BRIDGEPORT YMCA

Program Guide

Winter I Session: January 2 – February 26, 2017
Winter II Session: February 27 – April 23, 2017
YOUTH DEVELOPMENT

YOUTH SWIM LESSONS
SCHEDULE AVAILABLE AT MEMBERSHIP WELCOME CENTER
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: $68
Community: $135
45 minute lessons – Y Members: $80
Community: $159

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 (6-8 months)
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)
POLLWOG 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

MAKE-UP POLICY
Make-ups will only be given if the YMCA has cancelled your lesson (Not weather related). Credit for missed lessons will not be given if a make-up lesson was offered. All make-ups must be made during the session the lesson was missed.

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
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; Credentialled teachers; CACFP food program; State licensed; NAEYC Accredited; Academy for Early Childhood Program Accreditation; Fees based on a sliding scale

Locations:
YMCA Kolbe Education Center
401 Kossuth Street (ages 8 weeks-5 years)
P 203 332 6447
YMCA SECC PALS 1
650 Park Avenue (ages 3-5 years)
P 203 331 0200
YMCA PALS V
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.

YOUTH BASKETBALL CLINIC
Looking for something fun for your child to do when school is out? During the school recess breaks boys and girls ages 7 to 12 will learn basic basketball fundamentals including 3 man weave, ball handling, form shooting, circuits, and team exercises. Children should come wearing appropriate clothing.

Days: Monday-Friday 9:30am-12:00pm
Members: $15 per session
Non-Members: $30 per session
Location: Bridgeport YMCA
850 Park Avenue
P 203 334 5551

CHILD WATCH HOURS
WE’RE HERE TO HELP
Let us take care of your children, while you take care of yourself.
Ages: 9 months – 12 years
A safe and fun YMCA staff supervised area where parents with a Family Membership can leave their children to play and enjoy activities while they participate in programs on-site.

Days & Times:
Monday – Thursday: 6:00 pm – 8:30 pm

View current schedules, programs and events on our website!
HEALTHY LIVING

CLASSES ARE FREE TO MEMBERS!
SCHEDULE AVAILABLE AT MEMBERSHIP WELCOME CENTER

BALANCE & FLEX TOGETHER
Will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

BRAZILIAN DANCE
Class covers a variety of Brazilian dances, including Samba from Rio de Janeiro and Sao Paulo – Brazil. Afoxé, and Samba-reggae from Bahia –Brazil. In addiction to basic steps, routines, choreographies and a workout for core, glutes, legs, arms and stretch in the beginning and ending of each class. It is a complete workout with great music and dance!

CAPOEIRA
An introductory class to this Brazilian Martial Art form that combines elements of dance and music. We have added a fitness twist! No martial arts experience is necessary.

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.

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.

New Classes Starting Winter 2017

ACTIVE TOGETHER
(active older adult)
gives you all the training you need – cardio, strength, balance and flexibility – in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

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

BODY WEIGHT TRAINING
A complete total body workout with no equipment except for a mat. Standing and seated movement with no impact and great results.

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!

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.

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

WELLNESS CENTER
Visit our fully equipped Wellness Center today! Enjoy a FREE orientation provided by a knowledgeable staff member that will start you on your way to a healthier you in 2016! 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.

WATER ACTIVITIES

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.

REGISTER ONLINE at www.bridgeportymca.org
WHEN YOU DONATE TO THE Y, YOU MAKE OUR COMMUNITY BETTER THROUGH PROGRAMS FOCUSED ON:

Youth Development
You give all kids the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development – all grounded in the Y’s core values of caring, honesty, respect and responsibility.

Healthy Living
You help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

Social Responsibility
You keep our doors open to all. We bring together people from all backgrounds, and support those who need us most. Together, we take on the most urgent needs in our community and inspire a spirit of service in return. You, our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

Ever dollar donated has a lasting impact on the people in our community.

GIVE TODAY. FOR A BETTER US.

YOUR YMCA STAFF
Timothy Bartlett, Executive Director
Terry McCarthy, Executive Director of Child Care Services
Jeb Backus, Operations Director
Michelle Genest, Assistant Director of Child Care Services
Melissa Osanitsch, Aquatic Director
Casey McCarthy, Facility Director
Maria Valentin, Membership & Wellness Director

BRIDGEPORT YMCA BOARD OF MANAGERS
Heather Lange - Board Chair, Randell Burns, Bob Carlson, Pablo Colon, Jason Corsi, Michael Gargano, Suzanne Glicklin, Blanca Kazmierczak, Nick Khamaryj, Marcella Kovac, Edward Lomax, Ivan Miranda, Michael Moore, Kelly O’Donnell, Edina Oestreicher, Joyce Ramirez, James Rollinson, Scott Santa, Rev. Sara Smith, Aaron Turner, and Chris Tynniak

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