



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

FROM WORKOUTS TO SUMMER CAMP



BRIDGEPORT YMCA

Program Guide

Spring Session: April 20 – June 14, 2015

YOUTH DEVELOPMENT

YOUTH SWIM LESSONS

Our Youth Swim Lesson Program

Our youth aquatics program is dedicated to teaching students personal water safety, stroke development, water sports and games, 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 and the guidance of our aquatic team.

Swim Lesson Program Fees

30 minute lessons - Y Members: \$63
Community: \$126

45 minute lessons - Y Members: \$75
Community: \$150

INFANT/TODDLER (AGES 6-36mo.)PARENT/CHILD

Our parent and child aquatic program is designed to teach basic water safety skills to children, and teach parents/guardians how to facilitate the learning of those skills during and outside of swim class. Our aquatic team is dedicated to providing a fun and positive environment for the children and parents.

S.K.I.P. LESSONS 1:10 class ratio

Shrimp (6-8months)

Kipper (9-12 months)

Inia (13-18 months)

Perch (19 - 36 months)

PRESCHOOL (AGES 3-5)

PIKE 1:6 class ratio

EEL 1:6 class ratio

RAY*STARFISH 1:6 class ratio

BEGINNER (AGES 6-12)

POLLIWOG 1:8 class ratio

GUPPY 1:8 class ratio

INTERMEDIATE (AGES 6-12)

MINNOW 1:10 class ratio

FISH 1:10 class ratio

ADVANCED (AGES 6-12)

FLYING FISH*SHARK 1:10 class ratio



SUPER SPECIAL SWIMMERS

Swim Lessons for children with special needs Sunday times may be scheduled directly through Splash and Swim LLC. Contact Emily at splashandswim@yahoo.com P 203 494 2833

PRIVATE SWIM INSTRUCTION (any age) MEMBERS ONLY

Private swim lessons specific for the individual's level/ swim ability. Semi-private lessons are also available. Contact the Aquatics Department to schedule private lessons P 203 334 5551 x 2416

BEGINNER TEEN/ADULT (AGES 13 and up)

It's never too late (and you're never too old) to learn to swim! Beginner swim lesson for teens and adults. Small classes for beginners are offered throughout the year.

Financial Aid is available to those who qualify.

CHILD CARE

After School Program

Comprehensive State Certified After School Program for youth in Kindergarten through 8th grade! Your child will benefit through homework help, arts and crafts, cooking projects, healthy snacks, physical activity, games, swimming, and much more! After School Care will end at 6pm.

Location: South End Community Center
650 Park Avenue
P 203 331 0200



YMCA EARLY CARE & LEARNING CENTERS

We are committed to providing a safe, loving environment for your child and aspire to meet his/her needs while promoting physical, social, emotional and cognitive development.

Weekly Curriculum; Age appropriate activities; Indoor and outdoor learning experiences; Credentialed teachers; CACFP food program; State licensed; NAEYC Accredited; Academy for Early Childhood Program Accreditation; Fees based on a sliding scale
Locations:

401 Kossuth Street (ages 8 weeks-5 years)

P 203 332 6447

650 Park Avenue (ages 3-5 years)

P 203 331 0200

850 Park Avenue (ages 3-5 years)

P 203 334 5551

Open Year Round Monday-Friday, 7:30am-5:30pm

CARE4KIDS

The Bridgeport YMCA is a licensed provider with the state Care 4 Kids program.



SUMMER DAY CAMP ENDLESS SUMMER FUN

Character Values Count

We're ready for another fun and exciting summer.

The counselors and campers will concentrate on the values of caring, honesty, respect and responsibility in everything they do. Each day the counselors will give "shout outs" to the campers who have shown positive character traits throughout the day. The character values will be reinforced through colored beads. Campers will receive and collect the colored beads to make their own character value necklace. The more values- the more beads- it all counts!

You'll find all our usual favorites, plus Camp Zumba and Ultimate Adventure Camp! There's something for every child - all in one location! Your camper is sure to have fun, make new friends, grow as a person and make memories that will last a lifetime. Browse our 2015 Camp Brochure online.



View current schedules, programs and events on our website!

HEALTHY LIVING

CLASSES ARE FREE TO MEMBERS!
REGISTRATION REQUIRED
SCHEDULE AVAILABLE AT MEMBER SERVICES

YOGA

Class in which strength, flexibility and endurance are emphasized and developed. Focus on breathing and balance help create the feeling of relaxation that comes at the end of your practice.

CAPOEIRA

An introductory class to this Brazilian Martial Art form. We have added a fitness twist! No martial arts experience is necessary.

SALSA

Work out to Latin music! Improve your flexibility, strength, endurance and sense of well-being while you have fun! Combines fast and slow rhythms that tone and sculpt your body as you dance.

ZUMBA

Zumba incorporates Latin and International music with easy to learn dance moves that are guaranteed to add variety and excitement to any exercise program.

BARRE MAT

Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest work outs on the market today.

MUSCLE AND CORE

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

NON-STOP TABATA

Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20-seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post workout- get in shape the fast way!



FITNESS CENTER

The use of these areas is limited to persons 14+years

FITNESS CENTER

Visit our fully equipped Fitness Center today! Enjoy a FREE orientation provided by a knowledgeable staff member that will start you on your way to a healthier you in 2015! Cardio equipment and Nautilus strength training machines are located here.

