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

CHILD CARE

REGISTRATION NOW OPEN FOR 2020 – 2021!

BEFORE/AFTER SCHOOL PROGRAM
Comprehensive state certified after school program for youth in kindergarten through 5th grade in the Monroe Public School System! We help kids reach their potential and thrive in a safe, trustworthy setting. We offer a curriculum that aligns with the school day and supports growth in literacy, science, technology, engineering and math (STEM) while infusing the arts, physical activity and fun. We teach kids confidence, encourage self-expression and enrich social development. Providing our youth with the support, encouragement and positive role models that they need, will not only increase their ability to succeed in school, but in life!

Locations: Stepney Elementary School
Fawn Hollow Elementary School
Monroe Elementary School (After Care only 2:50pm–6:00pm)

Annual Registration Fee: $60 per child

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

CHILD CARE

PARENT’S NIGHT OUT (Grades K – 4)
You might initially think of this as a night out for the parents, but it’s really a night out for your kids! They will be involved in group games, arts and crafts, and structured free play. The Y will provide them with a pizza dinner.

Friday 5:30pm – 8:30pm
February 21 March 20
EARLY-BIRD REGISTRATION (Before 7:00pm Thursday)
Member $5 Community Member $15
REGISTRATION (Closes at 5:00pm on day of event)
Member $10 Community Member $20

Y NIGHTS (Grades 5 – 8)
Y Night is created for our youth and young teens so they can enjoy a fun-filled evening with friends in a safe, supervised environment. Activities include open gymnastics, dodge ball, 3 on 3 basketball and dancing. The Y has professional leaders to oversee all Y Nights.

Friday 8:00pm – 11:00pm
February 21 March 20 April 29 May 15
EARLY-BIRD REGISTRATION (Before 7:00pm Thursday)
Member $5 Community Member $15
REGISTRATION (Closes at 5:00pm on day of event)
Member $10 Community Member $20

Y FUN CLUB
Have your child experience the Y Fun Club when you have to work and the Trumbull or Monroe schools are canceled due to weather an emergency. The Y can provide your child a safe half or full day option packed with activities. Have your child experience gymnastics, floor hockey, dance and more. Bring a nut-free snack (two, if full day) and a nut-free lunch. Come have fun at the Y!

Pre-Registration Fee (required): $15
1/2 DAY 7:30am – 12:30pm
Member $50 Community Member $100
FULL DAY 7:30am – 3:30pm
Member $70 Community Member $140
POST CARE 3:30pm – 6:00pm
Member $20 Community Member $20

Y VACATION CLUB
No school, and you have to work? Our vacation club has your childcare needs covered! Your child will enjoy a variety of activities including gymnastics, sports, crafts and games. All children should bring a snack and lunch with water! Nut-free please!

February 14, 2020 March 16, 2020 April 10, 2020
February 17, 2020 March 23, 2020 April 13 – 17, 2020
1/2 Day 7:30am – 12:30pm
Member $50 Community Member $100
Full Day 7:30am – 3:30pm
Member $70 Community Member $140
Post Care 3:30 – 6:00pm
Member $20 Community Member $20

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
CAREGIVER & TOT GYMNASTICS (Ages 12 – 24 mos)
Caregiver participation class filled with gymnastics activities to enhance development of fine and gross motor skills and spatial awareness. Activities include trampolines, foam pit, balance beam, and exploring the gym!
Monday 11:45am – 12:15pm
Member $60 Community Member $120

PLAYTIME PALS (Ages 14 – 24 mos)
An interactive playtime where you grow together in a stimulating atmosphere, enhancing gross and fine motor skills. Activities include free play, circle time with songs, a musical parade, parachute, and more!
Thursday 9:30am – 10:15am
Member FREE Community Member $130

CAREGIVER & TOT GYMNASTICS (Ages 24 – 36 mos)
Learn basic gymnastics skills with guided instruction and open play in a social setting. Caregiver participation required.
Monday 9:30am – 10:15am
Saturday 8:30am – 9:15am
Member $80 Community Member $160
Wednesday 9:30am – 10:15am
Member FREE Community Member $160

