HERE FOR YOU

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

YOUR Y STAFF
Executive Director
Chelsea Kordiak
Child Care/Family Director:
Deanna Bogen
Director of Healthy Living:
Scott Buckholz
Youth and Family Coordinator:
Ashley Fedak
Preschool Coordinator:
Melissa Bernardo
Child Care Coordinator:
Amber Rua
Wellness Coordinator:
Gina Pezzullo
Facilities Coordinator:
Steve Allison

BOARD OF MANAGERS
Wendy Corris
Claudine DiSario
Robert Jaekle
Dale MacClanan
Dave Manson
George Perham
Donna Wells, Board Chair
Lamia Amirouche
Mark Calzone
Jason Martinez

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
Easter Sunday April 12, 2020– CLSOED

CHILD WATCH HOURS
Mon–Thu 5:30pm– 7:30pm
Saturday– 8:45– 11am

PROGRAM REGISTRATION
WINTER II SESSION
March 2– April 26, 2020

REGISTRATION DATES
Facility Member: Monday, February 10
Community Member: Monday, February 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.
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 donate to the Stratford YMCA Annual Campaign, you help us provide kids and families in our community with the programs and services they need to thrive.

DONATE FOR A BETTER US.

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

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

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tr>
<td>6 months – 3 years</td>
<td>Parent* &amp; Child</td>
<td>SWIM STARTERS Stages A-B</td>
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<td>3 years – 5 years</td>
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<td>5 years – 12 years</td>
<td>School Age</td>
<td>SWIM BASICS SWIM STROKES Stages 1-6</td>
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<tr>
<td>12+ years</td>
<td>Teen &amp; Adult</td>
<td>SWIM BASICS SWIM STROKES Stages 1-6</td>
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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
Saturday, 8:30-9am

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
Saturday, 9:05-9:35am
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

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 Mon & Wed, 5:00–5:30pm
Saturday, 9:35–10:05am
School Age Tues & Thurs, 5:00–5:30pm
Saturday, 9:35–10:05am
*Teen & Adult Thursday, 6:45–7:25pm

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.

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 Mon & Wed, 5:35–6:05pm
Saturday, 10:10–10:40am
School Age Tues & Thurs, 5:35–6:05pm
Saturday, 10:10–10:40am
*Teen & Adult Tuesday, 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 Mon & Wed, 6:10–6:40pm
Saturday, 10:45–11:15am
School Age Tues & Thurs, 6:10–6:40pm
Saturday, 10:45–11:15am
YOUTH DEVELOPMENT

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Class times are subject to change based on enrollment numbers.

Age Group:
6 years – 12 years School Age
13 years – Teen & Adult
Stages 4–6

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 threading water and elementary backstroke.

Member: $77 / Community Member: $154
Member: $82* / Community Member: $164*
Pre-K: 30 minutes, School Age: 40 minutes
Preschool Saturday, 11:20–11:50am
Wednesday, 6:45–7:15pm

School Age* Saturday, 11:20am–12pm
Sunday, 12:00–12:40pm

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 Saturday, 12:05–12:45pm
Sunday, 12:45–1:25pm

SWIM STROKES
Stage 6 / Stoke 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 Saturday, 12:50–1:30pm
Sunday, 1:30–2:10pm

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

Sunday Classes will be promoted due to Easter.

Members: $72
Community Members: $144

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.
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. Facility membership is required.

BSY Long Course registration begins April 1, but swimmers can begin at any time with coach permission. For more information, visit teamunify.com/ymca-0939
For ages 5–18.

KIDS YOGA
Stretch, bend, and grow in our Kid’s Yoga class! Open to ages 3 and up our youngest yogis will learn to calm their bodies and minds while practicing balance, listening skills, and so much more! FREE for Facility Members and $40 for 8 weeks for Community Members.
Mondays 4:00pm–4:45pm for ages 3–6

MINI MOVERS & SHAKERS
Does your toddler love to dance and tumble? Join us for an 8 week class where 3 to 6 year olds can shake their sillies out, learn safe tumbling skills, and improve their gross motor skills. This 45 minute class is FREE for Facility Members and $40 for 8 weeks for Community Members.
Wednesdays, 4–4:45pm for ages 3–6

GAGA BALL CLUB
Come hang out on Saturday mornings from 10:00am –12:00pm with two of our veteran Camp Counselors Isaiah and Paul D for some competitive gaga ball. Gaga is a fast-paced, high energy sport played in an octagonal pit. The more players are, the better! GaGa ball is a gentler version of dodge ball, 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

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, $40 for Community Members.
Thursdays 4:00pm–4:45pm for ages 3–6

HIKING CLUB
Look out for this NEW program to start in the Spring! Welcome walkers of all abilities! Join us at the Stratford YMCA for walks and hikes through scenic routes and trails around the Stratford Community.
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.

