HERE FOR YOU

LAKEWOOD-TRUMBULL YMCA
20 Trefoil Drive, Trumbull CT 06611
P 203 445 9633  F 203 445 9080
Email: lakewoodinfo@cccymca.org

FAMILY OUTDOOR CENTER
204 Stanley Road, Monroe CT 06468
P 203 261 2566  F 203 261 3146

GENERAL PROGRAM INFORMATION
Class times and fees are subject to change. If a class is scheduled to meet for fewer than the 8 weeks, the price will be adjusted at the time of registration.

Program Refund Policy: Refunds or credits for program fees will only be approved in the following instances:
1. The YMCA cancels a program or class
2. Request form must be received prior to the start of the program session*
3. After the start of the program session, only for medically documented reason*

*A $10 administrative fee for each will be added for each credit or refund

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MEMBERSHIP FOR ALL
Membership rates are based on a sliding scale according to household income. Please contact the Lakewood-Trumbull Y for more information.

YOUR TEAM
Andrew Bramlett, Executive Director
Hunter Kay, Gymnastics Director
Joanne Orenstein, Health & Wellness Director
Kathleen Riley, Youth and Family Services Director
Oscar Rodriguez, District Aquatics Director
Pete Stegeman, Facilities Director
Lydia Struzik, Membership Director
Rose Bogardus, Youth and Family Coordinator
Patty Fogle, Child Care & Camp Coordinator
Quinn Lesperance, Dance & Recreation Coordinator

The Lakewood-Trumbull YMCA is governed by our Board of Managers that consists of volunteers throughout Trumbull and Monroe.

Heidi De LaRosa          Dana Lonergan          Jeff Santee
Vince Fini                David Raymond        Courtney Headley
Diane Chiota              Sujata Gadkar-Wilcox Amy Arnone
Claudia Cirillo           Glen Snajder

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

When you donate to the Lakewood-Trumbull YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

**DONATE FOR A BETTER US.**

Connect with Andrew Bramlett, Executive Director, abramlett@cccymca.org to learn more.
YOUTH DEVELOPMENT

CHILD CARE

BEFORE/AFTER SCHOOL PROGRAM

Comprehensive state certified after school program for youth in kindergarten through 5th grade in the Monroe Public School System! 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!

Locations: Stepney Elementary School  Fawn Hollow Elementary School
NEW FOR ’23–’24: Monroe Elementary School (After Care only 2:50pm – 6:00pm)

Before Care Hours: 7:00am – until school starts
After Care Hours: end of school day – 6:00pm

Annual Registration Fee: $60 per child

2023–2024

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YOUTH DEVELOPMENT

CHILD WATCH

Know your child is safe and happy while you attend a group exercise class or workout! Child Watch allows you to exercise while your children play in a supervised area. Anyone using Child Watch must be in the building at all times and have a family membership. There is a 2 hour per visit time limit.

Available for any child ages 6 weeks to 12 years with a family membership.

Monday, Friday, Saturday  9:00am-12:00pm
Monday—Friday  4:00pm-7:00pm

Y FUN CLUB

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

The Y Fun club provides a safe half or full day option packed with activities in the event that schools are canceled. Have your child experience gymnastics, floor hockey, dance and more! Bring a nut-free snack (two, if full day) and a nut-free lunch. Come have fun at the Y!

For additional information please contact our Dance and Recreation Coordinator, Quinn Lesperance at qlesperance@cccymca.org.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
YOUTH DEVELOPMENT

PRESCHOOL GYMNASTICS

CAREGIVER & TOT GYMNASTICS
(Ages 24 – 36 mos)
Learn basic gymnastics skills with guided instruction and open play in a social setting. Caregiver participation required.

Saturday 8:45am – 9:30am
Member $90 Program Participant $180

GYMNASTICS FOR THREES
(Ages 3 yrs)
A fun, nurturing experience without caregiver participation; learn basic gymnastics skills including trampoline, bars, beam and more!

Saturday 8:45 am–9:30 am
Member $120 Program Participant $240
Member $130 Program Participant $260

GYMNASTICS FOR AGES 4–6
A class for kids to perfect cartwheels, handstands, forward and backward rolls, jumps, balance beam skills, bar skills, body awareness and flexibility. Gymnasts will be challenged according to ability.

