



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FOR MAKING  
**SUMMER  
MEMORIES**

**SUMMER PROGRAM GUIDE**

**June 17 - August 11, 2019**

**FAIRFIELD YMCA**

# HERE FOR YOU

## PROGRAM REGISTRATION

### Summer Session Registration

**Facility Member:** Tuesday, May 28

**Community Participant:** Monday, June 3

### Summer Session Dates

June 17-August 11

## Fairfield YMCA

P 203 255 2834 F 203 259 7744

Email: [fairfieldinfo@cccymca.org](mailto:fairfieldinfo@cccymca.org)

## FACILITY HOURS

**Monday-Thursday** 5:30 am-10:00 pm

**Friday** 5:30 am-9:00 pm

**Saturday** 8:00 am-5:00 pm

**Sunday** 7:00 am-5:00 pm

## HOLIDAY HOURS/CLOSURES

**New Years Day, January 1:** 8:00 am-3:00 pm

**Easter Sunday, April 21:** Closed

**Memorial Day, May 27:** 5:30-8:30 am

**July 4:** 5:30 am-1:00 pm

**Labor Day, September 2:** 5:30 am-1:00 pm

**Thanksgiving, November 28:** 7:00-11:00 am

**Christmas Eve, December 24:** Closing 3:00 pm

**Christmas Day, December 25:** Closed

**New Years Eve, December 31:** Closing 6:00 pm

**WEATHER POLICY:** In the event of inclement weather related closures, we will post information on our Web Site, Facebook, Twitter, and the following television stations: WTNH 8 and News 12.

## CHILD WATCH HOURS

We will watch your child while you work out!



**Monday-Thursday:** 9:00 am-1:00 pm

4:00 pm-7:30 pm

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

4:00 pm-6:00 pm

**Saturday:** 8:45am-12:00 pm

## MEMBERSHIP FOR ALL

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

## FAIRFIELD YMCA VOLUNTEER LEADERSHIP

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

Andrea Seek, Chair

Blair Monayhan

Craig Goos

Gregory Sargent

Julianne Green

Rob Scinto

Bryan LeClerc

Lucas Swineford

Jason Li

## YOUR YMCA STAFF

Executive Director: Diana Liptak

Healthy Lifestyle Director: Sue McCall

Health and Wellness Coordinator: Jennifer McGowan

Membership Coordinator: Laura Comandini

Aquatic Director: Maureen Scinto

Aquatic Coordinator: Amanda Goodwin

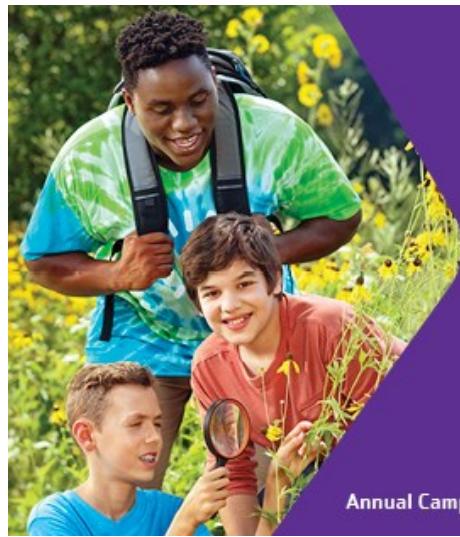
Aquatic Coordinator: Sam Mouziyk

Swim Team Coach: Kevin Quill

Administrative Secretary: Cheryl Wilson

District Facility Director: Casey McCarthy

**REGISTER ONLINE AT FAIRFIELDY.ORG**



Annual Campaign



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# US... IS A POSSIBILITY

The Y. For a better us.

Every day, the Y strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the 'us' who live in them realize their incredible possibilities. When you donate to the Fairfield YMCA Annual Campaign, you make the community of Fairfield better and the "us" who live in them stronger.

## Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect and responsibility.

## Healthy Living

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

## Social Responsibility

With our doors open to all, we bring together people from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

## DONATE FOR A BETTER US.

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**OUR MISSION:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

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# YOUTH DEVELOPMENT

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## FAIRFIELD Y SUMMER CAMPS

The Fairfield Y provides exciting and educational camp programming for children, teens and their parents, at our Traditional Day Camp.

**Registration is ongoing**

### Preschool Camps

**Sunshine Club:** Summer fun for 2 year olds.

A gentle introduction to camp for the first time camper.

Children will participate in circle time, simple arts and crafts, outdoor play and music.

Choose 2, 3, 4, or 5 days a week to fit your schedule. Each session is two weeks long.

**Discovery Camp:** For 3 and 4 year olds.

Safe, supervised fun with a caring and responsible staff.

Each session, campers swim three times a week, have art instruction, creative play, make friends and have lots of fun! Each themed session has a special visitor for interactive entertainment and a special day celebrating the theme. Children will be grouped according to age.

### Camp for ages 5-13

**Camp Badakookala:** Traditional home town camp for children ages 5-13, Camp Badakookala is designed to offer a combination of active, quiet and creative options that take the individual campers' interests, talents and age into consideration. The Camp's watchwords are "Safe" and "Fun" and more "Fun." Mature, experienced staff is extensively trained to meet each child's needs. Groups are small (max 1:10 ratio) to help promote personalized attention and friendship building. Campers are grouped according to age and activities are appropriate for each age group. Adventurers (entering grades 5-8) also have a service project for the summer. **For those too "big" for camp (entering grades 9-11), we offer our Counselor-in-Training program.**

#### Camp Highlights:

Swimming twice a week at the Fairfield Y pool.

Field trips to places like Rockin' Jump, Quassy Amusement Park, Bowties Cinema, Beardsley Zoo and more.

Sports like soccer, softball, Capture the Flag, Ultimate Frisbee, Dodgeball and Archery.

Special Events like National Popsicle Day, Talent Show, end of the summer cook out, and Summer Halloween.

Arts and Crafts – what's summer without gimp? And paint and clay and more.