FREE WEIGHT ROOM

Prefer to use barbells, dumbbells and other "Free Weights"? You will find it all in our Free Weight room. Ladies this room is designed for your use as well!

TRACK

Did you know that above the basketball court we have an indoor track? It is the perfect option for foul weather walking/running (or for those of you who do not like treadmills!)

RACQUETBALL AND BASKETBALL COURTS

Use of our courts is included in your membership at no additional cost

AOA EXERCISE/activities (ACTIVE OLDER ADULT)

SILVER SNEAKERS® Muscular Strength

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support. Check out this fun class today!



YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58%, and 71% in adults over the age of 60.



Are you interested? Talk with Maria Valentin at the Bridgeport Y 203.334.5551 or email mvalentin@cccymca.org

Join us for one of our Information Sessions held at our Branch:

Fri. Mar 27 at 11am;

Mon. Apr 6; Tues. Apr 14 & Tues. Apr 28 at 6pm;

Tues. May 12 at 6pm; Tues. June 9 at 6pm

WARM WATER POOL!

Our pool is kept warmer than most lap pools. Perfect for water walking, therapeutic exercises and swim lessons!

PERSONAL TRAINING

Registration required

PERSONAL TRAINING

Frustrated with the lack of progress in reaching your fitness goals? Need some extra motivation and variety to break through that exercise plateau? Are you ready to be fit but don't know where to begin? If you answered yes to any of these questions, the YMCA Personal Training Program may be for you! Let our staff assist you in achieving your full health/fitness potential through a safe and effective program designed to achieve results.

WATER ACTIVITIES

SCHEDULES AVAILABLE AT MEMBER SERVICES

WATER WALKING

Great for your first water experience; Water walking is a fun, practical alternative to walking on land. The water provides extra resistance while protecting you from injuries common to joggers. A variety of moves and equipment make this class a versatile and challenging class that will improve your strength, improve your balance, and increase bone density.

ADULT LAP SWIM

Time for our adult lap swimmers to practice their strokes, increase their endurance or get in a great cardiovascular workout! Check the pool schedule for specific days and times.

FAMILY TIME



OPEN SWIM TIME

Bring the kids to our warm water pool for quality family time during Open Swim. Families are welcome to bring children of all ages to enjoy our pool. Children under the age of 12 must have a supervising adult with them in the pool area. Children 9 and under are required to have a parent in the water, ages 9-12 need a parent on deck. We enforce a swim test for deep end swim, all ages must take a swim test under the lifeguard's discretion. Pool schedules are available at the Member Services Desk and on line at www.bridgeportymca.org

REGISTER ONLINE at www.bridgeportymca.org

HERE FOR YOU

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.

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income. Contact the Y for details.!

Spring Session:

April 20 - June 14, 2015

Program Registration

Facility Members: March 30

Community Members: April 6

BRIDGEPORT YMCA

850 Park Avenue, Bridgeport, CT 06604

www.bridgeportymca.org

P 203 334 5551 F 203 334 2847

Email: bridgeportinfo@cccymca.org

FACILITY HOURS

Mon-Friday 5:30am-9:00pm

Saturday-Sunday 8:00am-4:30pm

Should the Y need to close or cancel classes due to inclement weather, an announcement will be made on WICC 600AM and NEWS 8/MY TV 9

CHILD WATCH HOURS

Monday-Thursday 6:00pm-8:30pm

HOLIDAY HOURS/CLOSURES

Easter: April 5-CLOSED

Memorial Day: May 25-Regular Opening/Close at 1PM

YOUR YMCA STAFF

Timothy Bartlett, Executive Director

Brenda Gaffney, Lighthouse Coordinator

Michelle Genest, Interim Child Care Director

Catherine Halstead, Aquatics Coordinator

Elsie Jones, Membership Coordinator

Casey McCarthy, Facility Director

Don Smith, Healthy Lifestyles Director

Maria Valentin, Administrative Assistant

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

TOGETHER WE CAN DO SO MUCH MORE

Annual Campaign



What difference will you make?

Change a life: Send a child to camp, help a family cover the cost of swim lessons so their child can enjoy the water, help a child academically in our after school programs. You change lives with a gift to our Annual Campaign.

Help a neighbor: Give a family the opportunity to be a Y member, provide a senior citizen with fitness programs to keep them thriving, help a neighbor with prediabetes regain their health through our Diabetes Prevention Program. Your gift makes a difference to your neighbors.

Inspire your community: Empower youth who come to our programs, support students yearning to be future leaders, strengthen special events and programs that bring together volunteers, Y Members and families. You inspire a stronger, healthier community with a gift to the Y.

GIVE today by visiting our web site or talking with one of our staff members.

The Y. So Much More™

GOOD FRIENDS SHARE THE Y

Earn Free Membership Months!



Refer a friend to the Bridgeport Y! When they join, you'll get a free membership month. Learn more at Member Services!

 FOLLOW US
ON TWITTER

 LIKE US ON
FACEBOOK

JOIN US FOR
HEALTHY KIDS DAY®

APRIL 25 NATIONAL SPONSOR
Humana

HEALTHY
KIDS DAY
A YMCA INITIATIVE

The Y. So Much More™