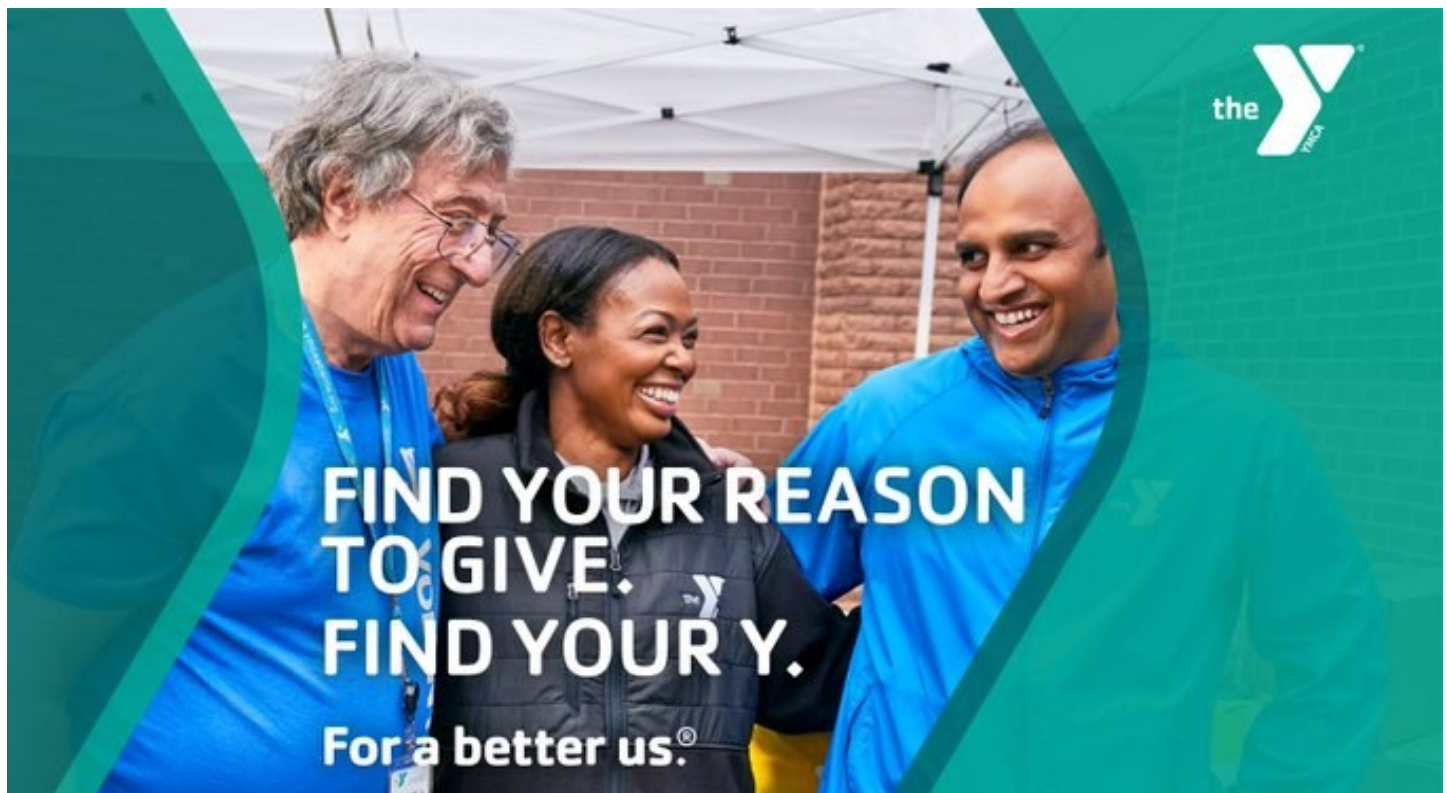


# FAIRFIELD YMCA WINTER 2 PROGRAM GUIDE



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.**

## **OUR TEAM**

### **VOLUNTEER LEADERSHIP**

Board Chair: Andrea Seek  
Board Member: Katie Flynn  
Board Member: Jason Li  
Board Member: Gregory Sargent  
Board Member: Dana Whit  
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  
Youth and Family Coordinator: Missy O'Donnell  
Sports and Rec Coordinator Interim Head Swim Team Coach: Sam Mouziyk

**REGISTER ON LINE AT [FAIRFIELDY.ORG](http://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, 7/4 Open 7:am–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

#### Winter 2 Session Registration:

**Facility Member: Monday, February 5**

**Program Participant: Monday, February 12**

### MEMBERSHIP FOR ALL

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

## REGISTER ONLINE AT FAIRFIELDY.ORG

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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-12pm**

#### 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: \$386 Y Members, \$560 Program Participants**

**Time: 9:00am-1:00pm**

**5 Days: M-F**

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

**Time: 9:00am-1:00pm**

#### 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**

**Fee: \$644 Y for Member, \$935 Program Participants**

**Time: 9:00am-1:00pm**



#### LUNCH BUNCH

In Lunch Bunch, children spend time playing with toys and using gross motor skills in our dance studio and outside. Art projects weekly. Sign up by the day, week or month as needed.

