

# STRATFORD YMCA WINTER 2 PROGRAM GUIDE

# HERE FOR YOU

## STRATFORD YMCA

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## YOUR Y STAFF

### Executive Director:

Suzanne Richards

### Child Care Director:

Melissa Bernardo

### Membership and Health & Wellness Director:

Ashley Fedak

### Membership Services Specialist:

Denise Champagne

### BSY Head Coach:

Marta Taddeo

## BOARD OF MANAGERS

Claudine DiSario

Robert Jaekle

Dave Manson

George Perham

Donna Wells, Board Chair

Tom Collins

Tia Lopez

Christopher Green

Phil Conner

Nivin Yakur

## FACILITY HOURS

Mon-Thurs. 5:30am-9:00pm

Friday 5:30am-7:00pm

Saturday 7:00am-6:00pm

Sunday 8:00am-4:00pm

## HOLIDAY HOURS

Good Friday- Regular Hours

Easter Sunday- Closed

## PROGRAM REGISTRATION

### WINTER 2 SESSION

February 26- April 21

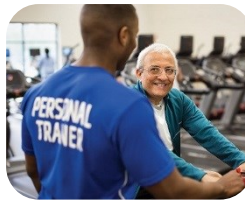
### REGISTRATION DATES

Facility Member: Monday, February 5  
Program Participant : Monday, February 12

## MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income.

Please contact us for more information.



## 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 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.

**REGISTER ONLINE AT STRATFORDYMCA.ORG**

View current schedules, programs and events on our website!





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 Stratford YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

## DONATE FOR A BETTER US.

Connect with Suzanne Richards to learn more.

## FINANCIAL ASSISTANCE

The Stratford YMCA offers financial assistance for programs to qualified members. We are community based and believe that our programs should be available to everyone and that no one should be turned away because of their inability to pay. Our Financial Assistance Program is made possible because caring people and businesses in our communities fund the program through our Annual Campaign. Financial Assistance is available on a sliding scale that is based on total household income, family size and number of participants for a specific program.

## OUR MISSION

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

Child Care

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Educational and  
Training Programs

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Sports and Recreation

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BSY Swim Team

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Health and Wellness

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# YOUTH DEVELOPMENT

## SUMMER DAY CAMP

### WELCOME TO SUMMER DAY CAMP!

The YMCA believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve. At YMCA day camp kids and teens can develop skills, self-confidence, new friendships and a sense of belonging – all while having tons of fun.

In order to have fun and thrive, kids of all ages need to feel both physically and emotionally safe. When you drop your child off at a camp, you can rest assured that their total well-being will be supported. Safety is always our number one priority! We keep kids healthy and safe while providing enriching experiences. As a leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for over 130 years. Our experienced and caring staff and volunteers model the positive core Y values of caring, honesty, respect and responsibility that help build character.

If your child is 14–15 years of age, they may be interested in our Counselor in Training program. In our CIT program, they will receive valuable job interviewing skills, child care training, leadership experience, team building, and problem-solving skills. To apply please fill out the application and contact the Y for an interview.

**Our camp programs fill up fast, so make plans to reserve your spot!**

**We highly recommend registering On-Line! Registration will be live on February 1, 2024 at 10am for all CCC YMCA Members. Registration opens for Program Participants on February 19, 2024.**

For more information please visit our website [stratfordymca.org](http://stratfordymca.org).



### CARE 4 KIDS

The Y is a licensed provider with the state program.



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# YOUTH DEVELOPMENT

## SLEEPAWAY CAMP

### YMCA CAMP HI-ROCK

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 **Stratford YMCA** for a drop-in information session to speak face to face with a camp representative, view camp videos and slides, and learn more!

**Monday, February 5, 4:30 – 6:30 PM**

Can't make it? Please check out our website for alternative dates and locations including virtual information sessions and open houses on camp in the spring: <https://camphirock.org/2024-information-session-open-house-dates/>



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# YOUTH DEVELOPMENT

## CHILD CARE

### YMCA PRESCHOOL PROGRAM

The Stratford YMCA operates a NAEYC accredited year-round preschool program for 3-4 year olds at our main branch.

Children are motivated to explore, manipulate, question, discover, and express their needs through play, group, and individual activities. We offer a comprehensive program to foster the social, emotional, cognitive, physical, and creative needs and growth of the child. Swimming is offered during the day at an additional fee! We believe that all children should learn to be safe in and around water by the age of 12. Swimming incorporates water comfort, water safety, and stroke development.

