



STRATFORD YMCA WINTER 1 PROGRAM GUIDE

HERE FOR YOU

STRATFORD YMCA

P 203 375 5844 F 203 380 0291

E stratfordinfo@cccymca.org

YOUR Y STAFF

Executive Director:

Suzanne Richards

Child Care Director:

Melissa Bernardo

Membership and Health & Wellness Director:

Ashley Fedak

Membership Services Specialist:

Denise Champagne

BSY Head Coach:

Marta Taddeo

BOARD OF MANAGERS

Claudine DiSario

Robert Jaekle

Dave Manson

Dale McClanan

George Perham

Donna Wells, Board Chair

Tom Collins

Tia Lopez

Christopher Green

Phil Conner

Nivin Yakur

FACILITY HOURS

New Hours Starting January 1, 2024

Mon-Thurs. 5:30am-9:00pm

Friday 5:30am-7:00pm

Saturday 7:00am-6:00pm

Sunday 8:00am-4:00pm

HOLIDAY HOURS

MLK-Monday, January 15- Regular Hours

President's Day- Monday February 20-

Regular Hours

PROGRAM REGISTRATION

WINTER 1 SESSION

January 1– February 25

REGISTRATION DATES

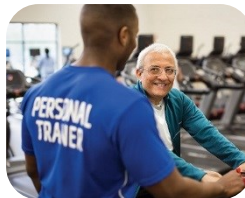
Facility Member: Monday, December 11

Program Participant : Monday, December 18

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 YOUR
REASON TO GIVE.
FIND YOUR Y.**

For a better us.®

We help everyone 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. More people than ever need financial assistance to take part in Y programs. When you donate to the Stratford YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

DONATE FOR A BETTER US.

Connect with Suzanne Richards 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.

Child Care

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YOUTH DEVELOPMENT

CHILD CARE

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 offered during the day at an additional fee! 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, 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, 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.

For more information or to register, please call or stop by the Stratford YMCA at 203-375-5844! If you have any questions contact our Childcare Director, Melissa Bernardo, at mbernardo@cccymca.org.

CARE 4 KIDS

The Y is a licensed provider with the state program.



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YOUTH DEVELOPMENT

PARENTS NIGHT OUT

Let our YMCA staff lead your child in fun group games, swim time, crafts, and other activities while making some new friends! Please bring a bathing suit & towel. Preregistration is required. Registration ends two days before event so we can staff properly.

DATE: February 9

AGES: 5-12 years old

TIME: 6:00 – 8:00pm

FEE: Facility Members: \$25

Program Participants: \$35



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. Registration ends two days before event so we can staff properly.

AGES: 5-12 years old

TIME: 7:30am-5:30pm

DATES: January 15, February 16 & 19

FEE: Facility Members: \$55 per day

Program Participants: \$110 per day



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.



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YOUTH DEVELOPMENT

LIFEGUARD CERTIFICATION

The Lifeguard Certification Course at the Stratford YMCA 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.

Prerequisite Swim Test:

- Swim 300 yards
- Tread water for 2 minutes, using only the legs
- Complete a timed event within 1 minute and 40 seconds

All class times are required for certification in addition to completion of online prerequisite courses prior to first day of class.

Call to reserve your spot today!

AGES: 15 years old and up

* If Waterfront Certification is needed please inquire with Aquatics Director.



CLASS	DATES	TIME	FACILITY MEMBER FEE	PROGRAM PARTICIPANT FEE
Lifeguarding	TBD	9 to 3pm	\$250	\$350
Lifeguard Recertification	TBD	9 to 3pm	\$50	\$100

YOUTH DEVELOPMENT

LAKEWOOD-TRUMBULL YMCA GYMNASTICS

Interested in Gymnastic Classes? Lakewood-Trumbull YMCA, a branch of the Central Connecticut Coast YMCA offers Gymnastics classes for ages 24 months through 18 years old! Reach out to the front desk at the Lakewood-Trumbull YMCA for more details at 203 445 9633, or our Gymnastics Director, Hunter Kay at hkay@cccymca.org.

CAREGIVER & TOT GYMNASTICS

(Ages 24 – 36 mos)

Learn basic gymnastics skills with guided instruction and open play in a social setting. Caregiver participation required.

GYMNASTICS FOR THREES

(Ages 3 yrs)

A fun, nurturing experience without caregiver participation; learn basic gymnastics skills including trampoline, bars, beam and more!

GYMNASTICS FOR

(AGES 4-6 yrs)

A class for kids to perfect cartwheels, handstands, forward and backward rolls, jumps, balance beam skills, bar skills, body awareness and flexibility. Gymnasts will be challenged according to ability.

