FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROM WORKOUTS TO SUMMER CAMP

FAIRFIELD YMCA

Program Guide

Spring Session: April 20–June 14, 2015

HERE FOR YOU

PROGRAM REGISTRATION

Spring Session Registration

Facility Member: March 31, 9:00 am

Community Participant: April 7, 9:00 am

Spring Session Dates:

April 20-June 14, 2015

CHILD WATCH HOURS

We will watch your child while you work out!

Monday-Friday: 9:00 am-1:00 pm
4:00 pm-7:30 pm
Saturday: 9:00 am-11:30 am

Fairfield YMCA
P 203 255 2834 **F** 203 259 7744
Email: fairfieldinfo@cccymca.org

FACILITY HOURS

Monday-Thursday 5:30 am-10:00 pm
Friday 5:30 am-9:00 pm
Saturday 8:00 am-5:00 pm
Sunday 7:00-5:00 pm

HOLIDAY HOURS/CLOSURES

Easter Sunday: Closed
Memorial Day, May 25: 5:30-8:30 am
July 4: 5:30 am-1:00 pm
Labor Day, September 7: 5:30 am-1:00 pm
Thanksgiving, November 28: 7:00-11:00 am
Christmas Eve, December 24: Closing 3:00 pm
Christmas Day, December 25: Closed
New Years Eve, December 31: Closing 6:00 pm
New Years Day, January1: 8:00 am-2:00 pm

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income. Please contact the Fairfield Y for more information.

YOUR YMCA STAFF

Executive Director: Karen Backus
Healthy Lifestyle Director: Sue McCall
Health and Wellness Coordinator: Melissa Arnold
Membership Coordinator: Laura Comandini
Aquatic Director: Maureen Scinto
Aquatic Coordinator: Amanda Goodwin
Swim Team Coach: Kevin Quill
Youth and Family Coordinator: Ryan LeWorthy
Child Care Coordinator: Kimberly Cossett
Administrative Secretary: Cheryl Wilson
Facilities Director: Bob Lewis

REGISTER ONLINE at www.fairfieldy.org

View current schedules, programs and events on our website!

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™

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

YOUTH DANCE, SPORTS AND WELLNESS Page 4-6

SUMMER CAMPS PAGE 17

Y PARTIES BY DESIGN Page 5

FAIRFIELD FLYFINS SWIM TEAM Page 7

AQUATIC PROGRAMS
Swim Lessons
School Swim Clubs
Page 8
Aquatic Certifications
Page 11

SCHOOL AGE AFTER CARE Page 12

PRESCHOOL PROGRAMS Page 14

SPRING SPECIAL EVENTS Page 16

HEALTH AND WELL BEING Page 18

YOUTH DEVELOPMENT

YOUTH SPORTS

Youth Sports

YMCA Youth Sports "We Teach FUNdamentals"
Spring Session: April 20-June 14
Fee: 8 week class session is $85 Members, $170 Community

The Fairfield YMCA Youth Sports program is built on values, sportsmanship, and FUNdamentals. Check out our new age groupings and progressive sports classes. Children will have fun while learning basic skill development and game experience. Classes are taught by caring and professional staff.
For more information contact Youth and Family Director Ryan LeWorthy at 203 255 2834 ext. 2315.

Private Sports Classes:
Book a package of 8 private sports classes for your child and their friends during a time of your choosing!
Sports options include soccer, basketball, t-ball and more!
Starts: When you want it, ends when you want it!
Member: $85 per child, Community: $170 per child.

T-Ball

Designed for the child who has never played T-ball before or who is still learning the game. Your child will learn hitting with a tee, and game play from our outstanding coaches.
Thursday: Ages 4 & 5, 4:00-4:50 pm
Thursday: 6 & 7, 5:00-5:50 pm
*** Held at Veres Park Baseball Field.**

New!!

Private Baseball/Basketball Lessons

Work one on one with a coach who will help your child learn the game of Baseball or Basketball. Each lesson is 55 minutes.
For ages 8 and above and by appointment.
Fee: $25 Y member, $50 Community
Contact Ryan LeWorthy at 203 255 2834 ext. 2315 or rleworthy@cccymca.org

Basketball I

Designed for the child who has never played basketball before or who is still learning the game. Your child will learn the basics of dribbling, passing and shooting.
Saturday: Ages: 4 & 5, 9:00-9:50 am
Ages: 6 & 7, 10:00-10:50 am
*** Held at the YMCA Gym**

Soccer I

Designed for the child who has never played before or who is still learning the sport. Your child will learn the basics of dribbling, passing and shooting.
Mondays: Ages 4-6, 4:00-4:50 pm
Wednesday: Ages 6-8, 4:00-4:50 pm
***Held at Veres Park Fields**

YOUTH DEVELOPMENT

YOUTH SPORTS

Lacrosse

Designed for beginning and intermediate players. This class emphasizes individual lacrosse skills and also incorporates elements of game strategy using 3v3 small sided game. Equipment is provided, but we encourage you to bring your own.

Monday: Ages 4-6, 5:00-5:50 pm
Held at Veres Park Fields

Archery

Ready aim FIRE! Learn proper technique for shooting a bow and arrow as well as basic bow maintenance. Equipment is provided

Tuesday: Ages 8-Adult, 5:30-6:20 pm

Young Archers

A beginner class for our young archers' on equipment geared toward this age group.

Thursdays: Ages 6-8, 5:30-6:20 pm
Fee: $85 for Y Member, $170 Community
Both classes held at the YMCA

Tennis

Tennis introduces youngsters to the sport of Tennis in both a fun and rewarding way. Fun is what keeps young players interested in Tennis year after year.