Gardening service project-food raised is donated to Operation Hope.

#### Camp Locations:

Camp Badakookala-Jennings Elementary School, Fairfield, CT

Discovery Camp and Camp Sunshine–Fairfield YMCA, Fairfield, CT

**Beach Club** is for middle school age youths. Each day a different activity is held at one of Fairfield's five public beaches. Camper explore the Fairfield shoreline and learn how to kayak, fish, crab, and swim.

To view the Fairfield Y's Summer Camp brochure go to [www.fairfieldy.org](http://www.fairfieldy.org).

# ALWAYS WELCOME IN EVERY COMMUNITY

## NATIONWIDE MEMBERSHIP:

At the Y, we are for youth development, healthy living and social responsibility. We are dedicated to ensuring our facilities, programs and services are open and welcoming to all... As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals.

### ALWAYS WELCOME

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. It strengthens communities.

### IN EVERY COMMUNITY

We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

### WHAT YOU NEED TO KNOW

- Nationwide Membership is valid for active, full facility Y members whose home Y participates without restriction or blackout periods.
- Nationwide member visitors must use their home Y at least 50% of the time.
- Program-only participants (including Renew Active, Silver Sneakers, Silver and Fit or other like programs) are not eligible for nationwide membership.
- Special memberships established by any Y for group homes, other agencies, etc., are not eligible.
- When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID, as well as provide basic membership data such as name and email address.
- Members will need to sign a universal liability waiver and privacy policy.
- Ys should allow nationwide members access to services typically offered to full-facility members. Check with the Y for schedule and availability. Nationwide members visiting other Y's for a period greater than 28 days must transfer membership affiliation for continued use.
- All Ys reserve the right to restrict or revoke these privileges.
- Registered sex offenders are prohibited from participating.
- To find a Y in another location, go to [ymca.net](http://ymca.net).



This is an essential part of our mission to strengthen communities.

# YOUTH DEVELOPMENT

## Youth Sports

YMCA Youth Sports "We Teach FUNdamentals"

Spring Session: June 17-August 11

Fee: 8 week class session is \$95 Members, \$190 Community

The Fairfield YMCA Youth Sports program is 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 and game experience. Classes are taught by caring and professional staff. For more information contact Health and Wellness Director Sue McCall at 203 255 2834 ext.2312 or [smccall@cccymca.org](mailto:smccall@cccymca.org).



### Private Sports Classes:

Book a package of 8 private sports classes for your child and their friends during a time of your choosing!

Sports options include soccer, basketball, t-ball and more!

Starts: When you want it, ends when you want it!

Member: \$95 per child, Community: \$190 per child.

### Archery

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

**Tuesday: Ages 8-Adult, 5:30-6:20 pm**

### Young Archers

A beginner class for our young archers on equipment geared toward this age group.

**Thursdays: Ages 6-8, 5:30-6:20 pm**

\*Both classes held at the YMCA

### Basketball 1

Designed for the child who has never played basketball before or who is still learning the game. Your child will learn the basics of dribbling, passing and shooting.

**Saturdays: Ages 4 & 5, 9:00-9:50 am**

**Ages 6 & 7, 10:00-10:50 am**

\* Held at the YMCA Gym



### Private Basketball or Baseball Lessons

Work one on one with a coach who will help your child learn the game of Baseball or Basketball.

Each lesson is 45 minutes.

For ages 10 and above.

**Monday, 5:00-5:50 pm**

**Fee: \$35 Y Member**

**\$70 Community**

For more information, contact Sue McCall at 203 255 2834 ext. 2312 or [smccall@cccymca.org](mailto:smccall@cccymca.org)

# YOUTH DEVELOPMENT

**NEW!**

## Sports and Youth Wellness

### Marcy's Tennis Academy

MTA introduces tennis to children using games and exercises that build confidence. Players must have their own personal racket to participate. Junior HEAD tennis rackets available for pre-purchase through MTA for \$40 each.



### Munchkin Tennis

**For ages 3 & 4**

**Mondays: May 13, 20, June 3, 10**

**Time: 1:15-2:15pm**

**Fee: \$80 per player**

**Location: Fairfield YMCA gym**

### Junior Tennis

**Location for ages 5 through 10**

**Wednesdays: May 15, 22, 29, June 5, 12**

**Time: 5:00-6:00pm**

**Fee: \$100 per player**

**Veteran's Park or Fairfield YMCA gym if rain.**

**To purchase a racket, please visit**

**www.marcystennis.com or call MTA at**

**203-521-2663. For more information contact**

**Health and Wellness Director Sue McCall at**

**203 255 2835 ext.2312 or**

**smccall@cccymca.org**

### Y Party-By-Design!

Our Party Coordinator will work with you to custom design the party. There are so many to choose from! For more information, questions or to set up your next event, contact the Fairfield Y Welcome Center at 203 255 2834.

#### Parties

**Sports Camp Games Magic Science Music**

**Teen Party DJ optional Arts & Crafts Obstacle Course and Joustin**

**Baby Showers Corporate Events Graduation Party Clubs**



### Youth Wellness Orientation

#### Bracelet Program

Our Youth Wellness Orientation Bracelet Program is designed for youth members ages 10-13, who would like to use our Wellness Center while their parent is in the room. Youth will be given FREE trainings with one of our Wellness Coaches to learn about each aspect of the Wellness Center. Youth Members will learn proper technique, safety and etiquette of gym fitness.

#### **Wellness Center: Yellow Bracelet**

Youth members **10-13 years of age** are permitted to exercise on the cardiovascular equipment, with a parent, after completing a free orientation with a Wellness Coach. The Youth Member must wear a yellow wristband when working out in the Branch.

#### **Wellness Center: Blue Bracelet**

Youth Members **12-13 years of age** are permitted to exercise on the strength equipment with a parent after completing a free orientation with a Wellness Coach. The youth member must wear a blue wristband when working out in the branch.

