HERE FOR YOU

STRATFORD YMCA
P 203 375 5844 F 203 380 0291
E stratfordinfo@cccymca.org

YOUR Y STAFF
Executive Director
Chelsea Kordiak
Child Care & Family Director:
Deanna Bogen
Membership and Health & Wellness Director:
Ashley Fedak
Membership Services Specialist:
Denise Champagne
Preschool Coordinator:
Melissa Bernardo
Group Fitness Coordinator:
Gina Pezzullo
Interim Aquatics Director:
Oscar Rodriguez

BOARD OF MANAGERS
Lamia Amirouche
Mark Calzone, Board Chair
Claudine DiSario
Robert Jaekle
Dave Manson,
Jason Martinez
Dale McClanan
George Perham
Donna Wells
Patrice Wilson
Tom Collins

FACILITY HOURS
Mon–Fri  6:00am–7:00pm
Saturday  7:00am–4:00pm
Sunday  8:00am–1:00pm

HOLIDAY HOURS
Veteran’s Day–November 11–Regular Hours
Thanksgiving– November 25– Closed

PROGRAM REGISTRATION
FALL II SESSION
October 25– December 19

REGISTRATION DATES
Facility Member: Monday, October 4
Community Member: Monday, October 11

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 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.
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.

The Stratford YMCA stands by our commitment to serve ALL, and the success of our outreach and impact depends upon the success of our Annual Campaign. The Y is a charitable non-profit organization committed to overcoming barriers of success for ALL.

When you donate to the Stratford YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community. All contributions to the YMCA provide direct financial assistance for ALL who need it.

DONATE FOR A BETTER US.

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.
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. All swim instructors will be wearing masks and leading non-contact instructions. They will be providing lessons, while socially distanced in the water and from the pool deck.

Swim Starters and Swim Basics classes require one parent* to participate in the pool and on the pool deck. Groups will be socially distanced from others.

*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.
**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.

**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:** $80 / **Community Member:** $160

**Member:** $84 / **Community Member:** $168 - Teen/Adult *

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool</td>
<td>Monday</td>
<td>4:45–5:15pm</td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>4:45–5:15pm</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>9:45–10:15am</td>
</tr>
<tr>
<td>School Age</td>
<td>Tuesday</td>
<td>4:45–5:15pm</td>
</tr>
<tr>
<td></td>
<td>*Thursday</td>
<td>4:45–5:15pm</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>9:45–10:15am</td>
</tr>
<tr>
<td>Teen/Adult</td>
<td>Monday</td>
<td>5:55–6:35pm</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>5:45–6:25pm</td>
</tr>
</tbody>
</table>

**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:** $80 / **Community Member:** $160

**Member:** $84 / **Community Member:** $168 - Teen/Adult *

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool</td>
<td>Monday</td>
<td>5:20–5:50pm</td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>5:20–5:50pm</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>10:20–10:50am</td>
</tr>
<tr>
<td>School Age</td>
<td>Tuesday</td>
<td>5:20–5:50pm</td>
</tr>
<tr>
<td></td>
<td>*Thursday</td>
<td>5:20–5:50pm</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>10:20–10:50am</td>
</tr>
</tbody>
</table>

**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:** $80 / **Community Member:** $160

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool</td>
<td>Wednesday</td>
<td>5:55–6:25pm</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>10:55–11:25am</td>
</tr>
<tr>
<td>School Age</td>
<td>Tuesday</td>
<td>5:55–6:25pm</td>
</tr>
<tr>
<td></td>
<td>*Thursday</td>
<td>5:55–6:25pm</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>10:55–11:25am</td>
</tr>
</tbody>
</table>

**AGE GROUP    STAGE**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Stages</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>Stages A-B</td>
</tr>
<tr>
<td>Parent* &amp; Child</td>
<td></td>
</tr>
<tr>
<td>3 years–5 years</td>
<td>Stages 1-4</td>
</tr>
<tr>
<td>Preschool</td>
<td></td>
</tr>
<tr>
<td>5 years–12 years</td>
<td>Stages 1-6</td>
</tr>
<tr>
<td>School Age</td>
<td></td>
</tr>
<tr>
<td>12+ years</td>
<td>Stages 1-6</td>
</tr>
<tr>
<td>Teen &amp; Adult</td>
<td></td>
</tr>
</tbody>
</table>

**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.

REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!
YOUTH DEVELOPMENT

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. Class times are subject to change based on enrollment numbers.

