



FAIRFIELD YMCA WINTER 1 PROGRAM GUIDE



**FIND YOUR
REASON TO GIVE.
FIND YOUR Y.**

For a better us.®

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.

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: Russ Spodenko

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

New hours begin January 2

Monday–Thursday 5:30am –9pm

Friday 5:30am–7pm

Saturday 7am – 6pm

Sunday 8am–4pm

HOLIDAY HOURS/CLOSURES

Christmas Eve, 12/24: Open 8am–2pm

Christmas Day, 12/25: CLOSED

New Years Eve, 12/31: Open 8:am–2pm

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

Winter 1 Session Registration:

Facility Member: Monday, December 11

Program Participant: Monday, December 18

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income. Please contact the Fairfield Y or 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: \$250 Y Members, \$295 Program Participants

Time: 9:00am-12:00pm

3 Days, MWF

Fee: \$368 Y Members, \$437 Program Participants

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@cccymca.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.

Ages: 5-12

Date: January 2 to February 20

Times: Tuesdays from 4:15pm to 5pm

Or

Date: January 5 to February 23

Times: Fridays from 4:15pm to 5pm

Where: Fairfield YMCA

Fee: \$75 Members \$150 Program Participants



BASKETBALL

Dribble, Pass, Shoot, you're in the game! Learn the fundamentals of Basketball, play games. Children will have fun, learn skills and make new friends.

Ages: 6-10

Date: January 8 to February 19

Time: Mondays 4pm to 4:45pm

Where: Sherman Elementary School Gym

Fee: \$75 Members \$150 Program Participants



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.

Ages: 5 -12

Date: January 3 to February 21

Times: Wednesdays from 4:15pm to 5pm

Where: Fairfield YMCA

Fee: \$75 Members \$150 Program Participants

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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

AFTER SCHOOL MONTHLY RATES

5 Days: \$436 Members, \$518 Program Participants
4 Days: \$370 Members, \$436 Program Participants
3 Days: \$277 Members, \$323 Program Participants
2 Days: \$205 Members, \$240 Program Participants

HOLLAND HILL MONTHLY RATES

5 Days: \$462 Members, \$535 Program Participants
4 Days: \$391 Members, \$459 Program Participants
3 Days: \$291 Members, \$337 Program Participants
2 Days: \$220 Members, \$292 Program Participants

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 December 26, 27, 28, 29. January 15.

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.

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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 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: \$95

Program Participants: \$190

AGE GROUP	STAGE	LEVELS
6 months – 3 years Parent & Child	SWIM STARTERS	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: \$95

Program Participants: \$190

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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: \$95

Program Participants: \$190

Stage 1 Preschool

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

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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



HOLIDAY HALF DAY

December Half Day Swim School
December 26 to December 29 9am to 12pm , two 45minute swim lessons each day. Snack provided. Contact Sarah Hagan 203 255 2834 ext.2325
Shagan@cccymca.org

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



YOUTH DEVELOPMENT

Fairfield Y Swim Lessons

WINTER 1 2024									
Swim Programs									
Class	Age	Price	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
A/B	6m-4yr	\$95 Members \$190 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	\$95 Members \$190 Program Participants	10:00 10:30 3:45 4:15	10:00 2:00 4:15 4:15 4:45	10:00 2:00 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 9:30 10:00 10:30 11:00
3 Preschool	3-5yrs	\$95 Members \$190 Program Participants	10:00 4:15	2:00	10:30 3:45	2:00	10:00 4:45		
1 School Age	5-12yrs	\$95 Members \$190 Program Participants	4:15		4:45	4:15	4:15	9:00 10:00 12:00	10:30 11:30
2 School Age	5-12yrs	\$95 Members \$190 Program Participants	4:45 4:45	4:15 4:45	3:45 4:15 4:45	4:15 4:45	3:45 4:45	9:00 9:30 11:00	9:00 11:30
3 School Age	5-12yrs	\$95 Members \$190 Program Participants	4:45	4:45	4:15 4:45	4:45	4:15	9:30 10:30 11:00	9:30 11:00
4 School Age	5-12yrs	\$99 Members \$198 Program Participants	4:30	4:30	3:45 4:30 4:30	4:30	4:30	10:45 11:30	10:00 11:30
5 School Age	5-12yrs	\$99 Members \$198 Program Participants	4:30			4:30			
5/6 School Age	5-12yrs	\$99 Members \$198 Program Participants		3:45		3:45	4:30	10:00 11:30	10:45
6 School Age	5-12yrs	\$99 Members \$198 Program Participants		4:30					
Teen/Adult 30 mins	12-99yrs	\$95 Members \$190 Program participants						11:30	12:00
Teen/Adult 45 mins 2 x per week	12-99yrs	\$190 Members Program \$350 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 January 2-23

