



DISCOVER YOUR Y

FALL 1
2026 PROGRAM GUIDE
August 31st–October 25th

LAKEWOOD-TRUMBULL YMCA
20 Trefoil Drive, Trumbull CT 06611
P: 203-445-9633 | F: 203-445-9080

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

CENTRAL CONNECTICUT COAST YMCA



CONTACT US

PHONE: 203-445-9633 Main Branch
203-261-2566 Camp Tepee

E-MAIL: lakewoodinfo@cccymca.org

WEB: www.lakewoodtrumbullymca.org

 facebook.com/LakewoodTrumbully

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

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

TABLE OF CONTENTS

WHY THE Y3

FOR A BETTER US4

MEMBERSHIP FOR ALL5

CHILD WATCH/BIRTHDAY PARTIES.....6-7

SCHOOL AGE CARE.....8-9

GYMNASTICS.....10-12

DANCE/MARTIAL ARTS...13

PICKLEBALL.....14

LITTLE EXPLORERS/HOMESCHOOL.....15

SPORTS/STEAM...16-17

FAMILY.....18

SWIM.....19

HEALTH & WELLNESS.....20-25





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 1 SESSION & REGISTRATION DATES

SESSION DATES: August 31 – October 25

REGISTRATION DATES

Facility Member: 8/8/2026

Program Participant: 8/15/2026

FACILITY HOURS

Monday – Thursday 5:30AM – 9:00PM

Friday 5:30AM – 7:00PM

Saturday 7:00AM – 6:00PM

Sunday 8:00AM – 4:00PM

HOLIDAY HOURS

Labor Day | Open 7:00AM-1:00PM

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.

OUR Y TEAM

Andrew Bramlett, Executive Director

Kathleen Riley, Senior Program Director

Lydia Struzik, Membership Director

Joanne Orenstein, Health & Wellness Director

Jane Marella, Sports and Recreation Director

Tom Sheehy, Outdoor Center and Camp Director

Patty Fogle, Child Care & Camp Coordinator

Hunter Kay, Gymnastics Coordinator

Rachel Branyan, Membership Coordinator

MEMBERSHIP INFORMATION

Y facility membership allows usage of the Main Facility*, reduced rates and priority registration for programs. Community members may also register for programs at the full rate. If you are interested in taking out a membership at the time you register your child, the membership must last from the time of registration to the last day of your child's enrollment in the program. The membership will continue until you submit a termination request in writing with 72 hour notice and only after your child completes their time at program. Please contact the Y for further details on membership prices, hours and programs offered.

*Family memberships have limited access to the outdoor center during the summer months.

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

Amy Arnone · Claudia Cirillo · James Czajkowski
Vince Fini · Sujata Gadkar-Wilcox · Debra Greenwood
Dana Lonergan · Jay Orenstein · David Raymond
Cindy Richter · Jeff Santee · Glen Snajder · Eric West

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 Lakewood-Trumbull Y for more information.

DONATE FOR A BETTER US

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





MEMBERSHIP FOR ALL

The Lakewood-Trumbull YMCA provides a full range of fitness, activity, sports, childcare and camp programs that will help get you feeling great! Connect with your inner-health! The Lakewood-Trumbull wellness center houses professional cardio and strength training equipment designed and geared for all fitness levels.

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. Almost 3,100 people from several local communities belong to the Lakewood-Trumbull Y, creating a diverse and energetic environment we think you will really enjoy!

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 Lakewood-Trumbull 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
Young Adult 18-26	\$50	\$50
Adult 27-64	\$72	\$75
Adult Couples	\$109	\$100
Family (2 adult + dependent children)	\$112	\$100
Single Parent (1 adult + dependent children)	\$99	\$100
Senior 65+	\$63	\$75
Senior Couple	\$98	\$100

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income.

Please contact the Lakewood-Trumbull Y for more information.

Scan Here to Register Online



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	
CHILD CARE & OUTREACH											
Before & Afterschool Programs		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	
Yoga & Pilates			X		X		X	X		X	X
Group Cycling			X		X		X				
ACTIVITES & SPORTS											
Gymnastics					X						
Swim Lessons		X	X	X	X	X	X	X		X	X
Swim Team			X				X	X			
Basketball		X			X	X	X				
Dance		X		X	X					X	
Soccer		X								X	



CHILD WATCH

CHILD WATCH

MONDAY-SATURDAY 9:00AM - 12:00PM
MONDAY-FRIDAY 4:00PM - 7:00PM

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. Available for any child ages **6 weeks to 11 years with a family membership.**

KEY FEATURES OF THE YMCA CHILD WATCH ROOM:

Supervised Play:

Children engage in various activities like creative play, arts and crafts, and interactive games, all under the supervision of trained YMCA staff.