Age Group:
3 years–5 years Preschool– Stage 4 only
6 years–12 years School Age
13 years–Teen & Adult
Stages 4–6, 40 minutes

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 threading water and elementary backstroke.
Member: $80 / Community Member: $160
Pre-School
Member: $84 / Community Member: $168

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months - 3 yrs</td>
<td>SWIM STARTERS Stages A-B</td>
</tr>
<tr>
<td>Parent* &amp; Child</td>
<td></td>
</tr>
<tr>
<td>3 yrs - 5 yrs</td>
<td>SWIM BASICS Stages 1-4</td>
</tr>
<tr>
<td>Preschool</td>
<td></td>
</tr>
<tr>
<td>6 yrs - 12 yrs</td>
<td>SWIM BASICS Stages 1-6</td>
</tr>
<tr>
<td>School Age</td>
<td></td>
</tr>
<tr>
<td>13 yrs - Teen &amp; Adult</td>
<td>SWIM BASICS Stages 1-6</td>
</tr>
</tbody>
</table>

School Age
Friday 5:00-5:40pm
Saturday 11:30-12:10pm

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: $84 / Community Member: $168
Saturday 12:15-12:55pm

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.
Member: $84 / Community Member: $168
Saturday 1:00-1:40pm

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!

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

Waiting lists will be offered in the event that the class registration reaches the maximum number. Additional classes will be added based on specific stage and class enrollment numbers.
YOUTH DEVELOPMENT

STRATFORD YMCA BSY TORPEDOES SWIM TEAM

2021-2022 SHORT COURSE SEASON INFORMATION

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.

· Short Course begins Monday, 8/30/2021

New swimmer evaluations will be held throughout the week around 5:00-5:30 at the Stratford YMCA; new and interested swimmers must register for one of the days. Please be sure to register for the evaluation with our membership service representatives.

For more information about registering/season details, please contact our BSY Coaching Staff Oscar Rodriguez by emailing him at orodriguez@cccymca.org or by phone, 203-375-5844, teamunify.com/ymca-0939.

ARE YOU WHISTLE WORTHY?

Lifeguard Certification Course at the Stratford YMCA. This course 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. All class times are required for certification in addition to completion of online prerequisite courses prior to first day of class. Fall and winter classes available. For more information, please contact our Aquatics Coordinator, Oscar Rodriguez at orodriguez@cccymca.org, or call 203-375-5844. An interest waiting list is available for tentative dates in winter and spring. Please call to reserve your spot in the class and a Stratford YMCA staff member will reach out to those on the list when appropriate attendance is achieved. Call to reserve your spot today!

REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!
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.

MAD SCIENTISTS CLUB
Our Mad Scientists Club will engage children in a variety of activities centering around Science, Technology, Engineering, and Math. Join us virtually for learning and fun with motivational Y staff. Children will work hands on, making and creating different projects from slime, to crystal stars, to their own mousetraps! We will provide the materials. This program is for scientists aged 5-10. Stay tuned for more information on our Facebook page or by email.

ADAPTIVE KIDS NIGHT OUT
A Splash and STEAM is a program for children with special needs that gets them to relax and challenges their minds. Children will enjoy supervised open swim in our pool. As well, as complete a STEM activity led by our caring and supportive staff and volunteers from our Leaders’ Club.

Child must be able to function independently in a group setting and must be able to follow our mask guidelines.

LEADING WITH CONFIDENCE
LEADERS CLUB
Leaders Club is a character and leadership development program. This program serves youth, ages 10 to 18. It is organized for the purpose of providing knowledge, training and experiences to teens. Leaders Club will help participants become strong leaders in their communities, foster a spirit of serving others and shape a healthy lifestyle in Mind, Body and Spirit.

Who: Facility Members ages 12-18
Time: Leaders Club – Wednesdays 6:00 — 6:45
Where: Stratford YMCA and Zoom link available.
Contact: Oscar Rodriguez orodriguez@cccymca.org for more information.

