



LAKEWOOD-TRUMBULL YMCA WINTER 2 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

Easter March 31 Closed

Winter 2 SESSION

February 26– April 21

PROGRAM REGISTRATION DATES

Facility Member - February 5

Program Participant - February 12

YOUR TEAM

Andrew Bramlett, Executive Director

Patty Fogle, Child Care & Camp Coordinator

Hunter Kay, Gymnastics Director

Ashly Ninke, Gymnastics Team Head Coach

Joanne Orenstein, Health & Wellness Director

Kathleen Riley, Youth and Family Services 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*

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

MEMBERSHIP FOR ALL

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

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

Amy Arnone

Claudia Cirillo

Courtney Headley

Dana Lonergan

David Raymond

Diane Chiota

Glen Snajder

Heidi De LaRosa

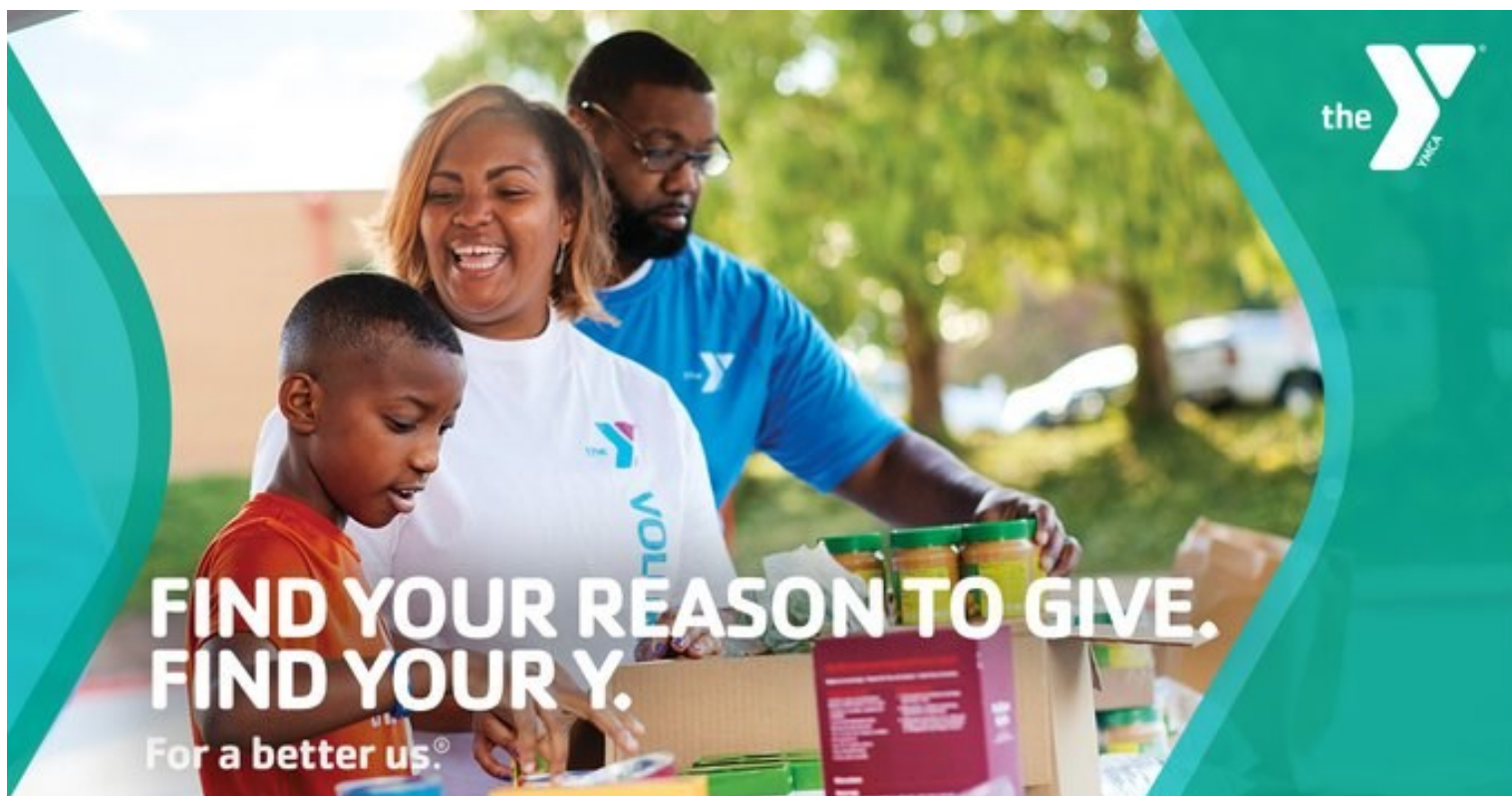
Jay Orenstein

Jeff Santee

Sujata Gadkar-Wilcox

Vince Fini

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



We help everyone build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

More people than ever need financial assistance to take part in Y programs. Please give to our Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

DONATE FOR A BETTER US.

