



**LAKEWOOD-TRUMBULL YMCA
SUMMER
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 - 9:00pm

Friday 5:30am - 7:00pm

Saturday 7:00am - 6:00pm

Sunday 8:00am - 4:00pm

HOLIDAY HOURS

Independence Day 7:00am - 1:00pm

SUMMER SESSION

June 17- August 11

PROGRAM REGISTRATION DATES

Facility Member - May 27

Program Participant - June 3

YOUR TEAM

Andrew Bramlett, Executive Director

Patty Fogle, Child Care & Camp Coordinator

Ashly Ninke, Gymnastics Team Head Coach

Joanne Orenstein, Health & Wellness Director

Kathleen Riley, Senior Program Director

Lydia Struzik, Membership Director

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*
4. Membership Y facility membership allows usage of the Main Facility, reduced rates and priority registration for programs.

Community-members may also register for programs at the full rate. If you are interested in taking out a membership at the time you register your child, the membership must last from the time of registration to the last day of your child's enrollment in the program. The membership will continue until you submit a termination request in writing with 48 hour notice and only after your child completes their time at program. Please contact the Y for further details on membership prices, hours and programs offered.

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

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

Amy Arnone

David Raymond

Jay Orenstein

Claudia Cirillo

Diane Chiota

Jeff Santee

Courtney Headley

Glen Snajder

Sujata Gadkar-Wilcox

Dana Lonergan

Heidi De LaRosa

Vince Fini

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



**FIND YOUR
REASON TO GIVE.
FIND YOUR Y.**
For a better us.®

We help everyone build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community. More people than ever need financial assistance to take part in Y programs.

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

DONATE FOR A BETTER US.

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

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YOUTH DEVELOPMENT

CHILD WATCH

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

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

Monday - Saturday
Monday - Friday

9:00am-12:00pm
4:00pm-7:00pm



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!

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 Kathleen Riley at kriley@cccymca.org.

Registration is now open for the 2024-2025 school year! Sign up now to secure a spot for the school year!



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

YOUTH DEVELOPMENT

PRESCHOOL AND BOYS GYMNASTICS

CAREGIVER & TOT GYMNASTICS

(Ages 24 - 36 months)

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

Saturday **8:45am - 9:30am**
Member \$95 **Program Participant \$190**

GYMNASTICS FOR THREES

(Ages 3 yrs)

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

Saturday **8:45 am-9:30 am**
Sunday **8:45 am - 9:30 am**
Member \$130 **Program Participant \$260**

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.

Wednesday **4:15pm - 5:15pm**
Saturday **9:45am - 10:45am**
Member \$130 **Program Participant \$260**

GYMNASTICS FOR AGES 4-6

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

45-MINUTE CLASS

Sunday **8:45am - 9:30am**
Member \$120 **Program Participant \$240**

1-HOUR CLASS

Wednesday **4:15pm - 5:15pm**
Saturday **9:45am - 10:45am**
Member \$135 **Program Participant \$270**

SCHOOL-AGE GYMNASTICS

NINJA WARRIOR

(Ages 5-7 & 8-14)

Our program is perfect for kids who love to run, jump, climb, and play. You'll learn how to conquer challenging obstacles, improve your balance and coordination, and become a ninja warrior. Our experienced coaches will guide you every step of the way and make sure you have fun while you train!

Ages 5-7 yrs

Saturday **12:15pm - 1:00pm**
Sunday **11:00am - 11:45am**
Member \$135 **Program participant \$260**

Ages 8-14 yrs

Wednesday **7:00pm - 7:45pm**
Saturday **1:15pm - 2:00pm**

YOUTH DEVELOPMENT

SCHOOL-AGE GYMNASTICS

GIRLS BEGINNERS GYMNASTICS

(Ages 6-7 yrs)

This class teaches gymnasts skills on floor, vault, beam, bars, tramp and tumble track. They will learn starting and finishing positions, and proper form. Our goal is to help students learn the fundamental skills necessary for gymnastics.

Wednesday 4:15pm - 5:15pm
Wednesday 5:30pm - 6:30pm
Saturday 9:45am - 10:45am
Saturday 11:00am - 12:00pm
Sunday 9:45am - 10:45pm
Member \$135 Program Participant \$270



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 \$135 Program Participant \$270

PRE-TEAM

(Invitation only)

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

Wednesday 5:30pm - 7:00pm
Member \$150 Program Participant \$300

INTERMEDIATE 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.

