIND YOUR Y AT HEALTHY KIDS DAY!

The Fairfield YMCA is hosting their annual Healthy Kids Day® and Fairfield's Earth Day on Saturday, April 20, 10am-1pm. This free, open to the public, annual event features a variety of family-friendly activities to encourage healthy kids, healthy families and a healthy start to the summer season. Come and celebrate with us! We'll have activities and special demonstrations.

WHEN: April 20

TIME: 10am-1pm

WHERE: Fairfield YMCA 841 Old Post Road Fairfield, CT.

At our event, we are collecting **Child-Friendly Hygiene Products** such as children's shampoo, conditioner, diapers, wipes, creams, baby soap, lotions, child toothbrushes, paste, child safe sunscreen, band-aids, and healthy dried and canned food for Operation Hope.

MORE INFORMATION ONLINE AT FAIRFIELDDY.ORG



YMCA360

the Y
YMCA

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!**

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

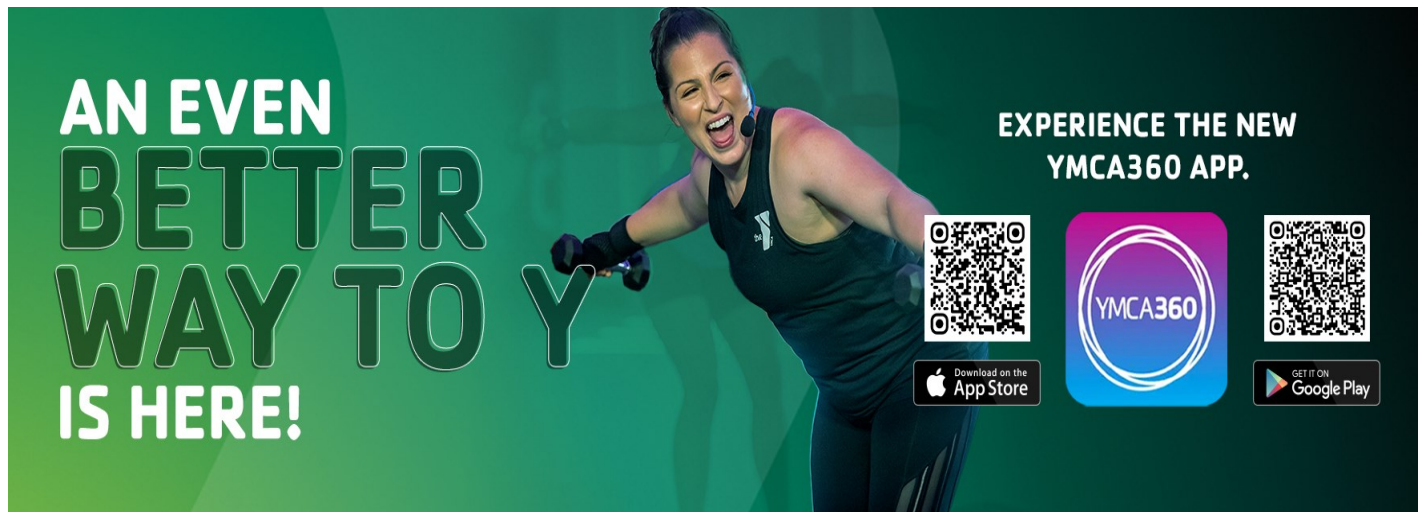
You will receive a 6 digit email code, via email

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

MOBILE APP



YMCA360 MOBILE APP

STAY ON TRACK WITH THE YMCA360 MOBILE APP

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
- Watch YMCA360 on-demand programs
- Add classes to your personal calendar (those at the Y and those on Y360)
- Register for Programs and Classes
- Learn what's happening at the Y. Push notifications are also available
- PLUS set personal wellness goals,
- Track your wellness activities. Connect to your wellness device and other health apps. View a history of your wellness accomplishments

Reference Y hours and locations

TO DOWNLOAD:

IOS USERS [CLICK HERE](#) TO DOWNLOAD

ANDROID USERS [CLICK HERE](#) TO DOWNLOAD

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SLEEPAWAY CAMP!



YMCA Camp Hi-Rock is a sleepaway camp located in Western Massachusetts. We are nestled among 1,000 acres in the Berkshire Mountains, surrounded by conservation forest, and centered around our pristine, private, ninety-acre lake. This gives us the ideal backdrop for the wide variety of activities we offer, which include swimming, climbing, water skiing, archery, sailing and arts & crafts among many others. Camp Hi-Rock is dedicated to the growth and development of all of the participants we serve. We seek to help each camper develop his or her sense of personal worth and responsibility as a cooperative member of a group. In addition, we want campers to discover, learn, cultivate new skills, develop healthy lifestyles, create meaningful relationships, and become more caring, honest, respectful and responsible people.

Information sessions and open houses this spring:

<https://camphirock.org/2024-information-session-open-house-dates/>

CAMP WITH CHARACTER PROGRAMS WITH PURPOSE





SOCIAL RESPONSIBILITY

MAKING A DIFFERENCE

CALLING ALL VOLUNTEERS



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 on Saturday and Sunday from 5:30am to 12:15pm. Volunteers will set up and run water stations, sit by the clocks along the route, direct parking and more ! 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 Saturday's 5K and Kids Fun Run and Sunday 's Fairfield Half Marathon

Where: Fairfield YMCA and Jennings Beach

When: Throughout the day on Saturday June 1 and Sunday June 2 from 5:30am to 12:00pm

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

LAKESWOOD-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

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