Thanks to the Y's Annual Campaign, the Y offers financial assistance to families who qualify. Funds are limited. The Stratford YMCA is also a licensed provider with the state Care 4 Kids program. Contact Megan, the Preschool Coordinator, at ext. 2613 to schedule a tour.

### CARE 4 KIDS

The Y is a licensed provider with the state program.



### BEFORE & AFTER SCHOOL

The YMCA offers Before School Child Care for students who attend Stratford Academy, Nichols, Wilcoxson, Eli Whitney, Franklin, Second Hill Lane, and Chapel schools.

The before school program includes recreational and enrichment activities. Drop off for this program begins at 6:45am.

The YMCA provides extended-day child care to children in grades K-6, from dismissal until 6pm. After School Child Care is provided for students at Second Hill Lane, Stratford Academy, Franklin, Lordship, Nichols, Chapel, Eli Whitney, and Wilcoxson schools.

The after school program includes a quiet homework time and a variety of recreational activities and games. A healthy snack is provided.

For more information or to register, please call or stop by the Stratford YMCA at 203-375-5844! If you have any questions contact our Childcare Director, Melissa Bernardo, at [mbernardo@cccymca.org](mailto:mbernardo@cccymca.org).

**Registration for 2024-2025 school year opens for current participants on February 1, 2024; for new participants on March 1, 2024.**

**REGISTER ONLINE AT [STRATFORDYMCA.ORG](http://STRATFORDYMCA.ORG)**

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# YOUTH DEVELOPMENT

## PARENTS NIGHT OUT

Let our YMCA staff lead your child in fun group games, swim time, crafts, and other activities while making some new friends! Please bring a bathing suit & towel. Preregistration is required. Registration ends two days before event so we can staff properly. Keep a look out on social media for our future dates.

**AGES:** 5-12 years old

**TIME:** 6:00 – 8:00pm

**FEE:** Facility Members: \$25

Program Participants: \$35



## Y VACATION CLUB

No school? No problem! The Stratford YMCA is here for your child care needs. Drop your child off with our experienced child care staff for a fun-filled day of games, activities, arts & crafts, swimming, and more! Pre-registration is required. Registration ends two days before event so we can staff properly.

**AGES:** 5-12 years old

**TIME:** 7:30am-5:30pm

**DATES:** April 15, 16, 17, 18, & 19

**FEE:** Facility Members: \$55 per day

Program Participants: \$110 per day



## READ TO GROW

Did you know that the Stratford Y is a Read to Grow Book Place? Free books are available from Read to Grow in our lobby. Take a few home for the young readers in your family. The more time you spend reading with your children, the better! There are even books available for adults.



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# YOUTH DEVELOPMENT

## LIFEGUARD CERTIFICATION

The Lifeguard Certification Course at the Stratford YMCA is designed to give participants the basic skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take actions to help those in need.

CPR, First Aid, AED, and O2 certifications are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered.

### Prerequisite Swim Test:

- Swim 300 yards
- Tread water for 2 minutes, using only the legs
- Complete a timed event within 1 minute and 40 seconds

All class times are required for certification in addition to completion of online prerequisite courses prior to first day of class.

Call to reserve your spot today!

**AGES:** 15 years old and up

\* If Waterfront Certification is needed please inquire with Aquatics Director.



CLASS	DATES	TIME	FACILITY MEMBER FEE	PROGRAM PARTICIPANT FEE
Lifeguarding	TBD	9 to 3pm	\$250	\$350
Lifeguard Recertification	TBD	9 to 3pm	\$50	\$100



# YOUTH DEVELOPMENT

## LAKEWOOD-TRUMBULL YMCA GYMNASTICS

Interested in Gymnastic Classes? Our Sister YMCA offers Gymnastics classes for ages 24 months through 18 years old! Reach out to the front desk at the Lakewood-Trumbull YMCA for more details at 203 445 9633, or our Gymnastics Director, Hunter Kay at [hkay@cccymca.org](mailto:hkay@cccymca.org).

### CAREGIVER & TOT GYMNASTICS

#### (Ages 24 – 36 mos)

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

### GYMNASTICS FOR THREES

#### (Ages 3 yrs)

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

### 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.

### 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.

### 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.

### 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.

### 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.

### 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!

**Lakewood-Trumbull also has private gymnastic lessons, Competitive Gymnastics Team, Dance classes, and Martial Arts! Please call for more information!**

**FOR MORE INFORMATION VISIT US ONLINE AT [WWW.LAKEWOODTRUMBULLYMCA.ORG](http://WWW.LAKEWOODTRUMBULLYMCA.ORG)**

# YOUTH DEVELOPMENT

## PAINT AND SMOOTHIES

We pick a fun painting relating to the season and go through a step by step process so your child can re-create the painting while adding their own creative touches. We'll provide smoothies, and all the materials necessary for the project. Upcoming dates to be announced via our social media and website for children and adults.

