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Contact:

Donna Gill Lisitano
Marketing and Communications Director
CENTRAL CONNECTICUT COAST YMCA
1240 Chapel Street, New Haven, CT 06511
P 203 777 9622 ext 2114 E dlisitano@cccymca.org

Karen Backus Named Fairfield YMCA Executive Director

(New Haven, CT May 6, 2013) The Central Connecticut Coast YMCA has named Karen Backus as the new Executive Director at the Fairfield YMCA in Fairfield CT.

Karen brings a wealth of Y experience to the Fairfield Y. Karen previously served as the Senior Program Director at the Harold F. Woodruff Family YMCA, a branch of the Central Connecticut Coast YMCA where she grew membership, broadened group exercise programming, and expanded child care services.

As a YMCA Organizational Leader, Karen worked at the Valley Y as an Associate Executive Director and in the wellness and aquatic areas at the Darien and Wilton YMCAs.

She resides in Westport with her husband and two children.

The Fairfield YMCA is a cornerstone in the Fairfield community, bringing personal fitness programs, child care, aquatics and swim lessons, youth programs, summer camp and adult sports to all Fairfield community residents.

About Us: The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2012, the CCC YMCA served 85,000 kids, families and adults in twenty-five towns and cities. Approximately 32,000 youth participated in child care, youth sports, summer camping and Youth in Government programs. 7,600 children took advantage of the Y's instructional swimming lessons; 34,500 youth and adults participated in health, wellness, education, physical activity and diabetes prevention programs and services. 1,700 people were served through one of our housing programs. The CCC YMCA also provided \$3 million in direct financial assistance to approximately 6,000 children, individuals and families. The Central Connecticut Coast Y is based in downtown New Haven with eleven Y branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** cccymca.org **P** 203 777 9622

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