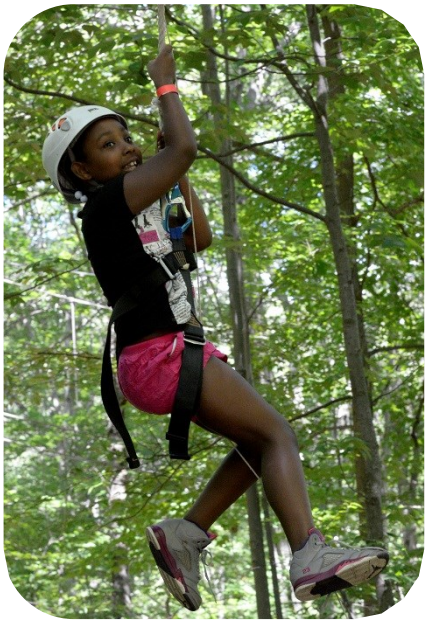
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPERIENCE MORE THIS SUMMER



LAKEWOOD-TRUMBULL YMCA

Program Guide

Summer Session: June 20 – August 14, 2016

HERE FOR YOU

SUMMER SESSION
June 20 – August 14
PROGRAM REGISTRATION DATES
Facility Member - May 30
Community Member - June 6

YOUR TEAM

Jennifer Arnone, Youth & Sports Director
Tim Bartlett, District Executive Director
Donna Bogen, Membership Coordinator
Devin Gallipoli, Camp & Child Care Director
Lyn Gabrielson, Child Watch Coordinator
Matt LaPrino, Operations Director
Joanne Orenstein, Fitness Coordinator
Pete Range, Facilities Director
Ashley Ravo, Gymnastics Team Head Coach
Anisah Richardson, Dance Coordinator

The Lakewood-Trumbull YMCA is governed by our Board of Managers that consists of volunteers throughout Trumbull and Monroe.

Chris Berntsen
Diane Chiota
Jorge Eckardt
Heidi De la Rosa
Vince Fini, Chair
Courtney Headley
Ron Lesko
Chief Michael Lombardo
Cindy Penkoff
David Raymond
Vinay Sampson
Jeff Santee

2016 SESSIONS

Fall 1 Session	August 29 - October 23
Fall 2 Session	October 24 - December 18

Children in the Y
Supervision Requirements

Parents or guardians of children under the age of 12 must remain on Y property while their children are at the Y. The only exceptions to this policy are if children are participating in a supervised Y program or activity. Please escort your child to and from their program to ensure their safety. Please be prompt at pick-up.

General Program Information

Class times and fees subject to change. If a class is scheduled to meet for less than the 8 weeks, the price will be adjusted at the time of registration.

Program Refund Policy: Refunds for program fees will only be approved in the following instances:
1. The YMCA cancels a program
2. Request form is received prior to the start of the session
3. After the start of the session, only for medically documented reasons

Please sign up at CTWeather.com for center closings or class cancellations.

MEMBERSHIP FOR ALL

Membership For All: The Lakewood-Trumbull YMCA believes that everyone should have an opportunity to participate in and be a part of our YMCA. We are now more affordable than ever thanks to the "Membership For All" program. Under this program, your membership rates are based on total household income. Please ask for more information at the Member Service Desk.

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

SOCIAL RESPONSIBILITY

WHAT WORLD DO YOU IMAGINE IN 2064?

As part of the Y community, we know that you value the potential in every child, and that's what Zoe represents.

Whether that potential is becoming a teacher, firefighter, or the next president of the United States, Zoe is showing that with your support, all kids have the opportunity to be their best selves. You make that possible when you support the Y.

Give to have a positive impact on the future of our community.

Give in honor of the role models that helped you be who you are today.

Give to make the potential in all children a reality; to make the world you envision in 2064 a reality.

Your support makes possible the programs and services we offer to give kids like Zoe what they need to thrive from childhood to old age. Your support changes lives.

GIVE TODAY. FOR A BETTER US.

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AQUATICS Pages 4-6
SPORTS & PLAY Pages 6-7
GYMNASTICS Pages 8-9
MARTIAL ARTS Page 9
DANCE & CHILDCARE Pages 10
FAMILY & YOUTH FITNESS Page 11
HEALTH & WELLBEING Pages 12 - 14
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YOUTH DEVELOPMENT

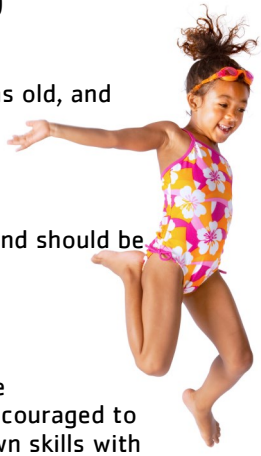
Swim Lessons Held at the Family Outdoor Center

CURRENT SCHEDULE & FEES AVAILABLE AT THE WEKCINE CEBTER & ONLINE

OUR PARENT AND CHILD SWIM LESSON PROGRAM (AGES 6 TO 36 MONTHS)
Our parent and child aquatic program is designed to teach basic water safety skills to children, and teach parents/ guardians how to facilitate the learning of those skills during and outside of swim class. Our aquatic team is dedicated to providing a fun and positive environment for the children and parents.

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

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 the 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)

OUR YOUTH SWIM LESSON PROGRAM
Our youth aquatics program is dedicated to teaching students personal water safety, stroke development, water sports and games, rescue and personal growth skills. Through a student-centered approach, our program is taught in groups based on age as well as skill which allows children to learn at their won pace with their peers and the guidance of our aquatic team.