### FEE:

Member: \$15

Program Participant: \$30

**Youth:** March 25 6:30pm-8:00pm  
April 26 6:30pm-8:00pm



## EGG-STRASPECIAL AFFAIR

Please join us for a fun filled morning with activities including:

- Breakfast with the Easter Bunny
- A spring craft
- Egg Hunt
- Take a picture with the Bunny

Pre registration is required for this event.

**When:** Saturday, March 16, 2024 starting at 9:00am

**Where:** Stratford YMCA

**Fee:** \$10 per person for Facility Members  
\$20 per person for Program Participant



**REGISTER ONLINE AT STRATFORDYMCA.ORG**

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# YOUTH DEVELOPMENT

## HEALTHY KIDS DAY

**APRIL 20, 2024 10AM-1PM**

**32 YEARS OF CELEBRATING HEALTHY KIDS AT THE Y!**

**FREE! OPEN TO THE PUBLIC!**

Healthy Kids Day, now in its 32<sup>nd</sup> year, is the Y's national initiative to improve health and well-being for kids and families.

Bring your family and friends. Everyone is welcome.

Enjoy Arts & Crafts, STEM Activity, Touch A Fire Truck, Learn about Fire safety, make a healthy snack, watch the K-9 demo with the Stratford Police Department, Stratford EMS and More! Enjoy a day of fun and see all the Y has to offer.



## BOARD GAME CLUB

Come hang out on Monday evening at the Y with veteran Camp Counselor Isaiah and play thought-provoking tabletop games. Tabletop games played included cooperative and competitive board games, card based/deck building games and other strategy based games.

Pre-registration is required. Board Game Club is held on Monday nights from 5pm-8pm for children in grades 5th to 9th.

**Members: FREE FOR FACILTY MEMBERS (Please register in advance)**

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# YOUTH DEVELOPMENT

## GAGA DODGEBALL CLUB

Come hang out on Saturday mornings from 9:00am–12:00pm for some competitive gaga ball. Gaga is a fast-paced, high energy sport played in an octagonal pit. The more players there are, the better! GaGa ball is a gentler version of dodgeball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the waist. Don't forget to wear active clothes and sneakers.

**AGES:** Grades 4 – 8

**Members:** FREE FOR FACILITY MEMBERS  
(Please register in advance)

## CELEBRATE WITH US

### BIRTHDAY PARTIES THE STRATFORD Y

At all of our birthday parties, a party host will be provided to help parents set up and clean up from the party. Parties are two hours—the first hour is in the pool, and the second hour is in our party room. You'll provide the decorations and food, we'll provide the fun!

**WHEN:** Saturdays–1:00 PM —3:00 PM/Sundays–12:00 PM—2:00 PM

**FEE:** Members: \$250/Program Participants: \$350



# YOUTH DEVELOPMENT

## SWIMMING LESSONS

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. 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.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.

**Swim Starters and Swim Basics classes require one caregiver to participate in the pool and on the pool deck.**

### AGE GROUP

### STAGE

6 months – 3 years Parent* & Child	SWIM STARTERS	<b>Stages A-B</b>
3 years – 5 years Preschool	SWIM BASICS SWIM STROKES	<b>Stages 1-4</b>
6 years – 12 years School Age	SWIM BASICS SWIM STROKES	<b>Stages 1-6</b>
12+ years Teen	SWIM BASICS SWIM STROKES	<b>Stages 1-6</b>
18 + years Adult	SWIM BASICS SWIM STROKES	<b>Stages 1-6</b>



## SWIM STARTERS

Accompanied by a caregiver, 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  
Caregiver & Child: Stages A-B, 30 minutes

## SWIM STARTERS

### Stage A / Water Discovery

Caregivers accompany children in Stage A, which introduces infants and toddlers to the pool through exploration and encourages them to enjoy themselves while learning about the water.

**Member: \$95 / Program Participant: \$190**

**Saturday 8:00am**

**Sunday 11:45 am (A & B combined)**

### Stage B / Water Exploration

In Stage B, caregivers work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

**Member: \$95 / Program Participant: \$190**

**Saturday 8:30am**

**Sunday 11:45am (A & B combined)**

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# YOUTH DEVELOPMENT

## SWIMMING LESSONS

### 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.

Age Group:

Preschool 3 years - 5 years

School Age 5 years - 12 years

Teen & Adult 12+ years

Stages 1-3, 30 minutes, Teen/Adult, 40 minutes

### SWIM BASICS

#### Stage 1 / Water Acclimation

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.

