



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **MAKING MOMENTS COUNT**



## **LAKWOOD TRUMBULL YMCA**

**A Branch of the Central Connecticut Coast YMCA**

Family Program Center  
20 Trefoil Drive  
Trumbull CT 06611  
P 203 445 9633  
F 203 445 9080  
W [lakewoodtrumbullymca.org](http://lakewoodtrumbullymca.org)

Camp and Outdoor Center  
204 Stanley Road  
Monroe CT 06468  
P 203 261 2566

# HERE FOR YOU

## FAMILY PROGRAM CENTER

20 Trefoil Drive, Trumbull CT 06611  
P 203 445 9633 F 203 445 9080  
Email: [lakewoodtrumbullymca@cccymca.org](mailto:lakewoodtrumbullymca@cccymca.org)

## FACILITY HOURS

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

## CHILD WATCH HOURS

Monday-Friday: 8:30am-12:30pm  
Monday-Thursday: 4:00pm-7:00pm  
Friday: 4:00pm-6:00pm  
Saturday: 8:45am-12:00pm  
Sunday: 9:00am-12:15pm

## CAMP AND OUTDOOR CENTER

(Open May—September)  
204 Stanley Road, Monroe CT 06611  
P 203 261 2566 F 203 261 3146

## OFFICE HOURS

Monday-Friday: 9:00am—5:00pm

## OPEN DOOR POLICY

The YMCA welcomes all who wish to participate and annually raises funds to offer financial assistance to those in need. Please let us know if we may assist you in this process. We value your trust in us and will keep this personal information confidential!

## MEMBERSHIP FOR ALL

Membership For All: The Lakewood-Trumbull YMCA believes that everyone should have an opportunity to participate in and be a part of our YMCA. 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.



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

# Why Join the Y?

When you join the Lakewood-Trumbull Y, you become part of the Central Connecticut Coast Y Family serving Fairfield and New Haven Counties. Our staff is dedicated to providing the best membership service.

## We offer:

- Great Programs
- Great Staff
- Great Facilities
- Great Members
- Great Volunteers

## Your Membership at our Y includes:

- Membership to our other 7 Full Facility branches including: Bridgeport, Fairfield, Hamden/ North Haven, Woodruff, Soundview, Stratford & Ansonia.
- Fitness Center, featuring Life Fitness strength and cardiovascular equipment.
- Cardio Theater.
- 50+ weekly Group Exercise Classes.
- Cycling Classes.
- Half-court gymnasium (limited scheduled times).
- Use of shower and locker room facilities.
- Priority registration for programs.
- Reduced fees on specialty classes and Outdoor Family Center.
- Free orientations with a certified fitness trainer in our Fitness Center.
- Free Child Watch. Parents must remain in the building.
- Member Appreciation Days.



## Membership Categories

**Youth** Ages 6 months - 13 yrs.

**High School** Ages 14-17 yrs.

**College** Full time college students. School ID & current class schedule required.

**Adult** Ages 18 - 64 yrs.

**Family** Two adults at the same address as and any dependent children through age 17 living in the same household and/or non-custodial children.

**Senior** 65 years of age or older.

**Senior Family** Two adults living at the same address, both 65 years of age or older.

The AWAY (Always Welcome At YMCAs) logo on your membership card entitles you to visit participating YMCAs in other cities when you are traveling. Not all YMCAs participate in the AWAY program. You can locate a participating YMCA near your destination at [www.ymca.net](http://www.ymca.net).

## Membership Handbook

As a member of the Y, you become part of much more than a place to exercise. You become part of a welcoming and supportive association of men, women and children committed to making our community a place where everyone has the opportunity to learn, grow and thrive.

We've compiled a handbook as a quick reference for you which is available for you on our website at [www.cccymca.org](http://www.cccymca.org). Please refer to this information to learn about policies, programs and the purpose behind our organization. We want to do whatever we can to help you make the most of your Y membership. Thank you for being a part of the Y!

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# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY

### PARENT/CHILD

Refer to Program Session Supplement for Class Days, Times and Pricing.

#### PLAYTIME PALS (AGES 14MO-36MO)

A fun-filled playtime where parents/caregivers and children grow together in a stimulating atmosphere. Activities include: play time on fun equipment, circle time with songs and rhythm sticks, a musical parade, parachutes, fun and bubbles. These activities develop and enhance a child's gross and fine motor skills. Children learn to play and interact with their peers. Parent/caregiver participation is required as it enhances their child's fun.

#### MOMMY & ME DANCE (AGES 2 YRS)

This class is for 2 year olds who are not ready to separate for mom, but are ready to dance to the music. Pink leotards, pink tights and pink ballet shoes for girls. White t-shirt, black shorts and black ballet shoes for boys.

#### ROLLING RASCALS (AGES 12mo-24mo)

The focus of this 45 minute parent and tot class is your child! This class is filled with fun activities to enhance development of age appropriate fine motor skills, gross motor skills and spatial awareness. They will learn how to socially interact with other children and meet new friends.

