LAKEWOOD–TRUMBULL YMCA
FALL 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

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

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

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

HOLIDAY HOURS
Thanksgiving Closed

FALL 1 SESSION
October 23 - December 17

PROGRAM REGISTRATION DATES
Facility Member - October 2
Program Participant - October 9

YOUR TEAM
Andrew Bramlett, Executive Director
Patty Fogle, Child Care & Camp Coordinator
Hunter Kay, Gymnastics Director
Ashley 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

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

Amy Arnone        David Raymond        Jeff Santee
Claudia Cirillo   Diane Chiota         Sujata Gadkar-Wilcox
Courtney Headley  Glen Snajder         Vince Fini
Dana Lonergan     Heidi De LaRosa
We help everyone build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

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

DONATE FOR A BETTER US.

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

CHILD CARE

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

Locations: Stepney Elementary School  Fawn Hollow Elementary School
NEW FOR ‘23–24: Monroe Elementary School (After Care only 2:50pm – 6:00pm)

Before Care Hours:  7:00am – until school starts
After Care Hours:  end of school day – 6:00pm

Annual Registration Fee: $60 per child

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2023–2024

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<tr>
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<th>Before School Monthly</th>
<th>After School Monthly</th>
<th>Before &amp; After School Monthly</th>
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<tr>
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<td>Y Member</td>
<td>Program Participant</td>
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<td>Daily Drop In</td>
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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, Wednesday, Friday, Saturday   9:00am–12:00pm
Monday—Friday                             4:00pm–7:00pm

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!

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<thead>
<tr>
<th>1/2 Day</th>
<th>7:30am – 12:30pm</th>
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<tr>
<td>Member $55</td>
<td>Program Participant $110</td>
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<tr>
<th>Full Day</th>
<th>7:30am – 3:30pm</th>
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<tr>
<td>Member $75</td>
<td>Program Participant $150</td>
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<th>Post Care</th>
<th>3:30 – 6:00pm</th>
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<tr>
<td>Member $25</td>
<td>Program Participant $25</td>
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DATES OFFERED:
November 7
October 9

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

<table>
<thead>
<tr>
<th>5:30pm – 8:00pm</th>
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<tr>
<td>Members $20</td>
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<tr>
<td>Program Participant $30</td>
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Located at the Lakewood – Trumbull YMCA Program Center
Registration closes at noon the day of the program.

DATES OFFERED:
November 17
December 15

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
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 $130  Program participant $260
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.

Tuesday  4:15pm – 5:15pm
Tuesday  5:30pm – 6:30pm
Wednesday 4:15pm – 5:15pm
Wednesday 5:30pm – 6:30pm
Saturday  9:45am – 10:45am
Saturday 11:00am – 12:00pm
Member $130  Program participant $260

NOVICE GYMNASTICS
(Ages 8 & older)
This class is designed for preteen girls looking to take gymnastics for the first time or still working to perfect their foundational level gymnastics skills.

Wednesday  4:15pm – 5:15pm
Wednesday 5:30pm – 6:30pm
Saturday  11:00am – 12:00pm
Member $130  Program participant $260

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

Wednesday  4:15pm – 5:45pm
Member $150  Program participant $300

INTERMEDIATE & ADVANCED GYMNASTICS
(Ages 7 & older)
The goal of this class is to perfect the skills learned in Beginner Gymnastics and to introduce more advanced skills. At least two years of gymnastics experience and instructor invitation is required. Advanced gymnasts will be challenged at their own level.

Wednesday  5:30pm – 7:00pm
Saturday  11:00am – 12:30pm
Member $150  Program participant $300

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  12:00pm – 1:00pm
Member $130  Program participant $230

Ages 8–12 yrs
Sunday  1:15pm – 2:15pm
Member $130  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.
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
Member $100 Program participant $200
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
Member $100 Program participant $200
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

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

PRESCHOOL PROGRAMS

Playtime Pals
(Ages 12–24 months)
This Parent and Tot class is a fun-filed 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 $155  Program participant $310

NATURE NUGGETS
(Ages 3–6 yrs)
Outdoor immersion is so important for our kids. Come join us for a hands on nature immersion class at YMCA Camp Tepee and Family Outdoor Center. This hour and a half long class is for children and their caregiver. In this class we will explore, experiment, dig, smell, and learn about our backyards! Come explore and play!