BOYS GYMNASTICS

(Ages 6 & older)

This class is for boys who would like to work on basic, as well as some advanced gymnastics skills. This beginner level class teaches gymnasts skills on floor, vault, pommel horse, bars, tramp, parallel bars and tumble track. This program is for beginner level compulsory competitors through experienced optional level gymnasts.

NOVICE GYMNASTICS

(Ages 8 & older)

This class is designed for preteen girls looking to take gymnastics for the first time or still working to perfect their foundational level gymnastics skills.

GIRLS BEGINNERS GYMNASTICS

(Ages 6 – 7 yrs)

Designed for beginners ages 6-7, this class provides a nurturing and supportive environment for participants to develop the fundamental skills essential for success in gymnastics. Gymnasts will learn basic tumbling techniques, be introduced to each piece of equipment, practice coordination and flexibility, learn safety guidelines, and much more! Whether you're a budding gymnast or simply eager to explore the world of gymnastics, this class will provide physical fitness, confidence building, and social interaction for your child.

INTERMEDIATE GYMNASTICS

(Ages 7 & older)

This class is tailored for participants who have successfully completed a beginner-level gymnastics class or possess equivalent skills. Intermediate Gymnastics focuses on refining technique, expanding skills with progressions, introducing drills, participating in conditioning that focuses on the flexibility and support intermediate gymnastics demands.

ADVANCED GYMNASTICS

(Ages 7 & older)

This class is designed for gymnasts that have completed an Intermediate gymnastics class, or possess equivalent skills. Gymnasts that are *not* interested in competition will learn advanced tumbling techniques, apparatus proficiency, strength and conditioning, spotting and safety, expanding skills with progressions, and much more!

Lakewood-Trumbull YMCA also has private gymnastic lessons, Competitive Gymnastics Team, Dance classes, and Martial Arts! Please call for more information!

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG

YOUTH DEVELOPMENT

PAINT AND SMOOTHIES

We pick a fun painting relating to the season and go through a step by step process so your child can re-create the painting while adding their own creative touches. We'll provide smoothies, and all the materials necessary for the project. Upcoming dates to be announced via our social media and website for children and adults.

FEE:

Member: \$15

Program Participant: \$30

Youth: January 12 6:30pm-8:00pm
February 9 6:30pm-8:00pm



JOY SMILES & WARM HUGS

COME MEET OLAF AT THE STRATFORD Y

The holidays may be over but The Stratford Y is still bringing joy to children of all ages! Olaf says it will be fun to visit and give a warm hug!

Please join us for a fun filled evening with art and crafts, STEM activities, a Snowman snack and a meet and greet with Olaf! Pre-registration is required, Please register on our website or come down to the Stratford Y to sign up!

WHEN: Friday, January 19

TIME: 6:00-7:30 pm

FEE: \$10 per person for Facility Members /\$20 per person for a Program Participant



REGISTER ONLINE AT STRATFORDYMCA.ORG

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YOUTH DEVELOPMENT

BOXING

BE A STRONGER CHAMPION

Participants will gain self-confidence and self-control while learning the fundamentals of Boxing. Participants will receive a great boxing workout, while learning proper stance, footwork, different styles of boxing, discipline and good sportsmanship.

Join us for one free demo class!

Age Group:

Youth/Teen: 10 years - 17 years

Wednesdays: 6:00pm—7:00pm

Saturdays: 11:30am—12:30pm

FEE: 1 Day a week Member: \$100/ Program
Participant: \$150

2 Days a week Members: \$175/ Program
Participant: \$250



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.

Members: FREE FOR FACILITY MEMBERS (Please register in advance)

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YOUTH DEVELOPMENT

GAGA DODGEBALL CLUB

Come hang out on Saturday mornings from 9:00am–12:00pm for some competitive gaga ball. Gaga is a fast-paced, high energy sport played in an octagonal pit. The more players there are, the better! GaGa ball is a gentler version of dodgeball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the waist. Don't forget to wear active clothes and sneakers.

AGES: Grades 4 – 8

Members: FREE FOR FACILITY MEMBERS
(Please register in advance)

CELEBRATE WITH US

BIRTHDAY PARTIES THE STRATFORD Y

At all of our birthday parties, a party host will be provided to help parents set up and clean up from the party. Parties are two hours—the first hour is in the pool, and the second hour is in our party room. You'll provide the decorations and food, we'll provide the fun!

WHEN: Saturdays–1:00 PM —3:00 PM/Sundays–12:00 PM—2:00 PM

FEE: Members: \$250/Program Participants: \$350



YOUTH DEVELOPMENT

SWIMMING LESSONS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages – from infants to seniors – can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.