**Prerequisite: Must have completed yellow bracelet training.**

**Note:** Depending on the youth's height, they may not safely fit on some of the equipment. The instructor will determine this.

**Fee: Free to Y Members only.**

**Call ext. 2326 to schedule a Youth Wellness Orientation.**

# **YOUTH DEVELOPMENT**

## **FAIRFIELD FLYFINS**

### **SWIM TEAM**



**FLYFINS Summer Swim Team is April 8 – July 12, 2019**

**Age group qualifiers could go to July 28, Zone swimmers could go to August 9**

The Fairfield YMCA FLYFINS Swim Team focuses on developing the whole swimmer, and providing each of them with the coaching, and guidance to build confidence through improvement and success. This program promotes character development, while providing fitness, friendship, and fun. This competitive swim team offers instruction, training, and competition. 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 Coach Kevin Quill at: [kquill@cccymca.org](mailto:kquill@cccymca.org)**

### **Interested in joining our 2019-2020 FlyFins Swim Team?**

**Clinics and Evaluations** Interested participants who would like to join the team as a new member must attend the stroke clinic for the evaluation process; 45 minutes each day, for five days. Swimmers should have the endurance to swim a 100 IM demonstrating each stroke. Space is limited. Coaches will evaluate your child's skills, and discuss the best path for the development of your swimmer. Evaluation Clinic Date: September 1-7 Time: 6:15-7:00pm Fee: \$100

**2019-2020 Swim Team Season: Team registration must take place before first day of practise**

**New swimmer start September 9, Returning team members September 3**

Fees include USA Registration, USA meets (Sat/Sun), Sanctioned Meets.

**Fees: Juniors 1 and 2: \$1,175.50 Junior 3: \$950 Age Group 1: \$1,375.25 Age Group 2: \$1,325**

**Seniors: \$1,400 High School \$850**

**\*Coach Kevin will designate the level of participation for each team participant.**

**For more information, contact Swim Team Coach Kevin Quill at: [kquill@cccymca.org](mailto:kquill@cccymca.org) or 203 255 2834 ext.2323.**

#### **Team participants practice times**

**JR1: Monday, Tuesday, Wednesday and Thursday 5:15-6:15 pm**

**JR2: Monday, Tuesday, Wednesday and Thursday 5:15-6:15 pm**

**JR3: Monday, Tuesday, Wednesday and Thursday 5:15-6:15 pm**

**Age Group 1: Monday, Tuesday, Wednesday and Thursday 6:15-7:45 pm, Friday 5:15-6:45 pm**

**Dry land: Tuesday and Thursday 5:45-6:15pm**

**Age Group 2: Monday 6:15-7:45 pm, Tuesday, Wednesday and Thursday 5:15-6:30 pm,**

**Friday's 5:15-6:45 pm Dry Land Monday at 6:00-6:15 pm**

#### **One Day Clinics: Fee: \$20 Member**

**July 29: Breaststroke-5:15 pm**

**August 1: Breaststroke-6:05 pm**

**July 29: Backstroke-6:05 pm**

**August 4: Fly-5:15pm**

**July 30: Back and Free Turns-5:15 pm**

**August 4: Freestyle-6:05 pm**

**July 30: Fly-6:05 pm**

**August 5: Starts-5:15 pm**

**July 31: Freestyle-5:15 pm**

**August 5: Backstroke-6:05 pm**

**July 31: Starts-6:05 pm**

**August 6: Breaststroke-5:15 pm**

**August 1: Breaststroke, Fly and Turns-5:15 pm**

**August 6: Back, Free and Turns-6:05**

**Adult Stroke Clinic 8 days on July 29, 30, 31, August 1, 4, 5, 6, 7 Time: 7:00-8:00pm Fee: \$120**

# **YOUTH DEVELOPMENT**

# **STRONG SWIMMERS = CONFIDENT KIDS**

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

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim 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. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

## **There are three ways to swim at the Y this summer!**

**1. Two Days a week for 4 weeks on Monday and Wednesday's or Tuesday and Thursday's.**

**2. Two Days a week for 8 weeks on Monday and Wednesday's or Tuesday and Thursday's.**

**Session 1: June 24-July 18 (Pro-rated for July 4) Fee: Y Member: \$87.50/Community Member \$175**

**Session 2: July 22-August 15 Fee: Y Member \$100/Community Member: \$200**

**3. One day a week on Friday's, Saturday's or Sunday's for 8 weeks.**

**Summer Session: June 23-August 17 Fee: Y Member \$100/Community Member: \$200**

## **SWIM STARTERS**

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

**Age Group 6 months - 3 years**

**Parent\* & Child**

**Stages A-B**

## **SWIM STARTERS**

### **Stage A / Water Discovery**

Parents\* accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**Tuesday and Thursday's: 10:00am**

**Saturday's: 9:00am, 9:30am**

**Sunday's: 9:00am, 9:30am**

<b>AGE GROUP</b>	<b>STAGE</b>
6 months - 3 years Parent* & Child	<b>SWIM STARTERS</b> <b>Stages A-B</b>
3 years - 5 years Preschool	<b>SWIM BASICS</b> <b>SWIM STROKES</b> <b>Stages 1-4</b>
5 years - 12 years School Age	<b>SWIM BASICS</b> <b>SWIM STROKES</b> <b>Stages 1-6</b>
12+ years Teen & Adult	<b>SWIM BASICS</b> <b>SWIM STROKES</b> <b>Stages 1-6</b>