GAGA DODGEBALL CLUB
Come hang out on Saturday mornings from 9:00am–11:00pm with two of our veteran Camp Counselors, Isaiah and Paul D 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)
YOUTH DEVELOPMENT

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 a part of preschool! 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 Melissa at ext. 2613 to schedule a tour.

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

The before school program includes recreatonal 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, Victoria Soto 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.

Register NOW!

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.

November 2 & 26

CARE 4 KIDS
The Y is a licensed provider with the state program.

PAINT & SIP
We pick a fun painting relating to the season and go through a step by step process so the kids can recreate the painting while adding their own creative touches. We’ll provide healthy snacks, smoothies, and all the materials necessary for the project. Winter dates to be announced via our social media and website for children and adults.

REGISTER ONLINE AT STRATFORDYMCA.ORG
View current schedules, programs and events on our website!
HEALTHY LIVING

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.

When you join the Y, you become part of a family of members who support the Y’s philosophy of healthy lifestyles, mutual respect, community spirit, youth leadership and character development. Our staff is dedicated to providing the best in member service. Almost 1,200 people from several different local communities belong to the Stratford Y, creating a diverse and energetic environment we think you will really enjoy!

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. Lifeguards 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.

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 website or our mobile app for details.

TOGETHERHOOD
Our Y is running a volunteer program called Togetherhood. This program 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. This is a nationwide Y program and we are looking forward to getting started in Stratford! If you’re interested in learning more, please contact Chelsea for more info at ckordiak@cccymca.org

CRAFTING CIRCLE
Paint, Draw and Create! The Stratford Y has a NEW Adult Arts & Crafts Club coming soon! You don’t have to know how. You will learn and have fun. Adult art classes. Keep your eyes out on our website for more information coming soon.

REGISTER ONLINE AT STRATFORDYMCA.ORG
View current schedules, programs and events on our website!
HEALTHY LIVING

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!

GROUP EX SCHEDULE:
Mondays:
10:00AM–Active Older Adult Fit with Heather
12:30PM–Active Older Adult Cardio Circuit with Anna
5:30PM–Yoga with Sharron

Tuesdays:
8:15AM–Zumba Strong with Pauline
10:15AM–Zumba Gold with Pauline
5:45pm–Circuit Training 101 with Gina

Wednesdays:
7:30AM–Pilates Power with Sally
10:00AM–AOA Fit with Virginia
10:45AM–Chair Yoga with Virginia
5:30PM–Yoga with Sharron

Thursdays:
10:15AM –Zumba Gold with Pauline
12:30PM–Active Older Adult Cardio Circuit with Anna
5:30PM–Tai Chi with David

Fridays:
10:00AM–Active Older Adult Fit with Heather

Saturdays:
8:15AM – Pilates Power with Helen
10:00AM–Yoga with Thomas

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

AQUATIC GROUP EX SCHEDULE:

Please make sure to pre-register for M/F Aqua Power, and Wednesday Aqua Fit/Deep Water Fit Classes– Limited space/availability per class; 15 maximum allowed per class.

Mondays
10:45AM–Aqua Power 1 with Jackie
11:20AM–Aqua Power 2 with Jackie

Tuesdays:
9:15AM–Aqua Zumba with Pauline

Wednesdays:
11:00AM–Aqua Power with Joanne
12:00PM–Deep Water Fit with Joanne

Thursdays:
9:15–Aqua Zumba with Pauline

Fridays:
10:45AM–Aqua Power 1 with Jackie
11:20AM–Aqua Power 2 with Jackie

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

REGISTER ONLINE AT STRATFORDYMCA.ORG
View current schedules, programs and events on our website!
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 and Friday, 10:00–11:00am**

ACTIVE OLDER ADULT CARDIO CIRCUIT
Increase cardiovascular and muscular endurance in a standing circuit workout. Hand-held weights, elastic tubing and a ball will be used and alternated with non-impact aerobics. Chairs available.
**Monday and Thursday, 12:30–1:30am**

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, 7:30–8:15am**  
**Saturday, 8:15am**

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, 5:45–6:30PM**

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, 5:30–6:30PM**

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, 10:45–11:15AM**

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, 5:30–6:30pm**  
**Saturday, 10:00am**