Age-Appropriate Areas:

Separate area for infants/toddlers and older children, ensuring activities are suitable for different age groups.

Safe and Secure Environment:

The room is designed with safety in mind, featuring limited capacity and areas for different activities.

Parental Supervision Requirement:

Parents or guardians are required to remain within the YMCA facility while their child is in Child Watch.

Nut-Free Policy:

The YMCA has a strict policy against all nut products.

Limited Availability:

Child Watch services are limited to 2 hours per day and available on a first-come, first-served basis.

Parental Responsibilities:

Parents are responsible for bringing necessary items like diapers, wipes, and snacks and for attending to their child's needs, such as diaper changes.

Variety of Activities:

Activities can include building blocks, books, models, arts and crafts, table toys and board games just to name a few.

Social and Emotional Development:

Child Watch programs aim to provide a space for children to develop socially, emotionally, and cognitively through interaction and play.



BIRTHDAY PARTIES

BIRTHDAY PARTIES

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.

I AM READY TO PARTY, NOW WHAT?

Once you've chosen a time and date for your party, it's time to secure the date and time.

For indoor parties, a completed and **signed party agreement as well as full payment** needs to be processed at the program center before any date and time is secured. For indoor rental questions, contact Hunter at hkay@cccymca.org

For outdoor parties, a completed and **signed party agreement as well as a \$100.00 deposit** need to be processed before any date and time is secured. For Outdoor rentals, contact Kathleen at kriley@cccymca.org

Family Program Center **INDOOR PARTY | Gymnastics (Ages 3+)**

We will guide your Birthday Child and guests on an adventure through our gymnastics arena, including an obstacle course, in-ground trampoline, 40ft. Tumble Trak, and foam pit, ending with every one's favorite, parachute.

Party Pricing & Program Options

Open Gym / Open Play Party (supervised open gym):

\$330 Member | \$430 Program Participants

Organized Party with Games & Gymnastics Instruction:

\$375 Member | \$475 Program participant

Saturdays: 2:00PM-3:30PM | 4:00PM-5:30PM

Sundays: 12:00PM-1:30PM | 2:00PM-3:30PM

Family Outdoor Center:

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 pavilion. Parental supervision is required for all parties. Pool rentals are seasonal June-August. Reach out to Kathleen Riley for Pool pricing.

Party Pricing & Program Options

***Choose from Eco-Art, Camp Mania, or Do-It-Yourself**

\$375 Member | \$525 Program participant

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



SCHOOL AGE PROGRAMS

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 fun and engaging activities in the event that schools are cancelled.

Have your child experience gymnastics, floor hockey, arts and crafts 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 Senior Program Director, Kathleen Riley at kriley@cccymca.org



Y VACATION CLUB games | crafts | sports

Program includes use of our Camp Tepee property and house, crafts and science-based projects, games and constructive play, snack and lunch breaks. *Bring water and a nut-free lunch and snack. *Dress comfortably for play and appropriately for the weather.

Join us:
September 21

Full Day 7:30AM-3:30PM
Member \$88 | Program Participant \$176
Post Care 3:30PM-6:00PM
Member \$28 | Program Participant \$56

PARENTS NIGHT OUT

We're excited to invite you to our exclusive Parents' Night Out events! Leave the kids with us for a fun-filled evening while you enjoy a well-deserved break. A themed craft and 2 slices of pizza per child provided!

Kindergarten-5th grade
5:30PM-8:00PM
Members \$25
Program Participant \$50

Join us:
September 18
October 16

Located at the Lakewood-Trumbull YMCA Camp Tepee property
Registration closes at noon the day of the program.



BEFORE & AFTERSCHOOL

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
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: \$50 per child



	BEFORE SCHOOL MONTHLY	AFTER SCHOOL MONTHLY	BEFORE AND AFTER SCHOOL MONTHLY	BEFORE SCHOOL MONTHLY	AFTER SCHOOL MONTHLY	BEFORE AND AFTER SCHOOL MONTHLY
	Member	Member	Member	Program Participant	Program Participant	Program Participant
2 days	\$220	\$325	\$470	\$330	\$479	\$690
3 days	\$245	\$340	\$495	\$360	\$505	\$735
4 days	\$251	\$365	\$539	\$370	\$545	\$799
5days	\$275	\$395	\$590	\$409	\$580	\$849
Daily Drop In	\$40	\$50		\$55	\$65	
Daily Drop in ½ day		\$65			\$85	

GYMNASTIC LESSONS

GYMNASTICS

SPARKLING STARS GYMNASTICS CAREGIVER & TOT (AGES 2+)

NEW, This class is for the children that need support while they are in the gym. Families with children ages 2 years old and up can experience a family based gymnastics class. This class is designed to implement gymnastic skills with guided instruction from the coach(es), while parents (caregiver) support the child(ren) and assist them with the skills. open play is a big part of the social setting. Meet other families! Enjoy watching your child grow while having fun in the gym!

