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

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

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

FACILITY HOURS
Monday - Friday  6:00am - 7:00pm
Saturday          7:00am - 4:00pm
Sunday            8:00am - 1:00pm

HOLIDAY HOURS
Labor Day       6:00am - 1:00pm

FALL II SESSION
October 25 – December 19

PROGRAM REGISTRATION DATES
Facility Member - October 4
Community Member - October 11

YOUR TEAM
**Meaghan George**, Executive Director
**Jennifer Arnone**, Youth & Sports Director
**Joanne Orenstein**, Health & Wellness Coordinator
**Kathleen Riley**, Youth and Family Services Director
**Donna Bogen**, Membership Coordinator
**Lydia Struzik**, Membership Coordinator
**Quinn Lesperance**, Dance & Recreation Coordinator
**Patty Fogle**, Child Care & Camp Coordinator
**Lissette Avila**, Gymnastics Team Head Coach/Coordinator

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

Andres Ayala           Vince Fini             Dana Lonergan
Alicia Berntsen       Sujata Gadkar-Wilcox   David Raymond
Diane Chiota          Courtney Headley       Jeff Santee
Claudia Cirillo       Ron Lesko             Glen Snajder
Heidi De LaRosa       Mike Lombardo

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

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OUR MISSION: To put Judeo-Christian principles into practice through programs that
build healthy spirit, mind, and body for all.
The Lakewood-Trumbull YMCA is a branch of the **CENTRAL CONNECTICUT COAST YMCA** which provides citizens within twenty-five Connecticut towns and cities with access to the extraordinary, lifesaving and enriching programs and opportunities, and we need your help, now more than ever.

With our doors open to all, we bring people together from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

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

For which, we are **FOREVER GRATEFUL.**

**DONATE FOR A BETTER US.**
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>Before School Monthly</th>
<th>After School Monthly</th>
<th>Before &amp; After School Monthly</th>
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<tbody>
<tr>
<td></td>
<td>Y Member</td>
<td>Community Member</td>
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<tr>
<td></td>
<td>Y Member</td>
<td>Community Member</td>
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<tr>
<td><strong>3 Days</strong></td>
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<td><strong>5 Days</strong></td>
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<td><strong>Daily Drop In</strong></td>
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</table>

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

CHILD CARE

Y Learning Center Grades K–5

If distanced learning becomes an option, please consider us for your child care needs!

Our Y Learning Center program combines academics with play and offers a caring and safe environment where kids can achieve, feel a sense of belonging, build friendships and explore new interests. At our Family Program Center, in addition to distance learning, your child will enjoy an array of gymnastics based activities.

For additional information please contact our Youth and Family Services Director, Kathleen Riley at kriley@cccymca.org.

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 Youth and Sports Director, Jennifer Arnone at jarnone@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>
</tr>
</thead>
<tbody>
<tr>
<td>October 11</td>
<td>Member $55</td>
<td>Member $75</td>
<td>Member $25</td>
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<tr>
<td>November 2</td>
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<tr>
<td>December 27 – 30</td>
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<td></td>
<td>7:30am – 12:30pm</td>
<td>7:30am – 3:30pm</td>
<td>3:30 – 6:00pm</td>
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<tr>
<td></td>
<td>Community Member $110</td>
<td>Community Member $150</td>
<td>Community Member $25</td>
</tr>
</tbody>
</table>

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 the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.
PRESCHOOL GYMNASTICS

PRE-SCHOOL OPEN GYM
(Ages 12 MO – 6 yrs)
All children must be accompanied by an adult.
Pre-registration required.
Monday 1:15pm – 2:00pm
Friday 11:45am – 12:30pm
Member $5 Community Member $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 $85 Community Member $170

GYMNASTICS FOR THREES
(Ages 3 yrs)
A fun, nurturing experience without caregiver participation; learn basic gymnastics skills including trampoline, bars, beam and more!
Wednesday 12:30pm – 1:15pm
Friday 9:00am – 9:45am
Member $115 Community Member $230

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.

PRESCHOOL GYMNASTICS
(Ages 4 – 6 yrs)
A class for both boys and girls 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
Monday 12:00pm – 12:45pm
Tuesday 1:15pm – 2:00pm
Member $115 Community Member $230

1-HOUR CLASSES
Wednesday 5:30pm – 6:30pm
Saturday 9:45am – 10:45am
Member $125 Community Member $250

ADVENTURE ATHLETES
(Ages 3 – 6 yrs)
This 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 $150 Community Member $300
YOUTH DEVELOPMENT

SCHOOL-AGE GYMNASTICS

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**: $125
- **Community Member**: $250

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**: 4:15pm – 5:45pm
- **Wednesday**: 5:30pm – 7:00pm
- **Saturday**: 11:00am – 12:30pm
- **Member**: $145
- **Community Member**: $290

NOVICE GYMNASTICS
(Ages 8 & older)
This class is designed for preteens 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**: $125
- **Community Member**: $250

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 a fun and fast-paced, and teaches gymnasts skills that will prepare them for competitive team.

