LAKEWOOD-TRUMBULL YMCA
FALL 1 PROGRAM GUIDE
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

FACILITY HOURS
Monday - Thursday 5:30am - 8:00pm
Friday 5:30am - 7:00pm
Saturday 7:00am - 5:30pm
Sunday 8:00am - 3:00pm

HOLIDAY HOURS
Labor Day 7:00am - 1:00pm

FALL 1 SESSION
August 28 – October 22

PROGRAM REGISTRATION DATES
Facility Member - August 7
Program Participant - August 14

YOUR TEAM
Andrew Bramlett, Executive Director
Hunter Kay, Gymnastics Director
Joanne Orenstein, Health & Wellness Director
Kathleen Riley, Youth and Family Services Director
Lydia Struzik, Membership Director
Patty Fogle, Child Care & Camp Coordinator
Quinn Lesperance, Dance & Recreation Coordinator

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

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

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

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

<table>
<thead>
<tr>
<th>2023–2024</th>
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<tbody>
<tr>
<td>Before School Monthly</td>
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<tr>
<td>Y Member</td>
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<tr>
<td>3 Days</td>
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<tr>
<td>4 Days</td>
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<tr>
<td>5 Days</td>
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<tr>
<td>Daily Drop In</td>
</tr>
</tbody>
</table>

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
YOUTH DEVELOPMENT

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@cccyymca.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 including gymnastics, sports, crafts and games. All children should bring a snack and lunch with water! Nut-free please!

<table>
<thead>
<tr>
<th></th>
<th>1/2 Day</th>
<th>Full Day</th>
<th>Post Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$55</td>
<td>$75</td>
<td>$25</td>
</tr>
<tr>
<td>Program Participant</td>
<td>$110</td>
<td>$150</td>
<td>$25</td>
</tr>
</tbody>
</table>

1/2 Day: 7:30am – 12:30pm
Full Day: 7:30am – 3:30pm
Post Care: 3:30 – 6:00pm

DATES OFFERED:
September 25
October 9
November 7

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!

<table>
<thead>
<tr>
<th></th>
<th>5:30pm – 8:00pm</th>
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</thead>
<tbody>
<tr>
<td>Members</td>
<td>$20</td>
</tr>
<tr>
<td>Program Participant</td>
<td>$30</td>
</tr>
</tbody>
</table>

5:30pm – 8:00pm
Members $20
Program Participant $30

Located at the Lakewood – Trumbull YMCA Program Center
Registration closes at noon the day of the program.

DATES OFFERED:
September 15
October 20
November 17
December 15

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
## 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Program Participant</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>5:30pm - 6:30pm</td>
<td>$130</td>
<td>$260</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:45am - 10:45am</td>
<td>$130</td>
<td>$260</td>
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## Preschool Gymnastics

### Pre-School Open Gym

(Ages 12 MO – 6 yrs)

All children must be accompanied by an adult. Pre-registration required.

**Friday** 11:00am - 12:00pm

Member $5  Program Participant $10

FREE for children currently enrolled in a LWT Youth Program

### Caregiver & Tot Gymnastics

(Ages 24 – 36 mos)

Learn basic gymnastics skills with guided instruction and open play in a social setting. Caregiver participation required.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Program Participant</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>11:15am – 12:00pm</td>
<td>$90</td>
<td>$180</td>
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<tr>
<td>Saturday</td>
<td>8:45am–9:30am</td>
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### Gymnastics for Threes

(Ages 3 yrs)

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

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Program Participant</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>10:30pm –11:15pm</td>
<td>$120</td>
<td>$240</td>
</tr>
<tr>
<td>Friday</td>
<td>9:00am – 9:45am</td>
<td>$120</td>
<td>$240</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:45am–9:30 am</td>
<td>$155</td>
<td>$310</td>
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</table>

### 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 Classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Program Participant</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>1:15pm – 2:00pm</td>
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<tr>
<td>Thursday</td>
<td>2:00pm – 2:45pm</td>
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#### 1-Hour Classes

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Program Participant</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>5:30pm – 6:30pm</td>
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<tr>
<td>Saturday</td>
<td>9:45am – 10:45am</td>
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### Adventure Athletes

(Ages 3 – 6 yrs)

This drop-off program includes 45 minutes of gymnastics, a themed story and craft, followed by a caregiver provided nut-free snack.

