

YMCA Directors

Executive Director, Dawn A. Dalrymple
Sr. Program Director, Jeb Backus
Sr. Director Camp/Childcare, Meaghan Ballard
Facilities Director, Pete Range
Gymnastic Director, Andrew Campbell
Youth & Family Director, Marta Waldron
Aerobic Coordinator, Joanne Orenstein
Design-A-Party Coordinator, Amy Arnone
Gymnastics Birthday Party, Jen Arnone
Interim Fitness Coordinator – Vicky Scarnuley
Membership Coordinator - Cindy McGinnis
Director of Administration, Anne Rickards

Hours of Operation

Monday - Friday	5:15 am - 9:00 pm
Saturday	8:00 am - 5:00 pm
Sunday	9:00 am - 3:00 pm

Closing and Delays

The YMCA may have to close or delay opening and classes due to weather. If you have any questions, you may listen to WICC or call 445-9633 ext 11. Sign up at www.ctweather.com for email and/or text notification to your cell phone for up-to-date building status.

Holidays

We will be closed on the following holidays in 2010:

New Years Day	Friday, January 1 st
Good Friday	Friday, April 2 nd
Easter Sunday	Sunday, April 4 th
Memorial Day	Monday, May 31 st
Independence Day	Sunday, July 4 th
Labor Day	Monday, September 6 th
Thanksgiving Day	Thursday, November 25 th
Christmas Eve	Friday, December 24 th *
Christmas Day	Saturday, December 25 th
New Years Eve	Friday, December 31 st *

YMCA will close at 12:00 pm on Christmas Eve and New Years Eve.

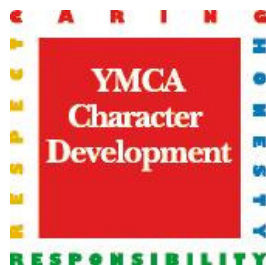


**There's More Than One Way To
Increase The Capacity
Of Your Heart.
Please give generously
To this year's
STRONG KIDS CAMPAIGN**

We build strong kids, strong families,
strong communities.

Through the support raised by the Lakewood-Trumbull YMCA Strong Kids Campaign, the YMCA reaches out to children and families in the community to provide opportunities that they might never otherwise have. Your support provides the funds needed to make these programs available, providing recreational learning and life-enhancing experiences that build strong kids, strong families and strong communities.

Every gift counts and every dollar raised goes directly to the Lakewood-Trumbull YMCA to help the families in our community. Your contribution will insure that no child or family is turned away for lack of ability to pay for services. You can make a difference. Visit our websites at www.strongkidscampaign.org or www.cccymca.org or call 445-9633 for more information on how you can contribute.



LAKEWOOD-TRUMBULL YMCA

Family Program Center



A Branch of the
Central Connecticut Coast YMCA

Membership Information Guide

20 Trefoil Drive
Trumbull, CT 06611
203-445-9633 (Phone)
203-445-9080 (Fax)

www.cccymca.org

Facility Membership Benefits

- Fitness Center, featuring Life Fitness strength and cardiovascular equipment
- Cardio Theater
- Half-court gymnasium (*limited scheduled times*)
- Use of shower and locker room facilities
- Priority registration for programs
- Free orientations with a certified fitness trainer
- Free childwatch while you work out
- Member Appreciation Days
- Free group exercise classes (some restrictions apply)
- Reduced fees on specialty classes and Outdoor Family Center.
- Use of other Central Connecticut Coast YMCA facilities, including: Bridgeport, Fairfield, Hamden/North Haven, Woodruff, Stratford & Ansonia.

AWAY

The AWAY (Always Welcome at YMCAs) logo on your membership card entitles you to visit participating YMCAs in other cities when you are traveling. All Connecticut YMCAs now participate in the AWAY program (exception is New Canaan and Darien limited to 12 visits per year). However, not all YMCAs in other states participate in the AWAY program. You can locate a participating YMCA near your destination at www.ymca.net.

Reciprocity Policy

As a Full Facility member, you may use any of the other Central Connecticut Coast YMCAs at no additional cost. Branches include: Bridgeport, Fairfield, Hamden, Woodruff and Stratford. Check out our website at www.cccymca.org for a complete list of branch details.

Child Watch

Drop off your children while you enjoy time in a YMCA program and/or exercising. Your children will enjoy their time in fun games, coloring, story time, dancing, singing and free play. For questions, concerns or to request extended hours, please contact Rosanna Miano, Child Watch Coordinator at Ext. 16.

AM Hours

M - F 8:30 am - 12:30 pm

Sat. 8:30 am - 11:45 am

PM Hours

M - Th 4:00 - 7:00 pm

Friday 4:00 - 6:00 pm



Membership Categories

Youth- Ages 6 months - 13 yrs. Excludes use of Fitness Center. Must have an adult with them when in the facility if not participating in a class.

Teen - Ages 14 – 12th Grade. All teen guests must be accompanied by a current member.

Student - Full time college student. School ID & current class schedule required.

Adult - Ages 18 - 64.

Family - Any adults at the same address as verified through official documentation (license, mail, etc) and any dependent children through age 17 living in the same household and/ or non-custodial children. Includes full-time college students with proper documentation. *12-13 yr. olds may use the fitness center after the completion of P.A.C.T.

Senior - 65 years of age or older. *

Senior Family - Two or more seniors living at the same address. All members on the Senior Family membership plan must be at least 65 years of age. *

* Seniors may freeze their membership for up to 3 months if they can show proof of a second address

2010 Membership Rates

CATEGORY	MONTHLY PAYMENT	JOINER FEE
Youth	\$20	N/A
Teen	\$26	\$25
Student	\$32	\$50
Adult	\$50	\$50
Senior	\$42	\$50
Family	\$72	\$60
Senior Family	\$61	\$60

Membership For All: We are now more affordable than ever thanks to the “Membership For All” program. Under this program, your membership rates are based on total household income. Please ask for more information at the Welcome Desk.

Financial Assistance: The YMCA welcomes all who wish to participate and annually raises funds to offer financial assistance to those in need. We value your trust in us and will keep this personal information confidential!

Joiner Fee

A one-time joiner fee is required for all new facility members or for those who have allowed their membership to lapse for more than thirty days.

Methods of Payment

1) Electronic Fund Transfer

An easy way to pay as you go! Your checking, savings or credit card account is debited once per month. Monthly draft memberships are continuous and will not expire unless you request termination by completing a membership termination form and turning in all membership cards to the YMCA. We require 48 business hours written notice to stop a monthly draft.

2) Annual Payment

Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check or credit card (Master Card or Visa). Please see the membership desk for details.

Member Conduct Policy

The Lakewood-Trumbull YMCA is a membership organization which values personal responsibility, honesty, mutual respect and nonviolence. In joining, members agree to subscribe to YMCA policies and are expected to abide by its rules.

Termination Policy

Memberships may be terminated at any time. You must submit your request in writing. We require 48 business hours notice to stop a monthly draft.

Return Payment Fee

There is a \$20 Return Payment Fee assessed to each account every time a credit card payment is returned to us for **ANY** reason.

ECashFlow

If your checks/EFTdraft(s) are returned unpaid it will be collected electronically through ECashFlow. You will be assessed a minimum fee of \$20 (or the maximum amount allowed by law) from ECashFlow each time they try and collect past due amount. Member is also responsible for all other collection costs