## **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.

**Monday and Wednesday's: 9:45am**

**Tuesday and Thursday's: 10:30am**

**Friday's: 9:45am**

**Saturday's: 10:00am, 10:30am**

**Sunday's: 10:00am, 10:30am**

# **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 Group:**

**3 years – 5 years Preschool**

**5 years – 12 years School Age**

**12+ years – Teen & Adult**

### **Stages 1–3**

## **SWIM BASICS**

### **Stage 1 / Water Acclimation**

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

#### **Preschool**

**Monday and Wednesday's: 9:45am, 3:15pm, 4:15pm, 4:45pm, 5:15pm, 5:45pm**

**Tuesday and Thursday's: 10:00am, 10:30am, 11:00am, 4:15pm**

**Friday's: 9:45am, 2:45pm, 3:15pm, 3:45pm, 4:45pm**

**Saturday's: 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 11:30am**

**Sunday's: 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 11:30am**

#### **School Age**

**Monday and Wednesday's: 3:15pm, 4:45pm, 5:45pm**

**Tuesday and Thursday's: 4:15pm**

**Friday's: 3:45pm, 4:45pm, 6:00pm**

**Saturday's: 9:00am, 11:00am, 11:30am**

**Sunday's: 10:00am, 11:00am**

## **SWIM BASICS**

### **Stage 2 / Water Movement**

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

#### **Preschool**

**Monday and Wednesday's: 9:45am, 3:15pm, 3:45pm, 4:15pm**

**Tuesday and Thursday's: 10:00am, 10:30am, 4:45pm**

**Friday's: 9:45am, 3:15pm, 3:45pm, 4:15pm**

**Saturday's: 10:00am and 10:30am**

**Sunday's: 9:00am, 9:30am, 10:30am, 11:30am**

#### **School Age**

**Monday and Wednesday's at 3:15pm, 4:15pm**

**Tuesday and Thursday's at 4:15pm, 4:45pm**

**Friday's at 2:45pm, 3:45pm**

**Saturday's at 10:30am, 11:00am**

**Sunday's at 9:00am and 10:30am**

## **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.

#### **Preschool**

**Monday and Wednesday's: 3:15pm, 3:45pm**

**Tuesday and Thursday's: 10:00am, 11:00am**

**Friday's: 2:45pm, 3:15pm, 4:45pm**

**Saturday's: 9:30am, 10:00am**

**Sunday's: 9:30am, 11:30am**

#### **School Age**

**Monday and Wednesday's: 4:15pm, 4:45pm, 5:15pm**

**Tuesday and Thursday's: 4:45pm**

**Friday's: 4:15pm, 6:00pm**

**Saturday's: 9:30am, 11:30am**

**Sunday's: 10:00am, 11:30am**

#### **Adult Lessons For ages 12 and up. Day and Evening Class: June 25–August 15**

Group instruction for beginners and intermediate swimmers. Emphasis is on specific needs, rather than mass drills.

**Tuesday and Thursday at 11:00 am or 8:15 pm Fee: Member \$117 Community \$211**

# **YOUTH DEVELOPMENT**

## **SWIM STROKE**

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 Group:**

**5 years - 12 years School Age**

**12+ years - Teen & Adult**

**Stages 4-6**



## **SWIM STROKES**

### **Stage 4 / Stroke Introduction**

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.

#### **School Age**

**Monday and Wednesday's: 3:45pm**

**Tuesday and Thursday's: 4:30pm**

**Friday's: 2:45pm, 4:30pm**

**Saturday's: 9:00am, 11:00am**

**Sunday's: 11:00am**

## **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.

**Monday and Wednesday's: 4:30pm**

**Tuesday and Thursday: 4:15pm**

**Friday's: 3:15pm, 4:30pm**

**Saturday's: 11:00am**

**Sunday's: 9:00am, 10:00am**

## **SWIM STROKES**

### **Stage 6 / Stoke 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.

**Monday and Wednesday's: 4:30pm**

**Tuesday and Thursday: 4:30pm**

**Friday's: 5:15pm**

**Saturday's: 10:00am**

**Sunday's: 11:00am**

#### **Adult Lessons**

**For ages 12 and up.**

**Day and Evening Class: June 25-August 15**

Group instruction for beginners and intermediate swimmers. Emphasis is on specific needs, rather than mass drills.

**Tuesday and Thursday at 11:00 am or 8:15 pm**

**Fee: Member \$117 Community \$211**

### **OBSERVATION POLICY**

**Parents are asked not to disrupt the children or instructor while the class is in session.**

**The State of Connecticut requires that all public pools close for 30 minutes after the last clap of thunder. A land water safety class will be held during scheduled lessons when the pool is closed due to inclement**

# **YOUTH DEVELOPMENT**

## **STRONG SWIMMERS CONFIDENT KIDS**

### **Half Day Swim School For ages 3-5 or 6-9 years old**

Great way for your child to learn to swim or improve their stroke with two lessons each day!

Your child will swim, enjoy a snack, outdoor play and have lots of fun! Swim School is five days per week.

**Time: 9:00 am-12:00 pm or 1:00-4:00 pm Fee: \$150 Y Member, \$200 Community**

**No class on Monday, Memorial Day and Thursday, July 4 Prorate for those session dates are:**

**\$120 Y Member, \$160 Community**

**Session dates:**

**May 13-17, May 20-24, May 28-31, June 3-7, June 10-14, June 17 -21 June 24-28, July 1-5, July 8-12, July 15-19, July 22-26, July 29-August 2, August 5-9, August 12-16, August 19-23**

### **Beach Club**

Sun in the Fun Club is for middle school age youths. Each day a different activity is held at one of Fairfield five public beaches. Camper explore the Fairfield shoreline and learn how to kayak, fish, crab, and swim.