**Member: \$95 / Program Participant: \$190**

**Member: \$99 / Program Participant: \$198- Teen/Adult \***

Preschool	Monday	4:30pm
	Thursday	4:30pm
	Saturday	9:45am 10:45am
	Sunday	10:00am
School Age	Monday	5:00pm
	Wednesday	5:30pm
	Friday	4:30pm
	Saturday	9:45am 10:15am
	Sunday	11:00pm
Teen/ Adult	Tuesday	6:00pm
	Saturday	12:00pm
	Sunday	11:00am



#### Stage 2 / Water Movement

In Stage 2, students focus on body position, control, directional change and forward movement in the water while continuing to practice safely exiting in the event of falling into a body of water.

**Member: \$95 / Program Participant: \$190**

**Member: \$99 / Program Participant: \$198- Teen/Adult \***

Preschool	Monday	5:00pm
	Thursday	5:00pm
	Saturday	9:45am 10:15am
	Sunday	10:30am
School Age	Monday	6:00pm
	Wednesday	4:30pm
	Thursday	5:30pm
	Friday	5:00pm
	Saturday	10:15am 10:45am
	Sunday	10:00am
Teen/ Adult	Tuesday	6:00pm
	Saturday	12:00pm
	Sunday	11:00am

### OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.

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# YOUTH DEVELOPMENT

## SWIMMING LESSONS

### 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.

**Member: \$95 / Program Participant: \$190**

**Member: \$99 / Program Participant: \$198- Teen/ Adult \***

Preschool	Monday	5:30pm
	Saturday	10:15am 10:45am

School Age	Monday	4:30 pm
	Tuesday	5:30pm
	Wednesday	5:00pm
	Saturday	9:45am 10:45am
	Sunday	10:30am

Teen/ Adult	Tuesday	6:00pm
	Saturday	12:00pm
	Sunday	11:00am

### 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:

**3 years - 5 years Preschool**

**5 years - 12 years School Age**

**12+ years - Teen & Adult**

**Stage 4, 30 minutes, Preschool**

**Stages 4-6, 40 minutes, School Age and Teen**

### SWIM STROKES

#### Stage 4 / Stroke Introduction

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

**Member: \$95 / Program Participant: \$190- Preschool**

**Member: \$99 / Program Participant: \$198- School age and Teen/ Adult**

School Age	Monday	6:30pm
	Saturday	9:00am

Teen/ Adult	Tuesday	6:45pm
	Thursday	6:00pm

#### AGE GROUP

#### STAGE

6 months - 3 years Parent* & Child	SWIM STARTERS	<b>Stages A-B</b>
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3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	<b>Stages 1-4</b>
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6 years - 12 years School Age	SWIM BASICS SWIM STROKES	<b>Stages 1-6</b>
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12+ years Teen	SWIM BASICS SWIM STROKES	<b>Stages 1-6</b>
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18 + years Adult	SWIM BASICS SWIM STROKES	<b>Stages 1-6</b>
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### 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.

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# YOUTH DEVELOPMENT

## SWIMMING LESSONS

### 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.

**Member: \$99 / Program Participant: \$198**

**School Age**    **Wednesday**    **6:00pm**  
                         **Saturday**        **10:00am**

**Teen/ Adult**   **Tuesday**        **6:45pm**  
                         **Thursday**      **6:00pm**

### Stage 6 / Stroke Mechanics

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

**Member: \$99 / Program Participant: \$198**

**School Age**    **Saturday**        **11:00am**

**Teen/ Adult**   **Tuesday**        **6:45pm**  
                         **Thursday**      **6:00pm**

### ADAPTIVE SWIM EXPERIENCE

The focus for our Adaptive Swim Experience program is to help adults, kids and families with diverse abilities learn an important life skill and support them in gaining the knowledge, ability, and stamina to become strong and confident swimmers. Y instructors use child-centered methods and flexible teaching to deliver instruction children of all abilities. This one-on-one program is designed to give the swimmer individualized attention needed to address their needs.

**FEE: 7 Sessions for 40 minutes**

**Facility Members:                \$350**

**Program Participants:        \$400**

### OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.



### PRIVATE SWIM LESSONS

Private and semi-private lessons are offered at the Stratford Y for youth and adult facility members. Private lessons give adults and children the opportunity to build their skills one-on-one with our instructors. Semi-private lessons are available 2 to 1. Lessons are 30 minutes long and can be purchased in packages of 1, 2, 4, or 8 classes. Classes are scheduled cooperatively based on the instructor and swimmers schedules. Contact the Y to schedule today!