Swim Starters and Swim Basics classes require one caregiver to participate in the pool and on the pool deck.

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
6 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 caregiver, 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
Caregiver & Child: Stages A-B, 30 minutes

SWIM STARTERS

Stage A / Water Discovery

Caregivers 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: \$95 / Program Participant: \$190

Saturday 8:00am
Sunday 12:15pm (Stage A & B)

Stage B / Water Exploration

In Stage B, caregivers work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Member: \$95 / Program Participant: \$190

Saturday 8:45am
Sunday 12:15pm (Stage A & B)

REGISTER ONLINE AT [STRATFORDYMCA.ORG](https://stratfordymca.org)

View current schedules, programs and events on our website!

YOUTH DEVELOPMENT

SWIMMING LESSONS

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:

Preschool 3 years – 5 years

School Age 5 years – 12 years

Teen & Adult 12+ years

Stages 1-3, 30 minutes, Teen/Adult, 40 minutes

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: \$95 / Program Participant: \$190

Member: \$99 / Program Participant: \$198- Teen/Adult *

Preschool	Monday	4:30pm
	Tuesday	5:25pm
	Wednesday	5:05pm
	Thursday	4:15pm
	Saturday	9:45am
		10:55am
	Sunday	10:15am

School Age	Monday	5:05pm
	Wednesday	5:40pm
	Friday	4:30pm
	Saturday	9:45am
		10:20am
	Sunday	11:25pm

Teen/ Adult	Tuesday	5:40pm
	Saturday	12:00pm
	Sunday	11:00am



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: \$95 / Program Participant: \$190

Member: \$99 / Program Participant: \$198- Teen/Adult *

Preschool	Monday	5:05pm
	Thursday	4:50pm
	Saturday	9:45am
		10:20am
	Sunday	10:50am

School Age	Monday	5:40pm
	Wednesday	4:30pm
	Thursday	5:25pm
	Friday	5:05pm
	Saturday	10:20am
		10:55am
	Sunday	10:15am

Teen/ Adult	Tuesday	5:40pm
	Saturday	12:00pm
	Sunday	11:00am

OBSERVATION POLICY

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

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YOUTH DEVELOPMENT

SWIMMING LESSONS

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: \$95 / Program Participant: \$190

Member: \$99 / Program Participant: \$198- Teen/ Adult *

Preschool	Monday	5:40pm
	Saturday	10:20am 10:55am

School Age	Monday	4:30 pm
	Tuesday	5:25pm
	Wednesday	5:05pm
	Saturday	9:45am 10:55am
	Sunday	10:50am

Teen/ Adult	Tuesday	5:40pm
	Saturday	12:00pm
	Sunday	11:00am

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:

3 years - 5 years Preschool

5 years - 12 years School Age

12+ years - Teen & Adult

Stage 4, 30 minutes, Preschool

Stages 4-6, 40 minutes, School Age and Teen

SWIM STROKES

Stage 4 / Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breast-stroke, kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Member: \$95 / Program Participant: \$190- Preschool

Member: \$99 / Program Participant: \$198- School age and Teen/ Adult

School Age	Monday	6:15pm
	Saturday	9:00am

Teen/ Adult	Tuesday	7:00pm
	Thursday	7:00pm
	Sunday	9:00am

AGE GROUP

STAGE

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

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

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YOUTH DEVELOPMENT

SWIMMING LESSONS

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: \$99 / Program Participant: \$198

School Age	Wednesday	6:15pm
	Saturday	10:00am

Teen/ Adult	Tuesday	7:00pm
	Thursday	7:00pm
	Sunday	9:00am

Stage 6 / Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Member: \$99 / Program Participant: \$198

School Age	Saturday	11:00am
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Teen/ Adult	Tuesday	7:00pm
	Thursday	7:00pm
	Sunday	9:00am

ADAPTIVE SWIM EXPERIENCE

The focus for our Adaptive Swim Experience program is to help adults, kids and families with diverse abilities 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: 7 Sessions for 40 minutes

Facility Members: \$350

Program Participants: \$400

OBSERVATION POLICY

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



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!