(MUST BE POTTY TRAINEd)

<table>
<thead>
<tr>
<th>Day</th>
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<th>Member</th>
<th>Program Participant</th>
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<tbody>
<tr>
<td>Friday</td>
<td>9:00am – 11:00am</td>
<td>$155</td>
<td>$310</td>
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## For More Information

Visit us online at [www.lakewoodtrumbullymca.org](http://www.lakewoodtrumbullymca.org)
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.

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<th>Day</th>
<th>Time</th>
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<tr>
<td>Tuesday</td>
<td>4:15pm - 5:15pm</td>
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<td>Tuesday</td>
<td>5:30pm - 6:30pm</td>
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<td>Wednesday</td>
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<td>5:30pm - 6:30pm</td>
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<td>Saturday</td>
<td>9:45am - 10:45am</td>
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<tr>
<td>Saturday</td>
<td>11:00am - 12:00pm</td>
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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.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>4:15pm - 5:45pm</td>
</tr>
<tr>
<td>Member</td>
<td>$150</td>
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</tbody>
</table>
| Program participant $300

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.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td>Wednesday</td>
<td>5:30pm - 7:00pm</td>
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<tr>
<td>Saturday</td>
<td>11:00am - 12:30pm</td>
</tr>
<tr>
<td>Member</td>
<td>$150</td>
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</tbody>
</table>
| 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.

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<thead>
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<tr>
<td>Saturday</td>
<td>11:00am - 12:00pm</td>
</tr>
<tr>
<td>Member</td>
<td>$130</td>
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</tbody>
</table>
| 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.
Our youth dance program is a 10-month performing dance experience that culminates with a recital in June. Participants in this program must be facility members. Payments will be billed monthly from September – June.

**Additional costume fees apply with classes.**

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Member Fee</th>
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<tbody>
<tr>
<td>Beginner Class Fee</td>
<td>$70/month</td>
</tr>
<tr>
<td>Intermediate Class Fee</td>
<td>$75/month</td>
</tr>
<tr>
<td>Advanced Class Fee</td>
<td>$80/month</td>
</tr>
<tr>
<td>Dance Unlimited Fee</td>
<td>$165/month</td>
</tr>
</tbody>
</table>

**BALLET**
Ballet teaches technique, discipline, structure and etiquette. Posture, flexibility, strength and grace are just a few of the wonderful benefits of ballet.

**TAP**
Dancers will learn basic tap terms while focusing on simple footwork. Tap dance is great for new dancers looking to learn how to find rhythm with feet and body correlation.

**COMBO CLASS**
Students develop the fundamentals of ballet and tap in a nurturing and fun environment.

**HIP HOP**
Hip Hop focuses on body movements coinciding with the beat and rhythm of hip hop music. It improves flexibility, develops balance and assists in coordinating muscles.

**MUSCIAL THEATRE**
Our theater dance program is where acting meets dance! This program is designed to develop comprehensive musical theatre skills, developing confidence and stage presence!

**ACRO**
Acrobat Dance blends dance and gymnastics together. This class contains a mixed-level group that will work on gymnastics skills that will be incorporated into their performing routine.

**JAZZ**
Jazz is a combination of ballet, modern and popular dance moves. This style will enhance stamina, technique, and most of all love for dance!

**LYRICAL**
Lyrical Dance mixes ballet and jazz techniques. This style allows dancers to use their ballet techniques to tell stories through the freedom of movement.

**CONTEMPORARY**
Contemporary gives dancers a more accessible approach to movement, which follows the natural curve and flow of the body and the connection to the story they are telling through their movement and emotion.
YOUTH DEVELOPMENT

BEGINNER CLASSES

Learn basic terminology and techniques while focusing on the basics of a dance style of your choice!

BEGINNER TAP/JAZZ
(Ages 6-9 yrs)
Wednesday 4:30pm-5:30pm

BEGINNER ACRO
(Ages 5-8 yrs)
Thursday 4:30pm-5:15pm

BEGINNER BALLET/LYRICAL
(Ages 6-9 yrs)
Saturday 10:00am-11:00am

BEGINNER/INTERMEDIATE MUSICAL THEATRE
(Ages 6-12 yrs)
Wednesday 5:30pm-6:15pm

BEGINNER/INTERMEDIATE HIP-HOP
(Ages 6-12 yrs)
Friday 5:00pm-5:45pm

COMBO CLASS
(Ages 3-5 yrs)
Saturday 1:00pm-1:45pm

INTERMEDIATE CLASSES

Begin to learn how to implement the styles techniques into your dancing while start piecing together longer combinations and routines.