Wednesdays: Ages 5-8, 5:00-5:50 pm
***Held at Veterans Park Tennis Courts.**

Multi Sports

Participants will be challenged to learn quickly as they explore Basketball, T-ball, Soccer and Kickball, which rotate weekly. Great class to help your child see which sports they truly excel in!

Friday: Ages 3-5, 4:00-4:50 pm
Tuesday: Ages 6-8, 4:00-4:50 pm
*** Held at the YMCA Gym**

Y Party-By-Design!

Birthday Parties

- Sports
- Camp Games
- Entertainment:
- Storytelling
- Magic, Science,
- Teen Party DJ optional
- Arts & Crafts
- Princess Parties
- Outer Space Party

Special Events:

- Baby Showers
- Corporate Events
- Graduation Party
- Clubs
- Mom's Club
- Holiday Parties

Our Party Coordinator will work with you to custom design the party. So many to choose from!

For more information, questions or to set up your next event contact, Party Coordinator Ryan LeWorthy at: 203 255 2834 ext.2315.

Spring Session: April 20-June 14

MORE INFORMATION ONLINE AT WWW.FAIRFIELDY.ORG

YOUTH DEVELOPMENT

Youth Wellness and Dance

WELLNESS AND DANCE

Youth and Parent Cardio Orientation

For ages10 and 11 year olds.
It consists of one (1) hour appointment with a Personal Trainer. The trainer will teach the youth how to safely and effectively use the cardiovascular equipment only.
Upon completion the youth will be able to use the cardio equipment in the Wellness Center when accompanied by a Y Member who is 18 years of age and older.

Note: Depending on the youth's height, they may not safely fit on some of the equipment.
The trainer will determine this.
Fee: Free to Y Members only.
Call ext. 2326 to schedule a Youth Parent Cardio Orientation.

Youth and Parent Wellness Orientation

For ages 12-13
Orientations designed for youth 12 and 13 years old, with a parent or guardian. A Personal Trainer will instruct participants on how to safely and effectively use the Cardio and Strength equipment. Upon completion of the four sessions, the youth will be allowed to use the equipment in the Wellness Center when accompanied by a Y Member who is 18 years of age and older.
Fee: Free to Y members only.
Call ext. 2326 to schedule Orientations.

Floor Hockey

Floor hockey is a hockey stick and ball game played indoors, on a flat floor surface. Each participant will learn the basics of hockey including passing, shooting and normal gameplay.
Friday: Ages 5-8, 5:00-5:50 pm
*** Held at the YMCA Gym**

Ballet Slippers (drop off class)

This fun class is designed to introduce basic foot positioning, terminology and various composers of classical music. Basic arm positioning will reinforce bilateral movements and memory retention. The playful atmosphere will allow your child's social skills to soar, while building an appreciation for the art of ballet. (Dance apparel and Ballet shoes required)
Wednesday, Ages 3 & 4, 1:15-2:00 pm
Wednesday, Ages 5-8, 4:00-4:45 pm
Fee: $85 Y Member, $170 Community

Zumba® Kids

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.
Zumba : Tuesday, Ages 7-11, 4:00-4:50 pm
Fee: $85 for Y Member, $170 Community

Ninja Kids

Third Degree Black Belt Steven Forlano offers a complete martial arts program for children concentrating on self defense through Korean Tang Soo Do style. Learn self-discipline, self confidence and build self esteem through the unification of the mind, body and spirit of the YMCA.
Saturday: Ages 4-9, 9:00-9:45 am
Ages 9+, 10:15-11:15 am
Fee: $85 for Y Member, $170 Community

Spring Session: April 20-June 14

MORE INFORMATION ONLINE AT WWW.FAIRFIELDY.ORG

YOUTH DEVELOPMENT

FAIRFIELD Y FLYFINS

FLYFINS Swim Team Summer Season is April 13-July 25 2015

The Fairfield YMCA FLYFINS Swim Team focuses on developing the whole swimmer and providing each of them with the coaching and guidance to build confidence through improvement and success. This program promotes character development while providing fitness, friendship and fun. This competitive swim team offers instruction, training, and competition. The team participates in both YMCA and USA swim meets. Potential team members must have completed the Y's Fish Level swim course and participate in dual and USA meets. Swimmers must swim100IM, demonstrating each stroke. Practice times vary by age and experience. Evaluations for the team are April 8, 9, 10. Times will be posted on the swim team board.

For more information, visit www.flyfins.org or contact Swim Team Coach Kevin Quill at: kquill@cccymca.org or 203 255 2834 ext.2323.

Fees for Summer Swim Team Season 2015

8 and under: $725
Juniors: $750
Age group: $750
Seniors: $800
Summer Season is April 13-July 25
Fee includes USA Registration, USA meets(Sat/Sun), Sanctioned Meets, T-shirt and Banquet. Current team members can register March 16-April 1. Registration opens to all starting April 6.

Stroke Clinic

Cover the mechanics of the four competitive strokes plus starts and turns. Highly recommended for children planning on joining the FLYFINS Summer Swim Team.

Date: April 6-10 Days: Monday-Friday
Times: 6-11 years old: 5:30-6:30 pm 12 years old and older: 6:30-7:30 pm
Fee: $100 for Y Member, $200 Community
For more information contact: Coach Kevin Quill at 203 255 2834 ext.2323.

FLYFINS SWIM TEAM

Spring Session: April 20-June 14

MORE INFORMATION ONLINE AT WWW.FAIRFIELDY.ORG

YOUTH DEVELOPMENT

SWIM LESSONS

Y AQUATIC
Programs and Swim Lessons
Spring Session: April 20–June 14

TEACHING PEOPLE TO SWIM FOR OVER 150 YEARS!