45-MINUTE CLASS
Thursday 12:30pm – 1:15pm
Member $120 Program Participant $240

1-HOUR CLASS
Saturday 9:45am – 10:45am
Member $130 Program Participant $260

BOYS GYMNASTICS

BOYS GYMNASTICS
(Ages 6 & older)
This class is for boys who would like to work on basic, as well as some advanced gymnastics skills. This beginner level class teaches gymnasts skills on floor, vault, pommel horse, bars, tramp, parallel bars and tumble track. This program is for beginner level compulsory competitors through experienced optional level gymnasts.

Tuesday 4:30pm – 5:30pm
Saturday 9:45am – 10:45am
Member $130 Program Participant $260
Member $130 Program Participant $260

FINANCIAL ASSISTANCE

Today, 1 in 4 children, teens, and families need financial assistance to be a part of the Y. A core priority for us as a charitable non-profit organization is providing access to the extraordinary opportunities and programs offered at the Y to anyone who wishes to participate. Membership dues don’t include funding for scholarships; it is your gift that makes this possible. Your contributions to the Central Connecticut Coast YMCA provide direct financial assistance for children, families and individuals to participate in their YMCA.
YOUTH DEVELOPMENT

SCHOOL-AGE GYMNASTICS

GIRLS BEGINNERS GYMNASTICS  
(Ages 6-7 yrs)  
This class teaches gymnasts skills on floor, vault, beam, bars, tramp and tumble track. They will learn starting and finishing positions, and proper form. Our goal is to help students learn the fundamental skills necessary for gymnastics.

Thursday 4:30pm – 5:30pm  
Thursday 5:45pm – 6:45pm  
Saturday 9:45am – 10:45am  
Saturday 11:00am – 12:00pm  
Member $130  Program Participant $260

INTERMEDIATE & ADVANCED GYMNASTICS  
(Ages 7 & older)  
The goal of this class is to perfect the skills learned in Beginner Gymnastics and to introduce more advanced skills. At least two years of gymnastics experience and instructor invitation is required.

Advanced gymnasts will be challenged at their own level.

Thursday 5:45pm – 7:15pm  
Saturday 11:00am – 12:30pm  
Member $150  Program Participant $300

NOVICE GYMNASTICS  
(Ages 8 & older)  
This class is designed for preteen girls looking to take gymnastics for the first time or still working to perfect their foundational level gymnastics skills.

Thursday 5:45pm – 6:45pm  
Saturday 11:00am – 12:00pm  
Member $130  Program Participant $260

PRE-TEAM  
(Invitation only)  
This is an invitation-only class that meets twice per week for gymnasts who show an aptitude for gymnastics. This class is fun and fast-paced, and teaches gymnasts skills that will prepare them for competitive team.

Wednesday 5:45pm – 7:15pm  
Member $150  Program Participant $300

NINJA WARRIOR  
NEW!  
This class is perfect for kids who love to run, jump, climb, and play. You’ll learn how to conquer challenging obstacles, improve your balance and coordination, and become a ninja warrior.

AGES 5-7 yrs  
Saturday 12:00pm–1:00pm  
AGES 8-12 yrs  
Saturday 1:15pm–2:15pm  
Member $130  Program Participant $260

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
YOUTH DEVELOPMENT

MARTIAL ARTS

CHEEZIC TANG SOO DO
Cheezic Tang Soo Do Karate discipline has had a long tradition with the Lakewood-Trumbull YMCA. For over 25 years, Master David DeGuzman (8th Degree) has encouraged the development of students of all ages through martial arts. Students learn karate as a complete discipline (mind, body, spirit) which develops physical defense, and encourages the formation of high personal standards and respect for others. Students are trained in the art of self-defense, forms, weapons and board breaking.

LITTLE NINJAS
(Ages 4 – 6 yrs)
Your child will begin with the fundamentals of martial arts, and grow in confidence and ability.

- Monday 4:30pm – 5:30pm
- Thursday 4:30pm – 5:30pm
- Member $115 Program Participant $230

MARTIAL ARTS – BEGINNER
(Ages 7 & older)
Belt levels White, Orange, Blue and Purple. Students are taught the basics of the art of Tang Soo Do while progressing to the next belt levels leading to Black belt status.