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

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YOUTH DEVELOPMENT

CHILD CARE

BEFORE/AFTER SCHOOL PROGRAM

Comprehensive state certified after school program for youth in kindergarten through 5th grade in the Monroe Public School System! We help kids reach their potential and thrive in a safe, trustworthy setting. We offer a curriculum that aligns with the school day and supports growth in literacy, science, technology, engineering, arts and math (STEAM) while infusing physical activity and fun. We teach kids confidence, encourage self-expression and enrich social development. Providing our youth with the support, encouragement and positive role models that they need, will not only increase their ability to succeed in school, but in life!

Locations: Stepney Elementary School

Fawn Hollow Elementary School

Monroe Elementary School (After Care only 2:50pm – 6:00pm)

Before Care Hours: 7:00am – until school starts

After Care Hours: end of school day – 6:00pm

Annual Registration Fee: \$50 per child

2023-2024

	Before School Monthly		After School Monthly		Before & After School Monthly	
	Y Member	Program Participant	Y Member	Program Participant	Y Member	Program Participant
3 Days	\$213	\$314	\$298	\$437	\$432	\$640
4 Days	\$229	\$336	\$320	\$474	\$469	\$693
5 Days	\$240	\$352	\$341	\$506	\$501	\$741
Daily Drop In	\$29	\$40	\$40	\$52		



For the 2024-2025 school year, registration opened for current participants on February 1, 2024; for new participants on March 1, 2024.

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 9:00am-12:00pm

Monday - Friday 4:00pm-7:00pm



MAD SCIENTIST CLUB FREE in CHILD WATCH!

Once a month, on Friday afternoons, we will be running our Mad Scientist club for free in at child watch! Our Mad Scientists Club will engage children in a variety of activities centering around Science, Technology, Engineering, Arts and Math. This program will have our teacher Debbie, pull a few children out at a time to learn, be engaged and get a tad messy!

Ages 3-12 yrs

Friday, March 8 6:15-7:00pm
Friday, April 12 6:15-7:00pm

Pre registration is required!



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

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 Gymnastics Director, **Hunter Kay** at **Hkay@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!

DATES OFFERED:

March 15
March 29
April 4-12
April 15-19

Full Day
Member \$80

Post Care
Member \$25

7:30am - 3:30pm
Program Participant \$160

3:30 - 6:00pm
Program Participant \$25

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 \$20
Program Participant \$30

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

DATES OFFERED:

February 23
March 22
April 12

YOUTH DEVELOPMENT

SUMMER CAMPS AND CLINICS

FIND YOUR ADVENTURE AT CAMP TEPEE, GYMNASTICS CAMP & SPECIALTY CLINICS THIS SUMMER!

Lakewood-Trumbull YMCA camps provide children and teens with an opportunity to have fun, meet new friends, play and create memories that last a lifetime. At our Summer Camps and Clinics, participants gain a sense of accomplishment, build relationships and find their sense of belonging. It's an opportunity for physical, social, emotional and cognitive learning experiences. For families, our Summer Camps and Clinics offers a peace of mind knowing that your child is in a safe and enriching environment.

AGES

Tepee and Gymnastics Camp - Ages 3-15
Specialty Clinics - Vary by age

LOCATIONS

Camp Tepee - 204 Stanley Rd, Monroe
Gymnastics Camp/5 Day Clinics - 20 Trefoil Dr, Trumbull,



REGISTER

Registration is open to CCCY Members on February 1. Members of other Ys and Program Participants can register February 19. Check out our website, or speak with the front desk for registration details.

OPEN HOUSES

Please come visit Camp Tepee and Gymnastics Camp and learn more about our camps!

