



DISCOVER YOUR Y

FALL 2 2026 PROGRAM GUIDE

October 26 – December 20
Rolling Registration

HAMDEN/NORTH HAVEN YMCA
PO Box 6555, Hamden CT 06517
P: 203-535-2569 F: 203-787-0804

CENTRAL CONNECTICUT COAST YMCA



CONTACT US

PHONE: 203-535-2569

E-MAIL: hamdeninfo@cccymca.org

WEB: www.hnhymca.org

 facebook.com/hnhymca

 [@cccymca](https://www.instagram.com/cccymca)

 [@Central Connecticut Coast YMCA](https://www.linkedin.com/company/CentralConnecticutCoastYMCA)

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WHY THE Y

Where there's a Y, there's a way – to achieving your goals, supporting your family, and strengthening your community. Our programs empower members to learn, grow, and reach their full potential. At the YMCA, we're here for all – to nurture youth, improve health, and build stronger communities, extending our impact far beyond our walls.

FALL 2 SESSION & REGISTRATION DATES

Session Dates: October 26 – December 20

REGISTRATION DATES

Rolling Registration Dates

GENERAL PROGRAM INFORMATION

Class Schedules & Fees

Class times and fees are subject to change. If a class is scheduled for fewer than eight weeks, the program fee will be adjusted accordingly at the time of registration.

Program Refund & Credit Policy

Refunds or credits for program fees may be issued under the following circumstances:

1. The YMCA cancels the program or class.
2. A refund or credit request is received before the program session begins.*
3. After the program session begins, refunds or credits will only be considered for documented medical reasons.*

*A \$10 administrative fee will apply to each approved refund or credit, except when the YMCA cancels the program or class.

YMCA Membership

YMCA facility members receive access to the Main Facility, reduced program rates, and priority program registration. Community members are also welcome to register for programs at the applicable community member rate.

If a YMCA membership is purchased to receive the member rate for a child's program, the membership must remain active from the date of registration through the child's final day of enrollment.

Memberships remain active until a written termination request is submitted with at least 72 hours' notice and all applicable program enrollment requirements have been fulfilled.

For additional information about membership rates, facility hours, or available programs, please contact the YMCA.

FACILITY HOURS

Monday – Friday 7:30AM – 6:00PM

HOLIDAY HOURS

Thanksgiving	CLOSED
Christmas Eve	7:30AM-12:30PM
Christmas Day	CLOSED
New Year's Eve	7:30AM-12:30PM
New Year's Day	CLOSED

OUR Y TEAM

Erin Kelly, District Executive Director
Aishah Brice, District Operations Director
Melissa DePino, Program Director
James Grahn, Youth & Family Coordinator
Jessica Skolozdra, Camp Director

BOARD & VOLUNTEERS

The Hamden/North Haven YMCA governed by our Board of Managers that consists of volunteers throughout our community.

Lenny Lye, Chair
Matthew Beacom
Michael Brennan
Greg Brunson
Ryan Curtin
Felicia King
Y'Isiah Lopes
Keith McLaurin
Walter Morton
John Olszyk
Dr. Charissa Owens
Alex Reaves
Edie Reichard
Bob Skolozdra
Michael Tobin
Alice Uzzle

CENTRAL CONNECTICUT COAST YMCA

FOR A BETTER US[®]

We help everyone build and maintain healthy habits for spirit, mind and body in their everyday lives.

By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

More people than ever need financial assistance to take part in Y programs.

Please give to our Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income. Please contact the Hamden/North Haven YMCA for more information.

DONATE FOR A BETTER US

Connect with Erin Kelly,
District Executive Director,
ekelly@cccymca.org
to learn more.





MEMBERSHIP FOR ALL

The Hamden/North Haven YMCA provides a full range of youth centered childcare and camp programs that will help get you feeling great! From Sports & Rec classes, to school age child care and summer camp, swim lessons for families, and family programming at the Outdoor Center on Downes Road in Hamden, the Hamden/North Haven YMCA has something for everyone!