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# YOUTH DEVELOPMENT

## SWIM TEAM

### BSY TORPEDOES SWIM TEAM

#### 2024 LONG COURSE SEASON

April 15, 2024 to July 31, 2024

Our team offers a stimulating, enjoyable program that stresses stroke technique, starts, turns, and basic to advanced training. Our team ranges from entry level competitive swimmers to National Championship caliber swimmers – all are welcome and encouraged to swim with the BSY Torpedoes.

For more information about registering/season details or swim evaluation, please contact our BSY Head Coach, Marta by emailing her at [bsyswimming@cccymca.org](mailto:bsyswimming@cccymca.org).



### BSY SWIM TEAM SPRING CLINICS

Current BSY Swimmers, town of Stratford swimmers, and new swimmers interested in competition will get a chance to swim under the supervision of the BSY team Coaching Staff. This is a fun opportunity to work on stroke technique, stay in shape for next season, and / or prepare for tryouts. Local competitive, private, high school, and collegiate swimmers also welcome! Sign up today, limited spots available!

**Where:** Stratford YMCA

**When:** March 11 - April 4

Mondays and Wednesdays - Technique Clinic

Tuesdays and Thursdays - Stay-in-Shape Clinic (9&over only)

#### **Times and Fees: (members / program participants)**

##### **13 years old and older:**

M + W 4pm to 5pm Technique (\$80 / \$160 pp)

T + Th 4:30pm to 6pm Stay in Shape (\$100 / \$200 pp)

Both clinics = \$160 / \$320 pp

##### **9-12 years old**

M + W 6pm to 7pm Technique (\$80 / \$160 pp)

T + Th 6pm to 7pm Stay in Shape (\$80 / \$160 pp)

Both clinics = \$140 / \$280 pp

##### **8 years old and under:**

M + W 5pm to 6pm Technique (\$80 / \$160 pp)

Swimmers must be able to swim freestyle (one length) and backstroke (one length) and have a basic knowledge of breast stroke or butterfly. For more information, contact head coach Marta Taddeo at [bsyswimming@cccymca.org](mailto:bsyswimming@cccymca.org)

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# YOUTH DEVELOPMENT

## PROJECT SEARCH

### PROJECT SEARCH TRAINING PROGRAM

The Stratford Y and the Lakewood-Trumbull Y are participating in the **Project SEARCH Training Program** along side The Kennedy Collective, Stratford Public Schools and the State of Connecticut Department of Developmental Services. Individuals will hold un-paid intern positions in membership, child care, wellness and facilities. While working side by side with Y staff members, interns will learn business processes, procedures and communication skills. They'll also gain independence, self-confidence and self-esteem. Project SEARCH exposes individuals to a variety of careers and helps prepare them for future employment.



To be eligible to participate, individuals must be between 18-30 years of age, diagnosed with a Developmental Disability and eligible for State of Connecticut DDS programs or willing to pay privately.

To learn more about the program, contact Suzanne Richards, Executive Director at [srichards@cccymca.org](mailto:srichards@cccymca.org).



# HEALTHY LIVING

## HEALTH AND WELLNESS

### ADULT LAP SWIM

Adult Swim times are open to all adult members. One lane is available for lap swimming. The rest of the pool is available for therapeutic exercising and slow swimming. Times vary through the week. Please check the schedules page of our web site or our mobile app for details. \* Please contact the Y for updates on pool schedule.

### LAP SWIMMING ETIQUETTE

- Swimmers are encouraged to contribute to an atmosphere of cooperation and courtesy.
- Always enter from the shallow end.
- A maximum of five swimmers are permitted in each lane during lap swimming.
- Please swim with others of similar speed. Life-guards will move swimmers to the appropriate lane when necessary.
- Always let swimmers in your lane know when you are entering the water.
- Always circle swim counter-clockwise when three or more swimmers are in a lane.
- Fins and/or kickboards are not permitted during circle swim.
- Allow faster swimmers to pass. Passing always occurs on the left of the swimmer or at the end walls.
- Do not stand at the ends of the pool for an extended period of time.

Teens age fourteen and older may participate in lap swimming.

### FUEL YOUR HEALTHY HABITS

Join us for a coffee and conversation about nutrition with Jen Evans, MS in Human Nutrition from the University of Bridgeport. Our monthly Healthy Food Chats are held on Friday's. Upcoming dates to be announced via our social media and website for children and adults.