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YOUTH DEVELOPMENT

SWIM TEAM

BSY TORPEDOES SWIM TEAM

2023-2024 SHORT COURSE SEASON

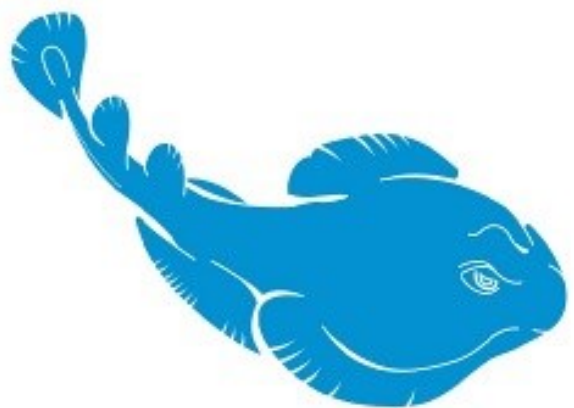
September 11, 2023 to February 23, 2023

2024 LONG COURSE SEASON

April 15, 2024 to July 31, 2024

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 mtaddeo@cccymca.org.



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YOUTH DEVELOPMENT

PROJECT SEARCH

PROJECT SEARCH TRAINING PROGRAM

The Stratford Y and the Lakewood-Trumbull Y are participating in the **Project SEARCH Training Program** along side The Kennedy Collective, Stratford Public Schools and the State of Connecticut Department of Developmental Services. Individuals will hold un-paid intern positions in membership, child care, wellness and facilities. While working side by side with Y staff members, interns will learn business processes, procedures and communication skills. They'll also gain independence, self-confidence and self-esteem. Project SEARCH exposes individuals to a variety of careers and helps prepare them for future employment.



To be eligible to participate, individuals must be between 18-30 years of age, diagnosed with a Developmental Disability and eligible for State of Connecticut DDS programs or willing to pay privately.

To learn more about the program, contact Suzanne Richards, Executive Director at srichards@cccymca.org.



HEALTHY LIVING

HEALTH AND WELLNESS

ADULT LAP SWIM

Adult Swim times are open to all adult members. One lane is available for lap swimming. The rest of the pool is available for therapeutic exercising and slow swimming. Times vary through the week. Please check the schedules page of our web site or our mobile app for details. * Please contact the Y for updates on pool schedule.

LAP SWIMMING ETIQUETTE

- Swimmers are encouraged to contribute to an atmosphere of cooperation and courtesy.
- Always enter from the shallow end.
- A maximum of five swimmers are permitted in each lane during lap swimming.
- Please swim with others of similar speed. Life-guards will move swimmers to the appropriate lane when necessary.
- Always let swimmers in your lane know when you are entering the water.
- Always circle swim counter-clockwise when three or more swimmers are in a lane.
- Fins and/or kickboards are not permitted during circle swim.
- Allow faster swimmers to pass. Passing always occurs on the left of the swimmer or at the end walls.
- Do not stand at the ends of the pool for an extended period of time.

Teens age fourteen and older may participate in lap swimming.

FUEL YOUR HEALTHY HABITS

Join us for a coffee and conversation about nutrition with Jen Evans, MS in Human Nutrition from the University of Bridgeport. Our monthly Healthy Food Chats are held on Friday's. Upcoming dates to be announced via our social media and website for children and adults.

MARKET STYLE FOOD PANTRY

Stock up on FREE produce and shelf stable food for your family! Questions? Want to volunteer? Contact the Stratford Y at stratfordinfo@cccymca.org. *In case of inclement weather, check the CT Foodshare website or call the Y for more info at 203-375-5844.

Brought to the community by the Town of Stratford Health Department, Community & Senior Services, Stratford YMCA, and CT Foodshare.

Where: Holy Name of Jesus Church on 1950 Barnum Ave, Stratford, CT, 06614

When: Every Other Monday from 1:00-2:00pm

TOGETHERHOOD

Togetherhood is a nationwide program that 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.

If you're interested, please contact the Y for more info. We meet the 1st Thursday of each month at 11:15am. If you're interested in learning more, please contact Suzanne for more info at srichards@cccymca.org



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HEALTHY LIVING

HEALTH AND WELLNESS

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.

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!

OUTDOOR FITNESS

Located towards the front of our Y at 3045 Main Street, the outdoor fitness structure is available for members and our community who are 13+ years old. We encourage you to try it out! It has the ability to accommodate a variety of exercises with directions for use posted at the site. Have fun and be safe exercising!

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.

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. You must register to schedule an appointment.

ACTIVE OLDER ADULT LOYALTY PROGRAM

We are glad that you are being active and having fun with friends here at the Y!

Pick up a Loyalty Card each month. Have it punched each day you come to the Y to get moving. At the end of the month if you have 10 punches, turn in your card. You will have a chance to win a fabulous prize!

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

HEALTHY LIVING

HEALTH AND WELLNESS

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.