Wednesday 5:30pm - 7:00pm
Saturday 11:00am - 12:30pm
Member \$155 Program Participant \$310

ADVANCED GYMNASTICS

(Ages 7 & older)

This class is designed for gymnasts that have completed an Intermediate gymnastics class, or possess equivalent skills. Gymnasts that are *not* interested in competition will learn advanced tumbling techniques, apparatus proficiency, strength and conditioning, spotting and safety, expanding skills with progressions, and much more!

Thursday 5:30pm - 7:00pm
Member \$155 Program participant \$310

GYMNASTICS PRIVATE LESSONS

(All ages)

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

Member \$60 Program Participant \$90



YOUTH DEVELOPMENT

MARTIAL ARTS

CHEEZIC TANG SOO DO

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

LITTLE NINJAS (Ages 4 - 6 yrs)

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

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

MARTIAL ARTS - BEGINNER (Ages 7 & older)

Belt levels White, Orange, Blue and Purple. Students are taught the basics of the art of Tang Soo Do while progressing to the next belt levels leading to Black belt status.

Monday 4:30pm - 5:30pm
Friday 4:30pm - 5:30pm
Member \$115 **Program Participant \$230**

MARTIAL ARTS - ADVANCED (Ages 7 & older)

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

Monday 5:45pm - 6:45pm
Friday 5:45pm - 6:45pm
Member \$115 **Program Participant \$230**

MARTIAL ARTS WEAPONS (Ages 7 & older)

This is a wonderful addition for students who are currently in our Martial Arts Beginner or Advanced classes to work on refining basic kicks and techniques. Drills for all levels will be included.

Thursday 5:45pm - 6:45pm
Member \$115 **Program Participant \$230**



YOUTH DEVELOPMENT

DANCE CLINICS

The summer is a great time to learn dance in a more concentrated way in a week-long clinic that will incorporate the basics and move forward.

BALLET-TAP-JAZZ

(Ages 3-8 yrs)

Learn the basics and more of these three fundamental dance disciplines, in a fun and non-competitive environment. An in-house performance will be on the Friday at the end of the session.

July 8-12

10:00am - 1:00pm

Member \$150

Program Participant: \$300

HIP-HOP-MUSICAL THEATRE-CONTEMPORARY

(Ages 3-8 yrs)

Explore movement in more contemporary ways and have fun! And in-house performance will be on the Friday at the end of the session.

July 15-19

10:00am-1:00pm

Member \$150

Program Participant: \$300

For more information, please contact Joanne Orenstein, Health & Wellness Director, jorenstein@cccymca.org



FINANCIAL ASSISTANCE

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

YOUTH DEVELOPMENT

BIRTHDAY PARTIES

What party should I choose?

The Lakewood-Trumbull YMCA has two amazing facilities that offer a variety of party options to celebrate your child's next birthday! Choose one of our year-round, seasonal, indoor, or outdoor parties. Our enthusiastic and experienced staff will work closely with you to customize the activities and space to create a fantastic birthday! To ensure you have memories that last a lifetime, our friendly staff is here to help you from the moment you arrive until all your guests depart.

Indoor Party Options:

Gymnastics
Ninja Warrior

Saturdays 2:00 - 3:30pm or 4:00pm - 5:30pm
Sundays 12:00pm - 1:30pm or 2:00pm - 3:30pm

Birthday Party Prices

	Member	Program Participant
1-8 Participants	\$275	\$345
9-14 Participants	\$290	\$370
15-21 Participants	\$310	\$390



OUTDOOR CENTER RENTALS

OUTDOOR EVENTS AT THE Y!

Interested in using our grounds for a family gathering, work event, or a family party?

Lakewood-Trumbull YMCA Camp Tepee and Family Outdoor Center is the perfect place for your child to have a birthday celebration with friends. Family Parties are available for members and community members. Bookings are accepted for Saturdays and Sundays in a two hour time frame between 10AM and 5PM.

For pool and outdoor rentals, contact Kathleen Riley at kriley@cccymca.org



YOUTH DEVELOPMENT

SPECIALTY CLINICS

MARTIAL ARTS

(Grades K & up)

Whether they are little Ninjas, Beginner or Advanced, participants engage in the Cheezic Tang Soo Do discipline with a Master Martial Artist. At the Y, kids learn important life lessons such as focus, discipline and team building while having a great time! Precare, extended day, and post care are available.

