FIND CONNECTION.
FIND YOUR Y.

FALL 11 PROGRAM GUIDE

The YMCA connects people to a great sense of purpose and to each other to make our community stronger.
OUR MISSION: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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
Thanksgiving Day Closed

FALL 11 SESSION
October 24 - December 18

PROGRAM REGISTRATION DATES
Facility Member – October 3
Program Participant– October 10

YOUR TEAM
Meaghan George, Executive Director
Joanne Orenstein, Health & Wellness Director
Kathleen Riley, Youth and Family Services Director
Donna Bogen, Membership Coordinator
Lydia Struzik, Membership Director
Quinn Lesperance, Dance & Recreation Coordinator
Patty Fogle, Child Care & Camp Coordinator
Oscar Rodriguez, District Aquatics Director
Charles Wilson, Facility Director

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

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.
Whenever a neighbor needs support, the Y stands ready to help with open arms and caring hearts.
When you donate to the Lakewood - Trumbull YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community. All contributions to the YMCA provide direct financial assistance for ALL who need it.

**FIND YOUR REASON TO GIVE. DONATE FOR A BETTER US.**
Connect Meagha George, mgeorge@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!

We are following guidance from the State of Connecticut, the CDC, our Health Department and other YMCAs regarding safety precautions. For updated Safety Protocols, please refer to our web-site.

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: $60 per child

<table>
<thead>
<tr>
<th></th>
<th>Before School Monthly</th>
<th>After School Monthly</th>
<th>Before &amp; After School Monthly</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Y Member</td>
<td>Program participant</td>
<td>Y Member</td>
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<tr>
<td>3 Days</td>
<td>$205</td>
<td>$302</td>
<td>$287</td>
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<tr>
<td>4 Days</td>
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<td>$323</td>
<td>$308</td>
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<tr>
<td>5 Days</td>
<td>$231</td>
<td>$338</td>
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<tr>
<td>Daily Drop In</td>
<td>$27</td>
<td>$38</td>
<td>$38</td>
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</table>
**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@cccymca.org.

**Y VACATION CLUB**

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

<table>
<thead>
<tr>
<th>Dates Offered:</th>
<th>1/2 Day</th>
<th>Full Day</th>
<th>Post Care</th>
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<tbody>
<tr>
<td>October 5</td>
<td>Member $55</td>
<td>Member $75</td>
<td>Member $25</td>
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<tr>
<td>November 8</td>
<td>Program Participant $110</td>
<td>Program Participant $150</td>
<td>Program Participant $25</td>
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<thead>
<tr>
<th>Dates:</th>
<th>5:30pm–8:00pm</th>
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<tbody>
<tr>
<td>October 21</td>
<td>Members $15</td>
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<tr>
<td>November 18</td>
<td>Program Participant $25</td>
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<tr>
<td>December 9</td>
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</tbody>
</table>

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

**PARENTS NIGHT OUT**

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

5:30pm–8:00pm
Members $15
Program Participant $25

Dates:
October 21
November 18
December 9
YOUTH DEVELOPMENT

PRE-SCHOOL GYMNASTICS

PRE-SCHOOL OPEN GYM
(Ages 12 MO – 6 yrs)
All children must be accompanied by an adult.
Pre-registration required.
Wednesday 12:00pm – 1:00pm
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.

Wednesday 11:15am – 12:00pm
Saturday 8:45am–9:30am
Member $90 Program participant $180

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

Wednesday 10:30am –11:15am
Friday 9:00am – 9:45am
Saturday 8:45 am–9:30 am
Member $120 Program participant $240

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
Tuesday 1:15pm – 2:00pm
Thursday 12:30pm – 1:15pm
Member $120 Program participant $240

1-HOUR CLASSES
Wednesday 5:30pm – 6:30pm
Saturday 9:45am – 10:45am
Member $130 Program participant $260

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)
Friday 9:00am – 11:00am
Member $155 Program participant $310

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.