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
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
January 9 to March 14
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
January 10 to March 13
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
January 8 to March 15
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 and by appointment only.

Private: Must be 4 years of age and older. Private lessons are offered in packages of 1, 2, or 4 lessons.
Fee: 1 Lesson: \$55, 2 Lessons: \$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.

BLACK ROCK SCHOOL

Black Rock Fish Hawks

Mondays, at 3:15-3:45 pm
January 8 to March 11
Friday at 3:15- 3:45pm
January 12 to March 15
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)

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

January 13, pre-test at 1pm
Classroom Saturday 1/20 at 9am to 5:30pm
and Sunday 1/21, 9am to 3pm

January 27, pre-test at 1pm
Classroom Saturday 2/3, at 9am to 5:30pm
and Sunday, 2/4, 9am to 3pm

February 17, pre-test at 1pm
Classroom Saturday 2/24, at 9am to 5:30pm
and Sunday, 2/25 9am to 3pm

March 2 pre-test at 1pm
Classroom Saturday 3/9 at 9am to 5:30pm
and Sunday 3/10, 9am to 3pm

March 23 pre-test 1pm
Classroom Saturday 3/30 at 9am to 5:30pm
and Sunday 3/31, 9am to 3pm

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: \$120 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.

January 13 and 14, 9am to 12:30pm
Fee: \$125 Members, \$175 Program Participants

February 17 and 18, 9am to 12:30pm
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. February 14 at 5pm and February 21 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 Head Coach Chris Schreiner CSchreiner@cccymca.org

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 CSchreiner@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.



JR2 begins 9/18, Fee: \$1200

AG2 begins 9/18 Fee: \$1400

JR1 begins 9/18, Fee: \$1300

AG1 begins 9/18 Fee: \$1600

High School Girls begins 11/1 Fee: \$875

High School Boys begins 9/18 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. 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.**

Boomer Power

An integrated fitness class for Active Older Adults with a focus on increasing strength, cardio, balance and core muscles as we preserve our coordination. Agility and smiles!

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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

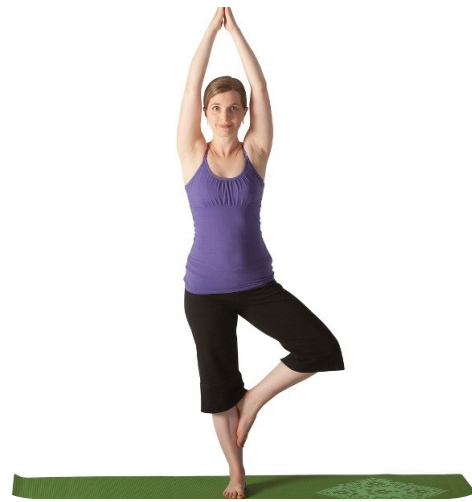
Provides learners with a variety of exciting dance styles tied to various cultures. The instructor, provides a solid foundation through ballet, modern and jazz, Zumba, hip-hop, African, Hawaiian (Hula), Native American, Flag dancing and more. This exciting class will be infused with various styles of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

Non-Stop Tabata

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.**



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.**

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HEALTHY LIVING

FAIRFIELD YMCA HEALTHY LIFESTYLE PROGRAM

CHANGE YOUR CHOICES

CHANGE YOUR LIFE

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 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 .

MORE INFORMATION ONLINE AT FAIRFIELDDY.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!**

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



iOS Users:



Android Users:



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

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