FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH INTO WELLNESS

FAIRFIELD YMCA

Program Guide

Winter II Session: February 29 – April 24, 2016

HERE FOR YOU

PROGRAM REGISTRATION

Winter Session 2 Registration

Facility Member: February 9, 9:00 am

Community Participant: February 16, 9:00 am

Winter Session 2 Dates:

February 29-April 24

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

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

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, March 27: Closed
Memorial Day, May 30: 5:30-8:30 am
July 4: 5:30 am-1:00 pm
Labor Day, September 5: 5:30 am-1:00 pm
Thanksgiving, November 24: 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

WEATHER POLICY: In the event of inclement weather related closures, we will post information on our Web Site, Facebook, Twitter, and the following television stations: WTNH 8 and News 12.

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
Aquatic Coordinator: Sam Mouziyk
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!

GETTING BETTER EVERY DAY

You Make Us Better

YOU READ THE HEADLINES...

And see the challenges we all must navigate each day. In 2015, you and the Y tackled some of those biggest challenges together, the ones that won't be solved tomorrow or next month, the ones that will appear in news reports again and again; challenges like decreasing the achievement gap, or the declining health of our society, homelessness, creating safe and nurturing environments for our children, and reversing or preventing type 2 diabetes. Challenges that with your support we face head on to make our community better every day.

You gave generously and courageously to make an impact on so many individuals who rely on the Y as a vital resource for support; for ensuring healthy, fulfilling, and balanced lives.

Together, we tackled big issues of our time, but there is so much more to be done. When you again support our cause in 2016, we'll continue together our mission to reverse those headlines that remind us each day how vital Y programs and services are, and the incredible impact your support has in building stronger, healthier communities.

Every dollar donated has a lasting impact on the people of our community. Your support builds a better us.

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

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YOUTH DEVELOPMENT

YOUTH SPORTS

Youth Sports

YMCA Youth Sports "We Teach FUNdamentals"
Winter Session 2: February 29-April 24
Fee: 8 week class session is $90 Members, $180 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: $90 per child, Community: $180 per child.

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**

New

Private Basketball or Baseball Lessons

Work one on one with a coach who will help your child learn the game of Baseball and/or Basketball. Each lesson is 55 minutes.
For ages 8 and above and by appointment.
Fee: $30 Y Member, $60 Community
Contact Ryan LeWorthy at 203 255 2834 ext. 2315 or rleworthy@cccymca.org

YOUTH DEVELOPMENT

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, 4:00-4:50 pm
***Held at the YMCA Gym**

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
***Both classes held at the YMCA**

Badminton and Dodgeball

Badminton is a racquet sport, in which two to four players, strike a shuttlecock over a net into their opponent's court. Dodgeball is a fun social sport that children enjoy playing with their peers and friends. Each sport benefits speed, coordination, balance, agility and focus.

We will alternate sports each week, and this is a great afterschool activity for students ages 8 and above. This is brand new to the Fairfield YMCA!

Thursday: Ages 8 and above, 5:30-6:20 pm

Y Party-By-Design!

Birthday Parties

- Sports
- Camp Games
- Entertainment:
- Storytelling
- Magic
- 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.

YOUTH DEVELOPMENT

Sports and Youth Wellness

SPORTS AND WELLNESS

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
Wednesday: Ages 6-8, 4:00-4:50 pm

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 game play.

Tuesday: Ages 5-8, 4:00-4:50 pm
*** 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 the YMCA Gym**

Is your child interested in Ballet and/or Zumba?

Contact Youth and Family Coordinator Ryan LeWorthy at 203 255 2834 ext.2315, if your child is interested in participating in a Ballet and/or Zumba class.

Youth Wellness Orientation Bracelet Program

Our Youth Wellness Orientation Bracelet Program is designed for youth members ages 10-13, who would like to use our Wellness Center while their parent is in the room. Youth will be given FREE trainings with one of our Wellness Coaches to learn about each aspect of the Wellness Center. Youth Members will learn proper technique, safety and etiquette of gym fitness.

Wellness Center: Yellow Bracelet
Youth members **10-13 years of age** are permitted to exercise on the cardiovascular equipment, with a parent, after completing a free orientation with a Wellness Coach. The Youth Member must wear a yellow wristband when working out in the Branch.

