



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FOR MAKING  
**SUMMER  
MEMORIES**

**RALPHOLA TAYLOR COMMUNITY CENTER YMCA  
SUMMER PROGRAM GUIDE  
June 17 - August 11, 2019**

# HERE FOR YOU

## **Program Session**

Spring Session: June 17 –August 11

## **Registration Dates**

Facility Member: Tuesday, May 28

Community Member: Monday, June 3

## **YOUR YMCA STAFF**

VP of Bridgeport YMCAs: Carmen Colon

Operations Director: Larry Hamilton Jr.

Program Director: 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

## 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.

### Saturday

Age 5-8	9:00-10:00am
Age 9-11	10:00-11:00am
Age 12+	11:00-12:00pm

## 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.

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



More information at [www.cccymca/Ralphola.org](http://www.cccymca/Ralphola.org)

# YOUTH DEVELOPMENT

## ECHO CO-ED SUMMER BASKETBALL LEAGUE

We are excited to kick off another year of the ECHO CO-Ed Summer Basketball League! This league looks to continue our great tradition of basketball programming.

**League Dates**      June 17– August 8

**Grades:**              4-12

**Fee:**                    Free

Registration is limited so sign up your child today!



## Tae Kwon Do

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              5:30– 6:30pm

Ages 10-17            6:30– 8:00pm

### Saturdays

Ages 8-17              10:00– 11:00am

Ages 18+              11:00– 12:15pm



More information at [www.cccymca/Ralphola.org](http://www.cccymca/Ralphola.org)

# 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.

## Support Groups

The Ralphola Taylor Community Center YMCA is committed to the well being of the community. We will offer support groups for those in the community to discuss the struggles as well as the triumphs they are facing. These groups will be a complete judge free zone. Please come down and join us.



<b>Parent Group</b>	Tuesday	6:00-7:15pm
<b>Youth Group</b>	Thursday	6:00-7:15pm
<b>Family Group</b>	Saturday	11:00-12:15pm

## Youth Poetry Night

Do you like to write poetry? Do you like to listen to poetry? Come to the Ralphola Taylor Community Center YMCA where youth of all ages will be performing their own poems.

Friday 7:00-8:30pm



More information at [www.cccymca/Ralphola.org](http://www.cccymca/Ralphola.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 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.

## 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

**LAKEWOOD-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.

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## RALPHOLA TAYLOR CENTER COMMUNITY YMCA

790 Central Ave, Bridgeport CT 06607

P 203 576 7430 W [cccymca.org](http://cccymca.org)