Tuesday, 11:30am–12:15 pm
Thursday 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.

Monday, 8:00–8:45pm

DEEP WATER FIT
A dynamic workout using cardio and strength training intervals in the deep end of the pool. Must be able to swim to participate.

Wednesday, 11am–11:45 am

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 & Fridays 10:30–11:30am,
Tuesday, 9:00–9:45am
Wednesday, 10:15–11am
Wednesday, 7:30–8:15pm

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
Thursday, 7:30–8:45pm

WATER VOLLEYBALL
Join the Stratford YMCA Water Volleyball Group. Come in and fulfill your weekly need for fun and exercise.

Monday, Wednesday, Friday, 1:00–3:00 pm

FEE: Free for Members
Community Members $20.00/8 week session

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!
HEALTHY LIVING

ACTIVE OLDER ADULT MEMBERSHIPS
IT’S NEVER TOO LATE TO FEEL GREAT!
STRATFORD YMCA ACTIVE OLDER ADULT MEMBERSHIPS. YMCA 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.

ABS EXPRESS
This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment.
Friday, 10:30–11:45am

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 living activities. Hand-held weights, elastic tubing with handles and balls are used. Chairs available.
Tuesday, 10:15–11:15am
Tuesday, 11:15–12:15pm
Thursday, 10:15–11:15am

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.
Wednesday, 9:30–10:15am

CHAIR YOGA
Move your whole body through a complete 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, 10:15–11:00am

ACTIVE TOGETHER
Group Active gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. ACTIVATE YOUR LIFE! In 60 minutes you’ll do it all: cardio, strength, balance, and flexibility! This will be achieved over 11 tracks, each with a specific focus. Each track has motivating music to guide you through your workout.
Monday, 9:00–10:00am

TAI CHI
The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength. Great for improving balance, increasing flexibility, and reducing stress.
Monday, 10:00–11:00am
Thursday, 5:45–6:45pm
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.
Tuesday, 5:30–6:15pm

MUSCLE, CORE AND MORE
Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.
Friday, 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.
Friday, 10:30–11:30am

PILATES POWER
Power Pilates encompasses precise movements to stretch and strengthen muscle without adding bulk. Discover your inner strength while your body transforms as your energy improves and you achieve an inner balance.
Sunday, 10:00–10:45am

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, 5:45–6:45pm
Tuesday, 9:00–10:00am
Saturday, 8:00–9:00am

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.
Thursday, 5:30–6:15pm

BALANCE & FLEX
BALANCE & FLEX TOGETHER will 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.
Wednesday, 5:45–6:45pm

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!
Tuesday & Thursday, 6:00–7:00am
HEALTHY LIVING

ZUMBA TONING
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.

**Monday, 11:00-12:00pm**
**Thursday, 11:15-12:15pm**

FRIDAY NIGHT HAPPY HOUR
You’re invited to join us Friday nights for our Happy Hour series of rotating Group Exercise classes. Each week will feature a different class and different instructor from 5:45 to 6:30 in the Group Exercise Room. Free for Facility Members, $20 per month for Community Members. Classes will be posted online and at the Y.

**Friday, 5:45– 6:30pm**

CHEERS TO A NEW YOU
SUPPORTING WELLNESS TOGETHER
Whether you’re looking to lose weight, tone up, or just change your eating habits, joining our Summer Healthy Living program will make a difference. With an annual tally of over 70lbs lost this year, this program will change your way of thinking, eating, moving, and living.

Program includes: weekly one hour group class, 6-30 minute Personal Training sessions, access to all facility Group Exercise classes, personalized nutritional guidance with a certified health coach, tracking packet and ongoing support, and more! Package valued at over $1500.

$85 /Facility Members
$175 /Community Members.
**Meets Mondays at 6pm, February 1 – March 30, 2020**

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.

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 or 203-375-5844 for more information.

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.

**Tuesday, 12:30-1:30pm**
**Thursday, 6:30-7:30pm**

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

MEMBER SOCIAL
Healthy Living is about more than just a workout, it’s about making friends too! We’ll share a healthy meal, celebrate our community, and talk about healthy eating habits. Bring a friend and a dish to share and get to know your workout buddies better!

