



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FOR REACHING  
**NEW  
GOALS**

**STRATFORD YMCA  
WINTER I PROGRAM GUIDE  
January 1 – February 24, 2019**

# HERE FOR YOU

## STRATFORD YMCA

P 203 375 5844 F 203 380 0291

E stratfordinfo@cccymca.org

## YOUR Y STAFF

### Interim Executive Director:

Doug Shaw

### Operations Director

Chelsea Kordiak

### Child Care/Family Director:

Deanna Bogen

### Aquatics/Health & Wellness Director:

Scott Buckholz

### District Facility Director:

Kurt Kapusta

### Child Care Coordinator &

Camp Director: Ashley Fedak

### Preschool Coordinator:

Melissa Bernardo

## FACILITY HOURS

Mon-Thu 5:30am-9:00pm

Friday 5:30am-8:00pm

Saturday 7:30am-5:30pm

Sunday 10:00am-4:00pm

## HOLIDAY HOURS

Monday, December 24– 5:30am-3pm

Tuesday, December 25– Closed

Monday, December 31– 5:30am-6pm

Tuesday, January 1– 8am-2pm

## CHILD WATCH HOURS

Mon-Thu 5:30pm– 7:30pm

Saturday– 8:45– 11am

## PROGRAM REGISTRATION

### WINTER I SESSION

January 1– February 24

### REGISTRATION DATES

Facility Member: Monday, December 10

Community Member: Monday, December 17

## 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.



When you donate to the Stratford Y’s Annual Campaign, you make the community of Stratford better and the “us” who live here stronger.

## Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y’s core values of caring, honesty, respect and responsibility.

## Healthy Living

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

## Social Responsibility

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

# DONATE FOR A BETTER US.

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

**SWIM LESSONS**

Pages 4-6

**FAMILY  
ACTIVITIES**

Pages 7

**HEALTH AND  
WELLNESS  
PROGRAMS**

Page 8-13

**CHILD CARE  
& YOUTH  
PROGRAMS**

Pages 14-15

**BRANCH  
LOCATIONS**

Pages 16

# 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.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. 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. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

\*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  
Stages A-B**

#### 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 & Adult

SWIM BASICS  
SWIM STROKES

**Stages 1-6**

### 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: \$77 / Community Member: \$154  
Saturdays, 8:30-9am  
Thursdays, 9:30-10am**

### SWIM STARTERS

#### 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: \$77 / Community Member: \$154  
Saturdays, 9:05-9:35am  
Thursdays, 10:05-10:35am**