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 and Thursday, 10:15–11:30pm**

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!
**Tuesday and Thursdays, 9:15–10:00am**  
*Pre-Registration required. Maximum of 8 participants per class.*

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 and Friday 10:45 & 11:20am**  
**Wednesday 11:00am**  
*Pre-Registration required. Maximum of 8 participants per class.*

Additional aqua power and deep water fit will soon be added at a later date in the fall. Stay tuned for details on day and time.
YOUR VIRTUAL YMCA
VIRTUAL WELLNESS AND GROUP EXERCISE CLASSES WITH THE CCC YMCA NOW AVAILABLE!

VIRTUAL CLASS—VISIT STRATFORDYMCA.ORG

**Monday**
- 7:30am Body Sculpting w/Colleen
- 9:00am Boot Camp w/Jenn
- 10:30am Chair Yoga w/Joanne
- 5:00pm Pilates w/Joanne
- 6:00pm Zumba w/Danielle

**Tuesday**
- 7:30am Body Sculpting w/Colleen
- 7:45am Yoga w/Jo
- 9:00am Abs Express w/Jenn
- 9:00am Balance and Flex w/Jenn
- 10:30am AOA Fit w/Jenn (Silver Sneakers)
- 5:00pm Yoga w/Joanne

**Wednesday**
- 5:00pm Cardio Barre w/Joanne
- 6:00pm Boot Camp w/Jenn

**Thursday**
- 7:45am Yoga w/Jo
- 9:00am Non-Stop Tabata w/Jenn
- 10:30am AOA Fit w/Jenn (Silver Sneakers)
- 5:00pm Yoga w/Joanne

**Friday**
- 9:00am Cardio Barre w/Jenn
- 10:00am Zumba Gold w/Pauline
- 5:00pm Workout Express w/Joanne

**Saturday**
- 9:00am Non-Stop Tabata w/Jenn
- 9:00am AOA Fit w/Jenn

**Sunday**
- 8:00am Body Sculpting w/Colleen

**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 Scott at sbuckholz@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. Must register to schedule an appointment.

**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!

**HEALTHY LIVING 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. Winter dates will be published on our website and social media. Stay tuned!

**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!

REGISTER ONLINE AT STRATFORDYMCA.ORG
View current schedules, programs and events on our website!
YMCA360 ON-DEMAND AND LIVE

At the YMCA we believe that when people experience all that our Y has to offer, they will be drawn into supportive, healthier relationships with one another and their community.

YMCA360 is an on-demand video platform for our Y community. YMCA360 offers 300+ group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more.

These programs are free to all full-facility members of the Central Connecticut Coast YMCAs.

From your desktop, laptop, tablet, smart TV or mobile device, YMCA360 is available wherever you are with an internet connection. 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 reach out to the Y with questions. If you have a recommendation for a new program, please let us know.
FOR A BETTER US

STAY ON TRACK!

DOWNLOAD THE FREE CCCY APP

Forget your membership card? Wonder if there is a Zumba class this evening? Need to squeeze in a workout while you’re out and about? Looking for open swim or child watch times?

The Daxko LLC Central Connecticut Coast Y app will give you everything you need in the palm of your hand— for all our Membership Branches!

Schedules – on one user-friendly landing page for all CCCY Branches. Calendar – for easy transition through days/dates. Filters–by area/room, time of day, class type.

Notifications–from multiple branches. Locations–with facility status and hours.

Member Cards–use your phone to check-in, load them into your IOS Wallet for display near the Y. Programs – view and register. Push Notifications! Opt-in for updates on classes and the facility. Email the Y.

You’ll also get to know people in the community at large, as the Y partners with other charitable organizations in our surrounding towns on projects that benefit the common good. And, as a community service organization, the Y thrives on the camaraderie of people who help out by volunteering for events throughout the year.

We hope you will decide to join the Stratford YMCA – We all need a place to belong!

STRATFORD YMCA
3045 Main Street, Stratford CT 06615
P 203 375 5844  F 203 380 0291
W stratfordymca.org

REGISTER ONLINE AT STRATFORDYMCA.ORG
View current schedules, programs and events on our website!