



# FIND YOUR FUN. FIND YOUR Y.

## SUMMER PROGRAM GUIDE

At the Y, you'll run, you'll laugh, you'll sweat and you'll have fun meeting people while you enjoy yourself. Connect with neighbors and give back to your community, find your fun.

For a better us.®

STRATFORD YMCA

# HERE FOR YOU

## STRATFORD YMCA

P 203 375 5844 F 203 380 0291

E stratfordinfo@cccymca.org

## YOUR Y STAFF

### Interim Executive Director:

Ryan Leworthy

### 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 Couch:

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-5:00pm

Sunday 8:00am-2:00pm

## HOLIDAY HOURS

Independence Day- July 4- 5:30am-1:00pm

## PROGRAM REGISTRATION

### SUMMER SESSION

June 20- August 14

### REGISTRATION DATES

Facility Member: Monday, May 30

Community Member: Monday, June 6

## 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!





## **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. Find what matters most and discover what a gift it is to give!

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 Amy Wiltsie 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.

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# YOUTH DEVELOPMENT

## 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. 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.

AGE GROUP	STAGE	
6 months - 3 years Parent* & Child	SWIM STARTERS	Stages A-B
3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-4
5 years - 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen	SWIM BASICS SWIM STROKES	Stages 1-6
18 + years Adult	SWIM BASICS SWIM STROKES	Stages 1-6

## 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  
Stages A-B, 30 minutes**

## SWIM STARTERS

### 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: \$84 / Community Member: \$168  
Saturday- 8:15am**

### 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: \$84 / Community Member: \$168  
Saturday- 9:30am**



# 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.

### 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



**\* MONDAY LESSONS ARE PRORATED, NO CLASSES ON INDEPENDENCE DAY, 7/4/22. MEMBERS: \$74, COMMUNITY MEMBERS: \$147\***

## 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: \$84 / Community Member: \$168

Member: \$88 / Community Member: \$176-Teen/Adult \*

Preschool Saturday-9:45am

School Age Saturday-9:45am

Teen Saturday-11:30am

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: \$84/ Community Member: \$168

Preschool Saturday- 10:20am

School Age 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: \$84 / Community Member: \$168

Preschool Saturday-10:55am

School Age Saturday-10:55am

#### AGE GROUP

#### STAGE

6 months - 3 years Parent* & Child	SWIM STARTERS	Stages A-B
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5 years - 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
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18 + years Adult	SWIM BASICS SWIM STROKES	Stages 1-6

#### 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

## 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 treading water and elementary backstroke.

Member: \$88 / Community Member: \$176

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: \$88 / Community Member: \$176

School Age Thursday-6:15pm  
Saturday-12:15pm

### 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: \$88 / Community Member: \$176

School Age Thursday-6:15pm  
Saturday-12:15pm

**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.

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## 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.



# YOUTH DEVELOPMENT/HEALTHY LIVING

## 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 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**

**Members: \$275**

**Community Members: \$550**

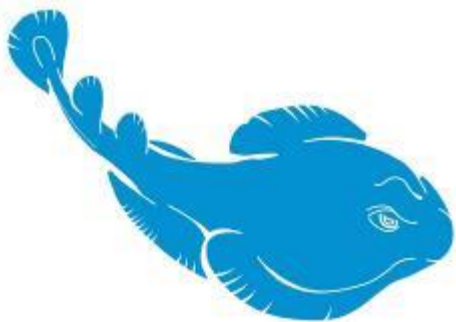
Any questions contact our District Aquatics Director, Oscar Rodriguez, at [orodriguez@cccymca.org](mailto:orodriguez@cccymca.org).

## STRATFORD YMCA BSY TORPEDOES SWIM TEAM

### 2022 LONG 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.

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).



## 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. 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.

## SWIM WITH A PURPOSE

Under the guidance of a coach, Swim Fit is a lap swim program that has organized workouts for individuals seeking a lap swim fitness regimen. Workouts range from 2,200-3,500 yards of mainly freestyle stroke. This program meets Three times a week and runs for 8 Weeks.

**AGE:** 18 years old and up

**WHEN:** June 20 – August 12 Mondays, Wednesdays and Fridays at 6:00 AM

**FEE:** Members: \$175 / Community Members: \$350

For more information or to register, please contact our Membership Service Representatives at 203-375-5844 or email our District Aquatics Director, Oscar Rodriguez, at [orodriguez@cccymca.org](mailto:orodriguez@cccymca.org).

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# 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.

## 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! Ga-Ga 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)**



## 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.

**Thursdays, 4:00-4:30pm for ages 3-6**

**4:30-5:00pm for ages 7-12**



## 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. Spring dates to be announced via our social media and website for children and adults.

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# 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. 261 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, 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.



## 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.

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# YOUTH DEVELOPMENT

## CAMP PARROT PERCH

At the Y, we make kids feel welcome and supported. Our counselors are specially chosen using in-person interviews, reference checks and training. They are educators, recreation specialists, future teachers and local students with a genuine interest in working with children. Your children may already know them from other Y programs and after school care. At least eighty percent, are 18 years old and older. After receiving an average of 40 hours of training in safety, positive behavior management and activity planning, they are ready to help campers make new friends, so they can grow as individuals and leaders.