### MARKET STYLE FOOD PANTRY

Stock up on FREE produce and shelf stable food for your family! Questions? Want to volunteer? Contact the Stratford Y at [stratfordinfo@cccymca.org](mailto:stratfordinfo@cccymca.org). \*In case of inclement weather, check the CT Foodshare website or call the Y for more info at 203-375-5844.

Brought to the community by the Town of Stratford Health Department, Community & Senior Services, Stratford YMCA, and CT Foodshare.

**Where:** Holy Name of Jesus Church on 1950 Barnum Ave, Stratford, CT, 06614

**When:** Every Other Monday from 1:00-2:00pm  
March 4, March 18, April 1 & April 15

### TOGETHERHOOD

Togetherhood is a nationwide program that gives Y members a way to get to know people and strengthen our community through volunteerism. The program is led by a committee of Y members that decides on projects and carries them out throughout the year.

If you're interested, please contact the Y for more info. We meet the 1<sup>st</sup> Thursday of each month at 11:15am. If you're interested in learning more, please contact Suzanne for more info at [srichards@cccymca.org](mailto:srichards@cccymca.org)



**REGISTER ONLINE AT [STRATFORDYMCA.ORG](http://STRATFORDYMCA.ORG)**

View current schedules, programs and events on our website!

# HEALTHY LIVING

## HEALTH AND WELLNESS

### MEMBERSHIP

From exceptional fitness facilities including our indoor pool, Life Fitness equipment, Elliptical Cross trainers, treadmills, recumbent bikes and upright bikes, child watch and child care services, before and after-school child care and summer day camp – the Stratford YMCA is the place to go!

The Stratford YMCA has a wide variety of programs for people of all ages and interests. Please take a few minutes to explore our facility. Tours are available during regular branch hours.

Why do so many people feel like they belong at the Y? One reason is that no other single membership provides so many ways to exercise spirit, mind and body as the YMCA. So, whether your life is about shaping up, studying up, meeting up or growing up, it all begins with signing up at the YMCA.

We have a wonderful community of people here at the Stratford Y! It's a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most.

### ACTIVE OLDER ADULT MEMBERSHIPS

#### IT'S NEVER TOO LATE TO FEEL GREAT!

Stratford YMCA's Active Older Adult (AOA) members can enjoy a variety of free classes that help you to stay healthy. Our fitness classes are designed for all ages and abilities! A body in motion stays in motion. Y programs keep you moving, active and thriving physically, emotionally and mentally. Meet new friends and join the fun!

### OUTDOOR FITNESS

Located towards the front of our Y at 3045 Main Street, the outdoor fitness structure is available for members and our community who are 13+ years old. We encourage you to try it out! It has the ability to accommodate a variety of exercises with directions for use posted at the site. Have fun and be safe exercising!

### PERSONAL TRAINING

Whether you are 15 or 75, an experienced or beginning exerciser, personal training can help you reach your health and fitness goals. Our certified personal trainers will help develop an individualized program that is perfect for you and will support you with expert knowledge, coaching and motivation to help you look, feel and live better.

**Registration:** Personal Training sessions for Y Facility Members only; are sold in one hour increments and are scheduled between members and trainers. Available 1:1 or Group Sessions for 2-6. To schedule your training & more information please contact Ashley at [afedak@cccymca.org](mailto:afedak@cccymca.org).

### GET F.I.T.

#### Free Introductory Trainings

As a new Y member, we would like you to achieve your wellness goals and get the most out of your Y membership. Please sign up for F.I.T. Sessions so that we can help you get started. Available for members 12 and up. You must register to schedule an appointment.

### ACTIVE OLDER ADULT LOYALTY PROGRAM

We are glad that you are being active and having fun with friends here at the Y!

Pick up a Loyalty Card each month. Have it punched each day you come to the Y to get moving. At the end of the month if you have 10 punches, turn in your card. You will have a chance to win a fabulous prize!

### MEMBER SOCIAL

Healthy Living is about more than just a workout, it's about making friends too! Bring your own picnic lunch and we will discuss healthy living topics under our tent and at a safe distance. Please register in advance as space is limited. Upcoming dates will be published on our website and social media. Stay tuned!



# HEALTHY LIVING

## HEALTH AND WELLNESS

### TAKING IT TO THE NEXT LEVEL Stratford YMCA Fitness and Aquatic Group Exercise Classes!

Welcome to our new group exercise classes here at the Stratford YMCA. Our outdoor group ex class schedule will extend through the good weather; classes will be moved inside given daily weather. We are asking members to bring their own mat, water, towel and gear. We will provide equipment based on the class needs including free weights and exercise bands. It's your favorite group ex classes under the sun; same classes, same music, same instructors, different group exercise room!