**Time: 9:00 am-3:00pm**

**Fee: \$225 Y Member, \$360 Community**

**July 4 Prorate for that session dates are: \$180 Y Member, \$280 Community**

**Session Dates:**

**June 17-21, June 24-28, July 1-5, July 8-12, July 15-19, July 22-26, July 29-August 2,**

### **Safety Around Water**

This May, we will be offering Safety Around Water, a free program designed to engage and educate families about the importance of water safety skills. Through the Safety Around Water program, parents and caregivers will be encouraged to help their children learn fundamental water safety and swimming skills. During the course, child will learn how to respond if they find themselves in unexpected water situations-- from how to reach the water's surface if they submerge to safely reaching a pool's edge or exiting any body of water. **Free to all**

**Dates:**

**May 18-1:00 - 1:45 or 1:45 - 2:30**

**May 19-1:30 - 2:15 or 2:15 - 3:00**

**May 25-1:00 - 1:45 or 1:45 - 2:30**

**May 26-1:30 - 2:15 or 2:15 - 3:00**

**For more information contact Aquatic Director Maureen Scinto at 203 244 2834 ext. 2318 or [mscinto@cccymca.org](mailto:mscinto@cccymca.org).**

### **Private and Semi Private**

#### **Swim Lessons:**

**For Y Members and by appointment only.**



**Private:** Must be 5 years of age and older. Private lessons are offered in packages of 2 lessons.

**Fee: 2 Lesson Package: \$110**

**Semi Private:** Lessons for 2 children at a time who are at the same level. Sold in a block of Four 30 minute lessons. **Fee: \$300**

### **Adaptive Aquatics (Special Kids)**

**Ages 3 and up: 1:1 class ratio** This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Registration is ongoing. Programs will be adapted to meet the individual needs. For all levels of swimmers. An adult may accompany if needed.

**Date: Sign up anytime, session runs with ongoing registration. Classes held June 17-August 11**

**Fee: \$90 for Y Member, \$170 Community**

### **Aquatic Specialized Training (AST)**

#### **Aquatic Exercise for Rehabilitation**

Aquatic Specialist will assess class needs and design the right specialized aquatic rehabilitation and aquatic training program for those with functional limitations. For Adults and Children. Each session is 45 minutes. **Session dates: June 17-August 11**

**Sessions available:**

**Individual 45 minute Session: \$55, 3 Sessions: \$165, 6 Sessions: \$300, 8 Sessions: \$400**

# YOUTH DEVELOPMENT

## Adult Lessons For ages 12 and up.

Group instruction for beginners and intermediate swimmers. Emphasis is on specific needs, rather than mass drills.

### **Day Class: June 225-August 15**

Tuesday and Thursday at 11:00-11:45am

### **Night Class: June 20-August 8**

Tuesday and Thursday at 8:15-9:00 pm

**Fee: \$117 for Y Member, \$211 Community**

## Diving Classes

Learn to dive at the Y. Session is 5 classes.

**Fee: \$55 Y for Member, \$110 Community**

**Day: Sunday at 11:00 am**

**Session 1: June 23, July 7, 14, 21**

**Session 2: July 28, August 4, 11, 18**

# AQUATIC CERTIFICATION COURSES

## Water Front Life Guarding Course

Red Cross Life Guard Certification includes CPR, AED and First Aid. For 15 years and up. Candidates must be able to swim 550 yards non-stop and tread water for three minutes. Must take pre-test before registering for class. Must attend all classes.

### **Book and Mask are included**

**Fee: \$275 for Y Member, \$375 Community**

### Course schedule

#### **May 12-May 18**

Pre-test: May 12 at 4:00 pm

Course held evenings 6:00-9:30pm and Saturdays

1:00-6:00 pm

#### **June 2-June 8**

Pre-test: June 2 at 4:00 pm

Course held evenings 6:00-9:30pm and Saturdays

1:00-6:00 pm

#### **June 16-22**

Pre-test: June 16 at 4:00 pm

Course held evenings 6:00-9:30pm and Saturdays

1:00-6:00 pm

#### **July 8-July 13**

Pre-test: July 8 at 4:00 pm

Course held evenings 6:00-9:30pm and Saturdays

1:00-6:00 pm

#### **August 4-August 10**

Pre-test: August 4 at 4:00 pm

Course held evenings 6:00-9:30pm and Saturdays

1:00-6:00 pm

**Students will learn the skills and knowledge needed to prevent and respond to emergencies.**



## Life Guarding Review Course

Materials are free online at [redcross.org](http://redcross.org) or can be purchased at the YMCA. This class is a one day course.

**Fee: \$125**

**Course dates: May 18 or June 15**

**Held on Saturdays 9:00 am-4:00 pm.**

## CPR for the Professional Rescuer and AED

Participants must bring their own mask or purchase one.

**Class held Tuesday and Thursday**

**Time: 7:00-10:00 pm Fee: \$75, Mask \$15**

**Courses offered: June 18 and 20**

**For more information on Aquatic Certification courses, contact Aquatic Director Maureen Scinto at 203 255 2834 ext.2318 or [mscinto@cccymca.org](mailto:mscinto@cccymca.org).**



# YOUTH DEVELOPMENT

# LEARN GROW THRIVE

## FAIRFIELD YMCA PRESCHOOL PROGRAM

### REGISTRATION IS ONGOING FOR 2019-2020

The Fairfield Y is excited about its Preschool Program. Our Preschool program will follow the Reggio Emilia approach of an emergent curriculum. Our relationship-based approach will be a collaboration between parents, teachers and children. Through exploration and discovery, our program will be based on the principles of respect, responsibility and community. Learning is a journey, an education and a building of relationships.

#### Playdays for Two Year olds

Sustained independent and group free play, stories, arts and crafts, monthly instructional gym and creative movement, and music.

State licensed, 1:4 staff/child ratio.

Must be age Two by December 31.

**Time: 9:00 am-12:00 pm**

**2 Days a week Tuesday and Thursday:**

**Fee: \$230 Y Member, \$275 Community**

**3 Days: Monday, Wednesday and Friday**

**Fee: \$345 Y for Member, \$410 Community**

#### Three Year Old's

Includes weekly swim lessons, monthly instructional gym and music classes.

State licensed. 1:8 staff/child ratio.

Must be potty trained.

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

**3 Days: Monday, Wednesday and Friday**

**Fee: \$345 Y Member, \$410 Community**

**5 Days: Monday-Friday**

**Fee: Y \$575 Y Member, \$690 Community**

**For more information on Fairfield Y's Preschool Program contact Diana Liptak at 203 255 2834 ext.2316 or [dliptak@cccymca.org](mailto:dliptak@cccymca.org).**



#### Preschool Four and Five year olds

Includes weekly swim lessons, monthly instructional gym and music classes. This program also includes field trips.