Wellness Center: Blue Bracelet
Youth Members **12-13 years of age** are permitted to exercise on the strength equipment with a parent after completing a free orientation with a Wellness Coach. The youth member must wear a blue wristband when working out in the branch.

Prerequisite: Must have completed yellow bracelet training.

Note: Depending on the youth's height, they may not safely fit on some of the equipment. The instructor will determine this.

Fee: Free to Y Members only.
Call ext. 2326 to schedule a Youth Parent Cardio Orientation.

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 begins February 1

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 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 5-13, 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 5-8) also have a service project for the summer. For those too "big" for camp (entering grapes 9-11), we offer our Counselor-in-Training program.

Camp highlights:
Swimming twice a week at the Fairfield Y pool.
Field trips 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. Summer Halloween.
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, fish, crab, and swim.

Camp Locations:
Camp Badakookala-Jennings Elementary School, Fairfield, CT
Clubhouse and Camp Sunshine-Fairfield YMCA, Fairfield, CT

To view the Fairfield Y's Summer Camp brochure go to www.fairfieldy.org.

FAIRFIELD Y FLYFINS

FLYFINS SWIM TEAM

FLYFINS Swim Team Summer Season is April 18-July 22

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. Practice times vary by age and experience. **For more information, visit www.flyfins.org or contact Swim Team Coach Kevin Quill at: kquill@cccymca.org or 203 255 2834 ext.2323.**

SPRING 2016 Swim Team Evaluations

Sign up for evaluations on the swim team bulletin board. Potential team members must swim100 IM, demonstrating each stroke.
Dates: April 11, 12, and 13 **Time:** 5:15 or 7:30 pm

Swim Clinic: April 11-15

Age and time:
Ages 6-11: 5:30-6:30 pm
Ages 12 and older: 6:30-7:30 pm

Fee: $100 Y Member, $200 Community

Fees for Swim Team Summer Season 2016

8 and under: $750 **Juniors: $775**
Age group: $800 **Seniors: $825**
Season begins April 18 and goes through the month of July.
Current team members can register March 7-25. Registration is open to all beginning April 11. Coach Kevin will designate the level of participation for each team member: Senior, Age Group, Junior, or 8 and under.

YOUTH DEVELOPMENT

Y Aquatic Programs and Swim Lessons
Winter Session 2: February 29–April 24

TEACHING PEOPLE TO SWIM FOR OVER 150 YEARS!

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

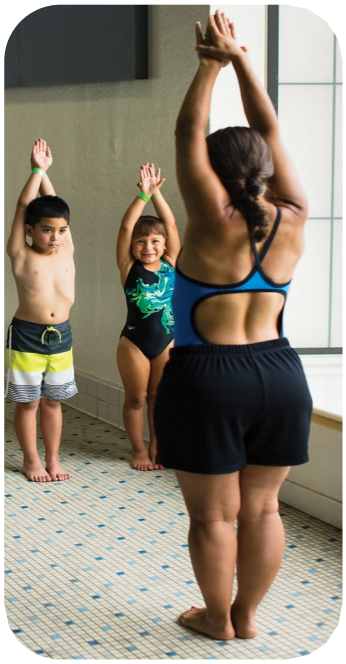
SWIM LESSONS

3 ways to swim at the Y this Winter

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.



Thunderstorms
During thunderstorms, the State of Connecticut requires that all public pools close for 30 minutes after the last clap of thunder. A land water safety class will be held during scheduled lessons, when the pool is closed due to inclement weather.

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 $95 for Member, $190 for Community
45 minute class is $105 for Member, $210 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 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.

Porpoise Club

Saturdays: 3:30-5:00 pm
Fee: $120 Y member, $200 Community

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. **Semi Privates:** Lessons for 2 children at a time who are at the same level. Sold in a block of 4-30 minute lessons. Private and Semi Private classes are for Y Members only. By appointment, contact Maureen Scinto at 203 255 2834 ext. 2318.