PRESCHOOL CLASSES (AGES 3 - 5YRS)

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 swim 15 feet with his or her face in the water and n o 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 - 12YRS)

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 floatation. 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.

FlyingFish 1:10 class ratio
Swimmers must be able to complete a continuous 100 yards in freestyle and backstroke, 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 200 IM (individual medley)

Porpoise 1:10 class ratio
Swimmers must be able to demonstrate a 100 yard breaststroke with proper pullout, backstroke with proper push off, 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 backstroke, 50 yards breaststroke, 50 yards freestyle). Also introduction to water safety and lifesaving skills.

YOUTH DEVELOPMENT

Swim Lessons Held at the Family Outdoor Center

CURRENT SCHEDULE & FEES AVAILABLE AT THE WEKCINE CEBTER & ONLINE

The purpose of a YMCA swim lesson is to help develop a lifelong love of the water with competency, confidence, and endurance In swimming. In addition to learning stroke mechanics, we also teach personal safety, water sports, games and character development. *All lessons are taught without floatation assistance.

Pre-School and Parent/Child classes run for 30 minutes each. Youth, Adult, and Teen classes run for 30/45 minutes each. Porpoise Level runs for one hour.

Refunds will not be given after the start of a session and credits may only be applied if approved by the Aquatics Director.

Swim Lesson Make-up Policy:
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.

LAP SWIM HOURS AT OUR FAMILY OUTDOOR CENTER

NEW

Memorial Day to Labor Day
MONDAY - FRIDAY 6:30am - 9:00am
Member $75 Community Member $150
Family Outdoor Center Participants FREE

AQUA ZUMBA
MONDAY 4:00pm - 4:45pm
Member $0 Community Member $45
Family Outdoor Center Participants FREE

SPECIAL NEEDS SWIMMING LESSONS

ADAPTIVE AQUATICS 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.

TEEN/ADULT SWIM LESSONS 1:8 class ratio
13+ yrs. - 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. Beginner and Intermediate classes offered.

LIFEGUARD TRAINING COURSE WITH WATERFRONT CERTIFICATION (AGES15+)
If you're 15 or older and looking for a great part time job or challenging career that's in demand, the American Red Cross Lifeguarding program is the best place to start. Lifeguarding lets you work as part of a team to help people safely enjoy the water. You could even save a life! Learning is fun and easy! Through videos, group discussion and hands-on practice, you'll learn : Rescue skills for use in the water and on land. First aid and professional rescuer CPR/AED training to help you prepare for an emergency., professional lifeguard responsibilities, and surveillance skills to help you recognize and prevent injuries. CPR pocket mask and participant manual included.
July 11 - 22
Monday, Wednesday & Friday 5:00pm - 9:00pm
Member $275 Community Member $150

JUNIOR LIFEGUARD COURSE
Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14 year olds a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding program when you turn 15. Digital certificate available upon successful completion of course. CPR pocket mask and participant handouts included.
June 27 - July 1or July 25 - 29
Monday - Friday 11:00am - 2:00pm
Member $100 Community Member $200

YOUTH DEVELOPMENT

PRIVATE, SEMI-PRIVATE & TRI-PRIVATE LESSONS

(Registration for these lessons is on a first come first serve basis.)

PRIVATE SWIMMING LESSONS (30 MINUTES)*

These swim lessons provide a one-on-one setting and are open to all ages and ability levels.

Package of 1:	Member	$50
Package of 2:	Member	$90
Package of 4:	Member	$156

SEMI-PRIVATE SWIMMING LESSONS (30 MINUTES)*

These classes are perfect for siblings and friends with similar swimming abilities! A 1 to 2 instructor to student ratio provides an excellent learning environment.

Package of 1:	Member	$60
Package of 2:	Member	$112
Package of 4:	Member	$200

TRI-PRIVATE SWIMMING LESSONS (30 MINUTES)*

These classes are perfect for siblings and friends with similar swimming abilities! A 1 to 3 instructor to student ratio provides an excellent learning environment.

Package of 4:	Member	$240

HELP KEEP YOURSELF & YOUR KIDS SAFE

SAFETEY AROUND WATER

NEW

During June, we will be offering **Safety Around Water**, a **free** program designed to engage and educate families about the importance of water safety skills.

Through the **Safety Around Water** program, parents and caregivers will be encouraged to help their children learn fundamental water safety and swimming skills. During the course, child will learn how to respond if they find themselves in unexpected water situations – – from how to reach the water's surface if they submerge to safely reaching a pool's edge or exiting any body of water.

For detailed program information, please contact our Aquatics Department or Member Service Team. Our **Safety Around Water** Program is free and open to everyone in the community!

WOMEN'S SELF-DEFENSE CLASS

NEW

Learn the basics on how to protect yourself with 8th Dan Master, Dave Deguzman. This course will teach awareness, prevention, risk reduction and avoidance. You will learn defensive concepts and techniques against various types of assault using easy, effective and proven self-defense / martial arts tactics.

Teens and adults only

THURSDAY 5:30pm - 6:30pm
THURSDAY 6:40pm - 7:40pm
Member $85 Community Member $170

PRESCHOOL-AGED PROGRAMS

CHILD & CAREGIVER

PARENT PARTICIPATION ENCOURAGED

HOPPIN-TOTS GYMNASTICS (AGES 2 - 3½YRS)

Work up an appetite, burn some energy and get ready for that afternoon nap. Learn basic Gymnastics movements that offers guided instruction and open play in a social setting.

SATURDAY 8:30am - 9:15am
Member $90 Community Member $180

TINY TUTUS DANCE (AGES 2 - 3YRS)

This class introduces your child to various free movement and simple ballet steps. The instructor will incorporate simple dance exercises, stretches and easy routines while helping to emphasize body awareness and creativity in a fun-loving, nurturing environment.