- **Wednesday**: 4:15pm – 5:45pm
- **Member**: $145
- **Community Member**: $290

BOYS GYMNASTICS

BOYS GYMNASTICS
(Grades K & older)
This class is designed 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.

- **Tuesday**: 5:30pm – 6:30pm
- **Saturday**: 9:45am – 10:45pm
- **Member**: $125
- **Community Member**: $250

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>Class Type</th>
<th>Age Group</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>BALLET</td>
<td>Ages 7 &amp; older</td>
<td>Saturday</td>
<td>10:00am – 10:45am</td>
</tr>
<tr>
<td>INTERMEDIATE/ADVANCED BALLET</td>
<td>Ages 9 &amp; older</td>
<td>Thursday</td>
<td>6:00pm – 7:00pm</td>
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<tr>
<td>PRE-POINTE (Placement Only)</td>
<td></td>
<td>Tuesday</td>
<td>4:20pm – 5:05pm</td>
</tr>
<tr>
<td>POINTE (Placement Only)</td>
<td></td>
<td>Tuesday</td>
<td>6:00pm – 7:00pm</td>
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<tr>
<td>TAP</td>
<td>Ages 7 &amp; older</td>
<td>Wednesday</td>
<td>4:20pm – 5:05pm</td>
</tr>
<tr>
<td>INTERMEDIATE/ADVANCED TAP</td>
<td>Ages 9 &amp; older</td>
<td>Wednesday</td>
<td>5:10pm – 5:55pm</td>
</tr>
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</table>

CONTEMPORARY DANCE

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.

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<thead>
<tr>
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<th>Age Group</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRODUCTION TO CONTEMPORARY</td>
<td>Ages 7 - 8</td>
<td>Thursday</td>
<td>5:10pm – 5:55pm</td>
</tr>
<tr>
<td>INTERMEDIATE/ADVANCED CONTEMPORARY</td>
<td>Placement Only</td>
<td>Saturday</td>
<td>3:00pm – 4:00pm</td>
</tr>
</tbody>
</table>
YOUTH DEVELOPMENT

PERFORMING DANCE

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.

ACRO I - BEGINNER
(Ages 7 & older)
Thursday 4:20pm - 5:05pm

ACRO II - INTERMEDIATE/ADVANCED
(Ages 9 & older)
Saturday 11:00am - 12:00pm

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

INTERMEDIATE/ADVANCED CREATIVITY & IMPROVISATION
(Ages 10 & older)
Saturday 2:05pm - 2:50pm

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!

BEGINNER MUSICAL THEATER
(Ages 7 - 8)
Friday 5:10pm - 5:55pm

INTERMEDIATE/ADVANCED MUSICAL THEATER
(Ages 9 & older)
Wednesday 6:00pm - 7:00pm

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 - 8)
Friday 4:20pm - 5:05pm

INTERMEDIATE/ADVANCED HIP HOP
(Ages 9 - 11)
Friday 6:00pm - 7:00pm

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)
Thursday 4:20pm - 5:05pm

INTERMEDIATE/ADVANCED JAZZ
(Ages 9 & older)
TUESDAY 4:20pm - 5:20pm
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 $200/month

LEVEL 1 & 2 TECHNIQUE
Monday 5:10pm – 5:55pm
LEVEL 3 & 4 TECHNIQUE
Thursday 5:10pm – 5:55pm
LEVEL 1 & 2 BALLET
Tuesday 5:10pm – 5:55pm
LEVEL 3 & 4 BALLET
Tuesday 7:05pm – 8:05pm
LEVEL 1 & 2 SMALL GROUP REHERSAL
Monday 6:00pm – 7:00pm
LEVEL 3 & 4 JAZZ SMALL GROUP REHERSAL
Thursday 6:00pm – 7:00pm
LEVEL 1 – 4 LARGE GROUP REHEARSALS
Monday 7:05pm – 8:05pm
LEVEL 3 & 4 CONTEMPORARY REHERSAL
Thursday 7:05pm – 8:05pm

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.
Wednesday 9:00am – 11:00am
Member $150
Community Member $300

TINY TUTUS (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.
Tuesday 8:45am – 9:30am
Member $85
Community Member $170
YOUTH DEVELOPMENT

MARTIAL ARTS

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

LITTLE NINJAS
(Ages 4 – 6 yrs)
Your child will begin with the fundamentals of martial arts, and grow in confidence and ability.
Monday 4:30pm – 5:30pm
Thursday 4:30pm – 5:30pm
Member $110 Community Member $220