Location: Camp & Outdoor Center 204 Stanley Road, Monroe
Saturday 10:00am – 11:00am
Member $110  Program Participant $220
CAMP TEPEE AND THE FAMILY OUTDOOR CENTER HALLOWEEN EVENT

The Lakewood-Trumbull YMCA invites you to celebrate Halloween! Everyone is invited, this is a community wide event so tell your neighbors, tell your family, tell anyone you’d like! We encourage costumes for children and adults!

Activities include: Trunk or Treat, a walk in the “haunted” woods, and fun Halloween activities. Please bring an already carved pumpkin to enter our pumpkin carving contest. Donations will be accepted to go towards our Annual Campaign.

Location: Lakewood-Trumbull YMCA
Camp Tepee & Family Outdoor Center
204 Stanley Rd.
Monroe, CT 06468

When: Saturday, October 21
5-8 pm

We are looking for volunteers for the Trunk-or-Treat! Please contact Kriley@cccymca.org if you are interested in volunteering at this event!

OPEN CAMP DAY

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, October 14 1:30pm – 3:30pm
Saturday, November 11 1:30pm – 3:30pm
Saturday, December 9 1:30pm – 3:30pm

MAD SCIENTIST CLUB

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

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

Ages 9–11 yrs
Saturday 11:30am – 12:15pm
Member $80 Program Participant $150
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 to when they depart.

PARTY OPTIONS:

Indoor Options:  Outdoor Options:  Seasonal Options:
Gymnastics  Eco-Art  Pool Time, Play Time
Martial Arts  Camp Mania
Parkour  Scavenger Hunt

YOUTH DEVELOPMENT

PARTY OPTIONS:

Indoor Options:  Outdoor Options:  Seasonal Options:
Gymnastics  Eco-Art  Pool Time, Play Time
Martial Arts  Camp Mania
Parkour  Scavenger Hunt

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

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

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<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>
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<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>
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**OBSERVATION POLICY**
While practicing social distancing, parents are asked not to disrupt the children or instructor while the class is in session.

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

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

SWIM BASICS
Stage 1 / Water Acclimation
Along side one parent, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

SWIM BASICS
Stage 2 / Water Movement
In Stage 2, students, with one parent, focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

SWIM BASICS
Stage 3 / Water Stamina
In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. One parent is required to assist in the pool.

PRIVATE and SEMI PRIVATE SWIM LESSONS
AGES: 3 and up
One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant. Participants in Semi Private Lessons must be in the same household.

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills to prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.
Age Group:
5 years – 12 years School Age
12+ years – Teen & Adult
Stages 4 – 6

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

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

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

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

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
PERSONAL TRAINING & NUTRITIONAL COUNSELING
If you are 14 or 80, and if your goal is to lose weight; gain strength; improve balance; flexibility and agility; rehabilitate an injury; or just push yourself - a Y personal trainer can help you get there. Our certified personal trainers will help develop a personalized program that is perfect for you and will support you with expert knowledge, coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be.

Personal Training Packages and Nutritional Counselling are available in 1, 3, 5 and 10 hour packages.

INTRODUCTION TO PERSONAL TRAINING
For new clients we offer an introductory program for your first 4 hours at $210 so you can experience the benefits of working with a personal trainer. Our Certified Personal Trainers will assess your wellness goals and develop a customized plan to meet your needs to help you achieve success, no matter where you are on your wellness journey.

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

WELLNESS TEAM SPOTLIGHT
Lisa Connelly has been a member of the Fitness Staff since April of 2010! (and a member even longer).