TUESDAY 10:30am - 11:00am
Member $70 Community Member $140

SOCCER TOTS (AGES 2 - 3YRS) (Holy Cross)

Introduce your little one to soccer! Your child will learn basic skills, drills and fun games. It's never too early to get a head start! Shin guards are recommended and soccer balls will be provided, but feel free to bring your own.

SATURDAY 9:15am - 9:45am
Member $70 Community Member $140

PRESCHOOL INDEPENDENT CLASSES

LITTLE BUNTERS T-BALL (AGES 3 - 6YRS) (Holy Cross)

Children will learn how to throw, catch, hit and run the bases in a positive and fun atmosphere. Kids will learn the importance of teamwork and patience when playing this Favorite American pastime. Kids need to bring their own baseball glove.

SATURDAY 9:55am - 10:40am
Member $80 Community Member $160

STAR KICKERS (AGES 3 - 6YRS) (Holy Cross)

Introduce your little one to soccer this year. He/she will learn basic skills, drills and fun games. It's never too early to get a head start! Shin guards are recommended and soccer balls will be provided, but feel free to bring your own.

Parents can jump in and participate if they choose.

SATURDAY 9:55am - 10:40am
Member $80 Community Member $160

ROOKIES MULTI-SPORT (AGES 4 - 6YRS)

A fun introductory sports class for boys and girls. Through a range of developmentally appropriate activities children are introduced to some of the fundamentals of basketball, t-ball, floor hockey, indoor soccer and more.

SATURDAY 10:00am - 10:45am
Member $80 Community Member $160

YOUTH DEVELOPMENT

PRESCHOOL GYMNASTICS

BOUNCING BEARS GYMNASTICS (AGES 3 – 4YRS)
This class is designed to be a nurturing experience for your child's first class without parental participation. The focus of this class is to learn basic gymnastic skills, increase body awareness all while incorporating cooperative group activities and games.
SATURDAY 8:30am – 9:15am
Member $90 Community Member $180

TUMBLING TIGERS GYMANSTICS (AGES 3½ – 4½YRS)
Fun, while learning, is what we have in store for your child! This class teaches basic gymnastic skills, cartwheels, forward rolls, backward rolls, jumping, walking on the beam and swinging on the bars.
TUESDAY 4:15pm – 5:15pm
SATURDAY 9:20am – 10:20am
SATURDAY 10:25am – 11:25am
Member $100 Community Member $200

ACRO CATS I (AGES 4 – 6YRS)
This class is for the young gymnast who has mastered the basic gymnastic skills offered in Tumbling Tigers. This class will focus on perfecting tumbling, including cartwheels, beam, vault and bar skills needed to move ahead.
TUESDAY 4:15pm – 5:15pm
SATURDAY 9:20am – 10:20am
SATURDAY 10:25am – 11:25am
Member $100 Community Member $200

YOUTH SPORTS

JUNIOR VARSITY HOOPS (K – 1 GRADE)
Children will develop their basketball skills in an environment that encourages praise and positive reinforcement. Kids will love coming to class to develop their skills in this upbeat, interactive atmosphere! Kids will improve their game by participating in a variety of drills that are fun and exciting and learn the importance of teamwork!
SATURDAY 11:00am – 12:00pm
Member $85 Community Member $170

LITTLE SLUGGERS BASEBALL (K – 2 GRADE) (Holy Cross)
Children will learn how to throw, catch, hit and run the bases in a positive and fun atmosphere. Kids will learn the importance of teamwork and patience when playing this favorite American pastime. Kids need to bring their own baseball glove. Cleats are optional.
SATURDAY 10:45am – 11:45am
Member $85 Community Member $170

SOCCER STRIKERS (K – 1 GRADE) (Holy Cross)
Children will play in small-sided games and develop basic techniques in passing, dribbling & shooting. Most importantly they will make new friends and learn that teamwork and sportsmanship come first.
SATURDAY 10:45am – 11:45am
Member $85 Community Member $170

ARCHERY (AGES 8 – 16YRS) (Outdoor Center)
Archery is a great sport for boosting your mental and physical health and fitness. It also has a number of other benefits, improving patience and teaching safety. Archery also tones the arm and shoulder muscles, as well as improves upper body strength and flexibility in the hands and fingers.
WEDNESDAY 5:30pm – 6:30pm
Member $85 Community Member $170

VARSITY HOOPS BASKETBALL (AGES 8 – 9YRS)
Children will develop their basketball skills in an environment that encourages praise and positive reinforcement. Kids will love coming to class to develop their skills in this upbeat, interactive atmosphere! Kids will improve their game by participating in a variety of drills that are fun and exciting!
SATURDAY 12:00pm – 1:00pm
Member $85 Community Member $170

PARKOUR (AGES 9 – 18) (Inside & Outdoor Center)
The "flight" discipline of martial arts, Parkour is the "art-of-motion" in traveling from point A to point B in the most efficient method possible.