Swim Lesson schedule is available online at www.fairfieldy.org and at the Welcome Center Desk.

We strive to provide individuals the opportunity to enjoy the water in a safe and fun environment. Swimming is one of the most effective tools in developing health, self confidence and a sense of achievement.
Our lessons are based upon student centered learning with a focus on developing the entire person.

3 ways to swim at the Y

Group lessons
For ages 6 months to Adult

Private Classes
By appointment only.
Must be 5 years of age and older. Private lessons are offered in packages of 1, 2 or 4 lessons. Each lesson is 30 minutes. For Y Members only.
Packages: Individual Lesson: $55
2 Lesson Package: $110
4 Lesson Package: $220

Semi Privates:
Lessons for 2 children at a time who are at the same level. Sold in a block of 4-30 minute lessons. For Y Members only. **Fee: $300**

Swim Lesson Make-up Policy
At the Fairfield Y, we hope that each student will attend all classes within a session. This provides them with the maximum opportunity to develop as a swimmer. In order for us to offer a quality program, makeup classes are not available.

Youth Development

Y Swim Lesson Classes Description
30 minute class is $85 for Member, $170 for Community
45 minute class is $95 for Member, $190 for Community

Parent and Child Swim Lessons

Ages 6 to 36 Months

Shrimp 1:10 class ratio
Children in this class must be at least 6 months old and should have strong head control. (6-8months)

Kipper 1:10 class ratio
Children in this class must be at least 9 months old and should sit unassisted and stand with support. (9-12 months)

Inia 1:10 class ratio
Children in this class must be 13 months old and should be able to stand unsupported and walk with assistance. (13-18 months)

Perch 1:10 class ratio
At 19 months of age, your child should be able to run and jump. At this stage your child is encouraged to explore their aquatic environment and their own skills with the assistance of their parent. The goal for this level includes propelling oneself through the water and the transition to the preschool swim levels. (19 - 36 months)

PRESCHOOL CLASSES

Ages 3 to 5 years

Pike 1:6 class ratio
Child must be comfortable in the water with a swim instructor and independent of a parent for the 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 1:6 class ratio
Children must be able to swim five feet with face in the water and no floatation device. Eels are taught to float, kick and perform progressive arm movements across the pool.

Ray 1:6 class ratio
Participants must be able to swim15 feet with his or her face in the water and no floatation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke and advanced water safety skills.

Starfish 1:6 class ratio
Swimmers must be able to swim 25 yards 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.

PROGRESSIVE CLASSES

AGES 6 TO 12 YEARS

Polliwog 1:8 class ratio (Beginner swimmer)
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 1:8 class ratio (Advanced beginner)
Children must be able to swim 15 yards without flotation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance and improving sidestroke efficiency.

Minnow 1:10 class ratio (Intermediate)
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 1:10 class ratio
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.

Flying Fish 1:10 class ratio
Swimmers must be able to complete a continuous 100 yards in freestyle and breaststroke, 50 yards of continuous of breaststroke, and 25 yards of butterfly.

Shark 1:10 class ratio
Swimmers must be able to complete a continuous 100 yards (with open turns) of freestyle with breathing to both sides, backstroke, and breaststroke. Participants must also be able to swim 50 yards of continuous butterfly with good technique. Sharks will focus on increased endurance, learning flip-turns, racing starts, and introduction to the 200IM (Individual Medley).

Porpoise 1:10 class ratio
Swimmers must be able to demonstrate a 100 yard breaststroke with proper pullout, backstroke with proper pull out, freestyle with proper start and flip turns, and legal butterfly. Porpoise will focus on advanced swimming technique and will work towards completing a continuous 200 yard individual medley (50 yards butterfly, 50 yards backstroke, 50 yards breaststroke, 50 yards freestyle). Also introduction to water safety and lifesaving skills.

AGES 12 AND UP

Teen/Adult 1:8 ratio
This class is for teens and adults who have not had swimming lessons before or who are not comfortable in the water. Basic swimming skills and personal water safety skills are taught.

ADAPTIVE AQUATICS

Ages 3 and up: 1:1 class ratio
This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs.
This program is for all levels of swimmers. An adult may accompany if needed.

SWIM LESSONS

Private Classes: By appointment only. Must be 5 years of age and older. Private lessons are offered in packages of 1, 2 or 4 lessons. Each lesson is 30 minutes and is $55. **Semi Privates:** Lessons for 2 children at a time who are at the same level. Sold in a block of 4-30 minute lessons, fee is $300. Private and Semi Private classes are for Y Members only. By appointment, contact Maureen Scinto at 203 255 2834 ext. 2318.

Spring Session: April 20-June 14

MORE INFORMATION ONLINE AT WWW.FAIRFIELDY.ORG

YOUTH DEVELOPMENT

SCHOOL SWIM CLUBS

Swim Clubs
For Fairfield Public Schools

Swim Clubs for Fairfield Schools. YMCA bus will pick up participants at school and parents pick up at the Y.