- Monday 5:45pm – 6:45pm
- Friday 4:30pm – 5:30pm
- Member $115 Program Participant $230

MARTIAL ARTS – ADVANCED
(Ages 7 & older)
Belt levels Green, Red, and Black. Students learn more advanced martial arts forms and skills with continued focus on obtaining Black belt status.

- Friday 5:45pm – 6:45pm
- Member $115 Program Participant $230

MARTIAL ARTS WEAPONS
(Ages 7 & older)
This is a wonderful addition for students who are currently in our Martial Arts Beginner or Advanced classes to work on refining basic kicks and techniques. Drills for all levels will be included.

- Thursday 5:45pm – 6:45pm
- Member $115 Program Participant $230
YOUTH DEVELOPMENT

NON-PERFORMING DANCE

PRE-K DANCE PARTY
(Ages 3–6 yrs)
Preschoolers, come have a dance party with us!
June 28 12:00pm – 12:45pm
Member $10 Program Participant $10

LITTLE HIP HOPPERS
(Ages 3–6 yrs)
Have your dancer try hip-hop at the Y this summer!
July 25 12:00pm – 12:45pm
Member $10 Program Participant $10

BEGINNER ACRO WORKSHOP
(Ages 7+)
The perfect introduction to Acro dance, the seamless dance style that combines both gymnastics skills, and dance techniques.
August 5 12:00pm – 1:00pm
Member $10 Program Participant $10

BEGINNER BALLET/LYRICAL WORKSHOP
(Ages 6–9 yrs)
Learn Ballet terminology and implement into Lyrical styled dance!
August 9 4:00pm – 5:00pm
Member $10 Program Participant $10

BEGINNER JAZZ/TAP WORKSHOP
(Ages 6–9 yrs)
High energy dance experience, to solidify your basic jazz and tap technique!
August 16 5:00pm – 6:00pm
Member $10 Program Participant $10

OPEN TAP WORKSHOP
(Ages 8+)
Bring your tap shoes and be introduced to the techniques, rhythms and sounds of Tap dance!
July 24 5:00pm – 7:00pm
Member $20 Program Participant $20

ADVANCED CONTEMPORARY WORKSHOP
(Ages 12+)
Learn contemporary dance techniques while working on creative movement and improvisation!
August 17 5:30pm – 7:30pm
Member $20 Program Participant $20

ADVANCED JAZZ WORKSHOP
(Ages 10+)
This workshop will enhance stamina, technique, and most of all love for dance!
August 22 5:30pm – 7:30pm
Member $20 Program Participant $20

ADVANCED ACRO WORKSHOP
(Ages 10+)
Work on conditioning, stretching, tumbling and contortion skills in this Advanced Level Acro Dance Workshop!
Advanced Must have a backbend kickover and a cartwheel
August 12 2:15pm – 4:15pm
Member $20 Program Participant $20

BALLET SUMMER INTENSIVE
(Ages 12+)
Ballet Training for passionate ballet dancers. Learn Ballet terminology, Classical Variations and train in your pointe work ( if evaluated for pointe).
July 25–27 5:00pm – 8:00pm
Member $100 Program Participant $100

PERFORMING ARTS CLINIC
(Ages 7+)
Become a triple threat while you prepare for a performance at the end the clinic! Learn the basics of musical theater, while learning new styles of dance, singing and acting!
August 15–17 12:00pm – 2:00pm
Member $90 Program Participant $90

COMPANY Y INTENSIVE (Invitation Only)
(Ages 7+)
Summer training in Ballet, Leaps and Turns, Contemporary, Jazz, improvisation and team bonding for our Company Y Dancers.
July 31–August 4
Prices vary based on company placement.
For additional information please contact our Dance and Recreation Coordinator, Quinn Lesperance at qlesperance@cccymca.org.

DANCE INTENSIVES AND CLINICS

FOR MORE INFORMATION VISIT US ONLINE
What party should I choose?
The Lakewood-Trumbull YMCA has two amazing facilities that offer a variety of party options to celebrate your child’s next birthday! Choose one of our year-round, seasonal, indoor, or outdoor parties. 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.