We have a wonderful community of people here at the Y! It’s a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most.

When you join the Y, you become part of a family of members who support the Y’s philosophy of healthy lifestyles, mutual respect, community spirit, youth leadership, and character development. Our staff is dedicated to providing the best in member service.

You’ll also get to know people in the community at large, as the Y partners with other charitable organizations in our surrounding towns on projects that benefit the common good. And, as a community service organization, the Y thrives on the camaraderie of people who help out by volunteering for events throughout the year.

We hope you will decide to join the Hamden/North Haven YMCA– We all need a place to belong!

Membership Category	Monthly Rate	Joiner Fee
Youth3-17*(or through the end of high school)	\$45	\$25

Membership rates are based on a sliding scale according to household income.
Please contact the Hamden/North Haven YMCA for more information

YOUR MEMBERSHIP GOES FURTHER

As a member of the Central Connecticut Coast YMCA, your membership opens the doors to **every branch in our Association**. If your home branch doesn't offer a specific program or class you're interested in, you can visit another location and enjoy it at the member rate.

Each branch offers its own unique mix of programs designed to strengthen our communities and help individuals of all ages thrive.

From child care and youth development to fitness, swimming, and family activities, there's truly something for everyone at the Y - **more choices, more convenience, and more opportunities** to belong.



	ALPHA COMMUNITY SERVICES Y	BRIDGEPORT Y	FAIRFIELD Y	HAMDEN/NORTH HAVEN Y	LAKEWOOD-TRUMBULL Y	NEW HAVEN Y YOUTH CENTER	SOUNDVIEW FAMILY Y	STRATFORD Y	VALLEY Y	WOODRUFF FAMILY Y	YMCA CAMP HI-ROCK
AMENITIES											
Athletic Fields							X			X	X
Wellness Center (Cardio)			X		X		X	X		X	
Wellness Center (Strength Training)			X		X		X	X		X	
Gymnasium		X			X	X					
Indoor Pool		X	X			X	X	X		X	
Outdoor Pool				X	X						
Childwatch			X		X		X	X		X	
Locker Rooms (Adult)			X		X		X	X		X	
Locker Rooms (Youth)						X	X				
Locker Rooms-Family/Special Needs							X			X	
Food Pantries						X	X	X	X	X	
Bi-Weekly Food Distributions								X	X		
CHILD CARE & OUTREACH											
Before and/or Afterschool Programs-Inquire w/branch		X	X	X	X	X	X	X	X	X	
Early Learning & Child Care		X	X			X		X	X	X	
Summer Day Camp		X	X	X	X	X	X	X	X	X	X
Housing/Shelter/Case Management	X										
Resident Camp/Family Camp											X
PROGRAMS											
Active Older Adults Classes			X		X		X	X		X	
Birthdays Parties		X			X	X	X	X		X	X
Group Exercise-Land and/or Water			X		X		X	X		X	
Lifeguard Certification		X	X	X	X	X	X	X		X	X
Personal Training			X		X		X	X		X	
Chronic Disease Programs-Offerings vary by branch					X		X			X	
Yoga & Pilates			X		X		X	X		X	
Group Cycling			X		X		X			X	
ACTIVITIES & SPORTS											
Gymnastics					X						
Swim Lessons		X	X	X	X	X	X	X		X	X
Swim Team			X				X	X			
Basketball		X			X	X	X			X	
Dance		X		X	X					X	
Soccer		X									
Martial Arts				X		X					
Volleyball					X						
Archery					X						



YOUTH DEVELOPMENT

BIRTHDAY PARTIES

WHAT PARTY SHOULD I CHOOSE?

The Outdoor Center at Camp Mountain Laurel offers facilities rentals as well as a variety of party options to celebrate your child's next birthday!

