



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR INVESTING
**IN THE
FUTURE**

**RALPHOLA TAYLOR COMMUNITY CENTER YMCA
FALL II PROGRAM GUIDE
October 28 – December 22, 2019**

HERE FOR YOU

Program Session

Fall II Session: October 28 – December 22

Registration Dates

Facility Member: Monday, October 7

Community Member: Monday, October 14

YOUR YMCA STAFF

VP of Bridgeport YMCAs: Carmen Colon

Operations Director: Larry Hamilton Jr.

Youth and Family Coordinator: Camille Harris

STANDARD FACILITY HOURS

Monday-Friday: 9:00-9:00 pm

Saturday: 9:00-2:00 pm

Sunday: Closed

May be open additional hours for special events and programming.

The Ralphola Taylor Community Center YMCA is governed by our Board of Managers which consists of volunteers from throughout our local community.

Phyllis Anderson

Lissette Colon

LaShea Hall

James Hodge

Sarah Lewis

Nancy Sweeny

Dr. Ceasar Irby– Board Chair



Every day, the Y strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the 'us' who live in them achieve our individual and collective promise.

When you donate to the Ralphola Taylor Community Center YMCA Annual Campaign, you make the communities of Bridgeport better and the "us" who live in them stronger.

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect and responsibility.

DONATE FOR A BETTER US. The Y. For a better us.

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

Ralphola Taylor Community Center YMCA 790 Central Avenue, Bridgeport, CT 06607

YOUTH DEVELOPMENT

SATURDAY ENRICHMENT

Youth can come to the YMCA on Saturdays and take part in fun structured activities including board games, sports activities, and games. Saturday enrichment is a great option to keep your child active on weekends.

Dates: Saturdays 11/2– 12/21

Grade: k-8 9:00–1:30pm

Fee: \$55



SOCCER

Youth can participate in a variety of sports that the YMCA offers. These classes help youth meet new friends and stay active. Soccer will allow youth to learn the beginner fundamentals of the sport. During class players will play a small structured scrimmage.

Date: Saturdays

Ages 5-7 10:00-11:00am

Ages 8-10 9:00-10:00pm

*Classes will be held in gym.

Fee: \$60



TUTORING

There are endless benefits to working with a tutor, such as improved work and study habits, increased confidence and attitude, and improved social and behavioral skills. Tutored students also generally perform better on tests and attend school more regularly. Contact one of our youth and family coordinators for scheduling.

More information at www.cccymca/Ralphola.org

YOUTH DEVELOPMENT

BASKETBALL

Did you know that YMCA basketball goes back way beyond tear-away pants and orange slices? In fact, the YMCA was instrumental in the invention of the sport. In 1891, YMCA Director of Springfield, Massachusetts, Dr. Luther Gulick, gave PE teacher James Naismith two weeks to come up with an indoor winter game to challenge a class of future Y Directors. So, Naismith hung two peach baskets from a second floor running track and taught the directors his new game. After that, the sport took off becoming the world's second favorite sport, after soccer.

SKILLS AND DRILLS

Basketball is for players of all skill levels. Players will go through drills to build skills as well as basketball IQ. Our talented coaches work well with players to build strong fundamentals to help players further their career in the sport.

Monday	Age 12+	6:00-7:00pm
Tuesday	Age 8-11	6:00-7:00pm
Wednesday	Age 5-8	6:00-7:00pm
Saturday	Age 5-8	9:00-10:00am
	Age 9-11	10:00-11:00am
	Age 12+	11:00-12:00pm

Fee: \$80
\$120/ Two classes per week



PERSONAL BASKETBALL TRAINING

Players can receive private or semiprivate training with a YMCA basketball coach. Training schedule will accommodate availability of both player and trainer. Training sessions will take place during open gym time. Private lessons are for players ages 8-17.

Private 1 on 1 Training	\$40/Session
Semiprivate Training	\$30/Session
Private Training 10 pack	\$300



More information at www.cccymca/Ralphola.org

YOUTH DEVELOPMENT

TAEKWONDO

Join Master Gomez as he enhances self-esteem by heightening your physical and mental strength. Tae Kwon Do helps build confidence by encouraging you to succeed and take control of your life. Develop discipline by thoroughly training your body and mind in the tenets and techniques of Tae Kwon Do.

Tuesday & Thursdays

Ages 8-10 6:00– 7:00pm

Ages 10-17 7:00– 8:00pm

Fee: \$130

Saturdays

Ages 8-17 11:00-12:00pm

Ages 18+ 12:15– 1:30pm

Fee: \$100



WORK STUDY PROGRAM

High School students grades 10-12 will be offered a unique experience to receive on the job training from a YMCA. Students will learn to work membership, programs, marketing, child care and life guarding. This program will run for the duration of the school year. Students who successfully complete the program may have the opportunity for employment. For more information about this program please contact Youth and Family Coordinator, Camille Harris at charis@cccymca.org.





The Central Connecticut Coast YMCA is a charitable, not-for-profit, community service organization dedicated to putting Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect and responsibility.

Healthy Living

We help people and families 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.

CENTRAL CONNECTICUT COAST YMCA BRANCH LOCATIONS

ASSOCIATION OFFICE 1240 Chapel Street, New Haven CT 06511 P 203 777 9622

ALPHA COMMUNITY SERVICES YMCA 387 Clinton Avenue, Bridgeport CT 06604 P 203 366 2809

BRIDGEPORT YMCA 850 Park Avenue, Bridgeport CT 06604 P 203 334 5551

FAIRFIELD YMCA* 841 Old Post Road, Fairfield, CT 06824 P 203 255 2834

HAMDEN/NORTH HAVEN YMCA* 1605 Sherman Avenue, Hamden CT 06514 P 203 248 6361

LAKESWOOD-TRUMBULL BRANCH 20 Trefoil Drive, Trumbull CT 06611 P 203 445 9633

NEW HAVEN YOUTH CENTER 52 Howe Street, New Haven CT 06511 P 203 776 9622

RALPHOLA TAYLOR COMMUNITY CENTER YMCA 790 Central Avenue, Bridgeport CT 06607 P 203 576 7430

SOUNDVIEW FAMILY YMCA* 628 East Main Street, Branford CT 06405 P 203 481 9622

STRATFORD YMCA* 3045 Main Street, Stratford CT 06614 P 203 375 5844

WOODRUFF FAMILY YMCA* 631 Orange Avenue, Milford CT 06461 P 203 878 6501

VALLEY YMCA* 12 State Street, Ansonia CT 06401 P 203 736 9622

YMCA CAMP HI-ROCK 162 East Street, Mount Washington MA 01258 P 413 528 1227

*Indicates a full-facility branch equipped with an indoor swimming pool.

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

RALPHOLA TAYLOR CENTER COMMUNITY YMCA

790 Central Ave, Bridgeport CT 06607

P 203 576 7430 W cccymca.org

CENTRAL CONNECTICUT COAST YMCA STATEMENT OF DIVERSITY & INCLUSION

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.

Social Responsibility

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