# 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

## 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: \$77 / Community Member: \$154**

**Member: \$82\* / Community Member: \$164\***

**Preschool** Mondays, 5:00-5:30pm  
Wednesdays, 5:00-5:30pm  
Saturdays, 9:35-10:05am

**School Age** Tuesdays, 5:00-5:30pm  
Thursdays, 5:00-5:30pm  
Saturdays, 9:35-10:05am

**\*Teen & Adult** Tuesdays, 6:45-7:25pm

## SWIM BASICS

### 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: \$77 / Community Member: \$154**

**Member: \$82\* / Community Member: \$164\***

**Preschool** Mondays, 5:35-6:05pm  
Wednesdays, 5:35-6:05pm  
Saturdays, 10:10-10:40am

**School Age** Tuesday, 5:35-6:05pm  
Thursdays, 5:35-6:05pm  
Saturdays, 10:10-10:40am

**\*Teen & Adult** Thursdays, 6:45-7:25pm

### 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 & Adult

SWIM BASICS  
SWIM STROKES

Stages 1-6

## SWIM BASICS

### 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: \$77 / Community Member: \$154**

**Preschool** Mondays, 6:10-6:40pm  
Wednesday, 6:10-6:40pm  
Saturdays, 10:45-11:15am

**School Age** Tuesdays, 6:10-6:40pm  
Thursdays, 6:10-6:40pm  
Saturdays, 10:45-11:15am



### 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.

# 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.

### Age Group:

**5 years - 12 years School Age**

**12+ years - Teen & Adult**

**Stages 4-6**

### 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 & Adult

SWIM BASICS  
SWIM STROKES

**Stages 1-6**

## 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: \$77 / Community Member: \$154**

**Member: \$82\* / Community Member: \$164\***

**(40 minute class)**

**Preschool** Saturdays, 11:20-11:50am  
Sunday, 10:30am-11am

**School Age\*** Saturdays, 11:20am-12pm  
Sundays, 11:05am-11:45pm

## SWIM STROKES

### 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: \$82 / Community Member: \$164**

**School Age** Saturdays, 12:05-12:45pm  
Sundays, 12:15-12:55pm

## SWIM STROKES

### 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: \$82 / Community Member: \$164**

**School Age** Saturdays, 12:05-12:45pm  
Sundays, 12:05-12:45pm



### OBSERVATION POLICY

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

# YOUTH DEVELOPMENT

---

## BSY TORPEDO SWIM TEAM

A collaborative effort between the Stratford and Bridgeport Y's, our team offers a program that allows swimmers to improve their skills, compete, and grow as a part of the team. Coaches and Y staff emphasize stroke technique, endurance, sportsmanship, goal-setting, and leadership development. We strive to do all of this in an environment that embraces the Y's philosophy of building spirit, mind, and body for all. We believe these qualities serve our swimmers well in the pool, in the classroom, and life. Practice takes place at the Stratford Y, with meets on the weekends. Contact [sbuckholz@cccymca.org](mailto:sbuckholz@cccymca.org) for more information on try outs, season dates, and fees.

**Short Course Season is ongoing, Long Course season will begin in the spring.**

**For ages 5-18.** Facility membership is required.

## FAMILY SWIM

Family Swim times are for all Y members. Youth under 12 years of age must have a supervising adult with them in the pool area. Non-swimmers who do not meet the armpit-depth guideline are required to wear a US Coastguard approved PFD and require active adult supervision. The armpit-depth guideline is defined by the individual's height in relation to the water depth at the deepest section of the zone.

Active adult supervision is defined as a guardian within arms reach of a non-swimmer in the water for every 2 non-swimmers.

**Mondays-Fridays, 9:00-10:15am**

**Monday, Wednesday, Fridays, 12:00-3:00pm**

**Saturdays, 2:00-5:15pm**

**Sundays, 1:30-3:45pm**

**Additional days and times offered. Please refer to our Mobile APP. Days and times subject to change.**

## 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, or 4 classes. Classes are scheduled cooperatively based on the instructor and swimmers schedules. Contact the Y to schedule today!

## CELEBRATE WITH US

The Stratford Y is the perfect place to have your child's next birthday party! We have a variety of affordable and fun party options to fit your child's interest, ranging from our basic Splash Party in the pool to a Zumba party, to our Parrot Perch Party. Party descriptions available on our website, call for availability.

## MEMBER GET A MEMBER PROGRAM

When a friend you've referred joins the Y, we'll thank you by giving you a FREE membership month. There's no limit to how many friends you refer and there's no limit to how many FREE months you can receive. Being with friends is always more fun for you and your family.

# HEALTHY LIVING

## AQUA ZUMBA®

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Tuesdays, 10:15–11:30am**

**Thursdays 10:15– 11:30am**

## AQUA MAIDS

The Stratford Y's synchronized swimming club invites other Y swimmers to learn the sport of synchronized swimming. It is a great combination of sport and art. Participants must be at least 18 years of age. Benefits include physical fitness and creative swimming. Facility membership is required.

**Mondays, 8:15–9:00pm**

## POOL VOLLEYBALL

Join the Stratford Y's Water Volleyball Group. Come in and fulfill your weekly need for fun and exercise.

**Tuesday, Thursday 1:00–3:00pm**

**Facility Members: Free**

**Community Members: \$20.00/8 week session**



## ADULT 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.

## 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.

**Mondays, Wednesdays, Fridays 10:30–11:30am**

## UNDERWATER HOCKEY

If you are comfortable in the water and want to join a fun group, this is the group for you! All equipment is provided, just bring your bathing suit and towel. For more information please contact James Saulnier at 203 426 8824 or [js@alumni.cmu.edu](mailto:js@alumni.cmu.edu)

**Thursdays, 7:30–8:45pm**

## SILVER&FIT®

The Silver&Fit program is designed for older adults! By exercising regularly and meeting new people, you can be Silver, Fit, and Fabulous® too!

## SILVERSNEAKERS® 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!



# HEALTHY LIVING



SilverSneakers® is a registered trademark of Healthways, Inc.

## HEALTHWAYS SILVERSNEAKERS® FITNESS

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Unlock the door to greater independence and a healthier life with SilverSneakers. Health plans around the country offer our award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a fitness center membership to any participating location across the country.

## SILVER SNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Tuesdays- 10:30-11:15am**

**Thursdays- 10:30-11:15am**

## SILVER SNEAKERS CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

**Wednesdays, 9:30-10:15am**

## CHAIR YOGA

Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Wednesdays, 10:15-11:00am**



# HEALTHY LIVING

## GROUP EXERCISE CLASSES

### BARRE MAT

Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique while targeting glutes, core and arms. **Tuesdays, 5:30-6:15pm**

### TAI CHI

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

**Mondays, 10:00-11:00am**

**Thursdays, 5:45-6:45pm**

### MUSCLE, CORE AND MORE

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

**Mondays, 9am-10am**

**Fridays, 7am-8am**

### CARDIO INTERVAL & STRENGTH

This class is an excellent way to burn calories, build endurance and strength quickly. A combination of alternating aerobic activity and sports conditioning by utilizing weights, bands and/or core.