Indoor Party Options:
Gymnastics
Sports
Dance
Martial Arts
Parkour

Saturdays 2:30-4:30pm
Sundays 11:30-1:30pm

Some important notes:
Remind all guests to wear appropriate clothing for your activity
Arrive 15 minutes before your party time to set up
All participants must have a signed waiver
Parents and non-participating siblings are NOT permitted on equipment
Children must be 3 years old to participate unaccompanied by an adult
The YMCA is an alcohol and nut free environment.
Smoking is also prohibited

Birthday Party Prices

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A $75 non-refundable deposit is due upon booking

I am ready to party, now what?
For indoor reservations, contact Rose Bogardus, at 203 445 9633 x 2725
or email rbogardus@cccymca.org
MARTIAL ARTS
(Grades K & up)
Whether they are little Ninjas, Beginner or Advanced, participants engage in the Cheezic Tang Soo Do discipline with a Master Martial Artist. At the Y, kids learn important life lessons such as focus, discipline and team building while having a great time!

CREATIVE DANCE
(Grades K – 3)
Allow your young dancer to explore the world of dance through creative movement, self expression and beautiful technique. Join us this summer for an amazing time growing in creativity!

2023 SPECIALTY CLINIC SCHEDULE

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<th>Activity</th>
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<td>9:30-1:30</td>
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<tr>
<td>Aug 7 – Aug 11</td>
<td>9:00-1:30</td>
<td>Creative Dance</td>
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<tr>
<td>Aug 14 – Aug 18</td>
<td>9:30-1:30</td>
<td>Martial Arts</td>
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FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
For over 20 years, the Lakewood-Trumbull Y Gymnastics program has been a proud leader in the community, providing gymnastics programs for all!

Led by fun, dedicated and talented gymnastics leaders, participants will feel the excitement as they interact with their peers, build self-esteem and gain confidence. A child who does gymnastics sets a foundation for a lifetime of athleticism and physical awareness. At the most basic level, a beginner at our camp will be challenged to move their body in as many ways as possible. Experienced gymnasts will learn advanced skills and have time to focus on improving specific elements. All will develop strength, flexibility, balance, coordination and promote healthy cognitive function. Campers will be placed in similar age and skill appropriate groups.

Through our comprehensive program designed for youth ages 3–15, our campers will enjoy a day filled with a variety of high energy activities, as well as crafts and STEAM. Watch as your child’s confidence grows and as they form new friendships that could last a lifetime!

The Lakewood-Trumbull YMCA Summer Gymnastics Camp is located at 20 Trefoil Drive, Trumbull.
Camp Tepee was established in 1958, and since then has continued to be a great outdoor Summer experience. On a daily basis, campers will explore the 47 acres at Camp Tepee. Campers will participate in activities such as: zip-line, swimming lessons, a climbing wall, arts and crafts, fishing, archery, ropes course, STEAM, nature exploration, outdoor education, survival skills, special events and much more! Camp Tepee accepts children 3–15 years old.

A typical day consists of swim lessons, and a rotation of all of Camp Tepee’s unique activity choices and special events related to the theme of the week. Camp Tepee even offers half day programs for our littlest campers that can’t last an entire day.

Generations of families have been involved with Camp Tepee because of the unique stories, traditions, and memories that exist within and because of the program. Camp Tepee offers children and teens opportunities to grow and have new experiences.

At the Y, we make kids feel welcome and supported. Our counselors are specially chosen using in-person interviews, reference checks and training. They are educators, recreation specialists, future teachers and local students with a genuine interest in working with children. Your children may already know them from other Y programs and after school care. At least eighty percent are 18 years old and older. After receiving an average of 40 hours of training in safety, positive behavior management and activity planning, they are ready to help campers make new friends and do everything possible to ensure a fun Summer.

**CAMP FAMILY NIGHT**

5:00pm–7:00pm

July 13

August 10
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.