Monday Swim Club Schedule
Spring Session:
April 20-June 8
Mill Hill:
Monday at 3:45-4:15 pm
Sherman School :
Monday at 3:45-4:15 pm
Ludlowe Middle School:
Monday at 3:30-4:15 pm
Tomlinson Middle School:
Monday at 3:30-4:15 pm
Fee: Prorated for Memorial Day
$88 for Y Member,
$175 Community
Bus Fee: $15

Wednesday Swim Club Schedule
Spring Session:
April 22-June 10
Holland Hill School:
Wednesday at 3:15-3:45 pm
Riverfield School:
Wednesday at 3:45-4:15 pm
Fee: $100 for Y Member, $200 Community
Bus Fee: $15

Friday Swim Club Schedule
Spring Session:
April 24-June 12
McKinley School:
Friday at 3:45-4:15 pm
Riverfield School:
Friday at 3:45-4:15 pm
Sherman School:
Friday at 3:45-4:15 pm
Fee: $100 for Y Member, $200 Community
Bus Fee:$15

Black Rock Buccaneers

Monday: April 6-June 12
Friday: April 10-June 12
Time: 3:15-3:45 pm
Fee: Monday, $88 for Y Member,
Community $175
Friday, $100 for Y member
Community $200
Bus fee:
One way: $15
Round trip for children who are enrolled in the Lighthouse program: $25
Bus to Smilow Burroughs Club House: $30 Monday and Friday.

Saints Swim Club

Saint Ann:
April 7-June 11
Tuesday and Thursday at 2:30-3:15 pm
Fee: $150 for Y Member, $275 Community
Bus: Round trip $25 or one way $15
Assumption Holy Family:
April 8-June 10
Wednesdays at 3:00-3:45 pm
Fee: $100 for Y Member, $200 Community
Bus: Round trip $25 or one way $15
Saint Thomas:
April 6-June 12
Monday and Friday at 2:30-3:15 pm
Fee: $150 for Y Member, $275 Community
Bus: One way only, $15

Adaptive Aquatics (Special Kids)

Ages 3 and up: 1:1 class ratio
This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants.
Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs.
This program is for all levels of swimmers.
An adult may accompany if needed.
Fee: 7 weeks, April 20-June 21
$90 for Y Member, $175 Community

Spring Session: April 20-June 14

MORE INFORMATION ONLINE AT WWW.FAIRFIELDY.ORG

YOUTH DEVELOPMENT

Aquatic Certification Courses

Water Front Life Guarding Course

Red Cross Life Guard Certification includes CPR, AED and First Aid. For 15 years and up. Candidates must be able to swim 550 yards non-stop and tread water for three minutes. Must take pre-test before registering for class. Must attend all classes.

Fee: $275 for Y Member, $375 Community
Book and Mask are included

Course schedule

Pre-test February 21st 4:00 pm
Course held Sunday's 12:00-6:00 pm

March 28th-April 4th

Pre-test March 28th 4:00 pm
Course held week nights 6:00-9:30 pm and Sunday, March 29 from 12:00-6:00 pm.
Test: Saturday, April 4

April 4th-May10th (no class Easter)

Pre-test April 4th at 4:00 pm
Course held Sunday's,12:00-6:00 pm

April 11-April 19

Pre-test: April 11 at 4:00 pm
Course held 6:00-9:30 pm. Test: Sunday, April 19.

May 10th to May 23rd

Pre-test: May 10 at 4:00 pm
Course held Mon, Wed and Fri nights, 6:00-9:30 pm.

Life Guarding Review Class

Class is a review. Materials are free online at redcross.org. or can be purchased at the YMCA. This class is a two day course. **Fee: $125 Y Member, $175 Community**

March 28 & April 4

Saturday, 3/28 from 9:00-4:00 pm
Saturday, 4/4 from12:00-2:00 pm

April 18 & 25

Saturday, 4/18 from 9:00-4:00 pm
Saturday, 4/25 from12:00-2:00 pm

Porpoise Club

Saturday's 3:30-5:00 pm
Fee: $120 Y member, $200 Community

CPR for the Professional Rescuer and AED

Days: Tuesday and Thursday
Time: 7:00-10:00 pm
Class dates: April 14 and 15
Participants must bring their own or purchase a mask.
Fee: $75 Mask: $15

Junior Life Guarding

Introduction to life guarding for ages 11-14, includes CPR and First Aid.
Must be able to swim 25 yards with rotary breathing, tread water for 1 minute and swim 10 feet underwater.
Held on Sunday's.
Time: 5:00-7:00 pm
Date: TBA
Fee: $100 Member, $150 Community

Diving Classes

Learn to dive at the Y. Each session is 4 classes.

Day: Saturday at 11:00 and 11:30 am
Session 1: April 25, May 2, 9, 16
Session 2: May 23, 30, June 6, 13

Day: Sunday at 11:00 and 11:30 am
Session 1: April 26, May 3, 10, 17
Session 2: May 24, 31, June 7, 14

Fee: $40 Y for Member, $80 Community

Adult Lessons

For ages 13 and up.
Group instruction for beginners and intermediate swimmers. Emphasis is on specific needs, rather than mass drills.

Day Class: April 21-June 11
Tuesday at 11:00 -11:30 am and Thursday at 10:15-11:00 am.
Night Class: April 21-June 11
Tuesday and Thursday at 8:15-9:00 pm.
Fee: $75 for Y Member, $150 Community

CERTIFICATION COURSES

Spring Session: April 20-June 14

MORE INFORMATION ONLINE AT WWW.FAIRFIELDY.ORG

YOUTH DEVELOPMENT

SCHOOL AGE CHILD CARE

Engage beyond the school day!

Y SCHOOL AGE CHILD CARE AFTER SCHOOL

2014-2015 School Year

Where can children meet other children, finish homework without a hassle, do arts and crafts and play outdoors? How can parents have peace of mind that their children are in a safe, fun atmosphere that models and teaches the YMCA four core values of Caring, Honesty, Respect and Responsibility?

In the Fairfield Y School Age After Care Child Care!