**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](mailto: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 [SMouziyk@cccccymca.org](mailto:SMouziyk@cccccymca.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:** February 27 to April 16

**Times:** Tuesdays from 4:15pm to 5pm

Or

**Date:** March 1 to April 19

**Times:** Fridays from 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.

**Ages:** 3-5

**Date:** February 26 to April 19

**Time:** Mondays 4pm to 4:45pm

**Where:** Fairfield YMCA Room 1

**Fee:** \$75 Members \$150 Program Participants

**Ages:** 6-10

**Date:** February 29 to April 18

**Time:** Thursdays 4pm to 4:45pm

**Where:** Fairfield YMCA Room 1

**Fee:** \$75 Members \$150 Program Participants

**Ages:** 6-10

**Dates:** March 1 to April 19

**Time:** Friday 4pm to 4:45pm

**Where:** Fairfield YMCA Room 1

**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:** February 28 to April 17

**Times:** Wednesdays from 4:15pm to 5pm

**Where:** Fairfield YMCA

**Fee:** \$75 Members \$150 Program Participants

**REGISTER ON LINE AT [FAIRFIELDY.ORG](http://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.

## FEBRUARY & MARCH 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 February 16,19. March 29.

For more information on School Age Child Care contact  
Diana Liptak at 203 255 2834 ext. 2316 or [DLiptak@cccymca.org](mailto:DLiptak@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 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: \$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**

**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: \$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**



### HALF DAY SWIM

Registration for Summer Half Day swim will open on March 9 for full Facility members 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. 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: \$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**

**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](http://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		
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	4:15 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 4:45	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	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	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](http://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 FEBRUARY 26-APRIL 19

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 2:30-3:15pm  
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)

### St Thomas School

Mondays and Fridays 2:30-3:15pm  
March 18 to June 3  
Fee: \$175 Y Members, \$275 Program Participants  
Bus Fee: \$15 one way only (bus fee one time only)

### Assumption School

Wednesdays 3pm-3:45pm  
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)

## 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: \$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.  
Fee: 1 Lesson: \$78, 2 Lessons: \$121, 4 Lessons: \$223

## 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)

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# 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.

**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 27, pre-test at 1pm  
Classroom Saturday 2/3 at 9am to 6pm and  
Sunday 2/4, 9am to 4pm

February 17, pre-test at 1pm  
Classroom Saturday 2/24, at 9am to 6pm and  
Sunday, 2/25, 9am to 4pm

March 2 pre-test at 1pm  
Classroom Saturday 3/9 at 9am to 6pm and  
Sunday 3/10, 9am to 4pm

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

### Life Guarding Review Course

Materials are free online at [redcross.org](http://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.

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](mailto:mscinto@cccymca.org).**

**MORE INFORMATION ONLINE AT [FAIRFIELDY.ORG](http://FAIRFIELDY.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 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 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.**

**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.**

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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. 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

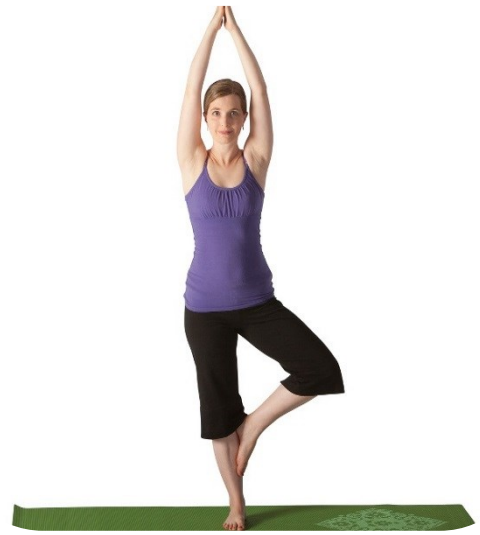
Non-Stop Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20 seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post-workout, get in shape the fast way! **For Y Members.**

### 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 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. 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 . **Begins Wednesday, January 31, 6 to 7pm in room 3 .**  
**Fee: \$175 Members \$ 225 Program Participants**

**MORE INFORMATION ONLINE AT [FAIRFIELDY.ORG](http://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!**

We invite you and your family to try our new offering!

Instructions for access:

Please visit [ymca360.org](http://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](mailto:info@cccymca.org)

**MORE INFORMATION ONLINE AT [FAIRFIELDY.ORG](http://FAIRFIELDY.ORG)**

# SUMMER DAY 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 OPENS** for all CCCY members on February 1, 2024 at 10am; for Program Participants and Members of other Ys on February 19, 2024. 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](https://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.**



# **JUMP INTO THE POOL THIS SUMMER!**

## **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.

**AGES: 3-10 years**

**DATES: June to August**

**TIME: 9am-12pm or 1pm-4pm**

**LOCATION: Fairfield YMCA**

**REGISTRATION: March 9 Members**

**April 6 Program Participants**



## **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 [FAIRFIELDDY.ORG](http://FAIRFIELDDY.ORG)**

**View current schedules, programs and events on our website!**



# SLEEPAWAY CAMP!



## YMCA CAMP HI-ROCK

YMCA Camp Hi-Rock is a sleepaway 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.

Please visit us at the Fairfield YMCA for a drop-in information session to speak face to face with a camp representative, view camp videos and slides, and learn more!

**Tuesday, January 30, 4:30pm – 6:30pm**

**Tuesday, February 13, 4:30pm – 6:30pm**

Can't make it to one of these? Please check out our website for alternative dates and locations including virtual information sessions and open houses on camp in the spring:

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



**CAMP WITH  
CHARACTER  
PROGRAMS WITH PURPOSE**

# YMCA UNIVERSAL MOBILE APP



## STAY ON TRACK WITH THE Y MOBILE APP

Download our 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

### TO DOWNLOAD:

**IOS USERS** [CLICK HERE TO DOWNLOAD](#)

**ANDROID USERS** [CLICK HERE TO DOWNLOAD](#)

IOS Users:



Android Users:



**REGISTER ON LINE AT FAIRFIELDY.ORG**

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