June 24-28 9:00am - 1:30pm

July 22-26 9:00am - 1:30pm

Specialty Clinic Options:

		Member Price	Program Participant
7:30-9:30 am	Precare	\$65	\$100
9:30-1:30 pm	Clinic	\$195	\$295
1:30-3:30 pm	Clinic Extension	\$80	\$160
3:30-6:00 pm	Post care	\$85	\$125

Gymnastics Clinics

(All Ages)

Elevate your gymnastics skills with one of our exclusive clinics, designed to master a specific skill with expert guidance. A different skill will be offered every Friday this summer from 3:30pm- 6:00pm.

Member Price \$85.00

Program Participant \$170.00

DATE	SKILLS AT CLINIC	PREREQUISTE SKILLS
7/12/24	Back/Front Handspring	Back/Front walkover
7/19/24	Kip	Glide Swing and Pullover
7/26/24	Front/Back Tuck	Front/Back handspring
8/2/24	Aerial	Cartwheel
8/9/24	Flyaway	Glide Swing and Pullover
8/16/24	Cast Handstand	Horizontal Cast
8/23/24	Jumps Turns and Leaps	none
8/30/24	Front/Back Walkover	Bridge

For more information, please reach out to Ashly Ninke at aninke@cccyymca.org.

YOUTH DEVELOPMENT

GYMNASTICS CAMP

For over 20 years, the Lakewood-Trumbull Y Gymnastics program has been a proud leader in the community, providing gymnastics programs for all!

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

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

The Lakewood-Trumbull YMCA Summer Gymnastics Camp is located at 20 Trefoil Drive, Trumbull.



MEMERSHIP FOR ALL

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

YOUTH DEVELOPMENT

CAMP TEPEE

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

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

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

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

CAMP FAMILY NIGHT

5:00pm-7:00pm

July 11

August 8

GRADE LEVEL GROUPS

ENTERING GRADE	CAMP GROUP
Pre K Ages 3-5	Discovery
K - 1st	Greenhorns
2nd - 3rd	Explorers
4th - 6th	Pioneers
7th - 8th	Adventurers
9th - 10th	CIT - Counselor In Training

WEEKLY THEMES

June 10-14	Summer Fun
June 17-21	Aloha/Summer Luau
June 24-28	Super Hero/Disney
July 1-5 closed July 4	Out of This World
July 8-12	Sports Galore
July 15-19	Full STEAM Ahead
July 22-26	Around the World
July 29-August 2	Splashtopia
August 5-9	Color Wars
August 12-16	Carnival
August 19-23	Bon Voyage

YOUTH DEVELOPMENT

STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

SUMMER SWIM SESSION DATES

Weekend Sessions (Saturday—Sunday)

- Session 1 June 8– June 23
- Session 2 July 6–July 21
- Session 3 August 3–August 18

Weekend sessions run for 3 weeks on Saturday & Sunday for a total of 6 lessons. Each lesson is 40 minutes

Weekday Sessions (Monday—Thursday)

- Session 1 June 10 – June 21
- Session 2 June 24– July 5
- Session 3 July 22–August 2
- Session 4 August 5–August 16

Weekday sessions run for 2 weeks Monday through Thursday for a total of 8 lessons. Each lesson is 30 minutes.

Fees

Members \$98

Program Participant \$196

AGE GROUP

STAGE

6 months - 3 years

Parent* & Child

SWIM STARTERS

Stages A-B

3 years - 5 years

Preschool

SWIM BASICS

SWIM STROKES

Stages 1-4

5 years - 12 years

School Age

SWIM BASICS

SWIM STROKES

Stages 1-6

12+ years

Teen & Adult

SWIM BASICS

SWIM STROKES

Stages 1-6

PRIVATE & SEMI PRIVATE SWIM LESSONS

AGES: 3 and up

One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant.

Participants in Semi Private Lessons must be in the same household.

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



YOUTH DEVELOPMENT

SWIM STARTERS

Accompanied by one parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

Age Group:

Stage A: 6 months-17 months

Stage B: 18 months-36 months

Parent* & Child

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.

Sat/Sun 11:00am-11:40am

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.