Winter Session 2: February 29-April 24

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. **On days that school is not held or when there is an early dismissal, parents should bring their child to their scheduled lesson.**

Monday Swim Club Schedule
Winter Session 2: February 29-April 18

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: $90 for Y Member, $210 Community

Bus Fee: $15

Wednesday Swim Club Schedule
Winter Session 2: March 2-April 20

Holland Hill School:
Wednesday at 3:15-3:45 pm

Jennings School:
Wednesday at 3:45-4:15 pm

Riverfield School:
Wednesday at 3:45-4:15 pm
Fee: $120 for Y Member, $240 Community

Bus Fee: $15

Friday Swim Club Schedule
Winter Session 2: March 4-April 22

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: $120 for Y Member, $240 Community

Bus Fee: $15

For more information contact Aquatic Director Maureen Scinto at: mscinto@cccymca.org or 203 255 2834 ext.2318.

Black Rock Bucaneers

Monday: March 21-June 6
Friday: March 25-June 9
Time: 3:15-3:45 pm
Fee:
Monday Class: $100 for Y Member
$180 for Community

Friday Class: $120 for Y member
$200 for Community

Bus fee:
One way: $15

Round trip for children who are enrolled in the Lighthouse program: $25

Bus to Smilow Burroughs Club House: $30

Saints Swim Club

Saint Ann: March 22-June 7
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: March 23-June 8
Wednesdays at 3:00-3:45 pm
Fee: $100 for Y Member, $200 Community
Bus: Round trip $25 or one way $15

Saint Thomas: March 21-June 6
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.
Date: February 29-April 24
Fee: 7 weeks, $90 for Y Member, $170 Community .

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.

Book and Mask are included

Fee: $275 for Y Member, $375 Community

February 21-April 3

Pre-test: Sunday, February 21 at 4:00 pm
Class held Sundays 12:00-6:00 pm

April 3-May 15

Pre-test: Sunday, April 3 at 4:00 pm
Class held Sundays 12:00-6:00 pm

April 3-10

Pre-test: Sunday, April 3 at 4:00 pm
Classes held evenings 6:00-9:30 pm and Saturday and Sunday, 1:00-500 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: $150 Y Member, $200 Community**

February 20 and 21

Saturday, 9:00 am-4:00 pm
Sunday, 9:00 am-12:00 pm

March 19 and 26

Saturday, 9:00 am-4:00 pm
Saturday, 9:00 am-12:00 pm

April 30 and May 1

Saturday, 9:00 am-4:00 pm
Saturday, 9:00 am-12:00 pm

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: March 1-April 21
Tuesday and Thursday 11:00 -11:45 am
Night Class: March 1-April 21
Tuesday and Thursday at 8:15-9:00 pm
Fee: $95 for Y Member, $190 Community

CPR for the Professional Rescuer and AED

Dates: Tuesday and Thursday, February 16 &18, March 8 &10, April 19 & 21
Time: 7:00-10:00 pm

Participants must bring their own or purchase a mask.

Fee: Class $75 Mask: $15

Junior Life Guarding/Porpoise Club

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 Sundays.

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. **Fee: $50 Y for Member, $90 Community Sunday Session 1 Fee: $40 Y Member, $70 Community**

Day: Saturday at 11:00 and 11:30 am
Session 1: March 5, 12, 19, 26
Session 2: April 2, 9, 16, 23
Day: Sunday at 11:00 and 11:30 am
Session 1: March 6, 13, 20 (No class Easter)
Session 2: April 3, 10, 17, 24

New

Aquatic Specialized Training (AST)

Aquatic Exercise for Rehabilitation. Aquatic Specialist will assess needs, and design the right specialized aquatic rehabilitation and aquatic training program for those with functional limitations. Each session is 45 minutes.

Sessions available
Individual 45 minute Session: $55
3 Sessions: $165
6 Sessions: $300
8 Sessions: $400
Call Aquatic Director Maureen Scinto at

CERTIFICATION COURSES

YOUTH DEVELOPMENT

SCHOOL AGE CHILD CARE

Engage beyond the school day!

Y SCHOOL AGE CHILD CARE AFTER SCHOOL

2015-2016 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 School 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 2015-2016 School Year

Days	YMCA		Days	Holland Hill	
5	$405 Member,	$485 Community	5	$430 Member,	$510 Community
4	$341 Member,	$405 Community	4	$363 Member,	$430 Community
3	$245 Member,	$295 Community	3	$255 Member,	$300 Community
2	$185 Member,	$220 Community	2	$200 Member,	$235 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.