Saturday March 9	10am-1pm
Saturday April 20	10am-1pm
Saturday May 11	10am-1pm

SLEEPAWAY CAMP!

YMCA Camp Hi-Rock is a sleepaway located in Western Massachusetts. We are nestled among 1,000 acres in the Berkshire Mountains, surrounded by conservation forest, and centered around our pristine, private, ninety-acre lake. This gives us the ideal backdrop for the wide variety of activities we offer, which include swimming, climbing, water skiing, archery, sailing and arts & crafts among many others. Camp Hi-Rock is dedicated to the growth and development of all of the participants we serve. We seek to help each camper develop his or her sense of personal worth and responsibility as a cooperative member of a group. In addition, we want campers to discover, learn, cultivate new skills, develop healthy lifestyles, create meaningful relationships, and become more caring, honest, respectful and responsible people. Please visit us at the **Lakewood-Trumbull YMCA** for a drop-in information session to speak face to face with a camp representative, view camp videos and slides, and learn more! **Wednesday, February 7, 4:00 - 6:00 PM and Saturday, March 2, 9:30 - 11:30 AM**



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.

Wednesday 11:15am - 12:00pm
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!

Wednesday 10:30pm - 11:15pm
Friday 9:00am - 9:45am
Saturday 8:45am - 9:30am
Sunday 8:45am - 9:30am
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.

Tuesday 5:30pm - 6:30pm
Saturday 9:45am - 10:45am
Member \$135 Program participant \$270

GYMNASTICS FOR

(AGES 4-6 yrs)

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 2:00pm - 2:45pm
Sunday 8:45am - 9:30am
Member \$120 Program participant \$240

1-HOUR CLASSES

Tuesday 5:30pm - 6:30pm
Wednesday 5:30pm - 6:30pm
Saturday 9:45am - 10:45am
Member \$135 Program participant \$270



SCHOOL-AGE GYMNASTICS

NINJA WARRIOR

(Ages 5-7 & 8-12)

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 8-12 yrs

Wednesday 7:00pm - 7:45pm
Saturday 1:15pm - 2:00pm
Sunday 11:00pm - 11:45pm

YOUTH DEVELOPMENT

SCHOOL-AGE GYMNASTICS

GIRLS BEGINNERS GYMNASTICS

(Ages 6 – 7 yrs)

Designed for beginners ages 6-7, this class provides a nurturing and supportive environment for participants to develop the fundamental skills essential for success in gymnastics. Gymnasts will learn basic tumbling techniques, be introduced to each piece of equipment, practice coordination and flexibility, learn safety guidelines, and much more!

Whether you're a budding gymnast or simply eager to explore the world of gymnastics, this class will provide physical fitness, confidence building, and social interaction for your child.

Tuesday	4:15pm – 5:15pm
Tuesday	5:30pm – 6:30pm
Wednesday	4:15pm – 5:15pm
Wednesday	5:30pm – 6:30pm
Thursday	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
Thursday	4:15pm – 5:15pm
Saturday	11:00am – 12:00pm
Sunday	9:45am – 10:45am
Member \$135	Program participant \$270

INTERMEDIATE GYMNASTICS

(Ages 7 & older)

This class is tailored for participants who have successfully completed a beginner-level gymnastics class or possess equivalent skills. Intermediate Gymnastics focuses on refining technique, expanding skills with progressions, introducing drills, participating in conditioning that focuses on the flexibility and support intermediate gymnastics demands.

Tuesday	4:15pm – 5:45pm
Wednesday	4:15pm – 5:45pm
Wednesday	5:30pm – 7:00pm
Thursday	5:30pm – 7:00 pm
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

(Ages 8 & up)

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
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YOUTH DEVELOPMENT

GYMNASTICS TEAM AND PRE-TEAM

PRE-TEAM

(Invitation only)

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

Wednesday 4:15pm – 5:45pm

Friday 5:30pm – 7:00pm

Member \$155 Program participant \$310

USAG XCEL Program (Bronze-Sapphire)

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

USAG COMPULSORY Program (Levels 1-5)

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

USAG OPTIONALS Program (Levels 6-10)

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

Interested in enrolling in our Gymnastics Team? Please contact our Head Coach Ashly Ninke at aninke@cccymca.org.