#### HOPPIN-TOTS GYMNASTICS (AGES 2-3 1/2 YRS)

Work up an appetite, burn some energy and get ready for that afternoon nap. Learn the basic gymnastics movements with parent participation.

#### PRESCHOOL OPEN GYM (AGES 18MO-4YRS)

45 minutes of free gym activity for 18 months and older. Younger children may accompany older children if they are in a stroller or infant carrier, free of charge. All children must be accompanied by an adult. Pay as you go. Preschool Open Gym is free for any children currently enrolled in a gymnastics class.

### Have your Birthday Party at the Y!

Choose from a pool party (seasonal), sports party, fitness party, gymnastics party or "Design" your own party.

Contact the Y for more information!

### PRESCHOOL

Refer to Program Session Supplement for Class Days, Times and Pricing.

#### STEPPING STONES (AGES 2-3YRS)

Parents/caregivers leave your child for 1 3/4 hours. Program consists of circle time, free play, crafts, story time and lunch/snack. Child learns to separate from their parent and interact with other children. Great way to get ready for preschool. Parents provide lunch/snack. Nut free please!

#### COMBO DANCE (AGES 3-4YRS)

The combo classes are designed to introduce a child to both ballet and tap. Students will learn structured and creative movement through ballet and rhythm with tap. Girls are to wear pink leotards, pink tights and pink ballet shoes. Boys are to wear white T-shirt, black shorts and black ballet shoes. All students should have black tap shoes.

#### LITTLE BUNTERS BASEBALL (AGES 3-5YRS)

Children will learn how to throw, catch, hit and run the bases in a positive and fun atmosphere. Kids will learn the importance of team work and patience when playing this favorite American pastime. Kids need to bring their own baseball glove. Cleats are optional.

#### LITTLE DRIBBLERS (AGES 3-5YRS)

Start your child young to learn basketball skills, drills and fun games. Your child will get introduced to the sport and develop necessary motor skills. Basketballs provided and parents can jump in and participate if they choose.

#### KICK START SOCCER (AGES 2-5YRS)

Introduce your little one to soccer this year. He/she will learn basic skills, drills and fun games. It's never too early to get a head start! Shin guards are recommended and soccer balls will be provided, but feel free to bring your own. Parents can jump in and participate if they choose.

#### ROOKIES (AGES 3-4YRS)

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.

#### TENNIS (AGES 3-5YRS)

Children learn the basic tennis strokes, ground strokes, volleys, serves, and the rules and vocabulary of this great life-long sport. Children will also develop fundamental movement skills, coordination, and balance in a fun and positive environment. ALL PARTICIPANTS NEED TO BRING THEIR OWN RACQUET.



# YOUTH DEVELOPMENT

## PRESCHOOL

Refer to Program Session Supplement for Class Days, Times and Pricing.

### DISCOVERY DOLPHINS (AGES 3-5 YRS)

What do you get when you take preschool gymnastics and add learning a,b,c's and 1,2,3's, a clever new approach to learning! Your child will have fun learning and exercising for at least 45 minutes of gymnastics followed by a story and craft, all centered around a weekly theme. The class also includes snack time and free play. This class is perfect for the child who attends preschool two days a week but could use one more day! Class is taught by a certified teacher with a Masters in Preschool and Elementary Education. Parents provide a healthy, nut-free snack. Children must be at least three years old and potty-trained!

### BOUNCING BEARS (AGES 3 YRS)

This 45 minute gymnastics class is designed to be a nurturing experience for your child's first class without mom or dad.

### TUMBLING TIGERS (AGES 3½-4½ YRS)

This 45 minute class works on basic gymnastics skills. Be prepared for a workout.

### FLIPPING FROGS (AGES Boys 4 - 5YRS)

This is an all boys class that will begin to train the young gymnast on the pommel horse, mushroom, parallel bars and rings, as well as all other events in the gym.

### ACRO CATS I (AGES 4½-5 YRS)

This 45 minute class works on perfecting tumbling, beam, vault and bar skills needed to move ahead.

### ACRO CATS II (By permission of instructor)

Advanced instruction for children who have mastered Acro Cats I.

## KOOL KIDS NIGHT OUT (AGES 4-11)

Kids can play with friends while Mom and Dad go out! Come join us for fun, games, dinner, crafts, and more at the Y. Pre-Registration Required! Program is 6:00-9:00 pm!

## YOUTH

Refer to Program Session Supplement for Class Days, Times and Pricing.

### COMBO CLASS (AGES 5 -6 YRS)

The combo classes are designed to introduce a child to both ballet and tap. Students will learn structured and creative movement through ballet and rhythm with tap. Girls are to wear pink leotards, pink tights and pink ballet shoes. Boys are to wear white T-shirt, black shorts and black ballet shoes. All students should have black tap shoes.