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

**SCHOOL-AGE GYMNASTICS**

**GIRLS BEGINNERS GYMNASTICS**  
(Grades K – 6)  
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.

- **Tuesday**: 4:15pm – 5:15pm  
- **Tuesday**: 5:30pm – 6:30pm  
- **Wednesday**: 4:15pm – 5:15pm  
- **Wednesday**: 5:30pm – 6:30pm  
- **Saturday**: 9:45am – 10:45am  
- **Saturday**: 11:00am – 12:00pm  

**Member $130  Program participant $260**

**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.

- **Wednesday**: 4:15pm – 5:15pm  
- **Wednesday**: 5:30pm – 6:30pm  
- **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**: 4:15pm – 5:45pm  

**Member $150  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.**

- **Tuesday**: 4:15pm – 5:45pm  
- **Wednesday**: 5:30pm – 7:00pm  
- **Saturday**: 11:00am – 12:30pm  

**Member $150  Program participant $300**

**BOYS GYMNASTICS**

**BOYS GYMNASTICS**  
(Grades K & 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**: 5:30pm – 6:30pm  
- **Saturday**: 9:45am – 10:45am  

**Member $130  Program participant $260**

For more information visit us online at www.lakewoodtrumbullymca.org
YOUTH DEVELOPMENT

PERFORMING DANCE

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. One costume is included in the program fee. Additional costume fees apply with two or more classes.

<table>
<thead>
<tr>
<th>BALLET &amp; TAP COMBO</th>
<th>BALLET</th>
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<tbody>
<tr>
<td>Students develop the fundamentals of ballet and tap in a nurturing and fun environment.</td>
<td>Dance is the foundation of all dance. Ballet teaches technique, discipline, structure and etiquette. Posture, flexibility, strength and grace are just a few of the wonderful benefits of ballet.</td>
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<thead>
<tr>
<th>BALLET</th>
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<tbody>
<tr>
<td>BEGINNER BALLET (Ages 7 &amp; older)</td>
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<tr>
<td>Saturday</td>
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<td>OPEN BALLET (Ages 9 &amp; older)</td>
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<td>Friday</td>
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<tr>
<td>POINTE (Placement Only)</td>
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<td>Monday</td>
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<tr>
<th>TAP</th>
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<tr>
<td>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.</td>
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<tr>
<th>TAP</th>
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<tr>
<td>BEGINNER TAP (Ages 7 &amp; older)</td>
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<td>Friday</td>
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<tr>
<td>INTERMEDIATE/ADVANCED TAP (Ages 12 &amp; older)</td>
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<td>Wednesday</td>
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<tr>
<th>CONTEMPORARY DANCE</th>
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<tr>
<td>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.</td>
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<thead>
<tr>
<th>CONTEMPORARY DANCE</th>
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<tr>
<td>INTRODUCTION TO CONTEMPORARY (Ages 7 and older)</td>
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<tr>
<td>Monday</td>
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<tr>
<td>INTERMEDIATE/ADVANCED CONTEMPORARY (Ages 12 and older)</td>
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<td>Monday</td>
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| 45 Minute Class Fee |
| Facility Member $70/month |
| 1 Hour Class Fee |
| Facility Member $75/month |
| Dance Unlimited Fee |
| Facility Member $155/month |

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FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
ACRO DANCE
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.

BEGINNER ACRO
(Ages 5 & older)
Tuesday 4:30pm – 5:15pm

ADVANCED ACRO
(Ages 10 & older)
Saturday 1:00pm – 2:00pm

CREATIVITY & IMPROVISATION
This class introduces dancers to the art of improvisation, while teaching them choreographic tools to create their own movement through dance.

CREATIVITY & IMPROVISATION
(Ages 10 & older)
Saturday 12:00pm – 12:45pm

MUSICAL THEATER
Our theater dance program is where acting meets dance! This new program is designed to develop comprehensive musical theatre skills, developing confidence and stage presence like never before!

OPEN MUSICAL THEATER
(Ages 7 and older)
Saturday 11:00am – 12:00pm

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

BEGINNER JAZZ
(Ages 7 & older)
Monday 4:30pm – 5:15pm

INTERMEDIATE/ADVANCED JAZZ
(Ages 12 & older)
TUESDAY 6:15pm – 7:15pm

HIP HOP
Hip Hop is a popular choice at the YMCA! The focus is on body movements coinciding with the beat and rhythm of hip hop music. It improves flexibility, develops balance and assists in coordinating muscles.

BEGINNER HIP HOP
(Ages 7 & older)
Wednesday 4:30pm – 5:15pm

INTERMEDIATE/ADVANCED HIP HOP
(Ages 9 – 11)
Wednesday 5:30pm – 6:30pm
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. Additional costume fees apply.

Facility Member  Level 1 Team $175
Level 2–4 Team $200

NON–PERFORMING DANCE

PRE-K DANCE (Ages 3 – 6)
Let your little one experience the world of dance, as well as a snack and story! This two hour drop off program will enrich your little dancer in great technique in two impacting styles of dance: ballet technique class full of creativity and movement, followed by a snack, story, and ending with at least 30 minutes of exciting hip hop! Dance shoes are encouraged. Please pack a nut-free snack.
Child must be potty trained.