State licensed, 1:8 staff/child ratio.

**Days: Monday-Friday**

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

**Fee: \$575 Y for Member, \$690 Community**

# YOUTH DEVELOPMENT

Engage beyond the school day!  
**Y SCHOOL AGE CHILD CARE AFTER SCHOOL**

**2019-2020 Registration is ongoing**



Parents can have peace of mind that their children are cared for in a safe, fun atmosphere that models and teaches the YMCA four core values of Caring, Honesty, Respect, and Responsibility.

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 Care Child Care!**

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. Price for 2019-2020 listed below.

Days	YMCA	Days	Holland Hill
5	\$425 Member, \$505 Community	5	\$450 Member, \$530 Community
4	\$361 Member, \$425 Community	4	\$383 Member, \$450 Community
3	\$270 Member, \$315 Community	3	\$270 Member, \$315 Community
2	\$200 Member, \$235 Community	2	\$215 Member, \$250 Community

**For more information on School Age Child Care contact the Y's Welcome Center at 203 255 2834.**

# YOUTH DEVELOPMENT

## Y After School Child Care for 5th-7th Grade

An after school program designed to engage students in 5th through 7th grade. Includes help with effective time management for school assignments, ongoing community outreach and service, group games with relaxed competition such as dodge ball, ultimate Frisbee, flag football and more. We welcome children in grade 5 in all Fairfield Public Schools and children in grades 6 and 7 in Tomlinson and Ludlowe Middle School.

**\$10 one time registration fee required.**

**Fees: \$18 per day Y Member**

**\$20 per day Community**

Registration and Health forms must be received prior to first day's attendance.

## School Early Dismissal Days for Fairfield Public Schools K-5th Grade

The Fairfield Y After School program offers one day at a time option, for students who need after school care only on some of the early dismissal days. Children are picked up at their school by the Y bus, and transported back to the Y for an afternoon of fun and games. A healthy snack will be provided. Program is held until 6:00 pm.

**Fairfield Public School Early dismissal dates:**

**September 24 and October 16**

**Fee: Per day-**

**\$50 Y Member**

**\$75 Community**

**For more**

**information**

**contact the Y's**

**Welcome Center at**

**203 255 2834.**



## Y Vacation Club at the Fairfield Y



**For ages K-6th**

Children will enjoy a fun packed day of activities on their day off from school. Activities include swimming, sports, arts and crafts, playing games and much more!

**Dates: August 26, 27 and 28, September 30,**

**October 9 and 15**

**Fee and times:**

**Half Day 8:00 am-1:00 pm**

**Fee: \$40 Y Member, \$45 Community**

**Half Day 1:00-6:00 pm**

**Fee: \$40 Y Member, \$45 Community**

**Full Day 8:00 am-6:00 pm**

**Fee: \$75 Y Member, \$80 Community**

**\*Vacation Club fees are non-refundable.**

Register early to reserve your child's space.

For Full Day session, bring a bathing suit and towel for swimming, lunch and active clothing should be worn on these days. All participants not currently enrolled in the Y's after school program will need to complete a registration packet. In addition, a current health form and medication authorization form, if needed, need to be filled out prior to attending Y Vacation Club.

**For more information contact the Y's Welcome Center at 203 255 2834.**

# YOUTH DEVELOPMENT

## Special Events and Programs

### Faxon Law

### Fairfield

### Half Marathon and 5K

**5K and LIL' Stags Kids Fun Run  
is Saturday, June 1, 2019**

**Half Marathon is Sunday, June 2, 2019**

**Both take place at Jennings Beach,  
850 South Benson Road, Fairfield, CT**

More than 3,000 runners flock to the Jennings Beach area along the Connecticut shoreline each year for the annual running of the Faxon Law Fairfield Road Races Half Marathon & 5K. The Half Marathon has taken runners on a course along stately mansions, picturesque beaches and quaint bridges in Fairfield, Southport and Westport every summer since the race's first running in 1981.

**To reserve your spot in the 2019 running of the Faxon Law Fairfield Road Races Half Marathon or 5K, register online at [www.Active.com](http://www.Active.com). Official Race Web Site is [www.fairfieldhalf.com](http://www.fairfieldhalf.com).**

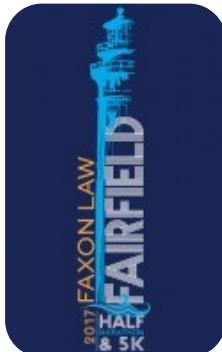
**Some funds raised from races will go to our Annual Campaign to assist with Fairfield Y's Financial Aid. For volunteers opportunities to assist with the race events, contact Aquatic Director Maureen Scinto at 203 255 2834 or [mscinto@cccymca.org](mailto:mscinto@cccymca.org).**

#### Park at the Y and watch the Fairfield Y Memorial Day parade with your friends!

Front row seats at the Fairfield Y for the Fairfield Memorial Day Parade. Come early, streets will be closed one hour and a half before the start of the parade. All donations go to our Annual Campaign to assist Fairfield Y's financial aid.

**Date: Memorial Day Monday, May 27**

**Fee: \$5.00 per car for parking in the Y lot.**



#### Neon Night for 4th-7th Grade

Includes swimming, DJ, Joust, gym games, Monster Boxing Gloves, pizza, ice cream sundae and a raffle ticket for a great gift certificate to places like Carabiners, Chef's Table and more! Held Saturday nights. **Time: 6:30-9:00 pm**

**Fee: Y Member \$12, Community \$14**

**At the door \$20 for everyone!**

**\*Parent Chaperones receive a voucher for the next Neon Nights!**

**Neon Night Dates: Held Saturday May 11, June 8**

**Register online at [fairfieldy.org](http://fairfieldy.org) or call the Welcome Center Desk at 203 255 2834.**

#### SEPTA Teen Night

Have fun at the Y! Dancing, swimming and Wii; activities vary month to month, but are always a blast! This event is held for Middle and High School SEPTA teens. SEPTA Teen night is held the last Friday of the month at the YMCA from 7:00-8:30 pm.