Saturday 8:45AM-9:30AM

Member \$110 | Program participant \$220

LITTLE STARS GYMNASTICS (AGES 3 YEARS)

A fun, nurturing experience without caregiver participation; learn basic gymnastics skills including trampoline, bars, beam and more!

Tuesday 9:30AM-10:15AM

Tuesday 1:00PM-1:45PM

Saturday 9:45AM-10:30AM

Member \$135 | Program participant \$270

SHOOTING STARS GYMNASTICS - LEVELS 1 & 2 (AGES 4-5 YEARS)

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.

Tuesday 1:00PM-2:00PM

Wednesday 4:15PM-5:15PM

Saturday 9:45AM-10:45AM

Sunday 8:45AM-9:45AM

Member \$155 | Program participant \$310

SUPER NOVA GYMNASTICS (LEVEL 1&2) AGES 6 - 8 YRS

Designed for beginners, this class provides a nurturing and supportive environment for participants to develop the fundamental skills essential for success in gymnastics. Gymnasts will learn basic tumbling techniques, be introduced to each piece of equipment, practice coordination and flexibility, learn safety guidelines, and much more! Whether you're a budding gymnast or simply eager to explore the world of gymnastics, this class will provide physical fitness, confidence building, and social interaction for your child.

Saturday 9:45AM-10:45AM

Sunday 10:00AM-11:00AM

Member \$155 | Program participant \$310

GALAXY GYMNASTICS AGES 8 - 10 YRS

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. Combined with Aurora Gymnastics for the Fall 1

Saturday 11:00AM-12:00PM

Member \$155 | Program participant \$310

AURORA GYMNASTICS AGES 11- 14 YRS

This class is designed for first time preteen gymnastics or gymnasts still working to perfect their foundational level gymnastics skills. Combined with Galaxy Gymnastics for the Fall 1.

Saturday 11:00AM-12:00PM

Member \$155 | Program participant \$310



GYMNASTIC LESSONS

GYMNASTICS CONTINUED

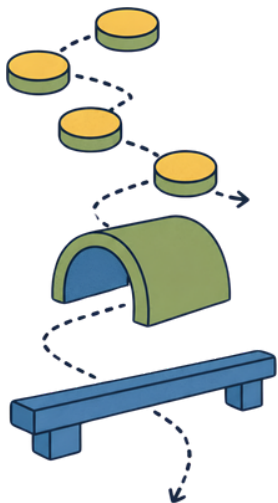
NINJASTICS

NINJA ALL STARS- BEGINNER (Ages 5-9 yrs)

This program is perfect for boys and girls 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.

Our experienced coaches will guide you every step of the way and make sure you have fun while you train!

Saturday 11:30AM-12:30PM
Member \$155 | Program participant \$310



INVITATION ONLY CLASSES

LITTLE DIPPER GYMNASTICS (Ages 6-9 yrs)

Elevate your gymnastics training in these exclusive, invitation-only classes. Designed for those who have mastered beginner skills, these classes offer a challenging curriculum focused on technique refinement and advanced progressions. Refine your foundational skills in these classes, which feature in-depth technique, advanced progressions, and targeted conditioning to build the flexibility and support required for more complex gymnastics.

Saturday 12:00PM - 1:30PM
Member \$175 | Program participant \$350

**YOU'RE
INVITED**

GYMNASTICS PRIVATE LESSONS (All ages)

Tailored for individuals seeking focused attention and customized training, these private lessons offer a unique opportunity to accelerate skill development, overcome specific challenges, and achieve personal gymnastics goals

Member \$60 | Program Participant \$100



BIG DIPPER GYMNASTICS is now our HOUSE TEAM! (Ages 9-14 yrs)

**NEW
UPDATE**

What is a house team? Our house team is an "in-house" recreational, competitive program where gymnasts train and compete exclusively within their own home gym. Gymnasts will learn skills and routines in all 4 apparatus (vault, uneven bars, balance beam, and floor exercise), while building foundational strength.

The house team runs from September 2026 through June 2027. This is a 10 month commitment, y membership is required.

Wednesday 4:30PM-6:00PM
Saturday 10:00AM - 11:30AM

COST: One day per week - \$75.00 per month
Two days per week \$ 125.00 per month

ADAPTIVE GYMNASTICS

The Adaptive Gymnastics class is designed to introduce children to the fundamentals of gymnastics through a supportive, safe, and inclusive environment. Parents or guardians may be asked to assist their gymnast if needed.

Friday 4:00PM-4:45PM
Member \$130 | Program participant \$260



Interested in finding out more about the gymnastics programs
Contact Jane Marella our
Youth Sports Director
jmarella@cccymca.org

COMPETITIVE GYMNASTICS

GYMNASTICS & PRE-TEAM

Gymnastics practice schedules will be shared directly with families once team placement is finalized and enrollment is confirmed.