### HIP HOP (AGES 5 YRS AND OLDER)

This class will enable you to learn the latest moves while having fun! Leotard and loose fitting shorts or jazz pants (girls). T-shirt and loose fitting shorts and pants (boys). Clean soled sneakers or Black Hip-Hop sneakers for both. Hair should be secured back off the face.

### BALLET (AGES 7 YRS AND OLDER)

Ballet is the foundation of dance. It is extremely important for all students interested in any form of dance to have a solid ballet foundation. The study of ballet technique involves learning an organized syllabus of positions, steps and combinations. Black leotard, pink footed tights and split sole leather or canvas pink ballet shoes (girls). White t-shirts, black sweat pants or shorts, split sole leather or canvas black ballet shoes (boys). Long hair should be secured back in a bun and short hair pulled back off the face.

### TAP (AGES 7 YRS AND OLDER)

Tap with any level will work in the center, across the floor and tap choreography. Leotard and loose fitting shorts or jazz pants (girls). T-shirt and loose fitting shorts or jazz pants (boys). Split sole lace up black tap shoes for both. Hair should be secured back off the face.

### JAZZ (AGES 7 YRS AND OLDER)

This class will focus on the many styles of jazz, including modern and classical jazz. The class will start with a center warm-up followed by across the floor work and a center combination. Leotard and loose fitting shorts or jazz pants (girls). T-shirt and loose fitting shorts or jazz pants (boys). Split sole lace up black jazz shoes for both. Hair should be secured back off the face.



# SWIM, SPORTS & PLAY

# YOUTH DEVELOPMENT



## YOUTH GYMNASTICS

### GIRLS LEVEL 1

This beginner level class teaches the most basic gymnastics skills including forward rolls, backward rolls, cartwheels, handstands, pullovers and casts on the bars, and how to safely walk across the balance beam. Our goal is to make our students comfortable on the equipment and help them develop their gymnastics skills.

### GIRLS LEVEL 1 ADVANCED

This advanced beginner class builds on the basic gymnastics skills learned in Girls Level 1. The aim of the class is to perfect those skills learned in Girls Level 1 and introduce more advanced skills, such as back hip circles on the bars, in a fun atmosphere. This class is great for beginners entering gymnastics if they are 8 years old or older.

### GIRLS LEVEL 2

This advanced beginner class introduces more advanced gymnastics skills like handstand forward rolls, back handsprings on the trampoline, and handstands on the low balance beam while emphasizing fun and safety. This is a great class for beginners entering gymnastics if they are 10 years old or older.

### GIRLS LEVEL 2 ADVANCED

This intermediate level gymnastics class challenges students by building on and perfecting skills learned in Girls Level 2, while also introducing more advanced skills such as bounders, handstands on the balance beam, and handstand flatback vaults. At least one year of gymnastics experience or instructor invitation is required.

### GIRLS LEVEL 3

This intermediate level gymnastics class challenges students further. The aim of this class is to improve advanced skills such as back handsprings, bounders, and handstands on the beam while teaching the gymnasts to perform the skills independently, without the use of a spot. Students will also learn to perform more advanced trampoline and Tumble Track skills, such as front tucks. At least one year of gymnastics experience or instructor invitation is required.

### GIRLS LEVEL 3 ADVANCED

This advanced gymnastics class works on round-off back handsprings and front handsprings on the floor, back tucks on the trampoline, front hip circles on the bars, and side handstand dismounts on the high beam. At least two years of gymnastics experience or instructor invitation required.

### GIRLS LEVEL 4

This is our most advanced girls' gymnastics class. Skills focused on include round-off back handsprings, front handsprings, kips, squat-ons to tap swings on the high bar, cartwheels and back walkovers on the balance beam, and front handspring vaults. At least two years of gymnastics experience or instructor invitation required.

## YOUTH GYMNASTICS

### GIRLS ACCELERATED I AND II

This invitation-only class is a fast-paced, fun, advanced beginner class for 5-7 year olds who show an aptitude for gymnastics. Class meets 1-2 times a week. Accelerate II is an invitation-only intermediate class and is the sequel to Accelerated 1. It meets twice per week for an hour and a half. Gymnasts will perfect the skills learned in Accelerated 1 while introducing new skills that will prepare them for competitive team.

### BOYS LEVEL 1

This beginner level class teaches the most basic gymnastics skills such as forward rolls, backward rolls, cartwheels, handstands, pullovers and casts on the bars, and basic pommel horse, parallel bar, and rings skills. Our goal is to make our students comfortable on the equipment and help them develop their gymnastics skills.

### BOYS LEVEL 1 ADVANCED

This advanced beginner class builds on the basic gymnastics skills learned in Boys Level 1. The aim of the class is to perfect those skills learned in Boys Level 1 and introduce more advanced skills, such as handstand forward rolls on the Tumble Track, in a fun atmosphere. This class is great for beginners entering gymnastics if they are 8 years old or older.