We focus on the Y's core values of caring, honesty, respect and responsibility, in all of our activities, from camper-chosen sessions, to swimming, to arts and crafts and games. We provide fun filled activities that allow for physical involvement, social interaction, educational opportunities, leadership building, personal growth and creativity.

Join us for a week or for the entire summer of fun! Campers are divided into groups, by the grade level they'll enter in the fall, with activities appropriate to the interests and needs of each group.

Our weekly themes and field trips may change as detail summer activity plans are finalized.

**We can't wait to see you at the Stratford Y Camp Parrot Perch! We've planned an awesome, activity-packed summer with tons to learn, play and explore.**



## YMCA CAMP HI-ROCK IS THE SLEEPAWAY CAMP FOR THE CENTRAL CONNECTICUT COAST YMCA!

Camp Hi-Rock is a sleepaway camp and adventure trip center located in Western Massachusetts.

They are nestled among 1,000 acres in the Berkshire Mountains, surrounded by conservation forest, and centered around a pristine, private, ninety-acre lake. This gives them the ideal backdrop for the wide variety of activities they offer, which include swimming, climbing, water skiing, archery, sailing and arts & crafts among many others.

Through the values of the YMCA, Camp Hi-Rock is dedicated to the growth and development of all participants. They seek to help each camper develop his or her sense of personal worth and responsibility as a cooperative member of a group. In addition, they help campers to discover, learn, cultivate new skills, develop healthy lifestyles, create meaningful relationships, and become more caring, honest, respectful and responsible people.

For more information please visit <https://cccymca.org/locations/camp-hi-rock/>

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# 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.

## 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 2021. 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](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. 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!

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# 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.

For more information, please contact Oscar Rodriguez at [orodriguez@cccymca.org](mailto:orodriguez@cccymca.org), or call 203-375-5844.

## 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 Chelsea for more info at [ckordiak@cccymca.org](mailto:ckordiak@cccymca.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. Summer dates will be published on our website and social media. Stay tuned!

## DRIVE-THRU FOOD PANTRY

Stock up on FREE produce and shelf stable food for your family! To encourage social distancing, please stay in your car, pop your trunk and a pre-selected bag of food will be placed in your car. 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 Community & Senior Services, Stratford YMCA, and CT Foodshare.



## 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).

# 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 EX SCHEDULE:

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

### 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



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

## GROUP EX SCHEDULE:

### Mondays:

10:00AM–Active Older Adult Fit with Virginia

2:00 PM–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– AOA Fit with Virginia

10:45AM– Chair Yoga with Virginia

5:30PM–Yoga with Sharron

### Thursdays:

9:15AM– Zumba Toning with Pauline

10:15AM – Zumba Gold with Pauline

2:00PM –Active Older Adult Cardio Circuit with Anna

4:00PM–Yoga–Child–Ages 3–6 with Lauren

4:30PM– Yoga–Child–Ages 7–10 with Lauren

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



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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 and 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 and 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.

**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.

**Thursday, 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 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, 10:15PM**

### 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 & Thursday, 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!

**Tuesday and Thursdays, 9:15AM**

### AQUA MOVE

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.

**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**

*\*Pre-Registration required.*



# HEALTHY LIVING

## YOUR VIRTUAL YMCA

VIRTUAL WELLNESS AND GROUP EXERCISE CLASSES WITH THE CCC YMCA NOW AVAILABLE!

*VIRTUAL CLASS- VISIT STRATFORDYMCA.ORG*

<b>Monday</b>	7:30am Body Sculpting w/Colleen 9:00am Boot Camp w/Jenn 10:30am Chair Yoga w/Joanne 5:00pm Pilates w/Joanne
<b>Tuesday</b>	7:45am Yoga w/Jo 9:00am Abs Express w/Jenn 10:30am AOA Fit w/Jenn (Silver Sneakers) 5:00pm Yoga w/Joanne
<b>Wednesday</b>	7:30am Body Sculpting w/ Colleen 9:00am Cardio Barre w/ Joanne 10:30am Chair Yoga w/ Joanne 5:00pm Cardio Barre w/Joanne
<b>Thursday</b>	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
<b>Friday</b>	7:30am Tai Chi w/ David 9:00am Cardio Barre w/Jenn 10:00am Zumba Gold w/Pauline 5:00pm Workout Express w/Joanne
<b>Saturday</b>	9:00am Non-Stop Tabata w/Jenn 10:30am AOA Fit w/Jenn
<b>Sunday</b>	8:00am Body Sculpting w/Colleen



## TEE UP FOR A CAUSE STRATFORD YMCA

### 18th Annual Golf Tournament

**You can make a difference helping kids stay on course with every swing of your club.**

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

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

When you participate in our 18th Annual Golf Tournament, you help us provide kids and families in our community with the programs and services they need to thrive.

**WHEN:** Monday, August 1, 2022

**WHERE:** Mill River Country Club

4567 Main St, Stratford

P 860 200 2730

**ITINERARY:** 11:00am- Registration

11:30am- Lunch

12:30pm- Shotgun Start (scramble)

5:00pm- Reception, Dinner, Auction, and Awards

**RSVP:** Please respond by July 15, 2022

**FOR MORE INFORMATION, CONTACT:**

Stratford Y stratfordinfo@cccymca.org

George Perham gperham@viaivisionary.com



**REGISTER ONLINE AT STRATFORDYMCA.ORG**

View current schedules, programs and events on our website!

# 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
- 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 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

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

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

**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