PRE-TEAM (INVITATION ONLY)

This class is by invitation only and is designed for gymnasts who have successfully completed an intermediate class. Gymnasts will learn the foundational excellence to have competitive readiness of Level 2, Level 3 or Xcel Bronze. Gymnasts can cultivate their passion for gymnastics, refine their skills, and lay the groundwork for a successful journey into competitive gymnastics.

USAG XCEL PROGRAM (BRONZE-SAPPHIRE)

USAG defines the Xcel program as "a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program." Xcel, like Developmental, has different levels (Bronze, Silver, Gold, Platinum, Diamond, Sapphire) that the gymnast can progress to as he/she learns more skills. Gymnasts who participate in Xcel also get the same competitive experience of being on a team and competing in front of judges and spectators.

USAG COMPULSORY PROGRAM (LEVELS 1-5)

Compulsory gymnastics consists of specific routines that the gymnast must learn exactly. This is done in gymnastics levels 1-5. USA Gymnastics created the routines with the goal that the gymnasts have a strong gymnastics foundation before advancing to the optional levels. All of the skills in compulsory gymnastics are progressive to get ready for Optional.

USAG OPTIONALS PROGRAM (LEVELS 6-10)

In optional gymnastics there are a set of guidelines, or level requirements and routines are built around them. Each gymnast has her own music (on the Floor Exercise) and choreography. Her routine is built to show off her strengths. Scores are based on how well she performs the skills in the routine, whether she has all the requirements and whether the overall routine is enjoyable to watch.



**Interested in enrolling in our Gymnastics Team?
Please contact our Sports and Recreation Director Jane at jmarella@cccymca.org**

DANCE MARTIAL ARTS

DANCE

BALLET & TAP COMBO (AGE 5-8 YRS)

Students develop the fundamentals of ballet and tap in a nurturing and fun environment. This class builds basic ballet/tap terminology to be used during floorwork, barre, and combinations.

Tuesday 5:00PM – 6:00PM

Member \$135 | Program Participant \$270



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 (9th 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 YEARS)

Your child will begin with the fundamentals of martial arts and grow in confidence and ability.

Thursday 4:30PM – 5:30PM

Member \$135 | Program Participant \$270

MARTIAL ARTS – BEGINNER (AGES 7+)

Belt levels White, Orange, Blue and Purple. Students are taught the basics while progressing to the next belt levels leading to Blackbelt status.

Monday 4:30PM – 5:30PM

Friday 4:30PM – 5:30PM

Member \$135 | Program Participant \$270

MARTIAL ARTS – ADVANCED (AGES 7+)

Belt levels Green, Red, and Black. Students learn more advanced martial arts forms and skills with continued focus on obtaining Black belt status.

Monday 5:45PM – 6:45PM

Friday 5:45PM – 6:45PM

Member \$135 | Program Participant \$270

MARTIAL ARTS WEAPONS (AGES 7+)

This is a wonderful addition for students who have taken our Martial Arts Beginner or Advanced classes and have received recommendation of Master DeGuzman. This class will work to refine basic kicks and techniques. Drills for all levels will be included.

Thursday 5:45PM – 6:45PM

Member \$135 | Program Participant \$270



MARTIAL ARTS TEAM COMING SOON



Take your training to the next level! The YMCA Cheezic Tang Soo Do Martial Arts Team is an advanced program for dedicated students looking to refine their skills, build deep camaraderie, and represent our YMCA community. Members train intensely in advanced traditional forms (hyung), synchronized team forms, Olympic-style sparring, weapons, and high-impact board breaking.

Grounded in the Cheezic philosophy of humility and discipline, team members serve as role models within the YMCA, cultivating leadership skills and elite physical conditioning. The team prepares for regional demonstrations and official federation events, including the annual CT Yankee Nationals tournament. Team uniform additions or sparring gear may be required.

PICKLEBALL

PICKLEBALL

INSTRUCTIONAL PICKLEBALL (AGES 16+)

These 8 week clinics will teach player 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.

Thursday (Beginner) 2:00PM–3:15PM
Wednesday (Advanced) 8:45AM–10:00AM
Member \$135 | Program participant \$270



YOUTH PICKLEBALL CLASS (AGES 10–15 YEARS)

This clinic will teach player 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.

Wednesday 4:30PM – 5:45PM
Member \$135 | Program participant \$270

**Just looking to play some pick-up
Pickleball?**

**Members are welcome to come and play
open pickleball.**

**Monday–Friday
10:00AM–12:00PM
Tuesdays
1:00PM–3:00PM**



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.