### BOYS LEVEL 2

This intermediate/advanced class introduces more advanced gymnastics skills on all of the men's events, all while emphasizing fun and safety. At least 1 year gymnastics experience or instructor invitation is required.

### BOYS LEVEL 2 ADVANCED

This advanced class perfects those skills attained in earlier levels, all the while challenging boys with harder gymnastics. Work is done on back handsprings and flips on floor and trampoline, swings and releases on high bar and rings, plus much more! At least 1 year of gymnastics experience or instructor invitation is required.

### COMPETITIVE TEAM (INVITATION ONLY)

This is a competitive program for beginner level compulsory competitors through experienced optional level gymnasts. For talented girls and boys who wish to advance in the sport at a quicker pace. Workout times vary depending upon level.

### GIRLS PREP OP TEAM (INVITE ONLY)

The Girls Prep Op Team is a part of the Girls Competitive Team. Prep Op rules are less strict than compulsory and optional level rules. The Prep Op Team allows girls who show an aptitude for gymnastics to develop quickly in the sport.

### HOT SHOTS (INVITE ONLY)

Our Boys and Girls Hot Shots group is a part of the Competitive Teams. Hot Shots work on the skills and learn the routines needed for Girls Level 4, entering competitions when ready.

# YOUTH DEVELOPMENT

## YOUTH SPORTS

Refer to Program Session Supplement for Class Days, Times and Pricing.

### STREET HOCKEY (AGES 6 – 9 YRS)

This exciting program will introduce your child to the fundamentals of hockey. This high energy game will develop their hand-eye coordination and teamwork skills in a fun atmosphere. Kids need to bring shin guards and protective eye wear.

### FIT N' FUN HOMESCHOOL PROGRAM ( GRADES K -8th)

Get your kids moving in our Home School Physical Education Program. We will focus on one sport per month with a basic fitness component for each class. Sports include, but are not limited to, basketball, soccer, floor hockey, and baseball.

### NERF ATTACK! (AGES 8 – 11 YRS)

Bring your Nerf dart toys and friends each week for some all-out Nerf battles! Participants will set up obstacles and forts and play games such as Capture the Flag, King of the Hill, and team elimination. Nerf toys will not be provided. Protective eyewear is required.

### FLAG FOOTBALL (AGES 6 – 9 YRS)

A great way for your kids to learn about football in a safe and fun environment. Kids will learn how to throw and catch a football as well as the rules of the game. This is a great way to help develop hand-eye coordination. Cleats are optional.

### GAMES GALORE (AGES 6 – 8 YRS)

This fun and exciting up-tempo class is guaranteed to satisfy your son or daughter's cravings for group games. This is a combination of unconventional games that consist of, but are not limited to, dodge ball, handball, kick ball, and much more. After taking this class your child will be quicker on their feet while learning teamwork.

### TENNIS (AGES 6 – ADULT)

Children learn the basic tennis strokes, ground strokes, volleys, serves, and the rules and vocabulary of this great lifelong sport. Children will also develop fundamental movement skills, coordination, and balance in a fun and positive environment. ALL PARTICIPANTS NEED TO BRING THEIR OWN RACQUET.

## YOUTH SPORTS

Refer to Program Session Supplement for Class Days, Times and Pricing.

### MINI-MIX ATHLETICS (AGES 4 – 6 YRS)

A 1 ½ hour class focused on interactive sports activities geared at enhancing gross motor skills and social interaction in an exciting, non-competitive environment! Make sure that you bring a PEANUT-FREE SNACK weekly.

### CHAMPS (AGES 6 – 8 YRS)

A fun introductory sports class for boys and girls. Through a range of developmentally appropriate activities, children are introduced to some of the basics of basketball, t-ball, floor hockey, indoor soccer, and more.

### SOCCER STRIKERS (K – 1<sup>ST</sup> GRADE)

Children will play in small-sided games and develop basic techniques in passing, dribbling & shooting. Most importantly they will make new friends and learn that team work and sportsmanship come first.

### LITTLE SLUGGERS BASEBALL: (AGES 5 – 7 YRS)

Children will learn how to throw, catch, hit and run the bases in a positive and fun atmosphere. Kids will learn the importance of team work and patience when playing this favorite American pastime. Kids need to bring their own baseball glove. Cleats are optional.

### JUNIOR/VARISTY HOOPS BASKETBALL (AGES 5 – 9 YRS)

Children will work with experienced coaches to develop their basketball skills in an environment that encourages praise and positive reinforcement. Kids will love coming to class to develop their skills in this upbeat, interactive atmosphere! Kids will learn how to dribble, pass, shoot the basketball, and the importance of team work.



### TRAVEL BASKETBALL (GRADES 5<sup>TH</sup> – 8<sup>TH</sup>)

Boys and girls from 5<sup>th</sup> – 8<sup>th</sup> grades will participate in competitive basketball games with teams in surrounding areas. League is registered through the Fairfield County Basketball League. (Only for those who are Monroe, CT residents). Program runs October-May.