Our enthusiastic and experienced staff will work closely with you to customize the activities and space to create a fantastic birthday! To ensure you have memories that last a lifetime, our friendly staff is here to help you from the moment you arrive until all your guests depart.

I AM READY TO RESERVE MY EVENT, NOW WHAT?

Once you've chosen a time and date for your event, it's time to secure the date and time. **For questions, contact Jim at jgrahn@cccymca.org**

For birthday parties and event rentals, a completed and **signed party agreement as well as a \$50.00 deposit** need to be processed at the youth center before any date and time is secured.

Facility Rentals

We offer a variety of options for facility rentals at Camp Mountain Laurel's Outdoor Center. Activity parties and pool rentals are part of the rental packages offered at the youth center. All rentals have a minimum two hour agreement. Pricing will be determined based on the customization of the rental.

For more information or to discuss package offerings, please contact Jim, via email, jgrahn@cccymca.org.



Camp Mountain Laurel

The perfect place for your child to have a birthday celebration with friends. Youth Birthday parties allow a maximum 25 PEOPLE. Presents and food can be shared in the gym. Parental supervision is required for all parties.

*Choose from activity, sports, and pool party options.
\$375 Member | \$525 Program participant

Saturdays & Sundays: 2:00PM-4:00PM



YOUTH DEVELOPMENT

Y FUN CLUB

If you have to work and schools are canceled due to weather or an emergency, we've got you covered!

The Y Fun club provides a option packed with activities in the event that schools are canceled.

Have your child experience STEAM activities, sports, art and more! Bring a nut-free lunch and a snack for morning and afternoon. Come have fun at the Y!

For additional information please contact our Program Director, Melissa DePino at mdepino@cccymca.org



Y VACATION CLUB

No school, and you have to work? Our vacation club has your child care needs covered! Your child will enjoy a variety of activities at the New Haven YMCA Youth Center including sports, crafts and games. All children should bring a snack and lunch with water! Nut-free please!

UPCOMING DATES :

September 21, October 12,
November 2 & 3,
December 28, 29, 30

Full Day 8:00AM-5:30PM

Member \$65
Program Participant \$110

PARENTS NIGHT OUT

You might initially think of this as a night out for the parents, but it's really a night out for your kids! The kids, Kindergarten-5th grade, will be involved in games, arts and crafts, and structured free play. The Y will provide them with a pizza dinner. Now, on the plus side...you get to have a little down time to yourself or enjoy a night out!

5:30PM-8:00PM

Members \$20
Program Participant \$35

Located at the New Haven YMCA Youth Center.
Registration closes at noon the day before the program.

DATES:

September 25
October 23



YOUTH DEVELOPMENT

BEFORE/AFTER SCHOOL PROGRAM

Comprehensive state-licensed before and after school program for youth in kindergarten through 6th grade Helen Street School, Shepherd Glen School, and the Keefe Community Center! We help kids reach their potential and thrive in a safe, trustworthy setting. We offer a curriculum that aligns with the school day and supports growth in literacy, science, technology, engineering, arts and math (STEAM) while infusing physical activity and fun. We teach kids confidence, encourage self-expression and enrich social development. Providing our youth with the support, encouragement and positive role models that they need, will not only increase their ability to succeed in school, but in life!

After Care Hours: End of school day-6:00PM

Annual Registration Fee: \$50 per child

5 Days per Week, rates are available monthly for members of the Y and program participants.

PAYMENT & ASSISTANCE

The Y accepts Care 4 Kids and works with other third party agencies to help keep the cost of child care affordable.Sliding scale financial options may be available. Contact Melissa DePino, Program Director, mdepino@cccymca.org,for more information.

YOUTH DEVELOPMENT

FAMILY & YOUTH PROGRAMS

YOUTH BASKETBALL (AGES 5-10)

Learn the basic skills of basketball from our experienced staff members. Kids will learn how to dribble, shoot, and pass while learning the importance of teamwork.