LITTLE EXPLORERS/ HOME SCHOOL

LITTLE EXPLORERS

PLAYTIME PALS (AGES 12-24 MONTHS)

This Caregiver and Tot class is a fun-filled playtime. We provide an interactive playtime where you and your little one spend quality time together in a stimulating atmosphere – enhancing social, emotional, and physical development through various activities including art, music, and stories!

Wednesdays 1:45PM–2:15PM

Member \$90 | Program Participant \$180



STEPPING STONES (AGES 2-4 YEARS)

This drop-off program is an opportunity for social and emotional growth with friends. We include modules such as music, free play, crafts, story time, and snack, as well as practicing routines and transitions as a group.

Wednesday 9:30AM–11:00AM

Member \$150 | Program Participant \$300

HOMESCHOOL



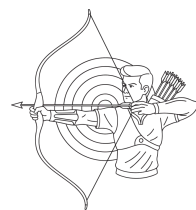
HOMESCHOOL ARCHERY CLUB (AGES 6+)

This drop-off program is perfect for beginners looking to learn the fundamentals of archery in a safe and supportive environment. Held indoors and led by a certified instructor, the program covers essential skills such as safety, proper form, aiming techniques, and target practice. All equipment is provided, making it easy for newcomers to get started.

When: Mondays 12:15PM – 1:15PM

Where: YMCA Program center

Cost: \$156 per archer



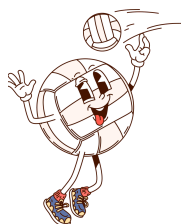
HOMESCHOOL VOLLEYBALL CLUB (AGES 7-13)

Our Homeschool Volleyball Program for ages 7–13 provides a fun and supportive environment where students learn the fundamentals of volleyball while building confidence, teamwork, and athletic skills. Through age-appropriate instruction, drills, and games, players of all experience levels will develop their passing, serving, setting, and hitting skills while staying active and making new friends.

When: Wednesdays 12:15PM – 1:00PM

Where: YMCA Program center

Cost: \$90 per person



SPORTS

YOUTH PROGRAMS

BASKETBALL BASICS (AGES 5-8 YEARS)

Join in the fun at the YMCA Outdoor Center where we will provide guided instruction in the basics of basketball that will challenge your child, improve skills and understanding of the game, and allow for some fun-filled interactive play.

When: Saturdays 10:00AM-10:45AM

Where: YMCA Outdoor Center

Cost: Member \$90 | Program Participant \$180



BASKETBALL SKILLS & DRILLS (AGES 8-11 YEARS)

Do you have a young hooper who is ready to take their skills to the next level? Bring them to the Lakewood-Trumbull YMCA Outdoor Center for Basketball Skills and Drills, where children will develop their basketball skills in an environment that provides individualized guidance and positive reinforcement. We will provide a variety of drills that are fun and exciting, focusing on self-improvement and teamwork, too!

When: Saturdays 11:00AM-11:45AM

Where: YMCA Outdoor Center

Cost: Member \$90 | Program Participant \$180

FLAG FOOTBALL (AGES 8-12 YEARS)

At the Y, our Flag Football program empowers youth to learn the fundamentals of America's favorite sport in a noncontact, high-energy environment. Kids build confidence, stay active, and foster teamwork and sportsmanship, all while cultivating core values like respect, caring, honesty, and responsibility on the field.

When: Saturdays 12:00PM-12:45PM

Where: YMCA Outdoor Center

Cost: Member \$90 | Program Participant \$180



Looking for fun family activities?

The Y offers a variety of ways to play and grow together! Check out page 18 or visit our website for all the exciting details on our upcoming events:

Guided Nature Hikes – Explore local trails together.

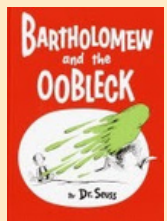
Community Campfires – Enjoy s'mores and stories.

Halloween Event – Join us for spooky, safe family fun.

Have questions about these programs?
Contact Kathleen Riley, Senior Program Director at
kriley@cccymca.org

STEAM PROGRAMS

YOUTH PROGRAMS



OUBLECK WORKSHOP

Unlock the mystery of non-Newtonian fluid! Is it a liquid or a solid? Come ready to get messy and explore how force affects it. All materials included! Fun For the whole family!

Saturday October 17th

11:00AM-11:45AM at the Outdoor Center

Cost: Member Free | Program Participant \$10 per family

“Won’t look like rain,
won’t look like snow;
won’t look like fog,
that’s all we know.
We just can’t tell you anymore,
(Although we HAVE made Oobleck
before!)”



SLIME TIME WORKSHOP

Mix, squish and stretch your own custom batch of slime! All materials provided. Join us whether you’re a slime pro or first timer! All materials provided. Whether you’re a slime pro or first timer, this class is for you!