INTERMEDIATE JAZZ
(Ages 9-12 yrs)
Tuesday 4:30pm-5:15pm

INTERMEDIATE ACRO DANCE
(Ages 9-12 yrs)
Saturday 12:00pm-12:45pm

INTERMEDIATE TAP
(Ages 10-12 yrs)
Wednesday 6:15pm-7:00pm

INTERMEDIATE BALLET/LYRICAL
(Ages 10-12 yrs)
Thursday 6:00pm-7:00pm

INTRODUCTION TO CONTEMPORARY
(Ages 10-12 yrs)
Wednesday 6:00pm-6:45pm

ADVANCED CLASSES

Find your artistry while improving your musicality, technique and performance quality.

ADVANCED JAZZ
(Ages 13 & over)
Monday 5:45pm-6:45pm

ADVANCED BALLET
(Ages 13 & over)
Tuesday 5:15pm-6:15pm

ADVANCED CONTEMPORARY
(Ages 13 & over)
Tuesday 6:15pm-7:15pm

ADVANCED TAP
(Ages 13 & over)
Wednesday 7:00pm-8:00pm

ADVANCED MUSICAL THEATRE
(Ages 13 & over)
Saturday 11:00pm-12:00pm

ADVANCED HIP HOP
(Ages 13 & over)
Saturday 12:00pm-1:00pm

ADVANCED ACRO DANCE
(Ages 13 & over)
Saturday 1:00pm-2:00pm

PRE-POINTE/POINTE 1
Invite Only
Monday 4:30pm-5:00pm

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

COMPETITION DANCE

COMPANY Y DANCE TEAM
(By audition only)
A more intense program focusing on competitive dance. Dancers will learn DEDICATION, TEAMWORK, CREATIVITY, and LEADERSHIP. The learned dance styles are then performed and competed both nationally and regionally throughout the season. Prices vary based on Additional costume fees apply.
Facility Member  Beginner Troupe  Pre-Teen Troupe  Performance Company  Pre-Professional Company

NON-PERFORMING DANCE

PRE-K AND KINDER PERFORMING ARTS
(Ages 3 – 6 yrs)
Enter your little dancer into the performing arts world with this class! Your child will explore singing, dancing and acting during this one hour class.

Sunday  12:00pm – 1:00pm
Member $100  Program Participant $200

LITTLE HIP-HOPPERS
(Ages 3 – 5 yrs)
This class helps improves flexibility, develops balance and assists in coordinating muscles. Your dancer will find ways of Hip Hop through short combinations, warm ups and follow along dancing.

Friday  4:30pm – 5:00pm
Member $80  Program Participant $160

TINY TUTUS
(Ages 2 yrs)
This class introduces your child to various free movement and simple ballet steps. The instructor will incorporate simple dance exercises, stretches, and easy routines while helping to emphasize body awareness and creativity in a fun-loving, nurturing environment. Caregiver participation required.

Saturday  9:30am – 10:00am
Member $80  Program Participant $160

DANCE FOR THREE’S
(Ages 3 yrs)
Students develop the fundamentals of DANCE in a nurturing and fun environment. Learn new styles throughout the session!

Thursday  2:00pm – 2:30pm
Member $80  Program Participant $160
LITTLE NINJAS
(Ages 4 – 6 yrs)
Your child will begin with the fundamentals of martial arts, and grow in confidence and ability.

**Monday**  
Member $100  
Program participant $200

**Thursday**  
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**  
Member $100  
Program participant $200

**Friday**  
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**  
Member $115  
Program participant $230

MARTIAL ARTS WEAPONS
(Ages 7 & older)
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**  
Member $115  
Program participant $230
NATURE NUGGETS
(Ages 3–6 yrs)

Outdoor immersion is so important for our kids. Come join us for a hands on nature immersion class at YMCA Camp Tepee and Family Outdoor Center. This hour and a half long class is for children and their caregiver. In this class we will explore, experiment, dig, smell, and learn about our backyards! Come explore and play!

**Location:** Camp & Outdoor Center 204 Stanley Road, Monroe CT

If you are interested in signing up, or would like more information, please contact Kathleen Riley at 203 445 9633.

Running September 9 — October 21

Saturday 10:00am - 11:00am
Member $110 Program Participant $220

MAD SCIENTIST CLUB

Our Mad Scientists Club will engage children in a variety of activities centering around Science, Technology, Engineering, Arts and Math.

Running September 9 — October 21

**Ages 6–8 yrs**
Saturday 10:00am - 11:00am
Member $80 Program Participant $150

**Ages 9–11 yrs**
Saturday 11:30am – 12:15pm
Member $80 Program Participant $150

Register in advance at the Front Desk, online or contact Kathleen for more information at kriley@cccymca.org.
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 to when they depart.