SUMMER SWIM SESSION

DATES
7 Week Sessions Saturday or Sunday
• June 25 – August 13

Mini Session Monday—Thursday
• Session 1 June 19 – June 30
• Session 2 July 3 – July 14
• Session 3 July 17 – July 28
• Session 4 July 31 – August 11

Fees
Prices and class length vary depending on stage and age.
Stages A/B and Stages 1-3: 30 Minute Classes
Members $90 Program Participant $178
Stages 4-6 and Adult & Teen Classes: 40 Minute Classes
Members $94 Program Participant $188

Swim lessons are taught at the Family Outdoor Center for our summer session. Please contact the Fairfield YMCA, Woodruff Family YMCA, Stratford YMCA or Soundview Family YMCA for swim lessons during the school year.
YOUTH DEVELOPMENT

SWIM STARTERS
Accompanied by one 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
One parent* accompanies their child 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.

Saturdays 11:00am–11:30am
Sundays 11:00am–11:30am

SWIM STARTERS
Stage B / Water Exploration
In Stage B, one parent will work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Saturdays 11:40am–12:10pm
Sundays 11:40am–12:10pm

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.
One parent is required to be in the pool with their student.

Age Group:
5 years – 12 years School Age
12+ years – Teen & Adult
Stages 4 – 6

SWIM BASICS
Stage 1 / Water Acclimation
Alongside one parent, 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.

Saturday 11:10am–11:40am
Sunday 11:10am–11:40am

SWIM BASICS
Stage 2 / Water Movement
In Stage 2, students, with one parent, 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.

Saturdays 11:50am–12:20pm
Sundays 11:50am–12:20pm

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. One parent is required to assist in the pool.

Saturdays 12:30pm–1:00pm
Sundays 12:30pm–1:00pm

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, develop 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 treading water and elementary backstroke.

Saturdays 11:10am–11:50am
Sundays 11:10am–11:50am

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.

Saturdays 12:00pm–12:40pm
Sundays 12:00pm–12:40pm

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.

Saturdays 12:00pm–12:40pm
Sundays 12:00pm–12:40pm

CLASS LEVEL POLICY
For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.
YOUTH DEVELOPMENT

ADULTS & TEENS
SWIM BASICS Teens and Adults
Stage 1 / Water Acclimation
Along side one parent, 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.

Teens: Saturday 11:30
Adults 18 + : Saturday 12:15

PRIVATE & SEMI PRIVATE SWIM LESSONS
AGES: 3 and up
One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant. Participants in Semi Private Lessons must be in the same household.

STROKE CLINICS
Stroke Clinics will be available for anyone on a swim team or who are in swim lessons that are a Stage 4 or above. They are designed to help swimmers with their stroke mechanics for all four competitive strokes, starts and turns.

FLICK & FLOAT
Watch a movie while lounging in the pool!
July 14, July 28, August 11
8:00pm-10:00pm
Members $20  Program Participant $40

PRIDE POOL PARTY
June 23
6:00pm-8:00pm
Members $10  Program Participant $30

LAP SWIM TIME
Special time will be allocated for Y members, 14 years and older to enjoy our pool and lap swim. Central Connecticut Coast YMCA Lap Swim Etiquette will apply as well as safety protocols. Enhance your wellness routine by moving outdoors and enjoying the pool.

ADAPTIVE SWIM EXPERIENCE
The focus for our adaptive Swim Experience program is to help adults, kids and families learn an important life skill and support them in gaining the knowledge, ability and stamina to become strong and confident swimmers.

Y Instructors use child-centered methods and flexible teaching to deliver instruction to children of all abilities. This one-on-one program is designed to give the swimmer individualized attention needed to address their needs.

Flexible Scheduling
Fee: Eight 45-minute lessons
Members $350  Program Participant $450
OUTDOOR EVENTS AT THE Y!

Interested in using our grounds for a family gathering, work event, or a family party? Lakewood-Trumbull YMCA Camp Tepee and Family Outdoor Center is the perfect place for your child to have a birthday celebration with friends. Family Parties are available for members and community members. Bookings are accepted for Saturdays and Sundays in a two hour time frame between 10AM and 5PM.

For outdoor rentals, contact Kathleen Riley at 203 261 2566 or email kriley@cccyymca.org

For pool rentals, contact Oscar Rodriguez, at 203 375 5844 or email orodriguez@cccyymca.org

WITH YOUR OUTDOOR RENTAL:
Lap Swim
Family Open Swim
Ropes Course
Basketball
Hiking Trails
Gaga Ball
Mini Golf
And so much more!

PARKING
For your convenience, we have designated parking near the pavilion in the main parking lot.