Saturday, September 26th

1:00PM-1:45PM at the Outdoor Center

Cost: Member Free | Program Participant \$10 per family



HOT WHEELS PHYSICS (AGES 5-8 YEARS)

Unlock the science of motion through Hot Wheels play and discovery! Race into real-life problem-solving skills with engaging activities centered around important STEAM concepts (Science, Technology, Engineering, Arts and Math).

When: Saturdays 9:00AM-9:45AM

Where: YMCA Outdoor Center

Cost: Member \$90 | Program Participant \$180



LEGO STEAM CLUB (AGES 5+)

There’s something for everyone in our Lego play space! With a focus on physics, inquiry, and strategy, a variety of activities like simple machines, bridge building, mazes and SO much more will challenge and encourage your child to think critically while experiencing the pure joy of playing with Legos.

When: Saturdays 10:00AM-10:45AM

Where: YMCA Outdoor Center

Cost: Member \$90 | Program Participant \$180

FOR ALL DROP OFF PROGRAMS, CHILDREN MUST BE POTTY TRAINED, OR THE PARENTS MUST STAY IN THE BUILDING.

Have questions about these programs?
Contact Kathleen Riley, Senior Program Director at
kriley@cccymca.org

FAMILY TIME

FAMILY PROGRAMS



FAMILY ARCHERY CLASS (AGES 6+)

Ready, aim, fun! Join us for a Family Archery Class where parents and kids can learn and grow together in a safe and supportive environment. This 8-week class is perfect for beginners or those looking to sharpen their skills. Our certified instructors will guide families through the fundamentals of archery—including safety, proper form, aiming techniques, and target practice—while focusing on teamwork, patience, and confidence-building. All equipment is provided. Spots are limited register today and hit the bullseye with your family!

When: Tuesdays 6:30PM-7:30PM

Where: YMCA Program Center

Cost: Member \$178 | Program Participant \$356

Halloweenfest at Camp Tepee



The Lakewood-Trumbull YMCA invites you to celebrate Halloween! This **community-wide event is open to everyone** and features Trunk or Treat, a “haunted” camp house walk, and many festive activities. Rain or shine, we hope to see you there!

When: Saturday October 24th | 5:30PM – 7:00PM

Location: YMCA Camp Tepee and Outdoor Center

Cost: Free | Pre-registration is required.



TRAIL HIKING
NATURE WALK | PHOTOGRAPHY STOPS | GROUP GATHERING

BE ON THE LOOKOUT FOR MORE INFORMATION

FAMILY CAMPFIRE NIGHTS

Gather around the fire and make memories with your family at our Family Campfire Nights! Join us at the Lakewood-Trumbull YMCA Camp Tepee location for an evening of community, connection, and cozy campfire fun. Led by Unit Director Greg, each night kicks off with a family-friendly song or story before you settle in to roast marshmallows and enjoy s'mores under the stars.

*Please note: This is a family program—children must be accompanied by a parent or guardian. This is not a drop-off event. Come unplug, unwind, and enjoy a night outdoors with us!

When: Friday, Sept 25th | 6:30PM – 7:30PM

Location: YMCA Camp Tepee and Outdoor Center

Member: Free | Program participant \$10.00 per Family





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.**

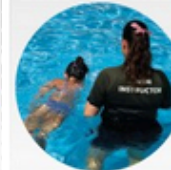
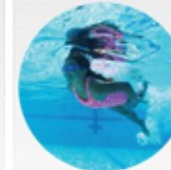
Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages – from infants to seniors – can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule.

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

Please contact the Fairfield YMCA, Woodruff Family YMCA, Stratford YMCA or Soundview Family YMCA for swim lessons during the school year.

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



HEALTH & WELLNESS

CHRONIC DISEASE PROGRAMS

At the Lakewood-Trumbull YMCA, we're committed to supporting the health of our entire community—especially those living with chronic diseases who may not feel comfortable in traditional fitness settings. Our chronic disease programs offer more than physical activity—they create a space for social and emotional healing, connection, and support. Thanks to generous donations from members, sponsors, and community partners, these life-changing programs are offered free of charge. By supporting the Y, you help ensure that everyone—regardless of financial ability—has access to resources that improve lives and foster lasting change. For more information or to make a donation, contact : Joanne Orenstein, Health & Wellness Director.



ROCK STEADY BOXING

Rock Steady Boxing is a safe, non-contact fitness program for people with Parkinson's at any stage that builds balance, mobility, strength, and confidence while fostering community support; to get started, a signed medical clearance is required and caregivers are encouraged to attend; classes run year-round, and there is no YMCA membership required and no charge for the class.

Monday and Wednesday 1:30PM to 2:45PM
Thursday 12:15-1:30



YOGA FOR MS - IN PERSON OR VIRTUAL

Since 2002, this adapted yoga class at the Lakewood-Trumbull Y has supported people living with Multiple Sclerosis. It began with help from the MS Society and continues today thanks to the Y's generous contributors. In this class, breathing, gentle movement, posture, and awareness come together to build relaxation and body awareness. You'll learn simple tools for daily life—better balance for standing and walking, strength and alignment for getting up and sitting down, and steady core support for everything you do.