After school care is provided for kindergarten through 5th grade for Fairfield Public Elementary School students. Transportation provided. Scheduled early dismissals are included.

State licensed. 1:10 staff/child ratio.

Fees for 2014-2015 School Year

Days	YMCA	Days	Holland Hill
5	$395 Member, $475 Community	5	$420 Member, $500 Community
4	$331 Member, $395 Community	4	$353 Member, $420 Community
3	$240 Member, $285 Community	3	$245 Member, $290 Community
2	$177 Member, $210 Community	2	$189 Member, $225 Community

For more information on School Age Child Care contact Youth and Family Coordinator Ryan LeWorthy at 203 255 2834 ext.2315 or rleworthy@cccymca.org.

Spring Session: April 20-June 14

MORE INFORMATION ONLINE AT WWW.FAIRFIELDY.ORG

YOUTH DEVELOPMENT

Y After School Child Care for 5th-7th Grade

An after school program designed to engage students in 5th through 7th grade. Includes help with effective time management for school assignments, ongoing community outreach and service, group games with relaxed competition such as dodge ball, ultimate frisbee, flag football and more. We welcome 5th graders in all Fairfield Public Schools and 6th and7th graders in Tomlinson and Ludlowe Middle School.

$10 one time registration fee required.
Fees: $18 per day Y Member
$20 per day Community
Registration and Health forms must be received prior to first day's attendance.

Full School Early Dismissal Days for K-5th grade

The Fairfield Y After School program has a solution. A one day at a time option for students who need after school care only on some of the 9 early dismissal days. Children are picked up at their school by the Y bus and transported back to the Y for an afternoon of fun and games. Healthy snack will be provided. Program runs till 6:00 pm.

Early dismissal dates:
Tuesday, March 25
Wednesday, March 26
Tuesday, April 21
Fee:
Fairfield Public Elementary Schools:
$50 Y Member, $70 Community

For more information contact Youth and Family Coordinator Ryan LeWorthy at 203 255 2834 ext.2315 or rleworthy@cccymca.org.

Y Vacation Club at the Fairfield Y

Ages: K-6th
Children will enjoy a fun packed day of activities, on their day off from school. Activities include swimming, sports, arts and crafts, playing games and much more!
Dates: Fairfield Public School Spring Break April 13-17
Fee and times:
Half Day 8:00 am-1:00 pm
Fee: $37 Y Member, $45 Community
Half Day 1:00-6:00 pm
Fee: $37 Y Member, $45 Community
Full Day 8:00 am-6:00 pm
Fee: $70 Y Member, $90 Community

***Vacation Club fees are non-refundable.**
Register early to reserve your child's space. Bring a bathing suit and towel for swimming, lunch for Full Day session and active clothing should be worn on these days.

All participants not currently enrolled in the Y's after school program will need to complete a registration packet as well as provide a current health form and medication/medication authorization form, if needed, prior to attending Y Vacation Club.

SCHOOL AGE CHILD CARE

Spring Session: April 20-June 14

MORE INFORMATION ONLINE AT WWW.FAIRFIELDY.ORG

PRESCHOOL PROGRAMS

Preschool Programs

Pre-Kindergarten

Meets five days per week. Includes weekly swim lessons. This program prepares children to meet the demands of kindergarten through writing, math, science, arts and crafts, gym, music and field trips.
State licensed, 1:8 staff/child ratio.
Days: Monday-Friday
Time: 9:00 am-1:00 pm
Fee: $520 Y Member
$620 Community

Playdays for Two Year olds

Sustained independent and group free play, stories, arts and crafts, music and creative movement. State licensed, 1:4 staff/child ratio. Pick the days of the week that suits your schedule. Must be age Two by Dec. 31st.
Time: 9:00 am-12:00 pm
Fees:
3 Days: Monday, Wednesday and Friday
$357 Y Member, $445 Community
2 Days: Tuesday and Thursday:
$265 Y Member, $330 Community

P.L.A.Y. Play and Learn at the YMCA

Afternoon childcare for Three's, Four's and Pre-K. Group play dates for both children registered in our morning programs and those who are not. Children eat lunch a 12:15 pm and spend the afternoon playing with toys in the room, games in the gym or dance studio or outside. Arts and Crafts projects weekly.
Sign up by the day, week or month as needed.
Days: Monday-Friday
Times: 12:00-2:00 pm, 12:00-3:00 pm or 1:00-3:00 pm
Fees:
2 hours $14 Y Member, $20 Community
3 hours $21 Y Member, $26 Community

Tiny Tots Three and Four Years old

Includes weekly swim lessons, fundamental math concepts, reading readiness, science, art and instructional gym.
State licensed. 1:8 staff/child ratio.
Must be potty trained.
Three and Four Year old programs:
Monday, Wednesday and Friday
9:00 am-12:00 pm.
Fee: 4 year olds: $357 Y Member
$445 Community
3 year olds: $357 Y Member
$445 Community

Pre-school 4th Enhancement day for Four Year olds

Extra day of learning and fun for preschoolers registered in the Monday, Wednesday and Friday four year old class.
Day: Tuesday
Fee: $108 Y Member, $135 Community

For more information about the Fairifield Y's Preschool, contact Preschool Coordinator Kimberly Cossett at 203 255 2834 ext.22 or kcossett@cccymca.org.

Spring Session: April 20-June 14

YOUTH DEVELOPMENT

Spring Session Special Events and Programs

SPECIAL EVENTS

NEON NIGHTS

4th–7th Grade

Includes swimming, DJ, Joust, gym games, Monster Boxing Gloves, pizza, ice cream sundae and a raffle ticket for a great gift certificate to places like Carabineers, Chef's Table and more! Held Saturday nights.