The first four weeks of the session will be held at our Family Program Center and then participants will move outside to put into practice the skills that they have learned!
TUESDAY 4:15pm – 5:15pm 6/21 – 7/12
5:30pm – 6:30pm 7/19 – 8/16
Member $85 Community Member $170

Y NIGHTS (AGES 5th – 8th GRADE)
Get a balanced plate of fun, exercise, and the chance to be with friends for three safe hours at the Y. 3 on 3 basketball, dodge ball, gymnastics open-gym are just a few programs offered during this fun time. Visit the ice cream sundae bar and bring cash for the concession stand. The Y has experienced leaders to oversee all Y Nights.
June 19

EARLY BIRD REGISTRATION – Register by the Thursday night before by 8:30pm
Member Free Community Member $10

REGISTRATION (After Early Bird)
Member $10 Community Member $20

Holy Cross Church is located at 5995 Main Street, Trumbull

YOUTH DEVELOPMENT

SCHOOL-AGE GYMNASTICS: GIRLS

GIRLS LEVEL 1 (AGES K & OLDER)
This beginner level class teaches the most basic gymnastics skills including forward rolls, backward rolls, cartwheels, handstands, pullovers and casts on the bars, and how to safely walk across the balance beam. Our goal is to make our students comfortable on the equipment and help them develop their gymnastics skills.
FRIDAY 4:15pm - 5:15pm
SATURDAY 9:20am - 10:20am
SATURDAY 10:25am - 11:25am
Member $100 Community Member $200

GIRLS LEVEL 1 ADVANCED (AGES K & OLDER)
This advanced beginner class builds on the basic gymnastics skills learned in Girls Level 1. The aim of the class is to perfect those skills learned in Girls Level 1 and introduce more advanced skills, such as back hip circles on the bars, in a fun atmosphere. This class is great for beginners entering gymnastics if they are 8 years old or older.
FRIDAY 4:15pm - 5:15pm
SATURDAY 9:20am - 10:20am
SATURDAY 10:25am - 11:25am
Member $100 Community Member $200

GIRLS LEVEL 2 (AGES 7 & OLDER)
This advanced beginner class introduces more advanced gymnastics skills like handstand forward rolls, back handsprings on the trampoline, and handstands on the low balance beam while emphasizing fun and safety. This is a great class for beginners entering gymnastics if they are 10 years old or older.
FRIDAY 5:25pm - 6:25pm
SATURDAY 9:20am - 10:20am
Member $100 Community Member $200

GIRLS LEVEL 2 ADVANCED (AGES 8 & OLDER)
This intermediate level gymnastics class challenges students by building on and perfecting skills learned in Girls Level 2, while also introducing more advanced skills such as bounders, handstands on the balance beam, and handstand flatback vaults. At least two years of gymnastics experience and instructor invitation is required.
FRIDAY 5:25pm - 6:55pm
Member $115 Community Member $230

GIRLS LEVEL 3 (AGES 9 & OLDER)
This intermediate level gymnastics class challenges students further. The aim of this class is to improve advanced skills such as back handsprings, bounders, and handstands on the beam while teaching the gymnasts to perform the skills independently, without the use of a spot. Students will also learn to perform more advanced trampoline and Tumble Track skills, such as front tucks. At least two years of gymnastics experience and instructor invitation is required.
FRIDAY 5:25pm - 6:55pm
Member $115 Community Member $230

GIRLS LEVEL 3 ADVANCED (AGES 10 & OLDER)
This advanced gymnastics class works on round-off back handsprings and front handsprings on the floor, back tucks on the trampoline, front hip circles on the bars, and side handstand dismounts on the high beam. At least three years of gymnastics experience and instructor invitation is required.
FRIDAY 5:25pm - 7:25pm
Member $120 Community Member $240

GIRLS LEVEL 4 (AGES 11 & OLDER)
This is our most advanced girls' gymnastics class. Skills focused on include round-off back handsprings, front handsprings, kips, squat-ons to tap swings on the high bar, cartwheels and back walkovers on the balance beam, and front handspring vaults. At least three years of gymnastics experience and instructor invitation required.
FRIDAY 5:25pm - 7:25pm
Member $120 Community Member $240

GYMNASTICS OPEN GYM

One Hour use of our gymnastics arena on Fridays from 7:30pm - 8:30pm to work on the skills learned in class. Open Gym is free for any school-aged child currently enrolled in a youth program at the Lakewood-Trumbull YMCA or Facility Members and $10 for Community Members.

Please note - Open Gym will not run on the same nights as "Y -Nights" Program.

YOUTH DEVELOPMENT

COMPETITIVE GYMNASTICS: GIRLS

GIRLS ACCELERATED 1

Accelerated 1 is an invitation-only, fast-paced, fun, advanced beginner class for 5-7 year olds who show an aptitude for gymnastics. Class meets 1-2 times a week.

FRIDAY 4:15pm - 6:15pm
Member $120 Community Member $240

GIRLS ACCELERATED 2

Accelerated 2 is an invitation-only intermediate class and is the sequel to Accelerated 1. It meets twice per week. Gymnasts will perfect the skills learned in Accelerated 1 while introducing new skills that will prepare them for competitive team.

FRIDAY 4:15pm - 6:15pm
Member $120 Community Member $240

XCEL BRONZE

NEW

Xcel Bronze is an invitation only program that gives recreational gymnasts the opportunity to experience competitive gymnastics without having to make the extensive time commitment that is required for competitive team. In this class, girls will learn routines to compete at approximately 4-5 local YMCA gymnastics meets per year. Skills vary from beginner to intermediate and can range anywhere from round-offs, backward rolls, and pull-overs to round-off back hand-springs, back extension rolls, and kips.

TUESDAY 4:15pm - 6:15pm
FRIDAY 4:15pm - 6:15pm
Both Days:
Member $190 Community Member $380

COMPETITIVE TEAM (INVITATION ONLY)

This is a competitive program for beginner level compulsory competitors through experienced optional level gymnasts. For talented gymnasts who wish to advance in the sport at a quicker pace.

PARTICIPANTS IN THIS PROGRAM MUST BE FACILITY MEMBERS.