**Fridays, 10:30-11:15am**

### 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. **Sunday, 10:00-10:45am**



### CYCLE TOGETHER

A thrilling cardio workout inspired by outdoor cycling Group Ride is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. **RIDE ON!**

### STRENGTH TRAIN TOGETHER

Strength Train Together will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, the workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!

**Tuesdays & Thursdays 6:00-7:00am**

### BALANCE AND FLEX TOGETHER

grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. Balance & Flex Together is truly for everyone—new exercisers can work at their own pace while athletes can use the class to keep their bodies in peak condition and facilitate quick recovery. The workout consists of 11 tracks that work the full body, core front, core back, hips and more to promote stability and mobility. **Wednesdays, 6:00-7:00pm**

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

# HEALTHY LIVING

---

## STEP&SCULPT

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

**Thursdays, 5:30-6:00pm**

## 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.

**Mondays, 5:45-6:45pm**

**Tuesdays, 9:00-10:00am**

**Saturdays, 8:00-9:00am**

## ZUMBA®

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! **Saturdays, 9:15-10:15am**

## ZUMBA GOLD®

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

**Mondays, 11:00-12:00pm**

**Thursdays, 11:00-12:00pm**

## \* NEW\* EASY DOES IT

Active Older Adult Gym Class. Designed for the "Over 50" crowd. Helps build the cardiovascular system, strengthen muscles, and improve flexibility. Low impact cardiovascular exercises, muscle conditioning with resistance equipment, agility training and stretching. For seniors, beginners, and 'ready to be fit' participants. As with any exercise program, we recommend you consult your physician prior to participation.

## GET F.I.T.

### Free Introductory Training

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

## 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](mailto:sbuckholz@cccymca.org).

## WELLNESS COACHING

The Stratford Y Wellness Coaches will help you discover how to manage your weight, be heart healthy, lessen the risk of chronic diseases and optimize your energy. Individual and group counseling is available. Contact Scott Buckholz @ [sbuckholz@cccymca.org](mailto:sbuckholz@cccymca.org) or 203-375-5844 for more information.

# HEALTHY LIVING

---

## CHILD WATCH

Have the time to exercise but don't have someone to watch your little one? Leave your child with our experienced child care staff while you take some time for your health and well-being. Child Watch is available for Family Facility members **Monday through Thursday from 5:30-7:30pm, Saturdays 8:45-11am.**

## MAKE TUESDAY TRANSFORMATIONAL

Try the Y for **FREE** on Tuesday, January 15 and February 19! Bring a friend! Ask Member Services for the details!

## MEMBER POTLUCK

Healthy Living is about more than just a workout, it's about making friends too! We'll share a meal together, celebrate the end of summer, and talk about healthy eating habits. Bring a friend and a dish to share and get to know your workout buddies better!

Wednesday, February 13, 12-1pm.

## MEMBER GET A MEMBER PROGRAM

When a friend you've referred joins the Y, we'll thank you by giving you a **FREE** membership month. There's no limit to how many friends you refer and there's no limit to how many **FREE** months you can receive. Being with friends is always more fun for you and your family.

## SUPPORTING WELLNESS TOGETHER

The program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution. The program is designed for adults, 18 years and older who desire a healthier weight. This program is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease. This is a 12-week program that meets one time per week. Each weekly session is 60 minutes.

Are you stuck at a weight loss plateau? Or perhaps you want to shape up but don't know where to start? Join the new 12 week program that will help you lose weight, learn healthy eating habits, love exercise and gain a new outlook on life. Don't let 2018 go by without reaching those yearly resolutions! Contact Scott at [sbuckholz@cccymca.org](mailto:sbuckholz@cccymca.org) for information. Classes will be held Wednesday nights from 6-7, January 9- March 27. \$85 for Facility Members, \$170 for Community Members.



# HEALTHY LIVING

## ALWAYS WELCOME IN EVERY COMMUNITY

### NATIONWIDE MEMBERSHIP:

At the Y, we are for youth development, healthy living and social responsibility. We are dedicated to ensuring our facilities, programs and services are open and welcoming to all. As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals.

### ALWAYS WELCOME

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

### IN EVERY COMMUNITY

We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge. Some restrictions may apply so please check with the Y you plan to visit by going to their website and clicking on the My Y/Every Y to learn more.



## STAY ON TRACK! DOWNLOAD THE 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 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.

FREE!



# 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. During the school year, our hours are from 7am-6pm with part-time options available. For the summer months, drop off begins at 7:15am.

Our preschool uses the Connecticut Preschool Curriculum and Assessment Framework. The curriculum includes literacy, math, physical fitness, art, science, and social studies.