Sat/Sun 10:10am-10:50am

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two bench mark 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

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.

Sat/Sun 11:50am-12:30pm

Sat/Sun 1:30-2:10pm

Mon-Thurs 5:00pm-5:30pm

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.

Sat/Sun 12:40pm-1:20pm

Sat/Sun 2:20-3:00pm

Mon-Thurs 5:40pm-6:10pm

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.

Sat/Sun 11:00am-11:40am (Preschool only)

Sat/Sun 11:50am-12:30pm (School Age only)

Mon-Thurs 6:20pm-6:50pm

SWIM STROKES

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

Age Group:

5 years - 12 years School Age

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.

Sat/Sun 11:00am-11:40am

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

Sat/Sun 10:10am-10:50am

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.

Sat/Sun 10:10am-10:50am

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.

HEALTHY LIVING

WELLNESS TEAM SPOTLIGHT

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 PROGRAMS

LIVESTRONG® at the YMCA is a FREE 12-week small group program designed for adult cancer survivors seeking to regain health as they become de-conditioned or chronically fatigued from treatment and/or disease. This program includes:

- Two 75-minute classes per week: Tuesdays and Fridays
1:30PM—2:45PM
- Full access to the Y seven days a week

Our certified instructors provide a supportive, safe environment for each class and have undergone specialized training in the areas of cancer, post-rehab exercise, nutrition, and supportive cancer care. **LIVESTRONG®** at the YMCA is provided at no cost to participants thanks to the generosity of those who donate to our Annual Support Campaign.

Next Session scheduled for Fall 2024

Intakes begin July 1.

**Contact Joanne Orenstein at
jorestein@cccymca.org for more information.**

CRITERIA FOR PARTICIPATION

- Available for individuals currently undergoing cancer treatment or have completed their treatment.
- Strong personal desire and commitment to attend classes.
- Obtain a signed medical clearance form.
- Participate in an interview with our Intake Specialist, complete a confidential health assessment and program registration forms.

HEALTHY LIVING

WELLNESS PROGRAMS

YOGA FOR MS – In person or on zoom

This yoga class is adapted especially to meet the needs of individuals with Multiple Sclerosis. The aim of practicing yoga is not to merely assume specific postures, but rather to combine breathing, posture, movement and awareness to achieve relaxation and body awareness. Practicing yoga can give you tools to help manage everyday tasks that include balancing to stand or walk, strengthening and alignment for standing up and sitting down and core strength for everything you do.

If interested, please contact our Health & Wellness Director jorenstein@cccymca.org for more information.

In Person – Monday 10:30am

Zoom – Wednesday 10:30am



BOOK CLUB

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

8 WEEK-LONG PICKLEBALL CLINICS!

These 8 week clinic will teach player about the game of pickleball with certified pickleball coach, Susan Rotunda! Beginners will learn the basics of the game, while intermediate or advanced players will have the chance to fine-tune their skills and learn new techniques.

Beginner

Intermediate

Monday

2:00pm – 3:15pm

Wednesday

8:45am – 10:00am

Member \$100

Program Participant \$200



WELLNESS TEAM SPOTLIGHT

RITA ASPIRANY-VASSALLO, Fitness Instructor

My fitness journey began by participating in different TRX classes years ago, in which I was encouraged by my trainers to transmit my passion, energy and knowledge to individuals with an interest in fitness and making lifestyle changes.

My mission is to share my philosophy and help others lead healthier and more fulfilling lives. I am deeply passionate about helping people get fit and stay motivated. "Fitness is a journey, not a destination"

Fitness is for everyone. As a certified instructor, I ensure every session is adapted to individual abilities and needs.

Every session should be challenging but fun. I want to make sure participants leave satisfied, proud of themselves, and most importantly, smiling.



HEALTHY LIVING

GROUP EXERCISE CLASSES

ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS

WHAT TO EXPECT FOR OUR CLASSES

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 the 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 app or website. You can sign up for classes 6 days in advance, and up to one hour before the start of class.

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 and other props might be 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.

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.

HEALTHY LIVING

CLASS DESCRIPTIONS

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 quickly!

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.

Open Anywhere, Anytime

DISCOVER THE ADDED BENEFITS OF YMCA360



YMCA360 ON-DEMAND AND LIVE

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

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

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

Please visit ymca360.org

- 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!