INCLEMENT WEATHER
It happens! Sometimes nature gets in the way of a beautiful day. We reserve the right to close the facility due to inclement weather.
HEALTHY LIVING

SPORTS AND RECREATION

PICKLEBALL CLINICS

These 4 week clinics will teach players about the game of pickleball with Certified Pickleball Coach, Susan Rotunda! Beginners will learn the basics of the game, while intermediate or advanced players will have the chance to fine-tune their skills and learn new techniques.

When: Wednesdays 8:45am—10:00am (Intermediate)
- Session 1 June 21—July 12
- Session 2 July 19—August 9

Saturdays 2:00pm—3:15pm (Beginner)
- Session 1 June 24—July 15
- Session 2 July 22—August 12

$50 Members per session $100 Program Participants per session

Register at the front desk or online or Contact Rose Bogardus for more information at rbogardus@cccymca.org

WELLNESS TEAM SPOTLIGHT

Hayet Ayadi Benayed

Facts: Born 08/22/1981
- Moved to the USA in CT in 01/2005
- Has 3 children: 16, 14, and 11.
- Became an American citizen and a personal trainer in spring 2018

Working out has always been one of my most favorite hobby. I enjoy cardio as much as strength training. I became a member at the Lakewood Trumbull YMCA almost 10 years ago. Started working as a fitness center attendant a couple of years later which gave me the opportunity to really get to know our members and to build lifelong friendships. I was also able to watch personal trainers work with their clients and realized that’s something I really wanted to do. So I started studying and became a certified personal trainer with ACE American Council of Exercising 5 years ago. I have had the privilege of working with some pretty amazing people from different age groups and with different fitness levels and goals. And I am very thankful for that. Every client is unique and every workout is adapted to that person needs, capacities, and goals. I love what I do and when I see my clients improving over time, and seeing their confidence level rise because of what they are able to accomplish, that’s my biggest reward.
HEALTHY LIVING

WELLNESS PROGRAMS

YOGA FOR MS – In person or on zoom
This yoga class is adapted especially to meet the needs of individuals with Multiple Sclerosis. The aim of practicing yoga is not to merely assume specific postures, but rather to combine breathing, posture, movement and awareness to achieve relaxation and body awareness. Practicing yoga can give you tools to help manage everyday tasks that include balancing to stand or walk, strengthening and alignment for standing up and sitting down and core strength for everything you do.
If interested, please contact our Health & Wellness Director jorenstein@cccymca.org for more information.
In Person – Monday  10:30am
Zoom – Wednesday  10:30am

BOOK CLUB
Join our Book Club! We meet via the first Monday of each month at 11:45am. The books are selected by members. If interested, please contact our Health & Wellness Director, Joanne Orenstein at jorenstein@cccymca.org.

Central Connecticut Coast YMCA
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 an equitable opportunity to learn, grow and thrive. At the Y, we set the example when we welcome people across all dimensions of diversity. Dimensions include income, faith, ability, age, sexual orientation, gender identity or expression, race, ethnicity, national origin, cultural background or other unique personal characteristics. Together we stand. For a better us.
PERSONAL TRAINING & NUTRITIONAL COUNSELING
If you are 14 or 80, and if your goal is to lose weight; gain strength; improve balance; flexibility and agility; rehabilitate an 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 and 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.

30 Minute Assessment
Learn where you stand: your strength, flexibility, endurance, BMI and Body Weight ratio will be assessed. Option to add a Nutritional session or Personal Training session for a discounted bundle rate.

Personal Training Packages and Nutritional Counselling are available in 1, 3, 5 and 10 hour packages.

INTRODUCTION TO PERSONAL TRAINING
For new clients we offer an introductory program for your first 4 hours at $210 so you can experience the benefits of working with a personal trainer. Our Certified Personal Trainers will assess your wellness goals and develop a customized plan to meet your needs to help you achieve success, no matter where you are on your wellness journey.

For more information, please contact Joanne Orenstein, Health & Wellness Coordinator, jorenstein@ccymca.org
MEMBERSHIP ACCOUNT ACCESS

Your CCCY Membership Account is accessible on-line, on your own, any time. You can:
- View account balance
- Make payments and view payment history
- Register for programs, view registrations, make a donation
- Update your contact information
- Add new payment methods for monthly membership billing
- Print tax statements

We hope that your digital experience will be as pleasant as your personal visits to the Y. If you have questions, please call the Y or ask a Member Services Team Member at our Welcome Desk.