BOOK BUDDIES (Ages 2–4 yrs)
Caregiver participation class based in fine motor and cognitive skills. Adults will join students for a new story each week, followed by a themed craft and/or activity geared toward academics. (Members only)
Thursday 11:15am – 11:45am
Member FREE

PRE-SCHOOL OPEN GYM (Ages 12 MO – 6 yrs)
All children must be accompanied by an adult
Monday 1:15pm – 2:00pm
Wednesday 10:30am – 11:15am
Friday 11:45am – 12:30pm
Member $5 Community Member $10
FREE for children currently enrolled in a LWT Youth Program
INDEPENDENT PRESCHOOL PROGRAMS

CHAMPS MULTI-SPORT (Ages 2 – 3 yrs)
A fun introductory sports class. Children are introduced to some of the fundamentals of basketball, t-ball, floor hockey, indoor soccer and more.

- **Tuesday**: 10:30am – 11:00am
- **Thursday**: 10:30am – 11:00am
- **Member FREE** Community Member $120

PRESCHOOL GYMNASTICS (Ages 4 – 6 yrs)
A class for both boys and girls 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.

**45-MINUTE CLASSES**
- **Monday**: 10:30am – 11:15am
- **Tuesday**: 9:30am – 10:15am
- **Member $110** Community Member $220

**1-HOUR CLASSES**
- **Tuesday**: 1:30pm – 2:30pm
- **Tuesday**: 4:15pm – 5:15pm
- **Wednesday**: 4:15pm – 5:15pm
- **Wednesday**: 5:25pm – 6:25pm
- **Friday**: 4:15pm – 5:15pm
- **Saturday**: 9:20am – 10:20am
- **Saturday**: 10:25am – 11:25am
- **Member $120** Community Member $240

GYMNASICS FOR THREES (Ages 3 yrs)
A fun, nurturing experience without caregiver participation; learn basic gymnastics skills including trampoline, bars, beam and more!

- **Monday**: 10:30am – 11:15am
- **Wednesday**: 11:30am – 12:15pm
- **Saturday**: 8:30am – 9:15am
- **Member $110** Community Member $220

INVITATION ONLY GYMNASTICS
This class offers advanced instruction for children who have the potential to move on to Pre-Team.

- **Wednesday**: 1:30pm – 2:30pm
- **Member $120** Community Member $240

DROP-OFF PRESCHOOL PROGRAMS

STEPPING STONES
(Ages 2 – 3 yrs)
Program consist of circle time, free play, crafts, story time and lunch/snack. Caregiver is to provide lunch/snack. Nut-free please!

- **Thursday**: 10:30am – 12:15pm
- **Friday**: 9:30am – 11:15am
- **Member $110** Community Member $220
- **Both Days Member $165** Community Member $330

ADVENTURE ATHLETES
(Ages 3 – 6 yrs)
A program including 45 minutes of gymnastics, a themed story and craft, followed by a caregiver provided nut-free snack.

(MUST BE POTTY TRAINED)
- **Tuesday**: 9:30am – 11:30am
- **Friday**: 9:30am – 11:30am
- **Member $145** Community Member $290

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
BALLET
(Ages 8 & older)
Ballet is the foundation of all dance. Ballet teaches technique, discipline, structure and etiquette. These are tools that help students learn all forms of dance more easily. Posture, flexibility, strength and grace are just a few of the wonderful benefits of ballet.

BALLET & TAP COMBO
(Ages 3 – 7)
Students develop the fundamentals of ballet in a nurturing and fun environment. This class builds basic ballet/tap terminology to be used during floor work, barre and combinations.

TAP
(Ages 8 & older)
Dancers will learn basic tap terms while focusing on simple footwork. Tap dance is great for new dancers looking to learn how to find rhythm with feet and body correlation. movements will be given at the last section of class for practice and performance.

HIP HOP
(Ages 8 & older)
Hip Hop is a popular choice at the YMCA! The focus is on body movements coinciding with the beat and rhythm of hip hop or pop music. It improves flexibility, develops balance and assists in coordinating muscles.