**Please R.V.S.P. to Diane Baxter at:**

**203-366-6693 or Meg Barlow at:**

**[JMTTBL@optonline.net](mailto:JMTTBL@optonline.net).**

#### FIELD GOODS is now at the Fairfield Y!

Fresh food from small farms delivered here at the Y weekly! You can become a customer and receive 5 to 8 different fruits and vegetables each week, that are grown on small farms. Convenient pick-up at the Fairfield YMCA on Tuesdays. The produce is non-GMO and mostly organic! Bags cost \$16 to \$32 per week, and include a fun educational newsletter and recipes. There is no long term commitment and the program helps supports the Fairfield Y's Annual Campaign!

- Sign up at [Fieldgoods.com](http://Fieldgoods.com)**
- Pick up at the Fairfield Y**
- Eat Healthy Be Healthy at the Y**

**For more information contact Aquatic Director Maureen Scinto at 203 255 2834 ext. 2318 or [mscinto@cccymca.org](mailto:mscinto@cccymca.org).**



# **HEALTHY LIVING**

**For Healthy Living**

**Improving the nation's health and well-being**

## **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.



## **Personal Training**

**INSPIRE MOTIVATE MAINTAIN**

### **Personal Training**

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.

Schedule a FREE evaluation today! We'll discuss your goals and define a training program tailored just for you!

**For more information, please contact Jennifer McGowan,  
Health & Wellness Coordinator at 203 255 2834  
ext.2326 or [jmcgowan@cccymca.org](mailto:jmcgowan@cccymca.org)**



# HEALTHY LIVING

## Improving the nation's health and well-being



**Check it out!**

**the YMCA**  
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### SUPPORTING WELLNESS TOGETHER

**Weight Loss Program**

#### SUPPORTING WELLNESS TOGETHER

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 8-week program that meets one time per week. Each weekly session is 60 minutes.

Held Tuesdays 12:00-1:00 pm. Start date: June 4 Fee: \$200 (fee includes one personal Health Coach Session)  
For more information contact Karen Inman at [kinman@cccymca.org](mailto:kinman@cccymca.org) or 203 255 2834 ext.2326.

#### GET INSPIRED BY THE INFINITE POWER OF SYNRGY360!

Synrgy360 provides inspirational fitness experiences to increase a diverse workout. Synrgy360 is about more than just working out, its revolutionary concept provides limitless opportunities to train smarter, better, and more effectively. It's a full-service training nerve center that can be tailored to serve the broad scope of your goal and facilitate the latest fitness trends. Whether you workout in small group trainings or personal training, Synrgy360 will take your workout to the next level!



**Synrgy360 Circuit, Interval, Functional and Sports Specific Group and Individual trainings are available upon request.**

**Group Classes: Workout with friends or family. Group training is a cost effective training option for reaching your optimum goal. 2-6 Members per group.**

**For Training fees contact the Y's Welcome Center at 203 255 2834. For more information contact: Health and Wellness Coordinator, Jennifer McGowan at ext.2326.**

# **HEALTHY LIVING**

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**FAIRFIELD YMCA HEALTHY LIFESTYLE PROGRAM**

## **CHANGE YOUR CHOICES CHANGE YOUR LIFE**

**Attend a **HEALTHY LIFESTYLE PROGRAM**  
Information Session to learn more about  
making positive, healthy and lifelong  
change.**

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 important, learn how to make those small changes in your life that will allow you to live a healthier and happier life



**Call to register for one of the  
following Fairfield Y Information Sessions:**

**Thursday, May 30 at 10:30 am**

**Tuesday, June 11 at 11:00 am**

**Monday, July 15 at 6:00 pm**

**For more information contact Health and Wellness Director Sue McCall at: 203 255 2834 ext.2312 or [smccall@cccycma.org](mailto:smccall@cccycma.org).**

# HEALTHY LIVING



## Group Exercise Classes

### CARDIO

#### Active Together

Active Together gives you all the training you need – cardio, strength, balance and flexibility – in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. **Free to Y Members.**

**Days: Tuesday 5:35 am, Thursday 12:00 pm**

#### Adult Swim Lessons

**For ages 12 and up.**

Group instruction for beginners and intermediate swimmers. Emphasis is on specific needs, rather than mass drills.

**Session Date: March 19-April 18**

**Day Class: Tuesday and Thursday 11:00am**

**Night Class: Tuesday and Thursday at 8:15pm**

**Fee: \$137.50 for Y Member, \$275 Community**

**Aqua Power** Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout. **Session is 9 weeks.**

**Days: Tuesdays and Thursdays 9:00-9:45am**

**Fee: \$108 Y Member, \$216 Community**

#### Balance & Flex Together

Balance & Flex will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. **For Y Members.**

**Days: Tuesday 12:30 pm and 5:00 pm,**

**Thursday 5:35 am and Friday 9:15 am**

#### Boot Camp

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

**For Y Members.**

**Days: Monday and Wednesday 9:20-10:20 am,**

**Saturday 9:10 am**

#### 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. **For Y Members only.**

**Day: Thursday's 5:15 pm**

#### Cardio Sculpting

A complete body workout incorporating intervals of cardio, strength, toning, power and balance.

**For Y Members.**

**Days: Monday 8:00 am and 6:00 pm, Tuesday 9:15 am, Friday 8:15 am and 10:30 am, Sunday 9:10 am**

#### Cycling

A unique group exercise class performed on stationary bicycles set to great and motivating music! A cardio and strength workout for all levels.