SWIM, SPORTS & PLAY

# YOUTH DEVELOPMENT

## SWIM LESSONS (SEASONAL)

Refer to Program Session Supplement for Class Days, Times and Pricing.

### PARENT/CHILD (AGES 6MO-36MO)

You and your child will love these fun, game-filled, half-hour lessons. Positive reinforcement helps your child enjoy the water, never forcing them to submerge. An excellent introduction to the pool and our preschool swim lessons.

**SHRIMP & KIPPER** – Ages 6-20 months and/or have strong head control.

**INIA & PERCH** – Ages 20-36 months and/or be able to stand unassisted.

### PRESCHOOL (AGES 3-5 YRS)

Preschool swim lessons teach fundamental swimming skills to children ages 3 to 5. Basic skills and water safety are taught throughout the course as children are encouraged to interact with instructors in a relaxed and fun environment.

### PIKE

Child must be comfortable in the water with a swim instructor and independent of parent for duration of the class. Pikes adjust to the water and develop independent movement. Instructors teach basic stroke and kicking skills, floating, and pool safety.

### EEL

Children must be able to swim five feet with face in the water and no flotation device. Eels are taught to float, kick, and perform progressive arm movements across the pool.

### RAY

Participants must be able to swim 15 feet with their face in the water and no flotation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke, and advanced water safety skills.

### STARFISH

Swimmers should be able to swim 20 feet with rhythmic breathing for front crawl and no flotation. Starfish will improve on their endurance for front crawl, back crawl, and sidestroke while being introduced to the arm and leg movements for breaststroke.



## SWIM LESSONS (SEASONAL)

Refer to Program Session Supplement for Class Days, Times and Pricing.

### SCHOOL-AGE PROGRESSION (K+)

Our youth aquatics program is dedicated to teaching students personal water safety, stroke development, rescue, and personal growth skills. Through a student-centered approach, our program is taught in groups based on age as well as skill which allows children to learn at their own pace with their peers under the guidance of our highly-qualified, aquatics team.

### POLLIWOG

Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking and arms, gliding from the wall with their faces in the water, and floating.

### GUPPY

Children must be able to swim 20 feet without flotation. Guppies focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency.

### MINNOW

Swimmers must be able to swim with proper front crawl and back crawl technique for 25 yards. Minnows will increase their swim endurance while they advance their technique and learn breaststroke movements.

### FISH/FLYING FISH (SWIM TEAM PREP)

Participants must be able to complete freestyle and backstroke for a continuous 50 yards, and rudimentary breaststroke for 25 yards. Fish will improve their freestyle and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly.

\*SWIMMERS will learn the skills needed for participation in team programming\*

### PRIVATE SWIM INSTRUCTION (ANY AGE)

Private swim lessons specific for the individual's level/swim ability. Semi-private lessons are also available. Contracts available online or at Member Services.

### LAKEWOOD LIGHTNING SWIM TEAM (AGES 6-16YRS)

Whether you are an experienced swimmer or looking for a new summer activity, the Lakewood Lightning Swim Team is for you! Child 8 years and under must be able to swim 25 yards non-stop and children 9 and older must be able to complete a 50 yard swim non-stop in order to make swim team. All participants who qualify will receive a team t-shirt, trophy, participate in various fundraisers and attend the end of season banquet. Swimming is a great way to build self confident, endurance skills and meet great new friends.



# YOUTH DEVELOPMENT

## Y KIDS CLUB

### BEFORE/AFTER SCHOOL PROGRAM

Comprehensive State Certified After School Program for youth in Kindergarten through 5th grade in the Monroe Public School System! Your child will benefit through homework help, arts and crafts, computer lab, healthy snacks, physical activity, games, swimming, and much more!

**Locations:** Stepney Elementary School  
Fawn Hollow Elementary School  
**Hours:** 7:00 am -9:00 am  
3:30 pm -6:00 pm

### VACATION DAYS/SNOW DAYS

When school is closed, the Y provides a variety of activities: arts & crafts, indoor sports, movies, snacks and much more in a safe environment at our Family Program Center. Please provide a healthy cold lunch and drink. All snacks and lunch must be nut free. Pre-registration is required.

## OUTDOOR FAMILY CENTER

Looking for a great place to relax and have fun during the hot summer months? Why not come to the beautiful Lakewood-Trumbull YMCA Outdoor Family Center! Conveniently located on Route 59 in Monroe, we offer 3 pools, snack bar, boating, tennis, basketball, mini-golf, rentals and birthday parties.



## SUMMER CAMPS

### CAMP DISCOVERY (AGES 3– 4YRS)

Discovery is a half day program for preschoolers. The program runs from 9:00 am—1:30 pm with the ability to add either a pre care or post care extension to the time. Children must be fully potty trained to participate in the program. Our Discoverers have pool time, do crafts, play games and have playground time each day. This is a great opportunity to have young children in a camp setting. Discoverers do not participate in the same activities as the children in Tepee and Pioneer Units.