PARTY OPTIONS:

Indoor Options:  
Gymnastics  
Dance  
Martial Arts  
Parkour  

Outdoor Options:  
Eco-Art  
Camp Mania  
Scavenger Hunt  
Hiking/Wildlife  
Low Rope Course  
Archery  
High Rope/Zipline  
Do-It-Yourself

Seasonal Options:  
Pool Time, Play Time

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<tr>
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<th>Family Program Center</th>
<th>Family Outdoor Center</th>
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<tr>
<td></td>
<td>20 Trefoil Drive Trumbull, CT 06611</td>
<td>204 Stanley Road Monroe, CT 06468</td>
</tr>
<tr>
<td><strong>Member</strong></td>
<td><strong>Program Participant</strong></td>
<td></td>
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<tr>
<td>1–8 Participants</td>
<td>$275</td>
<td>$275</td>
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<tr>
<td>9–14 Participants</td>
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<tr>
<td>15–21 Participants</td>
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<td>$390</td>
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Saturdays: 2:30pm - 4:30pm  
Sundays 11:30am - 1:30pm

I am ready to party, now what?  
For indoor and seasonal rentals, contact Andrew Bramlett,  
at abramlett@cccymca.org  
For outdoor rentals, contact Kathleen Riley at kriley@cccymca.org
FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG

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.

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.

Observation Policy
While practicing social distancing, parents are asked not to disrupt the children or instructor while the class is in session.

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

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.
YOUTH DEVELOPMENT

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.
One parent is required to be in the pool with their student.
Age Group:
3 years – 5 years Preschool
5 years – 12 years School Age
12+ years – Teen & Adult
Stages 1 – 3

SWIM BASICS
Stage 1 / Water Acclimation
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.

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.

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.

PRIVATE and 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.

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.
Age 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.

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.

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.

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.
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 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@cccymca.org

WELLNESS TEAM SPOTLIGHT
Diane Pikikero has been Employee by the Y for 23 years. Member Services for 23 years and Zumba instructor for 3 years. Fitness and Dance has always been part of her life and daily routine. Zumba is a fun Latin dance cardio workout that she loves teaching as well as taking when ever she can. Using her Zumba moves, Diane has been involved in many fundraisers for the Y, and continues to support the Y along with her community.

Diane has lived in Trumbull for 28 years and has raised two daughters with her husband. Of course, we can’t forget to mention their dog Tucker!
HEALTHY LIVING

WELLNESS PROGRAMS

SUPPORTING WELLNESS TOGETHER
Twelve weeks designed to help you attain your goals for better health, less stress, to lose weight, to get more fit, to make friends, feel better! Together, with a group, everyone is stronger.
Program includes: Weekly meetings and 30 minutes per every week of the program with a certified Personal Trainer.
Wednesday 6:00pm, beginning September 27
Member $195  Program Participant $375

COUCH TO 5K
If you’ve always wanted to run, but don’t know how to start, now is your chance! The program starts slowly, three times a week, and works up to a 5K, culminating in participation in the K Race around Thanksgiving. We will start you off on September 9, and then meet weekly.
Saturday 10:45am

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
Virtual – Wednesday 10:30am

MONTHLY NUTRITIONAL SEMINARS
Each month the Lakewood-Trumbull YMCA will be hosting Nutritional Seminars with Jen Evans, MS in nutrition. Seminars will be the first Monday of each month (except for September, when it will be September 11, at 12:30am and provide knowledge to help you meet your health goals.

A MATTER OF BALANCE
A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. It will be presented by the Trumbull Health Department free to our members and members of the community every Wednesday in September and October, 12:30-2:30. Registration is limited and required.

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.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
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.
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.
What is YMCA360.org?

• A healthy living network for you and your family anywhere, anytime!
• Virtual classes taught by YMCA instructors from across the country.
• A multi-function platform that includes website and TV access.
• 1000+ of great programs for all ages, for you and for your family.
• Kids & Family Classes, Mind & Body; Fitness First; Boomers & Beyond.
• FREE with a full-facility Central Connecticut Coast YMCA membership.

Try it! NEW!

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

Instructions for access:
• Please visit ymca360.org. Click the login button
• Enter your email address, click continue
• Enter your zip code, click continue
• Click your YMCA
• You will receive a 6 digit email code, via email
• Enter this code, click continue
• You will be let in!
• Please let us know what you think! Email info@cccymca.org