ACROBAT DANCE
(Ages 8 & older)
Acrobat Dance blends dance and gymnastics together. This class contains a mixed-level group that will work on backbends, bridges, handstands and many other gymnastics skills that will be incorporated into their performing routine.

JAZZ DANCE
(Ages 8 & older)
Classes are an introduction to jazz dance, focusing on timing and coordination, forced arch, and use of the plié. Progression of class consists of pas de bourree, jazz walks, turning jazz walks, passé balance, battements, and jumps across the floor. A combination of movements will be given at the last section of class for practice and performance.

MUSICAL THEATRICAL
(Ages 8 & older)
Our new theater dance program is where acting meets dance! This new program is designed to develop comprehensive musical theatre skills including theatre dance, partnering, acting and character development. This class will feature various Broadway dance styles and will help students developing confidence and stage presence like never before!

Central Connecticut Coast YMCA Statement of Diversity and 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.
YOUTH DEVELOPMENT

COMPANY Y COMPETITIVE DANCE TEAM
(Invitation Only)
A more intense program focusing on competitive dance. Dancers bond and make friendships that can last a lifetime while learning multiple dance disciplines for this fast-paced program. These disciples are then performed and competed both nationally and regionally throughout the season.
Additional costume fees apply.

MODERN DANCE
(Invitation Only)
Our modern class is for students new to dance as well as experienced dancers new to the modern dance style. Modern gives the dancer a more accessible approach to movement, which follows the natural curve and flow of the body. This class combines elements of modern, focusing on principles of fall and recovery, and control and balance.

NON-PERFORMING DANCE

TINY TUTUS
(Ages 2 – 3)
This class introduces your child to various free movement and simple ballet steps. The instructor will incorporate simple dance exercises, stretches and easy routines while helping to emphasize body awareness and creativity in a fun-loving, nurturing environment.
Caregiver Participation Required.

Tuesday
Member $90
Community Member $180

LITTLE HIP HOPPERS
(Ages 5 – 7)
Our little hip hoppers class introduces dances to beginner hip hop vocabulary and movement, while encouraging each dancer to express themselves using their own personal style! Dancers will learn the latest dances to their favorite hip hop and pop tunes that will be sure to keep them grooving all session long!

Monday
Member $100
Community Member $200

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
BEGINNERS GYMNASTICS  
(Grades K – 6)  
This class teaches gymnasts skills on floor, vault, beam, bars, tramp and tumble track. They will learn starting and finishing positions, and proper form. Our goal is to help students learn the fundamental skills necessary for gymnastics.

Tuesday 4:15pm – 5:15pm  
Tuesday 5:25pm – 6:25pm  
Wednesday 4:15pm – 5:15pm  
Wednesday 5:25pm – 6:25pm  
Friday 4:15pm – 5:15pm  
Saturday 9:20am – 10:20am  
Saturday 10:25am – 11:25am  
Saturday 11:30am – 12:30pm  
Sunday 9:10am – 10:10am  
Member $120  
Community Member $240

ADVANCED GYMNASTICS  
(Ages 9 & older)  
The goal of this class is to improve advanced skills and introduce higher-level skills such as round-off back handsprings, kips and tap swings on bars, and front handspring vaults. At least three years of gymnastics experience and instructor invitation are required.

Wednesday 6:35pm – 8:35pm  
Saturday 11:30am – 1:30pm  
Member $160  
Community Member $320

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.

Wednesday 4:15pm – 5:15pm  
Wednesday 5:25pm – 6:25pm  
Saturday 10:25am – 11:25am  
Member $120  
Community Member $240

PRE-TEAM (Invitation only)  
This is an invitation-only class that meets twice per week for gymnasts who show an aptitude for gymnastics. This class is a fun and fast-paced, and teaches gymnasts skills that will prepare them for competitive team.

Wednesday 6:35pm – 8:05pm  
Friday 4:15pm – 5:45pm  
Member $140  
Community Member $280  
Both Days Member $210  
Community Member $420

INTERMEDIATE GYMNASTICS  
(Ages 7 & older)  
The goal of this class is to perfect the skills learned in Beginner Gymnastics and to introduce more advanced skills. At least two years of gymnastics experience and instructor invitation is required.