Monday:

8:45AM–Aqua Power with Tony
9:30AM– Deep Water Fit with Tony

Wednesday:

11:15AM–Aqua Power with Joanne
12:15PM– Deep Water Fit with Joanne

Thursday:

9:00AM–Aqua Zumba with Pauline

Friday:

9:30AM– Deep Water Fit with Tony

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
4:00PM– Cardio Kickboxing with Eileen
5:30PM–Yoga with Sharron

Tuesdays:

9:00AM Zumba Toning with Pauline
10:00AM–Zumba Gold with Pauline
10:45AM–CIRCL with Pauline
5:30PM– Circuit Training 101 with Anna

Wednesdays:

9:00AM –Pilates Power with Helen
10:00AM– Cardio Interval & Strength with Virginia
10:45AM– Chair Yoga with Virginia
4:00PM– Step & Sculpt with Eileen
5:30PM–Yoga with Sharron

Thursdays:

8:00AM Strength 101 with Sally
10:00AM – Zumba Gold with Pauline
10:45AM– CIRCL with Pauline
5:30PM– Tai Chi with David
5:30PM–Strength Circuits with Anna in Cardio Room

Fridays:

9:00AM– Active Older Adult Stretch & Stability with Rob-in
10:00AM –Active Older Adult Fit with Robin
11:15AM– Muscle, Core and More with Joanne

Saturdays:

8:00AM – Cardio Interval & Strength with Helen
9:15AM– Yoga with Thomas

Sundays:

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



REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!

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 & Friday, 10:00AM

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

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 & Saturday, 8:00AM

TAI CHI

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

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

CHAIR YOGA

Move your whole body through a series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and range of movement.

Wednesday, 10:45AM

STRENGTH CIRCUITS

Work specifically on building strength throughout the body. Each circuit will work either your upper body, lower body, or a combination of exercises. You will leave this class feeling powerful!

Thursday, 5:30PM

YOGA

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

STRENGTH 101

Learn the basics of strength training using your body weight, various equipment and breathing techniques.

TUESDAY, 8:00AM

ZUMBA GOLD

Easy to follow class that lets you move to the beat at your own speed. Invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Modified, low-impact moves available for active older adults.

Tuesday & Thursday, 10:00AM

ACTIVE OLDER ADULT STRETCH AND STABILITY

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

Friday, 9:00AM

ZUMBA TONING

Targeted body sculpting exercises and high energy cardio work combined with Latin infused Zumba moves create a calorie torching, strength training dance party. Using Zumba toning sticks or light weight dumbbells, you'll work every muscle group.

Tuesday 9:00AM

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!

Thursdays, 9:00AM

CIRCL Mobility

CIRCL Mobility™ will unlock your body's potential through flexibility, breath work, and mobility exercises. Based on the cutting-edge science of functional movement, you'll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer.

Tuesday & Thursday 10:45AM

AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

Monday 8:45AM & Wednesday 11:15AM

MUSCLE, CORE & MORE

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

Friday, 11:00am & Sunday, 9:00am

DEEP WATER FIT

A dynamic workout using cardio and strength training intervals in the pool. This class can also be 20- 30 min cardio with resistance training at the end in the pool.

Monday & Friday, 9:30am Wednesday, 12:15pm

CARDIO INTERVAL & STRENGTH

This class combines aerobics and sports conditioning with weights, strength training and core.

Wednesday, 10:00AM & Saturday, 8:00AM

KARDIO KICKBOXING

Powerful kickbox and martial arts type movements put together for the ultimate calorie burning class

Monday, 4:00PM

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.

Wednesday, 4:00PM

HEALTHY LIVING

HEALTH AND WELLNESS



What is YMCA360.org?

- A healthy living network for you and your family anywhere, anytime!
- Virtual classes taught by YMCA instructors from across the country.
- A multi-function platform that includes website and TV access.
- 1000+ of great programs for all ages, for you and for your family.
- Kids & Family Classes, Mind & Body; Fitness First; Boomers & Beyond.
- FREE with a full-facility Central Connecticut Coast YMCA membership.

Try it! NEW!

We invite you and your family to try our new offering!

Instructions for access:

- Please visit ymca360.org. Click the login button
- Enter your email address, click continue



REGISTER ONLINE AT STRATFORDYMCA.ORG

View current schedules, programs and events on our website!

HEALTHY LIVING

YMCA UNIVERSAL MOBILE APP

STAY ON TRACK WITH THE Y MOBILE APP

Download our new and greatly improved Mobile App which will allow you to:

- Check-in
- View class schedules
- 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 650 Park 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

LAKEWOOD-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. All have an indoor swimming pool except the Lakewood-Trumbull Y.