### SPORTS SUMMER CLINICS (AGES 4 – 9YRS)

Kick, swing, and dribble your way into summer with our Summer Sports Clinics! Experienced coaches will engage children in exciting play targeted at developing fundamental skills and fostering a love of sports. Clinics meet Monday through Thursday, 9:30 am—1:30 pm. The goal of this age group is for the participant to have learned and practiced the necessary skills to which the sport is based on. Developmental progressive skills in all sports clinics are designed for the participant to grow, learn, and practice the skills in a day by day basis. Raindate on Fridays.

### GYMNASTICS SUMMER CAMP (AGES 3– 13YRS)

Kids can enjoy gymnastics fun here at the YMCA all summer long! Children ages 5 to 13 can participate in our full day gymnastics camp program, which runs from 9:00 am to 3:30 pm. Preschool gymnastics camp participants can join us for a half day of summer camp from 9:00 am to 12:30 pm. Campers will enjoy gymnastics instruction, crafts, games, open gym time, and other special events. Fridays are always pizza and skit day! Campers bring their own snack and brown bag lunch. Nut free, please.

### CAMP TEPEE ( KINDERGARTEN - 10TH GRADE)

For over 60 years, Camp Tepee has been proud to provide the children of Fairfield and new haven Counties with a well run camp where children can feel safe to explore the world around them. Our program is state licensed as well as accredited by the American Camping Association. Our camp staff are chosen because of the skills and personalities they will bring to the program.

With our activities at Camp Tepee, campers explore nature, find new talents, gain independence, and make lasting friendships and memories. Our activities include: Swim lessons (every other day), free swim, arts and crafts, water games, performing arts, boating, story telling, ropes course and archery.

# CAMP & CHILD CARE

# HEALTHY LIVING

## PERSONAL TRAINING

### PERSONAL TRAINING AND PRIVATE PILATES

Work with the best to achieve maximum results! Tired of doing the same old routine, getting “stuck” and not seeing results? Do you have a goal that you need a little “nudge” from a certified personal trainer to help you achieve? Our trainers work with you to establish goals appropriate for you. Work one-on-one, by appointment, at your convenience or sign up with a Partner.

Sessions Include:

- Base line assessment of fitness, including body fat, girth, heart rate recovery, strength and flexibility testing.
- Individualized exercise program designed just for your goals.
- With sessions of 10-15, you get a one-on-one consultation with a certified nutritionist. These nutrition sessions are essential, as exercise alone cannot achieve results.

### NUTRITION CONSULTATION

Work with our registered dietician and nutritionist to develop an eating plan that works for you! Call to set up an appointment.

### PACKAGES AVAILABLE

#### SINGLE SESSION PACKAGE

One workout session. Must have a trainer’s permission

#### BASIC TRAINING PACKAGE

5 workout sessions. This package is recommended for those already on a fitness-based program, who need a “tune-up”.

#### DELUXE TRAINING PACKAGE

workout sessions and two nutrition sessions. We will get you started on a fitness plan.

#### ULTIMATE TRAINING PACKAGE

15 workout sessions and two nutrition sessions. This package allows you to get true assessment goals and develop a plan that will definitely see results for a lifetime. After completion of the Ultimate Training Package, you can get “renewal rates”, with a letter of completion from the Fitness Director.

#### CANCELLATION POLICY

A 12-hour notice is required for cancellation or the session fee will be forfeited.

## YOGA

### YOGA

Stretch, strengthen and balance your whole being with this stress-reducer. Easy-to-follow yoga workouts. Appropriate for students of all levels. Guided meditation and movement positions develop a healthy spine and mental attitude. Due to limited enrollment, no refunds are given once a session has begun.

### LEVEL 2 YOGA

This class will incorporate vinyasa style yoga, longer holding, and learning more challenging poses, with awareness to the breath and alignment.



### PRENATAL YOGA

The movements and practices in this yoga class are especially beneficial for pregnant women. Muscles are gently stretched and toned. Bring a towel and pillow to class for extra comfort. It is recommended that you have completed the first trimester to begin, and that you do not eat heavily for two hours before class. A physician’s release is required prior to the first class.

### YOGA FOR TEENS (AGES 14 - 18yrs)

Join us for our specialty yoga classes at the Lakewood-Trumbull YMCA, created just for teens. Yoga’s inner focus gives teens the opportunity to relieve stress. Today’s teen is operating under relentless academic pressure and a treacherous adolescent social jungle. Learning how to manage powerful emotions like frustration, anger and confusion is one of the many reasons for your teen to try yoga. Yoga helps to improve flexibility, strength, and build muscular endurance.