Tuesday 4:15pm – 5:45pm  
Wednesday 4:15pm – 5:45pm  
Wednesday 6:35pm – 8:05pm  
Friday 4:15pm – 5:45pm  
Saturday 9:20am – 10:50am  
Saturday 11:30am – 1:00pm  
Member $140  
Community Member $280
FINANCIAL ASSISTANCE

Today, 1 in 4 children, teens, and families need financial assistance to be a part of the Y. A core priority for us as a charitable non-profit organization is providing access to the extraordinary opportunities and programs offered at the Y to anyone who wishes to participate.

Membership dues don’t include funding for scholarships; it is your gift that makes this possible. Your contributions to the Central Connecticut Coast YMCA provide direct financial assistance for children, families and individuals to participate in their YMCA.

Days and times reflected are for the Winter II Session. Times and days are subject to change.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULYMCA.ORG
YOUTH DEVELOPMENT

MARTIAL ARTS

CHEEZIC TANG SOO DO

Cheezic Tang Soo Do Karate discipline has had a long tradition with the Lakewood-Trumbull YMCA. For over 25 years, Master David DeGuzman (8th Degree) has encouraged the development of students of all ages through martial arts. Students learn karate as a complete discipline (mind, body, spirit) which develops physical defense, and encourages the formation of high personal standards and respect for others. Students are trained in the art of self-defense, forms, weapons, board breaking and sparring.

LITTLE NINJAS (Ages 4 – 6 yrs)
Your child will begin with the fundamentals of martial arts, and grow in confidence and ability.

- **Monday**: 5:15pm – 6:00pm
- **Thursday**: 5:30pm – 6:15pm
- **Friday**: 5:45pm – 6:30pm
- **Member $100** | **Community Member $200**

MARTIAL ARTS - BEGINNER (Ages 7 & older)
Belt levels White, Orange, Blue, and Purple. Students are taught the basics of the art of Tang Soo Do while progressing to the next belt levels leading to Black belt status.

- **Monday**: 6:10pm – 7:10pm
- **Friday**: 6:40pm – 7:40pm
- **Member $105** | **Community Member $210**

MARTIAL ARTS - ADVANCED (Ages 7 & older)
Belt levels Green, Red, and Black. Students learn more advanced martial arts forms and skills with continued focus on obtaining Black belt status.

- **Monday**: 7:15pm – 8:15pm
- **Friday**: 7:45pm – 8:45pm
- **Member $105** | **Community Member $210**

MARTIAL ARTS - FAMILY (Ages 7 & older)
Open to all ages and belt levels.

- **Thursday**: 6:25pm – 7:25pm
- **Member $105** | **Community Member $210**

WEAPONS CLASS
(For Green, Red, and Black Belts)
Students learn the art of weapons forms using various different weapons of choice including Bo Staff, Swords, Sai, Nunchaku, and Tonfa.

- **Wednesday**: 6:35pm – 7:35pm
- **Member $105** | **Community Member $210**

SPARRING CLASS (For Blue through Black Belts)
Students pad up and are taught the art of combat fighting within the rules and regulations of Cheezic Tang Soo Do competitive fighting.

- **Wednesday**: 7:45pm – 8:45pm
- **Member $105** | **Community Member $210**

MARTIAL ARTS UNLIMITED – Appropriate belt level classes will focus on obtaining your Black Belt and/or continuing your progression, with added attention to competition readiness.

- **Member $200** | **Community Member $400**

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
YOUTH & TEEN SPORTS

ROOKIES MULTI-SPORT (Ages 4 - 6 yrs)
A fun introductory sports class for boys and girls. Through a range of developmentally appropriate activities children are introduced to some of the fundamentals of basketball, t-ball, floor hockey, indoor soccer and more.

Saturday 10:00am – 10:45am
Member $65 Community Member $130

PARKOUR (Ages 9 - 18)
The “flight” discipline of martial arts, Parkour is the “art-of-motion” in traveling from point A to point B in the most efficient method possible.