Time: 6:30–9:00 pm
Fee: Y Member $12, Community: $14
At the door $20 for everyone!
***Parent Chaperones receive a voucher off for the next Neon Nights!**
Neon Night Dates: Held on Saturday's.
April 11, May 9, June 13
Register online at fairfieldy.org or call the Welcome Center Desk at 203 255 2834.

Septa Teen Night

Have fun at the Y! Dancing, swimming and Wii; activities vary month to month, but are always a blast! This event is held for Middle and High School SEPTA teens. Septa Teen night is held the last Friday of the month at the YMCA from 7:00–8:30 pm.

Please R.V.S.P. to
Diane Baxter at: 203–366–6693 or
Meg Barlow at: JMTTBL@optonline.net.
Fee: Free

Park at the Y and watch the Fairfield Y Memorial Day parade with your friends!

Front row seats at the Fairfield Y for the Fairfield Memorial Day Parade. Come early, streets will be closed one hour and a half before the start of the parade.

All donations go to our Annual Campaign to assist Fairfield Y's financial aid.

Date: Memorial Day Monday, May 25
Fee: $10 per car for parking in the Y lot.

HEALTHY KIDS DAY®

PUT MORE IN…MORE KID OUT!

THE Y IS ALL ABOUT MORE. The more support, guidance and opportunities we give kids, the more amazing qualities they'll get out. The more they get out, the more they can achieve growing up. That's why we provide kids a healthy, caring environment of fun, learning and belonging to help them reach their fullest potential. **And that's why we celebrate Healthy Kids Day, our biggest day of the year devoted to kids and MORE!** Our Healthy Kids Day program will include: a Scavenger Hunt, Youth Sport Relays, a Basketball Skill Competition, a Zumba Demo, Archery Demo, a Fire Truck and Safety Trailer, the DARE Car, Healthy Snacks and Recipes, Great Raffles and Prizes! **FREE to all!**
Held at the Fairfield Y on Saturday, April 25 10am–1pm.

The Fairfield Y Breakfast with the Easter Bunny and Egg Hunt

The Easter Bunny will hide treasures for kids 2–6 years of age. Every egg has a prize! Prizes include certificates for Y memberships, swim lessons and more! Pancake breakfast included.

Fee: $5 donation per person.
All donations go to our Annual Campaign to assist Fairfield Y's financial aid.
Date: Saturday, March 28
Pancake Breakfast: 8:30–9:30 am
Egg Hunt: 9:45 pm

YOUTH DEVELOPMENT

Spring Session Special Events and Programs

SPECIAL EEVENTS

Top 10 ways for your family to have fun at the Fairfield Y this Spring!

1. **Open Swim** Families having fun swimming and playing in the Pool.
2. **Family Fun Night** Families gather together for a special night of food, games, swimming and fun!
3. **Healthy Kids Day** Children having fun creating their own themed crafts.
4. **Open Gym** Families have fun playing basketball, soccer or just throwing a ball around.
5. **Vacation Club** Children have fun doing special activities and trips on their day off from school.
6. **5th and 6th Grade Neon Nights** 5th and 6th graders have fun playing games swimming and dancing.
7. **Fairfield Memorial Day Parade** Watch the parade with your friends at the Y.
8. **Birthday Parties** Celebrate your child's birthday at the Y! So many parties to choose from.
9. **Parent and Child Swim Classes** Have fun with your little one in the pool while they Learn to swim.
10. **Breakfast with the Easter Bunny** Pancake breakfast and Easter Egg Hunt.

YOUTH DEVELOPMENT

FAIRFIELD Y SUMMER CAMPS

The Fairfield Y provides exciting and educational camp programming for children, teens and their parents, at our Traditional Day Camp.

Registration ongoing, to view the Fairfield Y Summer Camp Brochures got to fairfieldy.org

Preschool Camps

Sunshine Club: Summer fun for 2 year olds.
A gentle introduction to camp for the first time camper. Children will participate in circle time, simple arts and crafts, outdoor play and music. Choose 2, 3, 4, or 5 days a week to fit your schedule. Each session is two weeks long.

Discovery Camp: For 3 to 5 year olds. Safe, supervised fun with a caring and responsible staff. Each session, campers swim three times a week, have art instruction, creative play, make friends and have lots of fun! Each themed session has a special visitor for interactive entertainment and a special day celebrating the theme. Children will be grouped according to age

Camp for ages 5-13

Camp Badakookala: Traditional home town camp for children ages 5-14, Camp Badakookala is designed to offer a combination of active, quiet and creative options that take the individual campers' interests, talents and age into consideration. The Camp's watchwords are "Safe" and "Fun" and more "Fun." Mature, experienced staff is extensively trained to meet each child's needs. Groups are small (max 1:12 ratio) to help promote personalized attention and friendship building. Campers are grouped according to age and activities are appropriate for each age group. Adventurers (entering grades 5th-8th) also have a service project for the summer. For those too "big" for camp (entering grapes 9th-11th), we offer our Counselor-in-Training program.

Camp highlights:
Swimming twice a week at the Fairfield Y pool. Once a week field trip to places like CoCoKey, Quassy Amusement Park, Bridgeport Showcase Cinema, Jennings Beach and more.
Sports like soccer, softball, Capture the Flag, Whiz Ball, Dodgeball and Archery.
Special Events like National Popsicle Day every Friday, Talent Show, end of the summer cook out,
Arts and Crafts – what's summer without gimp? And paint and clay and more.
Gardening service project-food raised is donated to Operation Hope.