### AQUATIC GROUP EX SCHEDULE:

Please make sure to pre-register All Classes- Limited space/availability per class; 15 maximum allowed per class.

#### Monday:

8:45AM–Aqua Power with Tony  
9:30AM– Deep Water Fit with Tony

#### Wednesday:

11:15AM–Aqua Power with Joanne  
12:15PM– Deep Water Fit with Joanne

#### Thursday:

9:00AM–Aqua Zumba with Pauline

#### Friday:

9:30AM– Deep Water Fit with Tony

### GROUP EX SCHEDULE:

#### Mondays:

10:00AM–Active Older Adult Fit with Virginia  
4:00PM– Kardio Kickboxing with Eileen  
5:30PM–Yoga with Sharron

#### Tuesdays:

9:00AM Zumba Toning with Pauline  
10:00AM–Zumba Gold with Pauline  
10:45AM–CIRCL with Pauline  
5:30PM– Circuit Training 101 with Anna

#### Wednesdays:

9:00AM –Pilates Power with Helen  
10:00AM– Cardio Interval & Strength with Virginia  
10:45AM– Chair Yoga with Virginia  
4:00PM– Step & Sculpt with Eileen  
5:30PM–Yoga with Sharron

#### Thursdays:

8:00AM Strength 101 with Sally  
10:00AM – Zumba Gold with Pauline  
10:45AM– CIRCL with Pauline  
5:30PM– Tai Chi with David  
5:30PM–Strength Circuits with Anna in Cardio Room

#### Fridays:

9:00AM– Active Older Adult Stretch & Stability with Robin  
10:00AM –Active Older Adult Fit with Robin  
11:15AM– Muscle, Core and More with Joanne

#### Saturdays:

7:30am– Cardio Interval & Strength with Helen  
8:15AM – Cardio Dance with Helen  
9:15AM– Yoga with Thomas

#### Sundays:

9:00AM–Muscle, Core & More with Joanne

Get the current Group Exercise Schedule on our web site, from our mobile app or at the Y.



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# HEALTHY LIVING

## GROUP EXERCISE CLASS DESCRIPTIONS

### 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 activities. Hand-held weights, elastic tubing with handles and balls are used.

**Monday & Friday, 10:00AM**

### ACTIVE OLDER ADULT STRETCH AND STABILITY

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

**Friday, 9:00AM**

### AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

**Monday 8:45AM & Wednesday 11:15AM**

### AQUA ZUMBA

A Zumba® "pool party" invigorating workout. Splash, stretch, twist, shout, laugh and holler! This class blends it all into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, exhilarating and fun!

**Thursdays, 9:00AM**

### CARDIO DANCE

Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium and low-impact aerobic dance moves to a variety of high-energy beats. It's like a dance party!

**Saturday, 8:15AM**

### CARDIO INTERVAL & STRENGTH

This class combines aerobics and sports conditioning with weights, strength training and core.

**Wednesday, 10:00AM & Saturday, 7:30AM**

### CHAIR YOGA

Move your whole body through a 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.

**Wednesday, 10:45AM**

### CIRCL Mobility

CIRCL Mobility™ will unlock your body's potential through flexibility, breath work, and mobility exercises. Based on the cutting-edge science of functional movement, you'll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer.

**Tuesday & Thursday 10:45AM**

### CIRCUIT TRAINING 101

This is a fun entry level class where participants complete a "circuit" of exercises to build foundational strength and to elevate your heart rate. Wrap it up with some stretches and you're on your way!

**Tuesday, 5:45PM & Saturday, 8:00AM**

### DEEP WATER FIT

A dynamic workout using cardio and strength training intervals in the pool. This class can also be 20- 30 min cardio with resistance training at the end in the pool.

**Monday & Friday, 9:30am Wednesday, 12:15pm**

### KARDIO KICKBOXING

Powerful kickbox and martial arts type movements put together for the ultimate calorie burning class

**Monday, 4:00PM**

### MUSCLE, CORE & MORE

Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.

**Friday, 11:00am & Sunday, 9:00am**

### PILATES POWER

Power Pilates encompasses precise movements to stretch and strengthen muscle without adding bulk. Discover your inner strength while your body transforms as your energy improves and you achieve an inner balance.

**Wednesday, 9:00AM**

### STRENGTH 101

Learn the basics of strength training using your body weight, various equipment and breathing techniques.

**TUESDAY, 8:00AM**

### STRENGTH CIRCUITS

Work specifically on building strength throughout the body. Each circuit will work either your upper body, lower body, or a combination of exercises. You will leave this class feeling powerful!