Wednesday 5:25pm – 6:25pm
Member $105 Community Member $210

ARCHERY (Ages 8 - 16 yrs)
Archery is a great sport for boosting your mental and physical health and fitness. Archery also tones the arm and shoulder muscles, as well as improves upper body strength and flexibility in the hands and fingers.

Thursday 4:15pm – 5:15pm
Member $105 Community Member $210

PICK-UP-BASKETBALL (Ages 14 & older)
Come and enjoy playing the sport you love with others while building relationships, exercising, and developing a healthier lifestyle. There is no need to sign up; just stop by and play.

Tuesday 7:30pm – 9:00pm
Member FREE Community Member $5

LEADERS CLUB (High School Students)
Leaders Club provides high school students with extensive leadership training, offering opportunities for service to the YMCA and the community. Leaders Club also serves as a recruiting program for the future Y professionals! We are here to develop leaders, fostering with them a culture of service in addition to knowledge and training that will help them better serve others and shape a healthy and productive life for themselves. Leaders Club members participate in social events, service projects and have the opportunity to go on trips. Leaders Club provides a safe genuine place for high school students and helps direct their energy to positive outcomes. Pre-registration is required.

If you are interested in this program, please contact our Youth and Family Services Director Kathleen Riley at 203 445 9633 or kriley@cccymca.org.

ADAPTIVE OPEN GYMNASICS (Ages 4 yrs+)
Need some time to spend with your exceptional child in a fun, unstructured environment, after a long week of organized activities? Your child will enjoy jumping on our trampolines, rolling through our block pit, hanging from the bars and practicing their balance on the beam. (Caregiver supervision required)

Sunday 10:15am – 11:00am
Member FREE Community Member $10

MAD SCIENTISTS CLUB (Ages 6 - 10 yrs)
Our Mad Scientists Club will engage children in a variety of activities centering around Science, Technology, Engineering, Arts and Math. Children will work hands on, making and creating different projects from Oobleck, to marble mazes, to rockets.

Tuesday 6:45pm – 7:30pm
Member $50 Community Member $100

KIDS PAINT AND SIP (Ages 7 - 12 yrs)
Fun painting through step-by-step instruction. Children will add their own creative touches to each work of art. One canvas will be completed. Drinks and painting material are provided.

Location: Camp Tepee and Family Outdoor Center
March 14 2:00pm – 3:30pm
Member $10 Community Member $20
Lakewood-Trumbull YMCA Camp Tepee and Family Outdoor Center, with 47 acres of woods, fields, a pond, and other great program facilities, is the perfect place for your child to have a birthday celebration with friends. Parties are available for both members and community members. Bookings are accepted for Saturdays and Sundays in a two-hour time frame between 10AM and 5PM. Parties are priced for up to 15 children, with a minimum of one adult chaperone required, and include the private use of a designated pavilion. Choose a non-staffed party run by parents, or have our enthusiastic, experienced staff members give you a hand. Some parties require certified staff as indicated below.

Challenge Course Party  
(8 years & up, 1 staff required)  
Work together to try and get everyone through our low ropes course! This party will have all guests involved in climbing, thinking and communicating while having fun at the same time.

Climbing/Zipline Party  
(8 years & up, May – October only, 2 staff required)  
Come enjoy the thrill of climbing Camp Tepee’s climbing tower and zipline partygoers will challenge themselves to climb to the top of the tower and zipline back down with our trained staff.

Pool time, Play time! (any age)  
This party is for kids that you can never get out of the water! During the summer months, enjoy our outdoor pools, go boating on our lake, hike our trails, or have a competitive mini golf game!

Scavenger Hunt Party (5 years & up)  
There are hidden treasures all around our site, so let’s try to find them. We provide either “Hidden Objects” or “Nature” hunts, that are fun for all ages!

Camp Mania (5 years & up)  
This party is for the diehard child who simply cannot wait another six months to explore the forests, play Foursquare, mini golf, or compete in Gaga! These parties are offered year-round.

Sports Party (5 years & up)  
Come enjoy the fields and our basketball and tennis courts, Gaga pit, and more!