### YOGA FOR MS

These movements, postures, and practices are especially designed for those with joint/muscular challenges. Class meets in the Family Program Center’s Community Room. This class is free through the National MS society and open only for people with MS. Please register for this class with the national MS Society. Call 1-800-fight ms 10am-7pm and choose option #1.

MORE INFORMATION ONLINE AT [WWW.LAKEWOODTRUMBULLYMCA.ORG](http://WWW.LAKEWOODTRUMBULLYMCA.ORG)

# HEALTHY LIVING

## YOUTH FITNESS

### YMCA GIRLS ROCK (AGES 14-18 YRS)

YMCA Girls Rock is a youth strength training class, for GIRLS ONLY, which offers girls the benefits of resistance training for sports training, weight management or simply to build a strong, healthy body. The class will start with a basic 2 day-a-week, full body workout which is ideal for beginners. A Certified Personal Trainer will check form, help determine appropriate weights and offer progressions on an individual basis.

### YMCA YOUTH STRENGTH TRAINING

YMCA Youth Strength Training is a class which offers teens the benefits of resistance training for sports training, weight management or simply to build a strong, healthy body. The class will start with a basic 2 day-a-week, full body workout which is ideal for beginners. A Certified Personal Trainer will check form, help determine appropriate weights and offer progressions on an individual basis.

### YMCA P.A.C.T. (AGES 12 & 13 YRS)

Parent and youth must both complete the classes together. P.A.C.T. teaches the importance of putting together a safe exercise program, including cardiovascular, flexibility, and strength training, as it relates to this specific age group. A Fitness Staff Trainer instructs the class in all procedures, including the proper use of the equipment. Upon completion, the 12 & 13 year olds may use the Fitness Center under direct supervision of the certified parent. Lecture, discussions and handouts accompany each class. Parents must sign a Health and Release Form for the youth to participate. Registration required.

### YOGA FOR KIDS (AGES 4 - 6 YRS)

A 45-minute class for children. Two classes offered, little children ages 4-6 and another for ages 7-10, both to enjoy with a parent. A great opportunity for parent and child to learn and share a positive, body-centered movement experience. The class will go through basic postures, breathing and relaxation. A minimum of parent/child couples are required to run the class.



## ADULT FITNESS

### WOMEN'S STRENGTH TRAINING

In a small group of no more than 4, the class teaches health and wellness principles, fitness assessments and body fat measurement, helps participants set goals and teaches them how to use the equipment in the Fitness Center with confidence. Instructed by a certified Personal Trainer, this program provides each participant with exercise handouts and individual workout plans to help members reach their goals. A physician's release is required prior to first class.

### CYCLING CLASS

Spinning is a unique group exercise performed on stationary bikes. This class is designed to nurture the beginner and challenge the most advanced athlete. It's intense, powerful, motivating and energizing!

### CIRCUITS AND STRENGTH

Be as fit as your kids! This circuit style class coordinates with the gymnastics program so that you can get your workout in while your little one is in class!

### BALLS AND BALANCE

This class takes strength training to a whole new dimension by adding in unstable surfaces. Train like the pros using stability balls, Bosu, Dynadiscs, Rollers, Airex Pads & more! Class meets in the Fitness Center. \* Non Members may only use fitness center during class times. Times can be changed to cater to the registrants' needs as the instructor's schedule permits.

### TRX

Small group classes using TRX suspension trainers designed to engage the body as a single coordinated system. Suspension training intentionally activates the core during every exercise, whether it be a chest press, a bicep curl or a squat. The exercises are all familiar, but the effect is brand new! TRX workouts are effective for people of all fitness levels.

### SILVER SNEAKERS

Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Health plans around the country offer this award-winning program to people who are eligible. Contact your insurance carrier to see if you qualify or stop by our Family Program Center with your insurance card and we will verify eligibility for you.

# HEALTHY LIVING

### MEMBER ONLY GROUP EXERCISE CLASSES! CURRENT SCHEDULE AVAILABLE AT MEMBER SERVICES

#### **PILATES**

This class incorporates techniques developed by Joseph Pilates. A great way to get strong using nothing but your own body. A new way to reduce stress and increase strength and flexibility with no impact.

#### **BASIC PILATES**

Breaks down each of the movements slowly; designed to teach the fundamentals of this form. This class does not progress beyond the basic level.

#### **TAI CHI**

The ancient form of Chinese exercise emphasizing proper breathing, balance and strength.

#### **YOGALATES**

A hybrid of yoga and pilates incorporating the principles of core strength and stability with the mindfulness of yoga.

#### **BOOT CAMP**

A high intensity workout designed to work the whole body using resistance equipment, steps and high intensity floor exercise.

#### **CARDIO BALL**

An intense cardio workout using the stability ball in every way imaginable.

#### **CARDIO MIX**

Incorporates aerobic and strength training exercises; can include step, hi-low aerobics and resistance training with body bars, tubes, stability balls or free weights. Class ends with abdominal exercises and stretching.