In Person - Monday 10:30AM | Virtual - Wednesday 10:30AM



LIVESTRONG® AT THE YMCA

This free 12week LIVESTRONG® program at the YMCA helps adult cancer survivors rebuild strength and confidence through supportive small group sessions, participants get full YMCA access every day. Certified instructors trained in recovery, exercise, nutrition, and supportive care guide each step.

Eligible participants are those in treatment or post treatment who can attend regularly, complete a medical clearance form, and take part in an intake interview and confidential health assessment, with a focus on physical, emotional, and social healing.

Our next session will be from 9/22/26-12/11/2026.

Intake interviews happening now.

LIVESTRONG®

FOUNDATION

In partnership nationally with:



HEALTH & WELLNESS

MIND AND BODY PROGRAMS

BOOK CLUB

Join Our Book Club! Love a good story and great conversation? Come join our Book Club! We meet on the **first Monday of every month at 11:15AM** to chat, laugh, and share our thoughts on books chosen by our members. Everyone's welcome — whether you're a casual reader or a total bookworm! When: First Monday of each month Time: 11:15 AM Interested? Grab your next great read and join the fun!



MONTHLY NUTRITIONAL SEMINARS

Join Us for Monthly Nutritional Seminars Ready to boost your health and feel your best? Join Jen Evans, MS in Nutrition, for our lively and informative Nutritional Seminars at the Lakewood–Trumbull YMCA! When: The **second Monday of every month at 12:30PM**. Each month, Jen will share fresh tips, tasty ideas, and practical tools to help you crush your health goals — all in a fun, supportive environment. Come learn, laugh, and leave inspired to make healthier choices! You do not have to be a member to attend, these are open to all in the community.



SUPPORTING WELLNESS TOGETHER

Are you ready to grow stronger, healthier, and happier? Our 12-week program supports your unique journey toward vibrant health, stress relief, and sustainable weight loss. At the Y, we believe in strengthening spirit, mind, and body. This program brings those values to life by helping you build lifelong fitness habits while forming deep connections with your neighbors. Within our welcoming group environment, you will find a supportive community where everyone belongs. Our program keeps you supported every step of the way through weekly community circles to share inspiration and cheer on your peers. You will also receive 30 minutes of personalized guidance each week from a certified Y trainer who truly cares about your success, ensuring you have the tools to reach your goals. You are your most valuable asset. Take this positive step for your spirit, mind, and body today. Let's start this journey together—register now! Classes meet Mondays being September 21st at 6:00pm. COST: \$200 | Facility Members \$400 | Program Participants



WELLNESS TEAM SPOTLIGHT



PAUL

I had been a member of The Lakewood YMCA for about 10 years before joining the Y Team. Working with people has always been one of my passions and I was able to continue that as both a YMCA member and an Exercise Room Attendant. I have always been aware of the importance of physical activities and working at the Y is another way to share this importance with others. People will always make what one does more enjoyable! In addition to The Y, I am also an Assistant Registrar and Poll Moderator for The Town of Monroe. With grown children and 7 grandchildren, being a Y member only adds to life's journey.



**PERSONAL
TRAINER**

HEALTH & WELLNESS

PERSONAL TRAINING & WELLNESS PROGRAMS

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. Personal Training Packages are available in several options to suit your goals and schedule.

1 hour \$71.00 | 3 hours \$189.00
5 hours \$308.00 | 10 hours \$572.00

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.

4 hours \$210.00

SMALL GROUP TRAINING

Small Group Training Packages for 2–6 participants are available in 3-, 5-, and 10-hour options. Enjoy the motivation and support of training with others while receiving expert guidance to help you reach your fitness goals together.

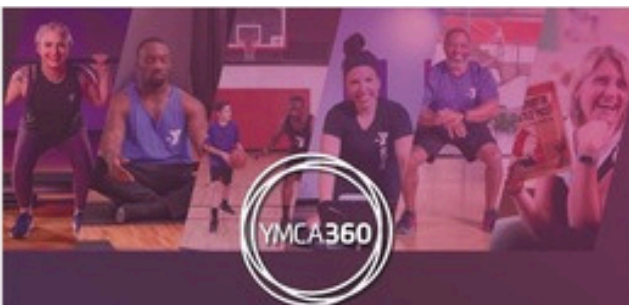
3 hours \$264.00 | 5 hours \$500.00 | 10 hours \$824.00



**Ready to take the next step in
your wellness journey?**

**Connect with our Health & Wellness
Director, Joanne Orenstein,
at jorenstein@cccymca.org
for more information.**

HEALTH & WELLNESS



YOUR VIRTUAL YMCA
Your favorite classes, workouts,
and programs — anytime, anywhere.