Do-It-Yourself (any age)  
Want to rent out our facilities, but you take care of the activities yourself? Go ahead; with our DIY parties you are in charge of the FUN to be had! These parties are offered year-round.

For more information visit us online at www.lakewoodtrumbullymca.org
You might not know it, but Camp Tepee and our Family Outdoor Center is a year-round facility and our staff is prepared to create the same magic in the winter as we do in the summer. The fun never stops so plan a birthday party here during the winter months! Your party will include participation in an outdoor themed activity and then come indoors to warm up in our heated Manor House.

Parties are available for members and community members. Bookings are accepted for Saturdays and Sundays between 10AM and 5PM. These parties are 2 hours and priced for up to 15 children, with a minimum of one adult chaperone required. **Parties of more than 15 children please add $5.00 for each additional child.** Some parties require certified staff as indicated below.

**These parties are offered in the winter only.**

**Low/High Ropes Challenge Course Party (8 years & up; 1 certified staff required)**
Work together on four different low ropes obstacles! This party gets all guests involved and working together to achieve challenging tasks while having a blast!

**Eco-Art Party (Ages 5–9 years)**
At this party your guests will create works of art doing Eco-art out of nature supplies! If there is SNOW, they will also have the option to build snow sculptures and decorate their creations using spray bottles and colored water!

**Hiking/Wildlife Tracking (8 years & up)**
At this party your guests will learn a few tips about how to identify a few of the animals that live on our property throughout the winter. They will practice those skills with a photo scavenger hunt, and then we will hit the trails to search for the real thing!

**Snow Fort Party (Ages 8–12 years)**
At a Snow Fort Party your guests will be divided into teams and spend time trying to build indestructible snow forts. Then, they will gather as many snow balls as they can and try to knock down the other team’s snow fort while rebuilding their own! If there is NO SNOW, we will spend some time playing in the fort village!

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<th>Community Member</th>
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<td>Member $240</td>
<td>Community Member $320</td>
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If you are interested in learning more about our Family Outdoor Center birthday parties, or would like to make a reservation, please contact **Kathleen Riley** at **203 445 9633**

For more information visit us online at www.lakewoodtrumbullymca.org
Parties held at the Lakewood-Trumbull YMCA Family Program Center:

The YMCA offers many different birthday parties for your kids to enjoy! Party options include Gymnastics, Parkour, Sports, Dance and Martial Arts themed parties. These parties are 90 minutes. **Parties of more than 21 children please add $10.00 for each additional child.**

**Gymnastics Birthday Parties:** Your child will have access to our full gymnastics facility with an option to learn basic skills on our floor, trampoline, and TumbleTrak or just run around in our Open Gym option. There is also an option to combine the two for a create your own party!

**Parkour Birthday Parties:** These parties run similarly to gymnastics parties where your child will learn the basics of parkour such as rolls, vaults and precision jumps. At the end of the party, an obstacle course will be set up throughout the gym and the children will race to see who gets the best time.

**Sports Parties:** This type of party takes place in our half-court basketball gym. Options include basketball, dodgeball, soccer, floor hockey, and for older children we have the option of Nerf Guns or Archery!

**Dance Parties:** Your child will learn a short dance in the style of their choosing and perform for their parents at the end!

**Martial Arts Parties:** This type of party allows kids to play different reflex based games under the watchful eyes of our Master Martial Arts Instructors.

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**PRICING**

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<th>Member Price</th>
<th>Community Member Price</th>
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<tbody>
<tr>
<td>1-8 Children</td>
<td>$165</td>
<td>$245</td>
</tr>
<tr>
<td>9-14 Children</td>
<td>$180</td>
<td>$270</td>
</tr>
<tr>
<td>15-21 Children</td>
<td>$200</td>
<td>$290</td>
</tr>
</tbody>
</table>

If you have any questions, or would like to book a birthday party, please contact our Birthday Party Coordinator **Sarah Landolfi** at **203 445 9633** or email her at **slandolfi@cccymca.org**

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FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
YMCA Teambuilding Program
(All programs last approximately 5 hours)
8-15 people  (1 staff)  $450
16-30 people  (2 staff)  $550
31-45 people  (3 staff)  $650
46-60 people  (4 staff)  $750
61 + people  (5+ staff)  $12.50 per person

