FIND CONNECTION. FIND YOUR Y.

FALL II PROGRAM GUIDE

The YMCA connects people to a great sense of purpose and to each other to make our community stronger.

For a better us.
HERE FOR YOU

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

YOUR Y STAFF
Executive Director:
Suzanne Richards
Child Care & Family Director:
Deanna Bogen
Membership and Health & Wellness Director:
Ashley Fedak
District Aquatics Director:
Oscar Rodriguez
Membership Services Specialist:
Denise Champagne
Preschool Coordinator:
Melissa Bernardo
Group Fitness Coordinator:
Gina Pezzullo
BYS Head Coach:
Marta Taddeo

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
Tia Lopez

FACILITY HOURS
Mon–Thurs. 5:30am–8:00pm
Friday 5:30am–7:00pm
Saturday 7:00am–5:30pm
Sunday 8:00am–3:00pm

HOLIDAY HOURS
Veteran’s Day– Friday 11/11 Regular Hours
Thanksgiving Day– Thurs. 11/24– CLOSED

PROGRAM REGISTRATION
FALL II SESSION
October 24–December 18

REGISTRATION DATES
Facility Member: Monday, October 3
Program Participant: Monday, October 10

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.
FIND WHAT MATTERS MOST. FIND YOUR Y.
Whenever a neighbor needs support, the Stratford YMCA stands ready to help with open arms and caring hearts.
When you donate to the Stratford 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.

FIND YOUR REASON TO GIVE. DONATE FOR A BETTER US.
Connect with Suzanne Richards, our Executive Director, 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.
STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. 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 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.

### SWIM STARTERS

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

**Age Group 6 months – 3 years**
Parent* & Child

**SWIM STROKES**
Stages A–B

**Member**: $90 / **Program Participant**: $178

**Saturday—8:00am**

**Stage A / Water Discovery**
Parents* 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**: $90 / **Program Participant**: $178

**Stage B / Water Exploration**
In Stage B, parents* work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

**Member**: $90 / **Program Participant**: $178

**Saturday—8:35am**
**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:**
- 3 years – 5 years Preschool
- 5 years – 12 years School Age
- 12+ years – Teen & Adult
Stages 1–3, 30 minutes, Teen/Adult, 40 minutes

**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: $90 / Program Participant: $178

**Preschool**
- Monday– 5:05pm
- Thursday–4:30pm
- Saturday–9:45am

**School Age**
- Tuesday–5:05pm
- Wednesday–4:30pm
- Saturday–9:45am

**Teen/ Adult**
- Monday– 6:15pm
- Saturday– 12:15pm

**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: $90 / Program Participant: $178

**Preschool**
- Monday–4:30pm
- Saturday– 10:20am

**School Age**
- Tuesday– 4:30pm
- Wednesday–5:05pm
- Saturday–10:20am

**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: $90 / Program Participant: $178

**Preschool**
- Monday–5:40pm
- Thursday–5:40pm
- Saturday–10:55am

**School Age**
- Tuesday–5:40pm
- Wednesday–5:40pm
- Saturday–10:55am

### Age Group

<table>
<thead>
<tr>
<th>Stage</th>
<th>6 months – 3 years Parent* &amp; Child</th>
<th>3 years – 5 years Preschool</th>
<th>5 years – 12 years School Age</th>
<th>12+ years Teen</th>
<th>18+ years Adult</th>
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<tbody>
<tr>
<td>Stages A-B</td>
<td>SWIM STARTERS</td>
<td>SWIM BASICS</td>
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<td>Stages 1–4</td>
<td>SWIM BASICS</td>
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<td>Stages 1–6</td>
<td>SWIM BASICS</td>
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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.

**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.

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: $94 / Program Participant: $188

School Age Tuesday-6:15pm
Saturday-11:30am

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: $94 / Program Participant: $188

School Age Thursday-6:15pm
Saturday-11:30am

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 two to one. 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!

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.

OBSERVATION POLICY

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

REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!
ADAPTIVE SWIM EXPERIENCE

The focus for our Adaptive Swim Experience program is to help adults, kids and families 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 to children of all abilities. This one-on-one program is designed to give the swimmer individualized attention needed to address their needs.

FEE: 8 Sessions for 45 minutes
Any questions contact our District Aquatics Director, Oscar Rodriguez, at orodriguez@cccymca.org.

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. *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: October 31, November 14, November 28 & December 12 from 1:00-2:00pm

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.

SPLISH SPLASH BIRTHDAY BASH

Come celebrate your birthday at the Y! For all birthday parties, a host will be provided to help parents set up and clean up from the party. Parties are two hours long and prices are for a maximum of 25 children. Please contact Oscar at orodriguez@cccymca.org for more information.
YOUTH DEVELOPMENT

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 NIGHT
Our Mad Scientists Night will engage children in a variety of activities centering around Science, Technology, Engineering, and Math. Join us 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.

KIDS YOGA
Improve strength, flexibility and coordination. Children will learn how to focus and center themselves with various breathing and visualization techniques. See growth in both respect, mental clarity and stress relief.
Wednesday; Ages 3-6 from 3:30-4:00pm
Ages 7-12 from 4:00-4:30pm

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)

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.