SCHOOL-AGE GYMNASTICS: BOYS

(AGES 5 & OLDER)

This class is for boys Kindergarten and up that would like to work on basic as well as advanced gymnastics skills. The focus of this class will be on skills such as handstands, cartwheels, forward and backward rolls, and back hand-springs. They will also learn various pommel horse and parallel bar skills. They will have the opportunity to work with the rings and high bar, all while emphasizing fun and safety.

FRIDAY 4:15pm - 5:15pm
SATURDAY 10:25am - 11:25am
Member $100 Community Member $200

MARTIAL ARTS

CHEEZIC TANG SOO DO

For over 20 years, Master David Deguzman has encouraged the development of students of all ages through martial arts. Martial Arts are a great way to exercise while developing confidence, mental focus and self-control.

MARTIAL ARTS UNLIMITED - includes all classes that are appropriate for belt level. Also includes drop-in to Parkour.
Facility Member $180 Community Member $360

MARTIAL ARTS TEAM (INVITATION ONLY)

Martial Arts Training as with Martial Art Unlimited with an additional Team Only class with focus on competition readiness and inclusion in Federation Tournaments and a goal of obtaining your Black Belt and/or continuing your progression once achieving Black Belt status.
Our Martial Arts team runs from the Fall 1 Session through the Spring Session.
PARTICIPANTS IN THIS PROGRAM MUST BE FACILITY MEMBERS. THIS PROGRAM RUNS SEPTEMBER - JUNE.

LITTLE NINJAS (AGES 4 - 6YRS)
MONDAY 5:15pm - 6:00pm
Member $80 Community Member $160

MARTIAL ARTS - BEGINNER (AGES 7 & OLDER)
Belts: White, Yellow, Orange, Blue & Purple
MONDAY 6:10pm - 7:10pm
Member $85 Community Member $170

MARTIAL ARTS - ADVANCED (AGES 7 & OLDER)
Belts: Green, Red & Black
MONDAY 7:15pm - 8:15pm
WEDNESDAY 5:30pm - 6:30pm
Member $85 Community Member $170

MARTIAL ARTS - FAMILY (AGES 7 & OLDER)
For all Beginner & Advanced Students
WEDNESDAY 5:30pm - 6:30pm
Member $85 Community Member $170

WEAPONS CLASS (For Green, Red, and Black Belts)
WEDNESDAY 6:40pm - 7:40pm
Member $85 Community Member $170

SPARRING CLASS (For Blue through Black Belts)
WEDNESDAY 7:45pm - 8:45pm
Member $85 Community Member $170

WOMEN'S SELF-DEFENSE CLASS

NEW

Learn the basics on how to protect yourself with 8th Dan Master, Dave Deguzman. This course will teach awareness, prevention, risk reduction and avoidance. You will learn defensive concepts and techniques against various types of assault using easy, effective and proven self-defense / martial arts tactics.

Teens and adults only
THURSDAY 5:30pm - 6:30pm
THURSDAY 6:40pm - 7:40pm
Member $85 Community Member $160

YOUTH DEVELOPMENT

DANCE & CHILDCARE

2016 – 2017
BEFORE/AFTER SCHOOL PROGRAM

Comprehensive State Certified After School Program for youth in Kindergarten through 5th grade in the Monroe Public School System! Your child will benefit through homework help, arts and crafts, computer lab, healthy snacks, physical activity, games, and much more!

Locations: Stepney Elementary School
Fawn Hollow Elementary School

BEFORE CARE 7:00am –9:00am
2 Days a Week
Member $160 Community Member $240
3 Days a Week
Member $190 Community Member $285
4 Days a Week
Member $205 Community Member $305
5 Days a Week
Member $215 Community Member $320

AFTER CARE 3:30pm –6:00pm
2 Days a Week
Member $245 Community Member $365
3 Days a Week
Member $265 Community Member $395
4 Days a Week
Member $285 Community Member $425
5 Days a Week
Member $305 Community Member $455

Y VACATION CLUB (PRESCHOOL – 7TH GRADE)
Led by fun, year–round gymnastics leaders, participants will feel the excitement of making new friends and learning gymnastics skills in similar age and skill appropriate groups. Also included in their day will be a variety of activities including sports, crafts and games. All children should bring a nut-free snack and nut-free lunch with water!

Y FUN CLUB (PRESCHOOL – 7TH GRADE)
Experience the Y Fun Club when Trumbull/Monroe schools are canceled due to weather, or there is an emergency closing and you still have to work. The Y can provide your child a safe half or full day option packed with activities. Have your child experience gymnastics, floor hockey, dance and more. Bring a nut-free snack (two if in full day) and a nut-free lunch. Come have fun at the Y!

BALLET SUMMER CLASS (AGES 8 & OLDER)
Ballet is the foundation of all dance. Ballet teaches technique, discipline, structure and etiquette. These are tools that help students learn all forms of dance easier. Posture, flexibility, strength and grace are just a few of the wonderful benefits of ballet.
MONDAY 6:30pm – 7:30pm
Member $75 Community Member $150

YOUTH DANCE PERFORMING
OUR YOUTH DANCE PROGRAM IS A 10-MONTH PERFORMING DANCE EXPERIENCE THAT CULMINATES WITH A RECITAL IN JUNE. PARTICIPANTS IN THIS PROGRAM MUST BE FACILITY MEMBERS. PAYMENTS WILL BE BILLED MONTHLY FROM SEPTEMBER – JUNE.

ACRO DANCE
Acro dance blends dance and gymnastics together, this is a mixed level group, leaps, jumps, back bends, bridges and handstands will be worked on as well as a routine.