#### **CARDIO KICK**

A safe, fun, challenging and powerful kickboxing workout. Class ends with abdominal work.

#### **CIRCUIT TRAINING**

An hour of different stations, rotated throughout the class, including different instability equipment, weights, jump ropes, balls, steps, agility ladders and lots of hard work!

#### **FAMILY BOOT CAMP**

Bring the kids along with you or this whole body family challenge.



### MEMBER ONLY GROUP EXERCISE CLASSES! CURRENT SCHEDULE AVAILABLE AT MEMBER SERVICES

#### **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.

#### **SILVER SNEAKERS**

Muscular strength and range of motion are focused in this class for members of the Silver Sneakers Program as well as all members. This class can be done in a chair or standing, or in combination. A cardio/strength class that works the whole body in a safe and supportive environment.

#### **STEP**

Step aerobics class progressing through a series of step combinations with increasing intensity and variety. Step and Sculpt: 30 minutes of cardio work on and off the step, followed by weight resistance training for the whole body.

#### **WORKOUT EXPRESS**

45 minute all over workout designed to get the most out of the least time. You'll sweat, you'll stretch, you'll get stronger and feel glad you took the time!

#### **WILLPOWER & GRACE**

Barefoot training, cardio conditioning like you have never seen. A fusion of principles, dance, yoga and good old calisthenics. You will love this sweaty routine!

#### **ZUMBA**

Low impact/high intensity class with a distinctly Latin beat. You may feel like you're on the dance floor but burn calories like crazy.

#### **BODY SCULPTING**

This overall muscle conditioning workout increases strength, endurance and stamina using weights, tubing, body bars, bands and exercise balls.

#### **CIRCUITS & STRENGTH**

A circuit training class that incorporates some of the ideas of gymnastics training exercise, using mats, balls and other strength-training equipment. Includes a cardio portion as well.

#### **CIRCUIT TRAINING**

Imagine personal training in a group setting, moving around the room in a circuit using different equipment to work the whole body.

#### **CYCLING CLASSES**

A 1 hour Spin class that combines intervals of intense cycling with strength conditioning off the bike. A perfect way to combine cardio and strength conditioning into an awesome workout!

# MAKE A DIFFERENCE

Being part of the Y says something great about you! It demonstrates your commitment to your health, the health of your family and the health of your community.

## YMCA STRONG KIDS

The Y reaches out to children and families in the community to provide opportunities that they might not otherwise have. Your support of our STRONG KIDS CAMPAIGN provides the funds needed to make programs available, provide 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 YMCA Strong Kids Campaign to help families in our community.**

**Stop by Member Services to make a difference today!**



MORE INFORMATION ONLINE AT [WWW.LAKEWOODTRUMBULLYMCA.ORG](http://WWW.LAKEWOODTRUMBULLYMCA.ORG)

# YOU BELONG

## Membership Gives You Many Opportunities

At the Y we exist to strengthen the community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause and create meaningful change not just for you, but also for your community.

## CENTRAL CONNECTICUT COAST YMCA BRANCH LOCATIONS

[WWW.CCCYMCA.ORG](http://WWW.CCCYMCA.ORG)

### ASSOCIATION OFFICE

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

### HAMDEN/NORTH HAVEN YMCA\*

1605 Sherman Avenue  
Hamden, CT 06514  
P 203 248 6361

### STRATFORD YMCA\*

3045 Main Street  
Stratford, CT 06614  
P 203 375 5844

### ALPHA COMMUNITY SERVICES YMCA

387 Clinton Avenue  
Bridgeport, CT 06604  
P 203 366 2809

### NEW HAVEN YOUTH CENTER

52 Howe Street  
New Haven, CT 06511  
P 203 776 9622

### WOODRUFF FAMILY YMCA\*

631 Orange Avenue  
Milford, CT 06461  
P 203 878 6501

### BRIDGEPORT YMCA\*

850 Park Avenue  
Bridgeport, CT 06604  
P 203 334 5551

### RALPHOLA TAYLOR COMMUNITY CENTER YMCA

790 Central Avenue  
Bridgeport, CT 06607  
P 203 576 7430

### VALLEY YMCA\*

12 State Street  
Ansonia, CT 06401  
P 203 736 9622

### FAIRFIELD YMCA\*

841 Old Post road  
Fairfield, CT 06824  
P 203 255 2834

### SOUNDVIEW FAMILY YMCA\*

628 East Main Street  
Branford, CT 06405  
P 203 481 9622

### YMCA CAMP HI-ROCK

162 East Street  
Mount Washington, MA 01258  
P 413 528 1227

\*Indicates Full Facility Branch including indoor swimming pools

### CENTRAL CONNECTICUT COAST YMCA LAKEWOOD-TRUMBULL BRANCH

20 Trefoil Drive  
Trumbull, CT 06611  
P 203 445 9633 F 203 445 9080  
[www.lakewoodtrumbullymca.org](http://www.lakewoodtrumbullymca.org)