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

YOUTH DEVELOPMENT

DANCE

Ballet & Tap Combo

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

(Ages 3-5 yrs)

Saturday

9:00am - 10:00am

(Ages 5-8 yrs)

Tuesdays

5:00pm - 6:00pm

Member \$100

Program Participant \$200

BEGINNER JAZZ

(Ages 7-12 yrs)

Students learn basic jazz techniques, including isolations, leaps, turns and the rhythms that are the hallmark of the style.

Tuesdays

6:15 - 7:00pm

Thursdays

5:00pm - 5:45pm

Member \$90

Program Participant \$180



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.

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 (9th Degree) has encouraged the development of students of all ages through martial arts. Students learn karate as a complete discipline (mind, body, spirit) which develops physical defense, and encourages the formation of high personal standards and respect for others. Students are trained in the art of self-defense, forms, weapons and board breaking.

LITTLE NINJAS (Ages 4 - 6 yrs)

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

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 5:45pm - 6:45pm
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.

Friday 5:45pm - 6:45pm
Member \$115 Program participant \$230

MARTIAL ARTS WEAPONS (Ages 7 & older)

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

Thursday 5:45pm - 6:45pm
Member \$115 Program participant \$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.

YOUTH DEVELOPMENT

PRESCHOOL PROGRAMS

PLAYTIME PALS

(Ages 12-24 months)

This Parent and Tot class is a fun-filled playtime where you grow together in a stimulating atmosphere. Activities include free play, circle time with songs, a musical parade, parachute and more. This play develops and enhances a child's gross motor skills. Children learn to play and interact with their peers.

Monday 9:30am - 10:15am
Member \$65 Program Participant \$130

STEPPING STONES

(Ages 2-4 yrs)

This Drop off program is an opportunity for social and emotional growth with friends. Activities consist of circle time, free play, crafts, story time, snack and more! Children learn to separate from their parent and interact with other children. This is a great way to get ready of preschool! A nut-free snack should be provided!

Wednesday 9:30am - 11:00am
Member \$100 Program Participant \$200

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 \$160 Program participant \$320



PRE-SCHOOL OPEN GYM

(Ages 12 MO - 6 yrs)

All children must be accompanied by an adult.

Pre-registration required.

Friday 11:00am - 12:00pm

Member \$5 Program Participant \$10

FREE for children currently enrolled in a LWT Youth Program

YOUTH DEVELOPMENT

YOUTH PROGRAMS AND SPECIAL EVENTS

FAMILY FUN DAY AT CAMP TEPEE

Come enjoy an open camp day at Camp Tepee. You and your family can hike the trails, build a fort in the woods, enjoy the mini golf course, play GAGA in the pit, shoot hoops on our basketball court, or enjoy a STEAM project. This free event allows you to get outside with your family and enjoy the Outdoor Center's 47 acres!

Saturday, March 9 1:30pm - 3:30pm
Saturday, April 20 10:00 am - 1:00pm



YOUTH PROGRAMS SPOTLIGHT

Lauren McCarthy has been a tremendous asset to the Trumbull YMCA through her dedicated volunteering efforts. Whether it's assisting at a Gymnastics meet, participating in Vacation club activities at the branch, or contributing to Gymnastics Camp, Lauren consistently offers her time and support.

Her natural aptitude for interacting with children and making them feel special is truly remarkable. Lauren excels in demonstrating gymnastics skills and helping kids learn new abilities. Her genuine engagement with the children is an innate quality that shines through effortlessly. Lauren's compassion extends to working with kids with special needs; she demonstrated exceptional care when a camper experienced a panic attack, remaining by their side and facilitating sensory grounding exercises to help the child calm down.

Lauren approaches camp as a delightful experience, and this positive attitude is contagious among the children who consistently enjoy themselves under her guidance.



YOUTH DEVELOPMENT

BIRTHDAY PARTIES

PAR-TY!

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

PARTY OPTIONS:

Indoor Options:

Gymnastics
Ninja Warrior

Outdoor Options:

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

Seasonal Options:

Pool Time, Play Time



Family Program Center 20 Trefoil Drive Trumbull, CT 06611

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

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

Family Outdoor Center 204 Stanley Road Monroe, CT 06468

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

Saturdays and Sundays
90 minute time-frame

I am ready to party, now what?

For **indoor rentals** contact **Hunter Kay** at hkay@cccymca.org
For **outdoor rentals and seasonal options**, contact **Kathleen Riley** at 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.