**Thursday, 5:30PM**

### STEP & SCULPT

This energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness.

**Wednesday, 4:00PM**

### TAI CHI

The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress. All levels.

**Thursday, 5:30PM**

### YOGA

Grow longer and stronger as you work through movements designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.

**Monday, Wednesday, 5:30PM**

**Saturday, 9:15AM**

### ZUMBA GOLD

Easy to follow class that lets you move to the beat at your own speed. Invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Modified, low-impact moves available for active older adults.

**Tuesday & Thursday, 10:00AM**

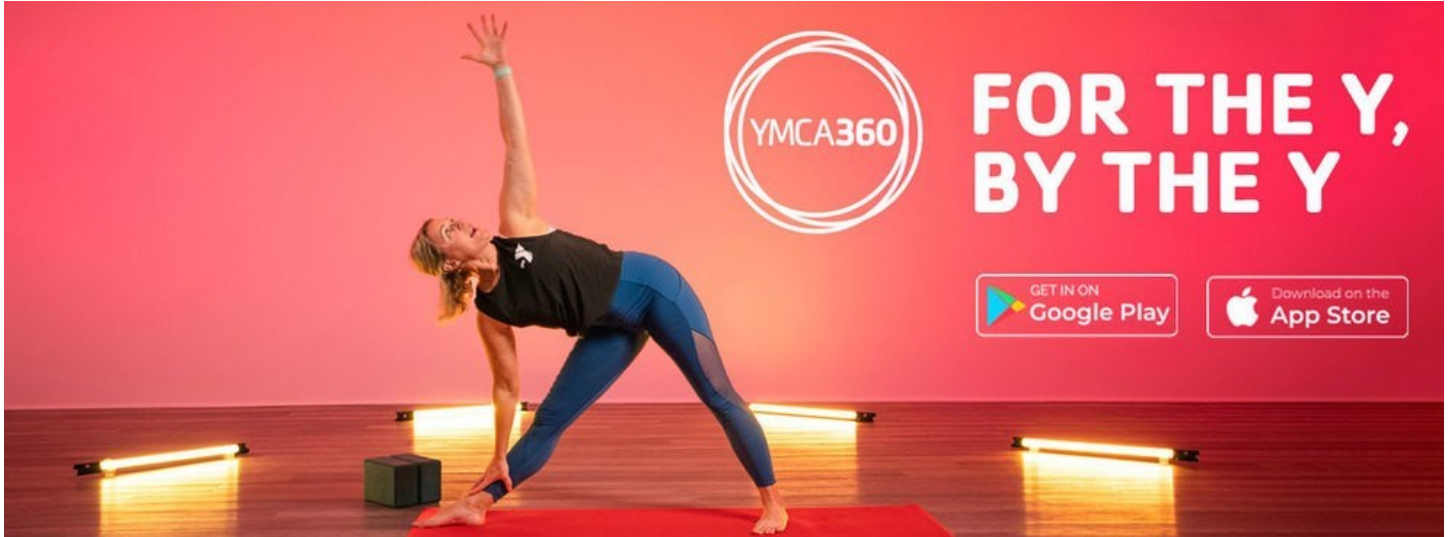
### ZUMBA TONING

Targeted body sculpting exercises and high energy cardio work combined with Latin infused Zumba moves create a calorie torching, strength training dance party. Using Zumba toning sticks or light weight dumbbells, you'll work every muscle group.

**Tuesday 9:00AM**

# HEALTHY LIVING

## HEALTH AND WELLNESS



### 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](http://ymca360.org). Click the login button
- Enter your email address, click continue



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# HEALTHY LIVING

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## YMCA UNIVERSAL MOBILE APP

### STAY ON TRACK WITH THE Y MOBILE APP

Download our new and greatly improved Mobile App which will allow you to:

- Check-in
- View class schedules
- Watch YMCA360 on-demand programs
- See what's happening at the Y
- PLUS set personal wellness goals,
- Log your workouts
- And view a history of your wellness accomplishments
- Push notifications also available



## CENTRAL CONNECTICUT COAST YMCA BRANCH LOCATIONS

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

**ALPHA COMMUNITY SERVICES YMCA** 650 Park 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** P.O. BOX 6555, HAMDEN, CT 06517 **P** 203 562 5129

**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

**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

**VALLEY YMCA** P.O. BOX 373, ANSONIA, CT 06401 **P** 203 732 5527

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

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

\*Indicates a full-facility branch. All have an indoor swimming pool except the Lakewood-Trumbull Y.