Additional Cost:
High Ropes Course  $125
(for groups of 45 people or less)

School & Youth Group Outing
(All programs last approximately 5 hours)
Field Days
Class Days
Outdoor Pool access
Scout Programs
Cost:  $13 per child

Pavilion (51+people)
Corporate  Non-Profit  Family
$600  $500  $400
All rentals from 10:00am - 7:00pm
Open sides, picnic tables and BBQ pits provided.
Add $100 for groups over 200 people

Manor House (up to 65 people)
Corporate  Non-Profit  Family
$500  $400  $300
All rentals from 10:00am - 7:00pm
Enclosed, heated building

NOTE: YMCA Camp Tepee and Family Outdoor Center is an alcohol, tobacco and drug free facility. Please take this into consideration when booking.

Members: Family/Group use at YMCA Camp Tepee and Family Outdoor Center has certain policies and procedures to ensure the property is not over-used. Although members are allowed to utilize the grounds as part of their outdoor center membership, any group of members and/or guests that is over 8 people must contact the camp office about the use of pavilions or picnic tables. Pavilions are available for rental by groups ranging from 8-200 people or more, but must be contracted through the office.

If you are interested in learning more about our facility rentals, or would like to make a reservation, please contact Kathleen Riley at 203 445 9633

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

SWIM STARTERS
Stage A / Water Discovery
Parents* accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

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.

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

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.

YOUTH DEVELOPMENT

Please visit the Fairfield, Woodruff, Stratford, Soundview, Hamden/North Haven or Valley YMCA for swim lessons during the school year.

For more information visit us online at www.lakewoodtrumbullymca.org
SWIM BASICS
Stage 2 / Water Movement
In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

SWIM BASICS
Stage 3 / Water Stamina
In Stage 3, students learn how to swim to safely 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.

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

SWIM STROKES
Stage 4 / Stroke Introduction
Students in Stage 4 develop stroke technique in front crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

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.

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.

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.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
If you are 14, 80 or in between, and if your goal is to lose weight; gain strength; improve balance, flexibility and agility; rehabilitate a new or old injury; or just push yourself - a Y personal trainer can help you get there.

Our certified personal trainers will help develop a personalized program that is perfect for you. They will support you with expert knowledge coaching and motivation to help you feel and live better! A trainer will work at your pace, on your schedule, to encourage and motivate you to be all you can be.

Schedule a FREE evaluation today! We’ll discuss your goals and define a training program tailored just for you!

For more information, please contact Joanne Orenstein, Health and Wellness Coordinator at jorenstein@cccymca.org

YOUTH WELLNESS ORIENTATION BRACELET PROGRAM (Ages 10–14 yrs)
This program was designed for youth members ages 10–14 who would like to use our Wellness Center while their parent is in the room. Youth will be given FREE trainings with one of our Wellness Coaches to learn about each aspect of the Wellness Center. Youth members will learn proper technique, safety and etiquette for gym fitness. Schedule your appointment today at the Member Welcome Center.

**Yellow Bracelet:** Youth members 10–14 years of age are permitted to exercise on the cardiovascular equipment with a parent after completing a free orientation with a Wellness Coach. The youth member must wear a yellow wristband when working out in the branch.

**Blue Bracelet:** Youth members 12–14 years of age are permitted to exercise on the strength equipment with a parent after completing a free orientation with a Wellness Coach. The youth member must wear a blue wristband when working out in the branch. Prerequisite: Must have completed yellow bracelet training.
JENI APPLEGATE

Where there is a challenge, there is opportunity. UCLA professor, Robert Bjork, was quoted saying, “We think of effortless performance as desirable, but it’s really a terrible way to learn.” Exercise is an incredible way to strengthen our bodies and our minds. I am grateful to have found a career where I see boundless glass ceilings shattered.

Jeni has been with the Y for 5 years. The YMCA was Jeni’s introduction to a career in health and fitness as a spinning instructor. What was always an important component of her life, became a part–time job after having her second baby in 2014, and has bloomed into a full–time career. Jeni appreciates the opportunity and trust to help others find their full potential.