Saturdays 10:00AM-10:45AM
Member \$75 | Program Participant \$150

DANCE BASICS (AGES 8-12)

Whether you're a beginner or a pro, dance with J'Nia is the way to go!

Thursdays 5:30PM-6:30PM
Member \$50 | Program Participant \$100

OPEN GYM BASKETBALL (AGES 13-21)

Get on the court, get moving, and enjoy some friendly competition at our Open Gym Basketball! Whether you're looking to work on your skills, play a pickup game, or simply have fun with friends, everyone is welcome. Come shoot some hoops, meet new people, and stay active

Monday - Friday 4:00PM - 6:00PM
Waiver Must Be Completed To Participate

GET CRAFTY (AGES 5+)

Grab your creativity and unleash your inner artist! Our Arts & Crafts guru will lead fun activities that can be brought home at the end of each week.

Tuesdays 5:30PM-6:15PM
Member \$75 | Program Participant \$150



YOUTH DEVELOPMENT

TRAINING & CERTIFICATIONS

FIRST AID/CPR/AED-BLENDED LEARNING (AGES 15+)

First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Registration is required by the Monday before class begins to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class. For further information or to register, contact Kathryn Forsyth, kforsyth@cccymca.org

Dates: November 29

Time: 10:00AM-2:00PM

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

LIFEGUARD CERTIFICATION COURSE (AGES 15+)

The Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Registration is required by Monday before class begins to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class. All classes must be attended. Registration does not guarantee certification.

The class can be taken at no cost to the participant with successful reference and background check, and an agreement to work at the Hamden/North Haven YMCA & New Haven YMCA Youth Center for six months.

Dates: November 28 & 29

Time: 8:00AM-4:00PM

Member: \$250 | Program Participant: \$350



BABYSITTERS TRAINING (AGES 11+)

For future and current babysitters, this American Red Cross class will provide youth with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, and learn about basic child care and first aid. For further information or to register, contact Kathryn Forsyth, kforsyth@cccymca.org

Dates: October 10, December 12

Time: 10:00AM-2:00PM

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

LEARN TO SWIM, LEARN TO GUARD PROGRAM (AGES 14+)

Introducing a new program for teen and adult participants focusing on learning to swim then progressing to developing the skills lifeguards need to possess to attain certification.

****Scholarship assistance may be available to help offset the cost of the program. Please reach out to Jessica Skolozdra, jskolozdra@cccymca.org.**

Dates: Tuesdays & Thursdays, must attend both days each week.

Tuesdays and Thursdays, 4:45PM-5:30PM

Member: \$98 | Program Participant: \$196





YMCA CAMP MOUNTAIN LAUREL OUTDOOR CENTER

Looking for the perfect place for your field day, group gathering, company picnic, or outdoor celebration? YMCA Camp Mountain Laurel offers spacious fields, shaded picnic areas, and plenty of room for fun activities.

Whether you're planning family fun, recreational games, or a community event - our beautiful camp setting is the ideal spot to bring people together and make lasting memories.

Featured Amenities

- ✓ Open Pavilion
- ✓ Field for games, picnics
- ✓ Swimming Pool (seasonal)
- ✓ Archery and Ropes Challenge Course

Pricing Information

Pricing varies based upon the details of the event. For more information on pricing please contact jgrahn@cccymca.org

More Information: 2705 Downs Rd, Hamden CT 06518 | campmtlaurel@cccymca.org | 203-776-9622



A young girl with dark hair, wearing a red swim cap and pink goggles, is swimming in a pool. She is holding a blue kickboard with both hands and looking forward. The pool has yellow lane dividers. The water is blue and slightly rippled. In the bottom left corner, there is a teal arrow pointing right with the text "SWIM PROGRAMS" in white, bold, sans-serif font.

**SWIM
PROGRAMS**

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 Starters and Swim Basics classes require one parent* to participate in the pool and on the pool deck.**

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.