MARTIAL ARTS – BEGINNER
(Ages 7 & older)
Belt levels White, Orange, Blue, and Purple. Students are taught the basics of the art of Tang Soo Do while progressing to the next belt levels leading to Black belt status.
Monday 5:45pm – 6:45pm
Friday 4:30pm – 5:30pm
Member $110 Community Member $220

MARTIAL ARTS – ADVANCED
(Ages 7 & older)
Belt levels Green, Red, and Black. Students learn more advanced martial arts forms and skills with continued focus on obtaining Black belt status.
Friday 5:45pm – 6:45pm
Member $110 Community Member $220

MARTIAL ARTS WEAPONS
(Ages 7 & older)
This class will work on refining basic kicks and techniques. Drills for all levels will be included.
Thursday 5:45pm – 6:45pm
Member $110 Community Member $220
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
Alongside one parent, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

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

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
TOGETHERHOOD

At the Y, We’re dedicated to strengthening community by giving back and supporting our neighbors. That’s why we invite you to participate in Togetherhood, a program that give Y members the opportunity to select, plan and lead meaningful community service projects that benefit people and organizations right here in our neighborhood!

Togetherhood invites members to participate in the Y’s cause to strengthen community. Collecting school supplies, donating blood, or running a park clean up are just some of the countless ways Y members and their friends and families can come together in service to their community. Ready to help and give back? Please reach out to Meaghan George, Executive Director at 203 445 9633 or by email at mgeorge@cccymca.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.
HEALTHY LIVING
WELLNESS TEAM SPOTLIGHT

PAMELA RUST

Pam has been an instructor since 2019. She teaches Strength Train Together, Full Body Blitz and Boot Camp. This includes the new Strength Train Together on Sunday mornings at 9:45am and the Full Body Blitz at the Outdoor Center on Thursdays at 10:00am.

Pamela loves high impact exercises, running, and full body weight training.

Pam is a very active single mother of 3 little kids. She has completed several Spartan races and road running races.

PERSONAL TRAINING

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@cccymca.org

MEMBER BENEFITS

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@cccymca.org.
YOGA FOR MS – VIRTUAL CLASS VIA 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 Coordinator, Joanne Orenstein at jorenstein@ccymca.org for more information.

SUPPORTING WELLNESS WHILE APART
In this new world we live in together, some old habits may be rearing their ugly heads. Long weeks at home with no concrete idea of when it will end, can at the very least, be extremely stressful. Our program encourages us to stay healthy together while living apart. This program includes weekly meetings for discussion, nutritional suggestions and tips. Whether your goals are to lose weight, maintain your fitness, or just to connect with others during these difficult times, this program is meant for us all. We will meet together via Zoom once weekly.

Register by e-mail: jorenstein@ccymca.org or jfleisher@ccymca.org
Monday 3:30pm (via Zoom)
Member FREE

SUPPORTING WELLNESS TOGETHER
The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

The program is designed for adults, 18 years and older who desire a healthier weight. This program is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease.

This is a 12-week program that meets one time per week. Each weekly session is about 45 minutes.

In addition to the weekly meeting, there will be weekly, 30-minute, personal training sessions.
Starting on Wednesday, October 13 at 6:00pm.
Member $150

OUTDOOR BOOTCAMP WITH ANTOINETTE
Push challenge to new limits! If you have done it all, this is the class for you. If you don’t know where to start but you’re game, this is the class for you! Reserve your space on our website!
Location: Family Outdoor Center 204 Stanley Road, Monroe CT.
Tuesday 10:45am
INDOOR & OUTDOOR CLASSES

WHAT TO EXPECT FOR OUR CLASSES
Space is limited and reservations are required. Participants must maintain a 6 foot distance from others at all times (spaces are clearly marked and equipment, including bikes, already placed). Please bring your own mat, water and towel. Outdoor Classes typically are held at the Pavilion at our Camp and Outdoor Center or at our Family Program Center parking lot (closed off to cars).

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.
HEALTHY LIVING
ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS

A PERFECT FIT FOR ANYONE. ANYTIME. ANYWHERE.
DISCOVER THE BENEFITS OF YMCA360 TODAY!

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.

YMCA360 ON-DEMAND AND LIVE
YMCA360 is an on-demand video platform for our Y community. YMCA360 offers 300+ group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more.

These programs are free to all full-facility members of the Central Connecticut Coast YMCAs.

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

Instructions for access:
• Please visit ymca360.org
• 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!
CLASS DESCRIPTIONS

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

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.

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. Proven to burn calories for up to 36 hours post Workout. Get in shape the fast way!

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 by doing traditional Pilates on the mat.

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

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

TOTAL BODY BLITZ
A full body strength and conditioning workout compounding body weight and weight training exercises.

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.

ZUMBA GOLD®
Energizing, easy-to-follow Latin-inspired dance style exercise moves. Zumba® gold is for the novice & senior member.
STRONGER TOGETHER

Refer a friend to the Y. When they join, you get one month free!

Visit our Membership Services Staff to learn more.