Beach Camp
Beach camp is for middle school age youths. Each day a different activity is held at one of Fairfield five public beaches. Camper explore the Fairfield shoreline and learn how to kayak, paddle board, fish, crab, and swim.

Half Day Swim School **For ages 3-5 or 6-9 years old**
Great way for your child to learn to swim or improve their stroke with two lessons each day!

Camp Locations:
Camp Badakookala-Jennings Elementary School, Fairfield, CT
Clubhouse and Camp Sunshine-Fairfield YMCA, Fairfield, CT
All Fairfield Y Summer Camps are State of Connecticut licensed.

Spring Session: April 20-June 14

MORE INFORMATION ONLINE AT WWW.FAIRFIELDY.ORG

HEALTHY LIVING

For Healthy Living
Improving the nation's health and well-being

PERSONAL TRAINING

The Y has a fantastic Wellness Center!

Our new Wellness Center includes state of the art Life Fitness cardiovascular and strength training equipment and a stretching area for flexibility and functional exercises.

All Full Facility members receive free Fit Training on how to use the equipment with a certified Personal Trainer. Stop by the Welcome Center Desk or call 203 255 2834 to schedule your appointment.

FREE Child Watch!

We will watch your child while you work out!
Monday-Friday: 9:00 am-1:00 pm and 4:00-7:30 pm.
Saturday: 9:00-11:30 am

TRX Suspension Training (Classes and Personal Training)

Take your workout to the next level. TRX is the newest way to get your body in the best shape of your life. TRX is a suspension training system that combats your body, challenging your strength, power, balance and flexibility. View the Group Exercise schedule for TRX classes at www.fairfieldy.org. Fee: FREE for Y Member. Call ext.2326 for more information.

Personal Training

Work one on one with a Fairfield YMCA Personal Trainer. Whether it is performance or health related, the Fairfield YMCA's trainers can design the right training program for you to optimize your health and reach your wellness goals. Call ext.2326 for more information.

Pre-Rehabilitation

Before surgery prepare yourself by increasing your strength and stamina.

Post-Rehabilitation

Y trainers are available to work with Doctors and Physical Therapists to provide a smooth transition from rehabilitation to a personal work out.

All Fairfield YMCA Personal Training staff are professionals who are fully certified through nationally recognized organizations and several staff have MA's in Exercise Science or Athletic Training.

Personal Training Packages:
Individual Session $70, 3 Session Package $200, 6 Session Package $395, 10 Session Package $650, 20 Session package $1,200 * Payment plan available.

For Healthy Living
Improving the nation's health and well-being

Look what's happening at the Y!

GET INSPIRED BY THE INFINITE POWER OF SYNRGY360!

Synrgy360 provides inspirational fitness experiences to increase a diverse workout. Synrgy360 is about more than just working out, its revolutionary concept provides limitless opportunities to train smarter, better, and more effectively. It's a full-service training nerve center that can be tailored to serve the broad scope of your goal and facilitate the latest fitness trends. Whether you workout in small group trainings or personal training, Synrgy360 will take your workout to the next level!

Synrgy 360 Circuit, Interval, Functional and Sports Specific Group and Individual trainings are available upon request.
Group Classes: Workout with friends or family. Group training is a cost effective training option for reaching your optimum goal. 2-6 Members per group
Fee: 3 Classes $300, 6 Classes $580, $10 Classes $950
For Personal Training see Personal Training information on page 18.
For more information contact:
Health and Wellness Coordinator, Melissa Arnold at ext.2326.

SMALL GROUP WORKOUT

Spring Session: April 20-June 14

HEALTHY LIVING

GROUP X CLASSES

YMCA Diabetes Prevention Program

Prediabetes affects over 79 million Americans. Are you one of them? Let the Central Connecticut Coast YMCA help you learn if you might be prediabetic and put you on a path to a healthier future.

Join us for one of our Information sessions:
Wednesday, March 18 at 1:00 pm
Thursday, April 30 at 11:00 am
Monday, May 11 at 6:00 pm

For more information contact Healthy Lifestyle Director Sue McCall at 203 255 2834 ext.2312 or smccall@cccymca.org.

NEW Group Exercise

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. **For Y Members.**
Day: Wednesday, 8:30-9:15 am

For more information on these exciting new programs, contact Healthy Lifestyle Director Sue McCall at ext.2312 or at smccall@cccymca.org.

Eat Well, Move Well, Live Well

This class will inform, inspire and educate participants in the basic aspects and coping skills of healthy food and exercise choices. This is a 8 week program and for Y Members.

Day: Wednesday
Time:1:30 pm-2:30 pm
Fee: $100 for Y Members
Session date: For more information contact: Health and Wellness Coordinator, Melissa Arnold at ext.2326.

Nutrition Counseling

The Fairfield YMCA Nutrition Counselors will help you discover how to manage your weight, be heart healthy, lessen the risk of chronic diseases and optimize your energy. Individual and group counseling is available.
Nutrition Counseling packages:
Individual Session $65
Half hour follow up session $32.50
3 Session Package $180
For more information contact: Health and Wellness Coordinator, Melissa Arnold at ext.2326.

Muscle and Core:

Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching. **For Y Members only.**
Day: Wednesday, 6:15-7:00 pm

Non-Stop Tabata and Tabata Kick Boxing

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! **Free to Y Members.**
Day: Tuesday, 10:30-11:00 am.

Spring Session: April 20-June 14

HEALTHY LIVING

Group X Classes

Spring Session: April 20–June 14

Boot Camp
Challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout.
Days: Monday and Wednesday, 9:20–10:20 am, Saturday 9:00–9:50 am
For Y Members only.