BALLET
Ballet is the foundation of all dance. Ballet teaches technique, discipline, structure and etiquette. These are tools that help students learn all forms of dance easier. Posture, flexibility, strength and grace are just a few of the wonderful benefits of ballet.

BALLET & TAP COMBO
Students develop the fundamentals of ballet in a nurturing and fun environment. This class builds basic ballet/tap terminology to be used during floor work, barre and combinations.

HIP HOP
Hip Hop is a popular choice at the YMCA! The focus is on body movements coinciding with the beat and rhythm of hip hop or pop music. It improves flexibility, develops balance and assists in coordinating muscles.

JAZZ
Classes are an introduction to jazz dance focusing on timing and coordination; forced arch; and use of the plié. Progression of class consists of pas de bourree, jazz walks, turning jazz walks, passé balance, battements and jumps across the floor. A combination of movements will be given at the last section of class for practice and performance.

MODERN
Our Modern classes are for students new to dance as well as experienced dancers new to modern dance style. Modern gives the dancer a more accessible approach to movement, which follows the natural curve and flow of the body. This class combines elements of modern, focusing on principles of fall and recovery and control and balance.

COMPANY Y (INVITATION ONLY)
A more intense dance program focusing on the competitive side of dance. Dancers will learn multiple disciplines for this faster pace program to show multiple times during the year.

YOUTH DANCE NON-PERFORMING
NON-PERFORMING DANCE CLASSES SUCH AS TINY TUTUS , BALLET & TAP COMBO AND HIP HOP ARE ALSO OFFERED DURING THE SCHOOL YEAR. WATCH OUT FOR THE FALL SCHEDULE!

YOUTH DEVELOPMENT

FAMILY TIME & YOUTH FITNESS

OPEN DOOR POLICY

The YMCA welcomes all who wish to participate and annually raises funds to offer financial assistance to those in need. Please let us know if our Annual Giving Campaign can assist you. We value your trust in us and will keep this personal information confidential!

YOUTH WELLNESS ORIENTATION BRACELET PROGRAM (AGES 10-13 YRS)

This program was 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. Schedule your appointment today at the Member Welcome 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

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.

FITNESS FUN FOR EVERYONE!

FIT & FUN (SCHOOL-AGE CHILDREN)

As we strive to make your time at our Y enjoyable for the entire family, we've added more Family Facility Member benefits!

Your school age child is welcome to join us during the summer from 4:15 - 4:45pm to get moving!

Stop by our Welcome Center for the current schedule!

Classes run will run Mon - Wednesday Come to one, come to all! Contact Joanne Orenstein at jorenstein@cccymca.org or 203 445 9633 with any questions.

HEALTHY LIVING

PERSONAL TRAINING PACKAGES AVAILABLE

Must be a Facility Member.

SINGLE SESSION PACKAGE
One workout session. Must have a trainer's permission.
Member $62

BASIC TRAINING PACKAGE
Five workout sessions. This package is recommended for those already on a fitness-based program, who need a "tune-up".
Initial Fee $280 **Renewal $260**

DELUXE TRAINING PACKAGE
Ten workout sessions and two nutrition sessions. We will get you started on a fitness plan.
Initial Fee $509 **Renewal $458**

CANCELLATION POLICY
A 12-hour notice is required for cancellation or the session fee will be forfeited.

PERSONAL TRAINING

PERSONAL TRAINING OR TRX® TRAINING

At the Y, we have a Trainer who will match your Fitness Personality and challenge you to meet your individual goals. All of our Trainers are Certified Personal Trainers, most through AFAA or NASM, and all follow the guidelines recommended by the American Academy of Sport Medicine. TRX® is one of the hottest forms of exercise right now: designed by a Navy Seal, it's an all-body suspension work out, intense enough for any athlete, yet doable for any-body. One-on-One TRX® Training assures you will get the best training for your particular needs, and is available at the same rates as Personal Training.

Sessions Include:

- base line assessment of fitness, including body fat, girth, heart rate recovery, strength and flexibility testing.
- individualized exercise plan designed for your goals
- with sessions of10 you get one-on-one consultations with a certified nutritionist. These nutrition sessions are essential, as exercise alone cannot achieve results.

WELLNESS PROGRAMS

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

Join a YMCA Healthy Lifestyle program to adopt and maintain a healthy lifestyle by eating healthy, increasing physical activity, and weight loss.
Register for one of our Information Sessions:
Wednesdays at 6:00pm or Fridays at noon

10 WEEKS TO A HEALTHIER YOU PROGRAM

Are you stuck at a weight loss plateau? Or perhaps you want to shape up but don't know where to start? Join the new 10 week program that will help you lose weight, learn healthy eating habits, love exercise and gain a new outlook on life. We will teach you how to experience wellness in all aspects of your life. Are you ready to create a new you?

- Workout and Nutrition Journal
- 30-min personal training session each week ($430 value!)
- Nutritional Counseling
- Weekly Tips and Goals
- Weekly Weigh-Ins and measurements
- Exercise Recommendations and Guidelines
- 24/7 Support from your coaches and mentors

Member $175 **$325 for Family of 4**

DIABETES PREVENTION PROGRAM

If you are at high risk for type 2 diabetes, the YMCA can help you adopt and maintain a healthy lifestyle by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce your chances of developing the disease. In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

- 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

For more information on any of our Wellness Programs, please contact Joanne Orenstein: jorenstein@cccymca.org

HEALTHY LIVING

GROUP EXERCISE CLASSES FOR FACILITY MEMBERS

CURRENT SCHEDULE AVAILABLE AT MEMBER SERVICES & ONLINE

CARDIO

BODY BLAST
An all body work out with strength intervals and cardio conditioning. 45 minutes designed to get your energized and strong for the day!