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

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 that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Age Group:

5 years – 12 years School Age

12+ years – Teen & Adult

Stages 4 – 6

SWIM STROKES

Stage 4 / Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

SWIM STROKES

Stage 5 / Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

SWIM STROKES

Stage 6 / Stroke Mechanics

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

HEALTHY LIVING

PERSONAL TRAINING

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.



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.

2024 SPRING SESSION

Session begins: March 5, 2024

Now accepting enrollments.

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

Virtual – Wednesday 10:30am

MONTHLY NUTRITIONAL SEMINARS

Each month the Lakewood–Trumbull YMCA will be hosting Nutritional Seminars with Jen Evans, MS in nutrition. Seminars will be the first Monday of each month and provide knowledge to help you meet your health goals.

4 WEEK-LONG PICKLEBALL CLINICS!

These 4 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

Monday 2:00pm – 3:15pm

Intermediate

Wednesday 8:45am – 10:00am

Member \$50 Program Participant \$100



WELLNESS TEAM SPOTLIGHT

ANNA REGGIANO, Fitness Center Attendant, on staff since 2006.

If you're not here really in the morning you may not know Anna, and that's a good enough reason for you to come in at 6am! She will make you laugh, maybe cry, and make sure you are working out in the best way possible for you. She will also make a point of getting to know you, and will never forget your birthday. Anna is CPR/AED certified.

Anna has been married for 35 years to Artie, and is a mother of 4, grandmother of 2, a lover of crocheting and baking.



HEALTHY LIVING

GROUP EXERCISE CLASSES

ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS

WHAT TO EXPECT FOR OUR CLASSES

Space is limited and reservations are required. Please bring your own mat, water and towel. Our instructors 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 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!

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.

BARRE-BALL FUSION

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

BOLLYWOOD DANCE/BOLLYWOOD DANCE FOR TEENS AND TWEENS

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.

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 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.

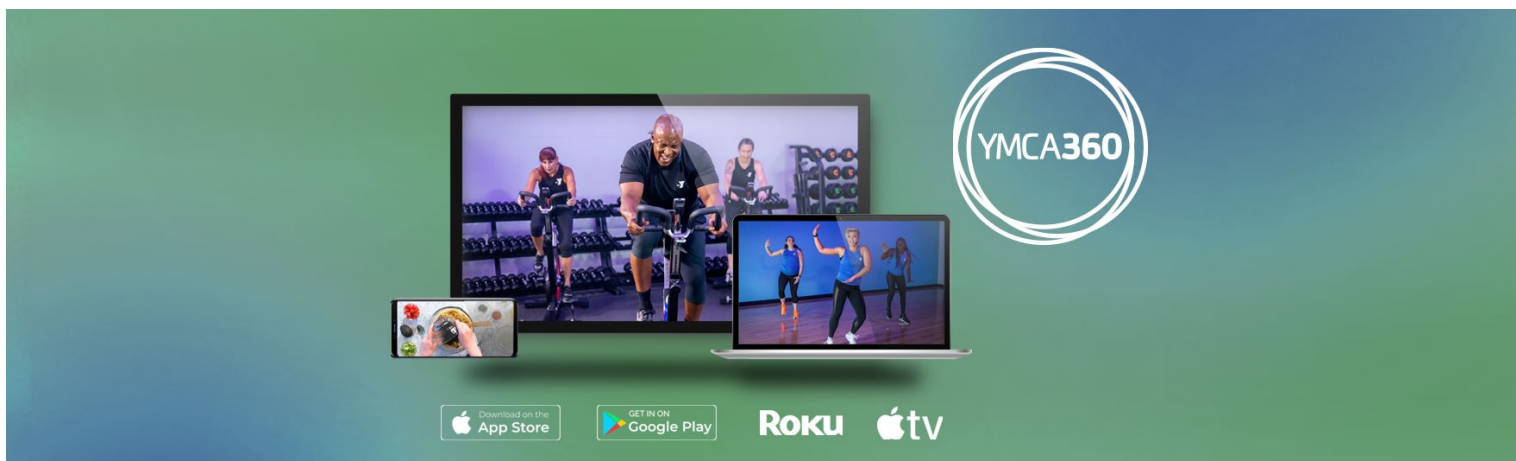
VINYASA YOGA

Energetic flow style yoga practice with emphasis on movement and breath.

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