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.

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.
Monday, 12:00–3:30pm, 7:00–8:00pm
Tuesday, 7:30–8:45pm
Wednesday, 12:00–3:30pm, 7:30–8:45pm
Thursday, 11:30am– 1:00pm
Friday, 12:00–3:30pm, 7:00–8:00pm
Saturday, 3:30–5:15pm
Sunday, 2:00– 3:45pm

Please refer to our Mobile APP. Days and times subject to change.
**HEALTHY LIVING**

**ARE YOU WHISTLE WORTHY?**

Lifeguard Certification Course at the Stratford YMCA. This course is designed to give participants the basic skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take actions to help those in need. CPR, First Aid, AED, and O2 certifications are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered. All class times are required for certification in addition to completion of online prerequisite courses prior to first day of class. Fall and winter classes available. For more information, please contact our Director of Healthy Living, Scott Buckholz, at 203-375-5844. March dates are available call or stop by the Stratford YMCA to reserve your spot today!

**NEW ADULT PAINT & SIP**

We pick a fun painting relating to the season and go through a step by step process so the you can re-create the painting while adding their own creative touches. We’ll provide healthy smoothies, and all the materials necessary for the project. $10.00 for Facility Members, $20.00 for Community Members.

**HAPPINESS CLUB**

Want to be healthier and happier in 2020? The Happiness Club will connect individuals through new strategies for stress management and engage in evidence-based habits that will create more happiness at work and at home. We will meet Mondays 5:15-5:45 PM, and kick off the new decade with smiles and strength! Facility Members $25 | Community Members $50.

**BINGO NIGHTS**

Come down for a fun packed night. Please bring your own snacks (Nut free of course). We will provide the fun and prizes. Pre-registration is required. Please contact Ashley for more information at afedak@ccymc.org. Family Night– See flyers for dates. Adult Night– See flyers for dates.

**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.
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.

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

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

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

The before school program includes 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. Registration begins for 2020-2021 school year on March 1 for new families.

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! April 10, 13, 14, 15, 16, 17
YOUTH DEVELOPMENT

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@ccymca.org for more information.
Member: $30,
Community: $60

MAD SCIENTISTS CLUB
Our Mad Scientists Club will engage children in a variety of activities centering around Science, Technology, Engineering, and Math. Join us Wednesdays nights 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 6-10, from 7 to 7:45pm. Register in advance at the Front Desk or contact Ashley for more information at afedak@ccymca.org.
Thursday, 7-7:45
$50/Facility Members, $100/Community Members

PAINT & SIP
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. We’ll provide healthy snacks, smoothies, and all the materials necessary for the project
March 13, Grades 1-3
March 20, Grades 4-6

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. Party descriptions available on our website, call for availability.

Y FUN CLUB
Snow? Got to work? Y worry the Y is here for you on the days when the school systems are closed due to inclement weather. The Y Fun Club runs from 8 am—6 pm (weather permitting) for grades Pre-K-6. Children will need to bring a lunch (NUT FREE), a bathing suit and towel, and snow clothes (extra pants, socks, boot hats, gloves, etc). Pre-registration is required.
All registrations must be in 48 hours before attending the Y Fun Club. No drop in signups are allowed due to staffing requirements.

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? Free for Facility Members, $20 per family for Community Members.
FOR A BETTER US

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 and do everything possible to ensure The Best Summer Ever.

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.

Camp is open to all children. The Y will work with children of all abilities. If your child requires special accommodations (social, behavioral, medical) please contact the Camp Director. The Y strives to provide each camper with an optimal summer experience but can not guarantee a specific counselor or camp group.

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

The Y has child care programs available from the day school ends until it begins again! Ask about Y Vacation Club, Y Fun Club, Before and After school programs.

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. The Best Summer Ever!

STAY ON TRACK!
DOWNLOAD THE FREE CCCY APP
Forget your membership card? Wonder if there is a Zumba class this evening? Need to squeeze in a workout while you’re out and about? Looking for open swim or child watch times?
The Daxko LLC Central Connecticut Coast Y app will give you everything you need in the palm of your hand – for all our Membership Branches!
Schedules – on one user-friendly landing page for all CCCY Branches. Calendar – for easy transition through days/dates. Filters – by area/room, time of day, class type. Notifications – from multiple branches. Locations – with facility status and hours.
Member Cards – use your phone to check-in, load them into your IOS Wallet for display near the Y. Programs – view and register. Push Notifications! Opt-in for updates on classes and the facility. Email the Y.

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