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 smoothies, and all the materials necessary for the project. Dates to be announced via our social media and website for children and adults.
Kids Paint & Sip 10/14 from 6:30-8:00pm
**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. Applications are available online or at the YMCA front desk.

Contact Melissa at ext. 216 for 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 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, 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.

**CARE 4 KIDS**

The Stratford Y is a licensed provider with the state program.

**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 8
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.

VIRTUAL Y
YMCA360.org
An innovative new benefit for members that matches their on-the-go lifestyles and puts healthy living at the center of 2022. YMCA360 is a 360-degree seamless Y experience on web and TV. It will be included free with every membership.

With YMCA360, healthy living for people of all ages and activity levels is possible anytime, anywhere. The robust digital experience combines immersive, healthy living with the values of the YMCA in a transformational presentation utilizing best-in-class people, programs and systems delivering the ultimate connected community. More than 300 OnDemand and Livestream exercise classes and programs are accessible 24/7 to provide another way to engage with the Y from home or when traveling. New content is added weekly.

For more information, ask at our Member Service Desk.

For all CCCYMCA facility members!

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.

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 & SOCIAL RESPONSIBILITY

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.

November 25–27 9:00–5:00pm
December 27–29 9:00–5:00pm

For more information, please contact our District Aquatics Director, Oscar Rodriguez at orodriguez@cccyymca.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!

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 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!

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@cccyymca.org.

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 that we are excited to have in Stratford! If you’re interested in learning more, please contact Suzanne for more info at srichards@cccyymca.org

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. Fall dates will be published on our website and social media. Stay tuned!
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!

Aquatic Group Exercise Schedule:
Please make sure to pre-register for All Classes – Limited space/availability per class; 15 maximum allowed per class.

Monday:
9:00AM–Aqua Power with Tony
10:00AM–Deep Water Fit with Tony

Wednesday:
11:00AM–Aqua Power with Joanne
12:00PM–Deep Water Fit with Joanne
6:15AM–Aqua Zumba with Toni

Thursday:
9:15–Aqua Zumba with Pauline

Friday:
9:00AM–Aqua Power with Tony
10:00AM–Deep Water Fit with Tony

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

Group Exercise Schedule:
Mondays:
8:30AM–Tai Chi with David
10:00AM–Active Older Adult Fit with Virginia
2:00PM–Active Older Adult Cardio Circuit with Anna
5:30PM–Yoga with Sharron

Tuesdays:
8:15AM–Zumba Strong with Pauline
9:15AM Zumba Toning with Pauline
10:15AM–Zumba Gold with Pauline
5:45PM–Circuit Training 101 with Gina

Wednesdays:
9:00AM –Pilates Power with Sally
10:00AM–Cardio Interval & Strength with Virginia
10:45AM–Chair Yoga with Virginia
5:30PM–Yoga with Sharron

Thursdays:
10:15AM –Zumba Gold with Pauline
2:00PM –Active Older Adult Cardio Circuit with Anna
5:30PM–Tai Chi with David
5:30PM–Strength Circuits with Gina in Cardio Room

Fridays:
10:00AM –Active Older Adult Fit with Robin
11:15AM–Muscle, Core and More with Joanne

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

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

Register Online at StratfordYMCA.org
View current schedules, programs and events on our website!
GROUP EXERCISE CLASS DESCRIPTIONS

*Reservations required.*

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 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 & Thursday, 2:00PM

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
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, 5:45PM

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.
Monday, 8:30am & Thursday, 5:30PM

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, 10:45AM

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

YOGA-CHILD
Improve strength, flexibility and coordination. Children will learn how to focus and center themselves with various breathing and visualization techniques. See growth in both respect, mental clarity and stress relief.
Wednesday, 4:00PM

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 STRONG
Dance ZumbaStrong® A combination of HIIT, body weight exercises and strength conditioning lead by the music. This is not a dance–fitness program, but like Zumba®. Movements are synced to music and the tempo leads the intensity. Expect an overall body transformation.
Tuesday, 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, 10:15PM

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 9:15AM

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!
Wednesday, 6:15PM & Thursdays, 9:15AM

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 & Friday, 9:00AM & Wednesday 11:00AM

MUSCLE, CORE & MORE
Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.
Friday, 11:15am & Sunday, 9:00am

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, 10:00am Wednesday, 12:00pm

CARDIO INTERVAL & STRENGTH
This class combines aerobics and sports conditioning with weights, strength training and core.
Wednesday, 10:00AM
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

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

**Wednesday**
- 7:30am Body Sculpting w/ Colleen
- 9:00am Cardio Barre w/ Joanne
- 10:30am Chair Yoga w/ Joanne
- 5:00pm Cardio Barre w/ Joanne

**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**
- 7:30am Tai Chi w/ David
- 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
- 10:30am AOA Fit w/ Jenn

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

HEALTHY LIVING

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 1000+ 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. Watch this brief introduction!

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](http://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 or check our YMCA360 FAQs for CCCY Members. If you have a recommendation for a new program, please let us know.
HEALTHY LIVING

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
- Make reservations in the class schedule section
- 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 are 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 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 P.O. BOX 6555, HAMDEN, CT 06517 P 203 562 5129
LAKESIDE-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 equipped with an indoor swimming pool.