What do you teach: Easy Does It, Spinning
What’s your favorite way to exercise: Anything outside no matter the weather. Biking, golf, and tennis.
What certifications do you have: AFAA (Athletics and Fitness Association), Madd Dog Spin
What are some fun facts about you?:
I was born in Michigan and have lived all over the United States. I love to sail, cook (authentic Mexican cuisine is my specialty) and garden. I enjoy all different genres of music from classical to country. I ran my first 5k six years ago, its never too late to try something new.
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 (except for September, when it will be September 11, at 12:30am and provide knowledge to help you meet your health goals.

LIVESTRONG
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 and Family Community Membership with full access to the Y and Central Connecticut Coast YMCA branches seven days per 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.

4 WEEK–LONG PICKLEBALL CLINICS!
These 4 week clinics will teach players 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.
When: Mondays 2:00pm – 3:15pm (Beginner)
          Wednesdays 8:45am – 10:00am (Intermediate)
Fees: $50 Members $100 Program Participants
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 indoor group classes 6 days in advance, and up to one hour before the start of class.

Please visit our website to see our class schedules and to reserve your spot!

YMCA ZOOMERS

Live Stream Classes with Instructors You Know & Your Friends Join us for daily classes through Zoom! To use Zoom, a free video conferencing platform, use the Meeting ID and Password to join the class. Have fun and keep fit!

Meeting ID: 649-197-4012 / Password: 936974

Be a YMCA Zoomer, join CCCY Zoom group exercise classes. Participate on the Zoom platform from the comfort of your own home or on the go. Classes are led by CCCY instructors. Participate in one class or all that are offered. Participate once a week or in every class. You choose! Your account will be drafted monthly for this program.

Member: Free with Membership  Program Participant: $20/month/unlimited Zoom classes.

CLASS DESCRIPTIONS

ABS EXPRESS
This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment.

ACTIVE OLDER ADULT FIT
Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily living activities. Hand-held weights, elastic tubing with handles and balls are used.

BALANCE AND FLEX TOGETHER
A blended class that focuses on flexibility and strength, and combining the best of Yoga, Tai Chi and Pilates.

BODY SCULPTING
This overall muscle conditioning workout increases strength, endurance and stamina, using weights, tubing, body bars, bands and exercise balls.

BOLLYWOOD DANCE
A colorful, dynamic, highly theatrical dance style since in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa and belly-dance, while also incorporating more contemporary western forms such as hip-hop and jazz.
CLASS DESCRIPTIONS

CARDIO BARRE
Barre movements with intervals of cardio. There is minimal impact but don’t let that fool you! One of the best workouts with standing and seated work. Mat needed.

CHAIR YOGA
Move your whole body through a complete series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and range of movement.

EASY DOES IT
Designed for seniors, beginners, and “ready to be fit” participants. Includes low-impact cardiovascular exercise, muscle conditioning with resistance equipment, agility training and stretching.

HIIT: HIGH INTENSITY TRAINING
An efficient and effective workout for those who want quick results.

GENTLE FLOW YOGA
Blended styles of yoga, offering non-competitive sequences of movement, tranquil guided meditations and in-depth study of breathing.

SPINNING
A fun group class performed on stationary cycling bike. This class combines a cardio & strength training workout to all levels.

NON-STOP TABATA
A high-intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minutes intervals with 20 seconds of hard work followed by 10 seconds of rest. Get in shape the fast way!

PICKLEBALL
Part tennis, part badminton, part racquetball and part table tennis, pickleball is the racquet sport for everybody!

PILATES MAT
Tone and strengthen core muscles, improve stability and posture, slim down and tone up. This class involves free-flowing moves, concentrating on core strength, muscle balance, and flexibility.

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

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

TRX®
TRX® will get your body in the best shape of your life. A suspension training system that combats your body, challenging your strength, power, balance and flexibility.

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

WORKOUT EXPRESS
A 30 minute workout guaranteed to get your heart pumping! All levels welcome.

ZUMBA®
Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. It’s easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.
What is YMCA360.org?

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

Try it! NEW!

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

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