INCLUDED WITH YOUR MEMBERSHIP.
LEARN MORE & DOWNLOAD NOW



YMCA 360 MOBILE APP

YMCA360 is a wellness program benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allows you to customize your health and wellness journey. The things you love about the Y, its people, places, and programs, are all on YMCA360!

Download our Mobile App which will allow you to:

- Check-in using your bar code
- View class schedules at your Y and other Central Connecticut Coast Ys
- Make a class reservation
- Livestream and on-demand classes taught by YMCA instructors
- Fitness classes, sports instructions, nutrition/cooking classes, children's book readings, and so much more!
- Learn what's happening at the Y. Push notifications are also available
- PLUS set personal wellness goals
- Get connected by joining Challenges
- Track your wellness activities
- Connect to your wellness device and other health apps.
- View a history of your wellness accomplishments
- Check Y hours and locations

CENTRAL CONNECTICUT COAST YMCA

COMMUNITY FOOD SERVICES



STRATFORD YMCA

3045 Main St
Stratford, CT 06614



VALLEY YMCA

32 Howard Ave
Ansonia, CT 06401



WOODRUFF FAMILY YMCA

631 Orange Ave
Milford, CT 06461



SOUNDVIEW FAMILY YMCA

628 East Main St
Branford, CT 06405



NEW HAVEN YMCA YOUTH CENTER

50 Howe St
New Haven, CT 06511

HEALTH & WELLNESS

GROUP EXERCISE CLASSES

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 lead the classes through various exercises. They assist with modifications and advancements and offer recommendations to ensure each participant is both comfortable and challenged to reach their full potential. If you have a specific health concern or injury, please inform an instructor prior to the class beginning.

RESERVATIONS FOR CLASSES

We request that all members reserve a spot for all classes, either from home on our Y360 app, or by contacting us. You can sign up for group classes 6 days in advance, and up to one hour before the start of class. We are happy to show you how to use the app!

CLASS DESCRIPTIONS THIS MAY NOT BE A COMPLETE LIST: CHECK OUR APP FOR THE MOST CURRENT GROUP EXERCISE CLASS OFFERINGS!

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.

BARRE-BALL FUSION

This low impact workout is modifiable to all levels. Enjoy slow focused movements that challenge and improve balance and stability. Strengthen your core, enhance muscle tone, posture and flexibility.

BOLLYWOOD DANCE

A colorful, dynamic, highly theatrical dance styles seen 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.

BOOT CAMP

A high intensity workout designed to work the whole body using TRX® straps, resistance equipment, weights and other equipment.

CARDIO SCULPTING

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

CARDIO BARRE

Barre movements with intervals of cardio. There is minimal impact but don't let that fool you! One of the best workouts around. Weights, bands, balls and other equipment is used.

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.

HEALTH & WELLNESS

JOINTS IN MOTION

Helps improve balance and posture with a variety of exercise for feet, legs, core and glutes. Range of motion exercise for every joint from head to toe to help with arthritis.

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.

GENTLE FLOW YOGA

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

CALMING YOGA

A gentler class on the yoga mat with time in equal parts for breath focus, gentle movement and guided meditation/relaxation, to encourage greater ease of being and release from anxiety.

LINE DANCING

Enjoy your workout with easy to follow specific line and western steps to the beat and accompaniment of popular and classic music.

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.

YOGA FUSION

A blended class that focuses on flexibility and strength, combining the best of yoga and Pilates.

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.

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.

SPINNING

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



CENTRAL CONNECTICUT
COAST YMCA

YOU'RE INVITED TO A

Halloweenfest at Camp Tepee

The Lakewood-Trumbull YMCA invites you to celebrate Halloween! This **community-wide event is open to everyone** and features Trunk or Treat, a "haunted" camp house walk, and many festive activities. Rain or shine, we hope to see you there!

Pre-registration is required.



5:30PM-7:00PM
October 24th



YMCA CAMP TEPEE
204 Stanley Rd.
Monroe, CT



Join the fun
and wear a
costume!

**DONATIONS
WELCOMED!**

Help keep this
annual event from
going to the grave!



LAKEWOOD-TRUMBULL YMCA
20 Trefoil Drive, Trumbull CT 06611
203-445-9633 | lakewoodtrumbullymca.org



CENTRAL CONNECTICUT COAST YMCA



LAKESWOOD-TRUMBULL YMCA

20 Trefoil Drive, Trumbull CT 06611
P: 203-445-9633 | F: 203-445-9080

FAMILY OUTDOOR CENTER

204 Stanley Road, Monroe CT 06468
P: 203-261-2566 | F: 203-261-3146

FOR A BETTER US®