STEP 1: Login from the link at the top of the Y Web Site or from the My Account Quick Link at the bottom.

STEP 2: Choose one of three options and follow the directions to set up and access your account.

STEP 3: Your name should appear in the upper right corner. Choose the action you’d like to complete and follow the prompts.
ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS

WHAT TO EXPECT FOR OUR CLASSES
Space is limited and reservations are required. Please bring your own mat, water and towel. Our instructors will lead the group, assisting with adaptations and giving suggestions to make sure that everyone is comfortable and reaching their potential. If you have a specific concern, please mention it to an instructor before class.

RESERVATIONS FOR CLASSES
In order to help our members reserve their spots in classes easily from their home, we are now taking reservations from our website. You can sign up for indoor group classes 6 days in advance, and up to one hour before the start of class.

Please visit our website to see our class schedules and to reserve your spot!

YMCA ZOOMERS

Live Stream Classes with Instructors You Know & Your Friends Join us for daily classes through Zoom! To use Zoom, a free video conferencing platform, use the Meeting ID and Password to join the class. Have fun and keep fit!

Meeting ID: 649-197-4012 / Password: 936974

Be a YMCA Zoomer, join CCCY Zoom group exercise classes. Participate on the Zoom platform from the comfort of your own home or on the go. Classes are led by CCCY instructors. Participate in one class or all that are offered. Participant once a week or in every class. You choose! Your account will be drafted monthly for this program.

Member: Free with Membership Program Participant: $20/month/unlimited Zoom classes

CLASS DESCRIPTIONS

ABS EXPRESS
This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment.

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.

BALANCE AND FLEX TOGETHER
A blended class that focuses on flexibility and strength, and combining the best of Yoga, Tai Chi and Pilates.

BODY SCULPTING
This overall muscle conditioning workout increases strength, endurance and stamina, using weights, tubing, body bars, bands and exercise balls.

BOLLYWOOD DANCE
A colorful, dynamic, highly theatrical dance style since in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa and belly-dance, while also incorporating more contemporary western forms such as hip-hop and jazz.
HEALTHY LIVING
CLASS DESCRIPTIONS

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.

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.

EASY DOES IT
Designed for seniors, beginners, and “ready to be fit” participants. Includes low-impact cardiovascular exercise, muscle conditioning with resistance equipment, agility training and stretching.

HIIT: HIGH INTENSITY TRAINING
An efficient and effective workout for those who want quick results.

GENTLE FLOW YOGA
Blended styles of yoga, offering non-competitive sequences of movement, tranquil guided meditations and in-depth study of breathing.

SPINNING
A fun group class performed on stationary cycling bike. This class combines a cardio & strength training workout to all levels.

NON-STOP TABATA
A high-intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minutes intervals with 20 seconds of hard work followed by 10 seconds of rest. Get in shape the fast way!

PICKLEBALL
Part tennis, part badminton, part racquetball and part table tennis, pickleball is the racquet sport for everybody!

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, and flexibility.

STRENGTH TRAIN TOGETHER
This class will blast all of your muscles with a hi-rep weight training workout. Using an adjustable barbell, wand body weight, the workout combines squats, lunges, presses and curls with functional exercises.

TAI CHI
The ancient form of Chinese exercise, emphasizing proper breathing, balance, and strength.

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.

VINYASA YOGA
Energetic flow style yoga practice with emphasis on movement and breath.

WORKOUT EXPRESS
A 30 minute workout guaranteed to get your heart pumping! All levels welcome.

ZUMBA®
Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. It’s easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.
YMCA360 ON-DEMAND AND LIVE

At the YMCA we believe that when people experience all that our Y has to offer, they will be drawn into supportive, healthier relationships with one another and their community.

YMCA360 is a free on-demand video platform free to all full-facility members of the Central Connecticut Coast YMCAs. YMCA360 offers 1000+ group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more.

From your desktop, laptop, tablet, smart TV or mobile device, YMCA360 is available wherever you are with an internet connection. 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!