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 children in grade 5 in all Fairfield Public Schools and children in grades 6 and7 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 nine 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 is held until 6:00 pm.

Fairfield Public School Early dismissal dates:
February 11, March 30 and 31, April 6
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

For 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 Fall days off
February 12 and 15, March 25, April 11-15
Fee and times:
Half Day 8:00 am-1:00 pm
Fee: $37 Y Member, $40 Community
Half Day 1:00-6:00 pm
Fee: $37 Y Member, $40Community
Full Day 8:00 am-6:00 pm
Fee: $74 Y Member, $80 Community

***Vacation Club fees are non-refundable.**
Register early to reserve your child's space.
For Full Day session, bring a bathing suit and towel for swimming, lunch 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. In addition, a current health form and medication authorization form, if needed, need to be filled out prior to attending Y Vacation Club.

SCHOOL AGE CHILD CARE

YOUTH DEVELOPMENT

PRESCHOOL PROGRAMS

Fairfield Y Preschool Programs

2016 Preschool registration begins February 1

"Daily" curriculum follows the CT Early Learning Development Standards (CTELDS). This Includes science, math, literacy, language, creative arts, social and emotional development.

Playdays for Two Year Olds

Sustained independent and group free play, stories, arts and crafts, monthly instructional gym and gymnastics, and music and creative movement. State licensed, 1:4 staff/child ratio. Must be age Two by Dec. 31st.

Time: 9:00 am-12:00 pm
5 Days: Monday-Friday
Fee: $560 Y for Member
$670 Community

Lunch Bunch

Children spend time playing with toys in the room and using gross motor skills in the gym, dance studio, or outside. Art projects weekly. Sign up by the day, week or month as needed. Receive a 20% discount if month is paid in full by the first of the month.

Days: Monday-Friday
Times:
Two's:12:00-1:00 pm
Three, Four and Five year olds:1:00-2:00 pm or 2:00-3:00 pm
Fees: $10 an hour per child Y for Member
$15 an hour per child Community

Cooking Adventures Class 3-5 year olds

Children will practice their cutting and spreading skills with plastic utensils. They will aid in measuring and mixing. They will also learn about healthy foods, setting a table and table manners.

Dates: Monday's, February 29-April 4
Time: 1:00-2:00 pm
Fee: $100 Y member, $160 Community

For more information about the Fairfield Y's Preschool, contact Preschool Coordinator Kimberly Cossett at 203 255 2834 ext.2322 or kcossett@cccymca.org.

Three Year Old's

Includes weekly swim lessons, monthly instructional gym, gymnastics and music classes. State licensed. 1:10 staff/child ratio. Must be potty trained.

Three Year Old program: Monday-Friday 9:00 am-1:00 pm.
Fee: Three year olds: $560 Y for Member
$670 Community

Preschool Four and Five year olds

Includes weekly swim lessons, monthly instructional gym, gymnastics and music classes. This program also includes field trips. State licensed, 1:10staff/child ratio.

Days: Monday-Friday
Time: 9:00 am-1:00 pm
Fee: $560 Y for Member
$670 Community

Musical Adventures Class 2-5 year olds

Children will be making and playing their own instruments, learning rhythmic movements, singing songs and creating imaginative stories! Each class will begin with a brief yoga session where the children will learn various poses of relaxation.

Dates: Tuesday's, March 1-April 5
Time: 1:00-2:00 pm
Fee: $100 Y member, $160 Community

Science Adventures 2-5 year olds

Come explore and experiment with our five senses! Children will learn by touch, sound, smell and sight. They will discover nature through outdoor walks; and create songs, stories and crafts through scientific experimention!

Dates: Wednesday's, March 2-April 6
Time: 1:00-2:00 pm
Fee: $100 Y member, $160 Community

YOUTH DEVELOPMENT

Winter 2 Special Events and Programs

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

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. Arts and Crafts Workshops
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. 4th-7th Grade Neon Nights
5th, 6th and 7th graders have fun playing games swimming and dancing.