We are state licensed with the Office of Early Childhood, and follow the OEC's ratios. Our preschool staff is certified in CPR and in First Aid.

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

REGISTRATION OPEN FOR 2018-2019

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. 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.

The After School Child Care program runs from dismissal to 6:00pm.

### CARE 4 KIDS

The 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!

This program is for youth in grades K-6 and runs from 7:30am until 6:00pm. Please bring a nut-free lunch, a bathing suit, and a towel.  
Upcoming Dates: January 21, February 15, February 18.

**Fun Clubs** available on snow days, contact Ashley for more info at [afedak@cccymca.org](mailto:afedak@cccymca.org).

# YOUTH DEVELOPMENT

## ZUMBA KIDS®

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans, where they can play it loud and rock with friends! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Ages 4-8. Free to Facility Members. **Fridays, 4-4:45pm**

## SPORTS SPECIFIC TRAINING

Work one on one with a coach who will help your child learn the game of baseball, soccer, football, basketball and more! Each lesson is 45 minutes. For ages 8 and above. Contact Scott at [sbuckholz@cccymca.org](mailto:sbuckholz@cccymca.org) for more information. Member: \$30, Community: \$60

## FLICK & FLOAT

Come spend the evening with family and friends and enjoy the fun! Bring your floats, any and all are welcomed on this night only! Standard pool rules still apply. A swim test is required for all children. Any child wearing a life vest must be accompanied in the water. See pool rules/youth guidelines. You and your family, floating aimlessly in our pool watching a hit movie ... who could ask for a better way to spend time with your family? **January 18 at 6pm- Movie TBA**



## YOUTH PROGRAMS

### KIDS PAINT CLASSES

Stay tuned for our painting classes at the Stratford YMCA. We pick a fun painting relating to the season and go through a step by step process so the kids can re-create the painting while adding their own creative touches. Contact Deanna for more information at [dbogen@cccymca.org](mailto:dbogen@cccymca.org). Fridays at 6:30, January 18 through February 15. \$65 for Facility Members, \$130 for Community Members

Ages 6 and above are welcome!

### MAD SCIENTISTS CLUB

Our NEW Mad Scientists Club will engage children in a variety of activities centering around Science, Technology, Engineering, and Math. Join us every Thursday, September 6 to October 25 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! This program is for scientists aged 5-7 and 8-12, the younger group will meet from 6:15-7pm and the older group from 7 to 7:45pm. Register in advance at the Front Desk or contact Ashley for more information at [afedak@cccymca.org](mailto:afedak@cccymca.org).

Thursdays, 6:15-7 for ages 5-7, 7-7:45 for 8-12. Fee: \$50 for Facility Members, \$100 for Community Members.

# HEALTHY LIVING

---

## MEMBER GET A MEMBER PROGRAM

When a friend you've referred joins the Y, we'll thank you by giving you a FREE membership month. There's no limit to how many friends you refer and there's no limit to how many FREE months you can receive. Being with friends is always more fun for you and your family. Bring them to try your favorite class, swim laps in the pool, or for a workout in the Wellness Center, you never know who your new workout buddy might be!

---

**The Stratford Family YMCA is governed by our Board of Managers that consists of volunteers from throughout our local community.**

- Immacula Cann
- Wendy Corris
- Dean DiBiase
- Claudine DiSario
- Robert Jaekle
- Dave Manson;
- George Perham
- Julie McIntosh
- Donna Wells; Board Chair

## CENTRAL CONNECTICUT COAST YMCA BRANCH LOCATIONS

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

**ALPHA COMMUNITY SERVICES YMCA** 387 Clinton Avenue, Bridgeport CT 06604 **P** 203 366 2809

**BRIDGEPORT YMCA** 850 Park Avenue, Bridgeport CT 06604 **P** 203 334 5551

**FAIRFIELD YMCA\*** 841 Old Post Road, Fairfield, CT 06824 **P** 203 255 2834

**HAMDEN/NORTH HAVEN YMCA\*** 1605 Sherman Avenue, Hamden CT 06514 **P** 203 248 6361

**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

**RALPHOLA TAYLOR COMMUNITY CENTER YMCA** 790 Central Avenue, Bridgeport CT 06607 **P** 203 576 7430

**SOUNDVIEW FAMILY YMCA\*** 628 East Main Street, Branford CT 06405 **P** 203 481 9622

**STRATFORD YMCA\*** 3045 Main Street, Stratford CT 06614 **P** 203 375 5844

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

**VALLEY YMCA\*** 12 State Street, Ansonia CT 06401 **P** 203 736 9622

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

\*Indicates a full-facility branch equipped with an indoor swimming pool

### STRATFORD YMCA

3045 Main Street, Stratford CT 06615

**P** 203 375 5844 **F** 203 380 0291 **W** stratfordymca.org