POOL GUIDELINES/OBSERVATION POLICY

Parents and children are required to follow all Central Connecticut Coast YMCA Pool Guidelines and Safety Protocol. Parents are asked not to disrupt the children or instructor while the class is in session. *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.

AGE GROUP	STAGE	
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 – 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

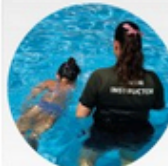
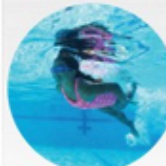
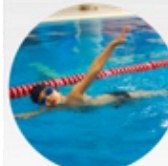
Parent/Child: Saturdays, 9:00AM-9:30AM

Preschool: Saturdays, 9:45AM-10:30AM

School-Age: Saturdays, 10:45AM-11:30AM

Teen/Adult: Tuesdays & Thursdays, 5:30PM-6:15PM

Questions, please email Jessica Skolozdra,
jskolozdra@cccymca.org

SWIM STARTERS		SWIM BASICS			SWIM STROKES		
A WATER DISCOVERY Student can respond to verbal cues. 	B WATER EXPLORATION Student can comfortably submerge his or her nose and mouth with assistance. 	1 WATER ACCLIMATION Student can go underwater voluntarily. 	2 WATER MOVEMENT Student can do a front and back float on his or her own. 	3 WATER STAMINA Student can swim 10-15 yards on his or her front and back. 	4 STROKE INTRODUCTION Student can swim 15 yards of front and back crawl. 	5 STROKE DEVELOPMENT Student can swim front crawl, back crawl, and breaststroke across the pool. 	6 STROKE MECHANICS Student can swim front crawl, back crawl, and breaststroke across the pool and back. 

CENTRAL CONNECTICUT COAST YMCA

FOOD PANTRY LOCATIONS



STRATFORD YMCA
3045 Main Street
Stratford, CT 06614



VALLEY YMCA
32 Howard Avenue
Ansonia, CT 06401



WOODRUFF FAMILY YMCA
631 Orange Avenue
Milford, CT 06461



SOUNDVIEW FAMILY YMCA
628 East Main Street
Branford, CT 06405



NEW HAVEN YMCA YOUTH CENTER
50 Howe Street
New Haven, CT 06511

UPCOMING CCCY EVENTS

Alpha Community Services YMCA presents

A Home for the Holidays



Get tickets, sponsor or donate at <https://cccymca.org/locations/alpha/a-home-for-the-holidays/>

Questions? Contact: Nick Hoffman, Executive Director at 203-366-2809 or nhoffman@cccymca.org



You're Invited

Friday, November 20, 2026

7:00PM

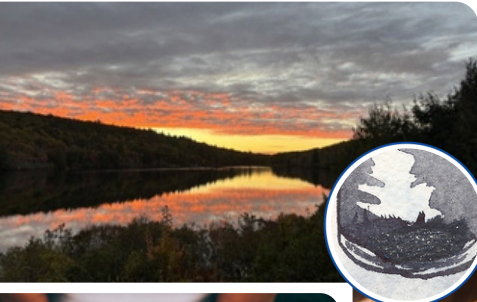


500 Broad St, Bridgeport, CT 06604

October 16-18, 2026

YMCA Camp Hi Rock
Mt. Washington, MA

Theme: Clarity



Live in Love &
Enjoy the Journey
RETREATS

Includes:
2 nights, 5 meals,
workshops, yoga, new
friends, time in nature,
meditation, meaningful
FUN.

Cost: \$444-\$667



EnjoyTheJourneyRetreats.com

LAKEWOOD-TRUMBULL YMCA



*Have a Heart
For a Cause
Gala*

To support Chronic Disease Programs

Save the date!

THURSDAY, FEBRUARY 4, 2027

6:00PM - 10:00PM

WATERVIEW

215 ROOSEVELT DR, MONROE, CT 06468

CENTRAL CONNECTICUT COAST YMCA



HAMDEN/NORTH HAVEN YMCA
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P: 203-535-2569

FOR A BETTER US