Cardio Sculpting
A complete body workout incorporating intervals of cardio, strength, toning, power and balance. **For Y Members only.**
Days: Tuesday at 9:30–10:20 am
Friday at 8:15–9:00 am

Cycling
A unique group exercise class performed on stationary bicycles set to great and motivating music! A cardio and strength workout for all levels. Classes are 45 minutes.
For Y Members only.
Days: Monday 5:45 am, Tuesday 8:15am
Wednesday 5:45 am, Friday 9:15 am,
Saturday 8:00 am

Deep Water
A dynamic workout using cardio and strength training intervals in the deep end of the pool.
Days: Monday, Wednesday and Friday
9:30–10:15 am
Fee: Member : 2 Days $80
3 Days $120
Community: 2 Days $160
3 Days $ 240

Deep Water Boot Camp
A challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout. Done in the deep water.
Days: Tue and Thurs, 9:15–10:00 am
Fee: $80 Y Member, $160 Community

Early Riser
A high-energy cardio workout that burns body fat and strengthens and tones muscles. Safe for all fitness levels.
Day: Tuesday, 5:45–6:30 am
For Y Member only.

H2O
This high-energy class is held in the shallow end of the pool. It includes flexibility, a cardio workout, toning and cool down. Resistance, acceleration and buoyancy will be used to alter this workout.
Days: Tues and Thurs, 9:05–9:55am
Fee: $80 Y Member, $160 Community

HIIT (High Intensity Interval Training)
An efficient and effective workout for those want quick results. Short bursts of activity with periods of less intensity give you guaranteed results. **Free to Y Members.**
Day: Thursday, 9:30–10:15 am.

Pilates Mat
Involves free flowing moves concentrating on core strength, muscle balance, flexibility by doing traditional Pilates exercises on the mat as well as use of a stability ball.
For Y Members only.
Day: Monday, 11:30 am–12:15 pm

Qi Gong
Qi Gong means "life energy cultivation".
It uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy.
For Y Members only.
Day: Wednesday, 10:30–11:15 am

Small Ball Workout
Relieve back pain, reduce stress and excess muscle tension using ball positions with breathing techniques.
Day: Thursday, 9:00–9:35 am
For Y Members only.

GROUP X CLASSES

GROUP X CLASSES

Cardio Sculpt
Cardio and sculpting are combined to burn body fat and to energize you for the week ahead! For all levels. **For Y Members only.**
Day: Sunday, 9:15-10:15 am

Transcendental Dance
Mesmerizing, hypnotic, peaceful moves combined with breathing techniques to lengthen and strengthen the core and body.
For Y Members only.
Day: Thursday, 5:00-5:45 pm

Trifecta Workout
This fantastic workout will stretch your cardio capacity with a triple cardio combination of floor aerobics, step and Zumba. Great Cardio workout.
For Y Members only.
Day: Monday, 6:05-6:50 pm

Hatha Yoga:
This yoga class revitalizes both body and mind. It strengthens the body through gentle stretching, correct breathing and meditation.
For Y Member only.
Days: Tuesday, 6:20-7:20 pm
Wednesday 10:30-11:30 am

Yoga For all
Yoga for the novice and the experienced yoga participant. Revitalizes the mind, body and spirit with strengthening, stretching and breathing techniques. **For Y Members only.**
Day: Thursday, 10:45-11:45 am.

Yogalates
A synergy between the ancient discipline of yoga and modern Pilate techniques.
This ultimate body and mind workout will leave you feeling fantastic and toned!
For Y Members only.
Day: Sunday, 8:15-9:05 am

Vinyasa Power Yoga
Energetic flow style practice with emphasis on movement and breath.
For Y Members only.
Day: Monday, 7:00-8:00 pm

Senior Classes

AOA
This Active Older Adult workout meets Seniors specific wellness needs.
Challenging, but non-intimidating.
Improves agility, balance, flexibility, cardio, strength and toning. **For Y Members only.**
Days: Monday and Friday, 10:30-11:15 am

Senior H20
A water class designed for seniors wellness needs done in the shallow end of the pool.
For Y Members only
Days: Monday and Wednesday, 9:30-10:05 am

SilverSneakers® (Classic)
This class is a multi-level equipment based class to increase strength and range of motion. **For Y Members only.**
Days: Monday, 1:45-2:30 pm or Thursday, 9:45-10:25 or 10:45-11:45 am

SilverSneakers® Splash
An invigorating non-impact Silver Sneakers water exercise class taught in shallow water.
For Y Members only.
Days: Friday 9:30-10:05 am

SilverSneakers® Yoga
This class will move your body through chair supported series of seated and standing yoga poses, promoting stress reduction and mental clarity. **For Y Members only.**
Day: Friday,11:30 am-12:15am

Zumba® Gold
A fun introduction Zumba class for beginners and Seniors. **For Y Members only.**
Day: Tuesday, 11:30 am-12:15 pm

Zumba® For all ages all levels!
Energizing, easy to follow Latin inspired dance style exercise moves.
For Y Members only.
Day: Friday, 5:00-6:00 pm

Spring Session: April 20-June 14

HEALTHY LIVING

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.

Bring a Friend!

There has never been a better time to refer your friends, family or colleagues to the Fairfield YMCA or an easier way to do it.

When your friend joins as a member, **YOU** will receive a **FREE MONTH MEMBERSHIP!** See Member Service for details.

FAIRFIELD YMCA
841 Old Post Road.
Fairfield, CT 06824
P 203 255 2834 F 203 259 7744
W fairfieldy.org