CARDIO KICKBOXING
Powerful kickbox and martial arts type movements put together for the ultimate calorie burning class.

PiYO™
Combine the muscle sculpting core firming benefits of Pilates with the flexibility of Yoga, then crank up the speed for a fat burning low impact workout.

POUND!
A drumming based workout requiring NO DANCE ability. Workout with weighted "ripsticks" that both releases stress and tone you.

SPINNING®
Performed on a specially designed stationary bike. This class combines a cardio & strength training workout for all levels. (registration required)

SPINNING® AND WEIGHT TRAINING
Start out Spinning® and move on to weight training for a varied total body workout. (registration required)

SPINNING® 101
A 30 minute stationary cycle class just right for the new rider. (Registration required)

STEP
This energetic cardio class strengthens the lower body while blasting calories & having fun. The ultimate way to improve your cardiovascular fitness.

ZUMBA®
The Zumba® program fuses hypnotic Latin rhythms & easy to follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba fanatics achieve long-term benefits while having a blast.

ZUMBA GOLD®
Energizing, easy to follow Latin-inspired dance style exercise moves. Zumba gold is for the novice & senior member.

AQUA ZUMBA®
All the moves and music you love, in the water.

STRENGTH

BODY SCULPTING
This overall muscle conditioning workout increases strength, endurance and stamina, using weights, tubing, body bars, bands and exercise balls.

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

CORE CHALLENGE
Strengthen your abs, obliques and your back.

KETTLEBELL TRAINING
Using the kettlebell, familiar exercises are transformed to a new level.

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

STRENGTH TRAIN TOGETHER
This class will blast all your muscles with a hi-rep weight training workout. Using an adjustable barbell, weight plates and body weight, the workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best!

TRX®
Make your body your machine! TRX® is a suspension training system that combats your body; challenging your strength, power, balance & flexibility.

OTHER MEMBER ONLY BENEFITS!

(registration required).
COUCH TO 5K – Go from sedentary to running a 5K using this 10 week program; lead by a Y staff member.

RUNNING & WALKING GROUPS – Get outside with a Y staff member and run or walk at a pace that's right for you.

F.I.T. – FREE INTRODUCTORY TRAINING – As a New Y Member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. (Free Introductory Training) Sessions so that we can help you get started.

PICKLEBALL! – Grab a friend and hit the court! We provide the paddles and ball. Pickup up the current

HEALTHY LIVING

GROUP EXERCISE CLASSES FOR FACILITY MEMBERS

CURRENT SCHEDULE AVAILABLE AT MEMBER SERVICES & ONLINE

For Ages 12 & older

READY TO BE FIT/SENIORS

EASY DOES IT
Designed for seniors, beginners and ready to be fit participants. Includes low impact cardiovascular exercise, muscle conditioning with resistance equipment, agility training and stretching.

ZUMBA GOLD®
Energizing, easy to follow Latin-inspired dance style exercise moves. Zumba gold is for the novice & senior member.

SILVERSNEAKERS®
Silver Sneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Health plans around the country offer this award-winning program to people who are eligible. Contact your Insurance carrier to see if you qualify or stop by our Family Program Center with your insurance card and we will verify eligibility for you.

SILVERSNEAKERS® CLASSIC
Muscular strength and range of motion are focused in this class for members of the Silver Sneakers® program, as well as all members. This class can be done in a chair or standing, or in combination. A cardio/strength class that works the whole body in a safe and supportive environment.

SILVERSNEAKERS® YOGASTRETCH
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

BODY, MIND & SPIRIT

BARRE BLEND
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.

PILATES
Tone and strengthen core muscles, improve stability & posture, slim down & tone up. This class involves free flowing moves concentrating on core strength, muscle balance & flexibility by doing traditional Pilates on the mat, & with the use of other props.

TAI CHI
The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength.

YOGA CLASSES

GENTLE FLOW YOGA
Blended styles of yoga offering non-competitive sequences of movement, tranquil guided meditations & in-depth study of breathing.

MODERATE FLOW YOGA
When breath & movement are linked together, heat builds & the mind focuses. This class offers a blended style of yoga.

POWER YOGA
A dynamic, challenging yoga class, emphasizing the flow of movement through breath, that engages the whole body.

SLOW FLOW YOGA
All levels. Movements flow from one position to another, in a graceful, mindful sequence integrating breath awareness and alignment.

VINYASA YOGA
Emphasizing the importance of alignment & placement of the body, this class offers a dynamic & challenging flow.

WEIGHTED YOGA
Using light weights to build strength & bone density, this Class emphasizes the coordination of breath awareness & proper body alignment.

YOGA FUSION
All Levels. A blended class that focuses on flexibility and strength, combining the best of Yoga, Tai Chi and Pilates.

SEASONAL

SUMMER IS HERE!
MOVING MORE KEEPS KIDS FIT!
Our programs are designed for children in grades Pre K - 10. Pre and post care options are available for all our campers. Camp Tepee and Gymnastics Camp will offer a Sibling Discount. The Y has programs available from the day school lets out until it begins again!

You can expect all of the annual favorites including the zip -line, swimming, arts and crafts, archery and folklore at Camp Tepee. Sports Clinics and Gymnastics Camp are being offered, too! This year we will unveil our new Gaga Pit at Camp Tepee courtesy of a local Boy Scout of America Eagle Scout. This fun game is sure to engage your kids and keep them active! There's something for every child Choose between Camp Tepee, Gymnastics Camp or a Sports Clinic. Whatever summer program you choose, your child is sure to have fun, make new friends, grow as a person and make memories that will last a lifetime. We look forward to seeing you this summer!