Classes are 45 minutes. **For Y Members.**

**Monday 5:45 am, Tuesday 8:30 am, Friday 9:10 am**

#### Cycle Together

Cycle Together is a huge calorie burner. It's a 60-minute cycling experience brought indoors.

Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

**For Y Members.**

**Days: Wednesday 5:35 am and Saturday 8:10 am**

#### Cycle 30 Together

This class will get you moving and feeling better in only 30 minutes. It's as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness.

**For Y Members.**

**Days: Wednesday 6:15 pm and Thursday 9:15am**

#### Deep Water (Session is 9 weeks)

A dynamic workout using cardio and strength training intervals in the deep end of the pool.

**Days: Monday, Wednesday and Friday, 9:00am-9:45am**

**Fee: Member: 2 Days \$108**

**3 Days \$162**

**Community: 2 Days \$216**

**3 Days \$324**

# HEALTHY LIVING

## HIIT (High Intensity Interval Training)

An efficient and effective workout for those who want quick results. Short bursts of activity with periods of less intensity give you guaranteed results.

**For Y Members.**

**Day:** Thursday 9:30-10:15 am.



## 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.**

**Day:** Tuesday 10:20 am

## Pedal and Pump

A combo class of cycling and resistance training off the bike.

**For Y Members**

**Day:** Wednesday 10:30 am-11:15 am

## Strength Training Together

Strength Training Together will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, the workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

**For Y Members.**

**Days:** Wednesdays 5:00-6:00 pm,

Fridays 12:30 pm and Saturdays 10:20 am

## TRX®

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

**Days:** Monday 5:30-6:00 pm, Tuesday 9:30 am,

Thursday 10:30 am and 6:15 am, Friday 10:15 am

## WANT TO START EXERCISING BUT NOT SURE YOU ARE READY FOR ANY OF THE CLASSES OR PROGRAMS? Try our 101 Class!

This 30 minute entry level class is small in size and will help you make new friends, become part of a group, and learn to incorporate exercise into your lifestyle. This class will support you and teach you how to exercise!

**For Y Members.**

**Day:** Tuesday 10:30-11:00 am

## **STRENGTH**

### 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.**

**Day:** Wednesday 8:30 am

### Foam Roller Class

Classes teach a form of myofascial release using a roller to release muscular tension. Trigger point tension release enables you to stretch more easily. Benefits: improved range of motion, reduce tightness/soreness and maintain muscular length. **For Y Members.**

**Day:** Wednesday 12:40pm

### Pilates Mat

Involves free flowing moves concentrating on core strength, muscle balance and flexibility by doing traditional Pilates exercises on the mat as well as use of a stability ball. **For Y Members.**

**Days:** Monday 11:40 am, Thursday 8:30 am, Sunday 8:15-9:00 am

### Small Ball Workout

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

**For Y Members.**

**Day:** Thursday 9:00 am

**Group Exercise Schedule is on our Mobile App and our web site at [www.fairfieldy.org](http://www.fairfieldy.org)**

# HEALTHY LIVING

## YOGA

### Hatha Yoga

This yoga class revitalizes both body and mind. It strengthens the body through gentle stretching, correct breathing and meditation.

#### **For Y Members**

**Days:** Wednesday 10:30-11:30 am

### Qi Gong

Qi Gong means "life energy cultivation". It uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy.

#### **For Y Members**

**Day:** Wednesday 10:30 am and 6:15 pm

### Vinyasa Power Yoga

Energetic flow style practice with emphasis on movement and breath.

#### **For Y Members**

**Day:** Monday 7:00 pm

### Yoga For all

Yoga for the novice and the experienced yoga participant. Revitalizes the mind, body and spirit with strengthening, stretching and breathing techniques.

#### **For Y Members**

**Day:** Monday at 12:45 am and Thursday 10:45 am

## SENIORS



### Cardio Sculpting

This Active Older Adult workout meets Senior's specific wellness needs. Challenging, but non-intimidating. Improves agility, balance, flexibility, cardio, strength and toning. **For Y Members**

**Days:** Monday and Friday 10:30-11:15 am

### Active Older Adult Fit

Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily living activities.

Hand-held weights, elastic tubing with handles and balls are used. Chairs available. **For Y Members**

**Days:** Monday 1:30 pm, Thursday 9:45 am or 10:45 am

### Active Older Adult Water Fit

Moderate intensity water aerobics. Includes cardiovascular workout followed by toning exercises using a variety of equipment in the water.

#### **For Y Members**

**Monday and Friday 9:00-9:35 am**

### Chair Yoga

Move your whole body through a complete 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**

**Day:** Friday 11:30 am-12:15 am

### Senior H2O

A water class designed for seniors wellness needs, done in the shallow end of the pool.

#### **For Y Members**

**Days:** Monday and Wednesday 9:00-9:35 am

### Zumba® Gold

A fun introduction Zumba class for all levels.

**For Y Members Day:** Tuesday 11:30 am-12:15 pm or Saturday 10:30-11:15 am

### Aquatic Specialized Training (AST)

#### **Aquatic Exercise for Rehabilitation**

Aquatic Specialist will assess classes needs, and design the right specialized aquatic rehabilitation and aquatic training program for those with functional limitations.

For Adults and Children. Each session is 45 minutes.

**Date:** April 22-June 16

**Sessions available**

**Individual 45 minute Session: \$55, 3 Sessions: \$165, 6 Sessions: \$300, 8 Sessions: \$400**

# HEALTHY LIVING

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## YOU BELONG

### Membership Gives You Many Opportunities

At the Y we exist to strengthen the community. Together with people like you, we nurture the potential of kids, help people understand and improve their health and provide opportunities to give back and support neighbors.

**So join our cause and create meaningful change not just for you, but also for your community.**

### Bring a Friend!

**There has never been a better time to refer your friends, family or colleagues to the Fairfield YMCA or an easier way to do it.**

When your friend joins as a member, **YOU** will receive a **FREE MONTH MEMBERSHIP!**  
See Member Services for details.

### Statement of Diversity and Inclusion

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.