Tuesday  9:30am – 11:30am
Member $150  Program Participant $300

TINY 2,2s (Ages 2 – 3)
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  9:00am–9:45am
Member $85  Program Participant $170

LITTLE HIP HOPPERS (Ages 3 – 5)
Child must be potty trained.

Tuesday  4:30PM – 5:15PM
Member $85  Program Participant $170

Adult Jazz Fusion  (18 and older)
A chance for the adults to have some fun. Learn Jazz techniques and get moving.

Thursday  6:00PM – 7:00PM
Member $105  Program Participant $210

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
CHALLENGE COURSE (OPEN TO FAMILIES)
Want to experience the fun of Camp Tepee’s challenge course as a family? This is an opportunity for you to reserve a time slot with one of our ropes course specialists and have a chance to privately, as a family, go on our high ropes course. Whether it’s the climbing wall where you climb up into the tree canopy, Burma Bridge where you walk a line through the trees, Flying Squirrel where your family lifts you up into the trees, or our zipline course where you zoom through the canopy, this is a fun event for the entire family.

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.
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

- Gymnastics
- Sports
- Low Rope Course
- Scavenger Hunt
- Camp Mania
- Dance
- Martial Arts
- Archery
- Parkour
- High Rope/Zipline
- Eco-Art
- Hiking/Wildlife
- Pool Time, Play Time
  (Seasonal)

Family Program Center 20 Trefoil Drive, Trumbull
Camp and Outdoor Center 204 Stanley Road, Monroe

<table>
<thead>
<tr>
<th>Number of Children</th>
<th>Member</th>
<th>Program participant</th>
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<tbody>
<tr>
<td>1-8</td>
<td>$175</td>
<td>$245</td>
</tr>
<tr>
<td>9-14</td>
<td>$190</td>
<td>$270</td>
</tr>
<tr>
<td>15-21</td>
<td>$210</td>
<td>$290</td>
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</tbody>
</table>

Saturdays & Sundays

I am ready to party, now what?

For indoor reservations, contact Quinn Lesperance, at 203 445 9633 x 2715 or email qlesperance@cccymca.org
For outdoor reservations, contact Kathleen Riley at 203 261 2566 or email kriley@cccymca.org
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.

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.

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tbody>
<tr>
<td>6 months – 3 years Parent* &amp; Child</td>
<td>SWIM STARTERS Stages A–B</td>
</tr>
<tr>
<td>3 years – 5 years Preschool</td>
<td>SWIM BASICS SWIM STROKES Stages 1–4</td>
</tr>
<tr>
<td>5 years – 12 years School Age</td>
<td>SWIM BASICS SWIM STROKES Stages 1–6</td>
</tr>
<tr>
<td>12+ years Teen &amp; Adult</td>
<td>SWIM BASICS SWIM STROKES Stages 1–6</td>
</tr>
</tbody>
</table>

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.
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 to 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.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
PERSONAL TRAINING & NUTRITIONAL COUNSELLING
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.

For more information, please contact Joanne Orenstein, Health & Wellness Coordinator, jorenstein@cccyymca.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.
HEALTHY LIVING

WELLNESS TEAM SPOTLIGHT

This session, we would like to spotlight Erica Tetro who is an instructor for our MS Yoga classes.

Erica has been at the YMCA since 2001. She has been teaching our MS Yoga classes virtually since the start of COVID to ensure this group could continue their practices. We are excited to see Erica and some of her participants return to the YMCA in person this fall.

While she is a Yoga pro, hiking is her favorite way to exercise.

Erica says “I have been touched by the acceptance, caring, and kindness that I have received and witnessed from Staff and members at the Y. The true heartfelt intention to support health and wellness is both uplifting inspiring. Gratitude and love for the many special people in my life, at least in part….makes me, me.”

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@ccymca.org for more information.

In Person— Mondays at 10:30 am beginning October 3
Virtually—Wednesdays 10:30

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 Coordinator, Joanne Orenstein at jorenstein@ccymca.org.

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 Tuesday of each month at 7:00pm and provide knowledge to help you meet your health goals.
GROUP EXERCISE CLASSES

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!

VIRTUAL YMCA

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

Classes will begin at the time shared on our online schedule. Please login in advance of the start time, using your first and last name. There is a virtual ‘waiting room’ for participants. Once we can verify that you’re not a robot, we’ll invite you to continue.

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.

BOOTCAMP – LAND
A high-intensity workout designed to work the whole body using resistance equipment, steps and high intensity floor exercise.
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.

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