Jeni’s certifications include: ISCA Personal Training, TRX Functional Training, Madd Dogg Spinning Certified, Schwinn Power, Strength Train Together, Precision Nutrition Level 1, and CPR/AED certified.

Jeni lives in Trumbull with her husband, 3 spritely girls that you might recognize running around our Y and their goofy and loving rescue dog. This past November, she ran her first marathon, on a dare to support a local charity.

WELLNESS PROGRAMS

INTRO TO GYMNASTICS (ADULT)
Adult only class starting with a beginner level look at the gymnastics drills and skills that help increase balance, core strength, and stamina. Skills include cartwheels, forward and backward rolls, handstands, various jumps, as well as beam, bar, and conditioning.

Thursday 12:00pm – 1:00pm
Member $100 Community Member $200

YOGA FOR MS
This yoga class is adapted especially to meet the needs of individuals with Multiple Sclerosis. The aim of practicing yoga is not to merely assume specific postures, but rather to combine breathing, posture, movement and awareness to achieve relaxation and body awareness. Practicing yoga can give you tools to help manage everyday tasks that include balancing to stand or walk, strengthening and alignment for standing up and sitting down, and core strength for everything you do.

Monday & Wednesday 11:45am – 1:00pm
Registration is through the National MS Society: 1 800 344 4867 or nationalmssociety.org

YOGA FOR RECOVERY
This class is for all levels of practice, but more importantly, to build a safe place for people whose lives have been effected by addiction or trauma to come and share their energies and their trust with each other, to discover the healing power of yoga and shared experience.

Sunday 1:15pm – 2:30pm
Member FREE
BODY SCULPTING
This overall muscle conditioning workout increases strength, endurance and stamina, using weights, tubing, body bars, bands and exercise balls.

KETTLEBELL TRAINING
Using the kettlebell, familiar exercises are taken to a new level.

MUSCLE, CORE, AND MORE
Using primarily body weight, this class works every part of your body with a focus on the core. Free weights, stability balls, and other equipment may be used.

PiYo
Combine the muscle-sculpting, core firming-benefits of Pilates with the flexibility of Yoga, then crank up the speed for a fat-burning, low-impact workout.

STRENGTH TRAIN TOGETHER
This class will blast all your muscles with a hi-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.

TRX®
Make your body your machine! TRX® is a suspension training system that combats your body, challenging your strength, power, balance & flexibility. (Registration required).

READY TO BE FIT/SENIORS

BOOMER POWER
An integrated fitness class for Active Older Adult with a focus on increasing strength, cardio, balance, and core muscles, as we preserve our coordination, agility, posture and smiles!

EASY DOES IT
Designed for seniors, beginners, and “ready to be fit” participants. Includes low-impact cardiovascular exercise, muscle conditioning with resistance equipment, agility training, and stretching.

BRAIN PACERS
Learn about and implement lifestyle choices that enhance brain health, experience and practice a variety of memory techniques, engage in formal cognitive skill building activities, socialize and have fun.
FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
CAMP TEPEE – At Camp Tepee your child will have the opportunity to discover the outdoors through nature exploration, outdoor education and STEAM. They will learn about water safety by participating in daily swim lessons, boating and fishing. As they explore with their peers they may enjoy some of our challenging activities, including our high and low ropes course, zip line and climbing wall. If working on aim sounds like fun, they can play a round of miniature golf, or visit our archery range along with many other activities. Let our specially chosen camp counselors give your child’s a fun filled week of activities and an experience that will last a lifetime!

GYMNASTICS CAMP – Children in Gymnastics Camp will have the opportunity to explore a variety of high energy activities in our air-conditioned facility. Through the use of Olympic equipment, two trampolines and a foam pit, your camper will build confidence and self-esteem as they practice and learn new gymnastics skills. They will build lasting friendships with their peers during group games, STEAM and team sports. On “Skit Day” they will proudly perform a choreographed routine showcasing their newly learned skills for family and friends. Sign your camper up for a week filled of flipping fun with our dedicated and talented camp counselors!