7. Septa Family and Teen Night
Fun activities for Septa Families and Teens to enjoy 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 with the Easter bunny!

SPECIAL EVENTS

Neon Night for 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 Carabiners, 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 for the next Neon Nights!**
Neon Night Dates: Held Saturdays
February 13, March12, April 9
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.

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 19
Pancake Breakfast:
8:30-9:30 am
Egg Hunt: 9:45 pm

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. Land and aquatic training's available. Call Health and Wellness Coordinator, Melissa Arnold at 203 255 2834 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 $75, 3 Session Package $210, 6 Session Package $415, 10 Session Package $675, 20 Session package $1,230 * 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

HEALTHY LIFSTYLE PROGRAM

FAIRFIELD YMCA HEALTHY LIFESTYLE PROGRAM

CHANGE YOUR CHOICES
CHANGE YOUR LIFE

Attend a HEALTHY LIFESTYLE PROGRAM Information Session to learn more about making positive, healthy and lifelong change.

Join the YMCA Healthy Lifestyle program to adopt and maintain a healthy lifestyle by eating healthy, increasing physical activity, and weight loss.

Program Benefits:

- Led by a trained lifestyle coach
- Small group setting
- Learn about healthy eating and physical activity
- Reduce body weight
- 16 One hour sessions followed by 8 monthly sessions

Please call to register for one of the following Fairfield Y Information Sessions:

Thursday, February 11 at 11:00 am
Monday, February 15 at 1:00 pm
Wednesday, February 25 at 11:00 am
Monday, March 7 at 6:00 pm
Thursday, March 10 at 11:00 am
Monday, March 14 at 1:00 pm
Wednesday, March 23 at 11:00 am

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

Winter Session 2: February 29–April 24

MORE INFORMATION ONLINE AT www.fairfieldy.org

Group X Classes

Winter Session 2: February 29–April 24

Achieve your wellness goal through Group X Classes

New to exercising, try our new 101 class!
101 Strength is a 30 minute, entry level class that introduces you to

GROUP X CLASSES

CARDIO

New

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. Enjoy!
Days: Tues and Thurs, 9:05–9:55 am
Fee: $90 Y Member, $180 Community

Cardio Barre

Barre movements with intervals of cardio. There is minimal impact but don't let that fool you. One of the best workouts with standing and seated work. Mat needed.
For Y Members.
Day: Thursday, 5:15–6:00 pm

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
Sunday at 9:15–10:00 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 8:30 am, 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 $90
3 Days $135
Community: 2 Days $180
3 Days $ 270

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, 9:10–9:55 am
Fee: $90 Y Member, $180 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 Members only.

GROUP X CLASSES

Group Exercise Schedule is online at fairfieldy.org

HIIT (High Intensity Interval Training)

An efficient and effective workout for those who 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.

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, 10:30-11:15 am
Wednesday, 6:00-7:00 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, 6:00-6:50 pm

Strength

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

Muscle and Core

Strength training which may use free weights, stretch bands, and medicine balls to encourage core strength throughout, followed by stretching.
For Y Members only.
Day: Thursday, 5:45-6:30 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
Thursday, 8:30-9:15 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.

Stretch and Strengthen

A synergy between the stretching and modern Pilate techniques to strengthen. This ultimate body and mind workout will leave you feeling fantastic and toned!
For Y Members only.
Day: Sunday, 8:15-9:00 am

GROUP X CLASSES

YOGA

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

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

Senoirs

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, 1:30-2:15 pm or
Thursday, 9:45-10:25 or 10:45-11:45 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.

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

SilverSneakers® Splash
An invigorating non-impact Silver Sneakers water exercise class taught in shallow water.
For Y Members only.
Days: Friday 9:05-9:40am

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

HEALTHY LIVING

FAIRFIELD YMCA VOLUNTEER LEADERSHIP

The Fairfield YMCA is governed by our Board of Managers that consists of volunteers from throughout Fairfield County.

Craig Goos, Chair
Deborah Carr
Travis Cole
Andy Davis
Stephen Geckeler
Bryan LeClerc
Dario Lopez
Ann Marie O'Keefe
Blair Moynahan
Patrick Murphy
Richard Popilowski
Andrea Seek
Lucas Swineford

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