SUMMER CAMPS
GYMNASTICS SUMMER CAMP (GRADES PRE K - 7)
Kids can enjoy gymnastics fun here at the YMCA all summer long! Campers will enjoy gymnastics instruction, crafts, games, open gym time, and other special events. Pre K campers must be fully potty trained to participate in the program.

CAMP DISCOVERY (PRE K)
Discovery is a full-day program for preschoolers. Our Discoverers have pool time, do crafts, play games and have playground time each day. This is a great opportunity to have young children in a camp setting. Discoverers do not participate in the same activities as the children in Tepee. Children must be fully potty trained to participate in the program.

CAMP TEPEE (GRADES K - 10)
With our activities at Camp Tepee, campers explore nature, find new talents, gain independence, and make lasting friendships and memories. Our activities are grade-appropriate and include: swim lessons, arts and crafts, water games, performing arts, boating, storytelling, ropes course, zip-lining and archery.

RESIDENT CAMP (AGES 7 - 16)
We also offer an overnight camp experience, at **YMCA CAMP HI-ROCK!** A 'home-away-from-home' where campers will grow as individuals while having fun in a beautiful Berkshire Mountain environment.

Visit camphirock.org or call us for more specific details!

SUMMER CLINICS (GRADES K & OLDER)
Creative Dance, Improv Dance Fusion, Basketball & Floor Hockey, Five Sports Mix, Fort Building, Martial Arts and T-ball!
Pirouette, dribble, focus, shoot, swing and score your way into summer with our Summer Sports Clinics! Experienced coaches and Y leaders will engage children in exciting play targeted at developing fundamental skills and fostering a love of sports and movement. The goal for each age group is for the participant to learn and practice the necessary skills which the discipline is based on. The lessons presented in all clinics are designed for the participant to grow, learn and practice the skills on a day-by-day basis.

FAMILY OUTDOOR CENTER OFFERS
MEMBERSHIP
SWIM LESSONS
LAKEWOOD LIGHTNING SWIM TEAM

OPEN MEMORIAL DAY - LABOR DAY
Located at 204 Stanley Road in Monroe, our 47 acre facility includes 3 outdoor pools, a pond for fishing, as well as boating. You and your family can play basketball or tennis on the courts then enjoy mini golf. The new gaga pit, zip-line, ropes courses And climbing wall are available for those wanting to challenge themselves. In addition, you can sit back by the lake or enjoy our delicious snack bar.

REGISTRATION FOR SUMMER

STOP BY OUR WELCOME CENTER TO REGISTER FOR ANY OF OUR SEASONAL PROGRAMS AS WELL AS OUR ANY OF OUR YEAR-ROUND PROGRAMS.

REGISTRATION FORMS CAN BE FOUND ON OUR WEBSITE!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY AND PLAY AT OUR OUTDOOR YMCA

Join the Lakewood-Trumbull Y Family Outdoor Center

The Lakewood-Trumbull YMCA Family Outdoor Center has been serving the community since 1959. Whether you are looking for a relaxing environment to read and lay in the sun, take part in swimming lessons, or our summer swim team, or bring your family for a great experience of fun and exploration.

The Lakewood-Trumbull Y has something for everyone. With a 6 lane 25 yard lap pool with water basketball, a 45ft. by 25 ft. family pool and our kiddy pool there is enough water to keep you cool in the summer heat. We have tables and chairs with umbrellas for gathering and lounge chairs for relaxing and men's and women's locker rooms.

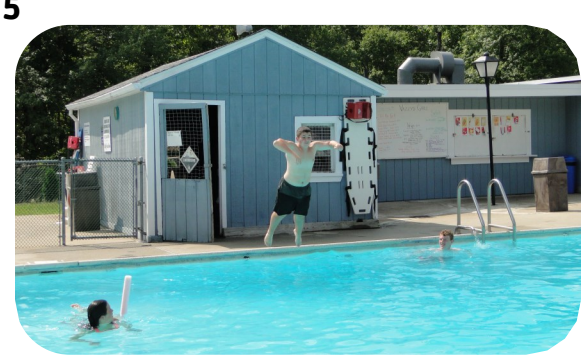
While your kids enjoy a day at YMCA Camp Tepee at the YMCA Family Outdoor Center, you can enjoy the pool until camp is out and then spend time as a family once the camp has ended. Camp Tepee operates from 9:00-3:30. Throughout the summer we will invite everyone to participate in nature hikes through our trails, try the zip line and climbing wall. Enjoy our facility after hours for special events which include movie nights at the pool, 4th of July Great American Bash, Y after Dark, BINGO, end of Summer Luau and much more.

FAMILY OUTDOOR CENTER HOURS

May 28 – June 12
Monday - Sunday
11:30am - 7:00pm

June 13 – September 5
Saturday & Sunday
11:00am - 7:00pm

Monday - Friday
11:30am - 8:00pm



Please call 203 445 9633 to receive registration information or stop by the Welcome Center at the Family Program Center.

LAKEWOOD-TRUMBULL YMCA
FAMILY PROGRAM CENTER
A Branch of the Central Connecticut Coast YMCA
20 Trefoil Drive, Trumbull CT 06611
P 203 445 9633 **F** 203 445 9080 **W** lakewoodtrumbullymca.org

CAMP AND FAMILY OUTDOOR CENTER
204 Stanley Road, Monroe CT 06468
P 203 261-2566 **F** 203 261-3146
W lakewoodtrumbullymca.org