LAKEWOOD TRUMBULL YMCA
Fall I Session Program Guide
August 28 – October 22, 2017
OUR MISSION: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.
WHEN YOU DONATE TO THE Y, YOU MAKE OUR COMMUNITY BETTER THROUGH PROGRAMS FOCUSED ON:

**Youth Development**

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

**Healthy Living**

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

**Social Responsibility**

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

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

**GIVE TODAY. FOR A BETTER US.**
CHILD CARE

2017 - 2018
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
3 Days a Week
Member $200 Community Member $295
4 Days a Week
Member $215 Community Member $315
5 Days a Week
Member $225 Community Member $330
Daily Drop In Fee
Member $25 Community Member $35

AFTER CARE 3:30pm - 6:00pm
3 Days a Week
Member $275 Community Member $405
4 Days a Week
Member $295 Community Member $435
5 Days a Week
Member $315 Community Member $465
Daily Drop In Fee
Member $35 Community Member $45

BEFORE & AFTER CARE
3 Days a Week
Member $375 Community Member $600
4 Days a Week
Member $410 Community Member $650
5 Days a Week
Member $440 Community Member $695

Registration Fee $60 per child per year.

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!

Pre-Registration Fee (required) $15

1/2 Day 7:30am – 12:30pm
Member $40 Community Member $80

Full Day 7:30am – 3:30pm
Member $55 Community Member $110

After Care 3:30pm – 6:00pm
Member $20 Community Member $20

Y VACATION CLUB (PRESCHOOL – 7TH GRADE)
Led by fun, trained 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!

SINGLE DAY FEES AVAILABLE FOR ALL DATES
August 28 – 30 September 21
October 9 November 7
November 24 December 26 – 29

HALF DAY 7:30am – 12:30pm (Preschool Only)
Member $40 Community Member $80

FULL DAY 7:30am – 3:30pm
Member $55 Community Member $110

AFTER CARE 3:30pm – 6:00pm
Member $20 Community Member $20

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 our Welcome Center.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
YOUTH DEVELOPMENT

YOUTH & TEEN SPORTS

STAR KICKERS SOCCER (AGES 2½ - 4) (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 9:15am – 10:00am
Member $50 Community Member $100

ROOKIES MULTI-SPORT (AGES 4 - 6 YRS) (Holy Cross)
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 $50 Community Member $100

LITTLE BUNTERS (AGES 3 – 6) (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 10:10am – 10:55am
Member $50 Community Member $100

HOOPS (GRADES K – 2)
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 $60 Community Member $120

PARKOUR (AGES 9 – 18)
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.
WEDNESDAY 5:25pm – 6:25pm

SPECIAL NEEDS OPEN GYM (AGES 4 – 13 YRS)
Need some time to spend with your exceptional child in a fun unstructured environment, after a long week of organized activities? Please join us on Sundays for one hour of open gym. Your child will enjoy jumping on our trampolines, rolling through our block pit, hanging from the bars and practicing their balance on the beam. This is a drop in activity.
SUNDAY 1015am – 11:00am

GYMNASTICS OPEN GYM
One Hour use of our gymnastics arena on Fridays from 8:00 – 9:00pm 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 $5 for Facility Members and $10 for Community Members.

ARCHERY (AGES 8 – 16 YRS)
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.
TUESDAY 5:00pm – 6:00pm
WEDNESDAY 5:30pm – 6:30pm
Member $90 Community Member $180

BADMINTON/VOLLEYBALL (AGES 7 – 16 YRS)
This class will emphasize the fundamental skills of badminton and volleyball. For badminton, athletes will learn key shots, such as clears and serves. In volleyball, they will work on passing, sets, digs and serves. Progressive drills and mini-games will be used to help give participants a better understanding of the game. All activities will focus on developing confidence and skill while promoting enjoyment of the sport.
FRIDAY 5:15pm – 6:15pm
Member $60 Community Member $120

Y NIGHTS (GRADES 5 – 8)
Get a balanced plate of fun, exercise, and the chance to be with friends for three safe hours at the Y. 3v3 basketball, dodgeball, and 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.
September 22 October 20
November 17 December 8

EARLY-BIRD REGISTRATION (Before 7:00pm Thursday)
Member $5 Community Member $15
REGISTRATION (Closes at 5:00pm on day of event)
Member $10 Community Member $20

Holy Cross Church is located at 5995 Main Street, Trumbull

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
YOUTH DEVELOPMENT

PRESCHOOL-AGED PROGRAMS

CHILD & CAREGIVER CLASSES

ROLLING RASCALS GYMNASTICS (AGES 12 – 24 MOS)
This parent and tot class is filled with fun activities to enhance development of age appropriate fine motor skills, gross motor skills and spatial awareness.

THURSDAY 11:30am – 12:00pm
Member $85 Community Member $170

PLAYTIME PALS (AGES 12 – 24 MOS)
A fun-filled playtime where you grow together in a stimulating atmosphere. Activities include: free play, circle time with songs, a musical parade, parachute, and more! This play develops and enhances a child’s gross and fine motor skills. Children learn to play and interact with their peers.

THURSDAY 9:30am – 10:15am
Member FREE Community Member $100

HOPPIN’-TOTS GYMNASTICS (AGES 2 – 3½ YRS)
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.

MONDAY 11:30am – 12:15pm
THURSDAY 10:45am – 11:15am
SATURDAY 8:30am – 9:15am
Member $95 Community Member $190

WEDNESDAY 9:30am – 10:15am
Member FREE Community Member $190

CHAMPS MULTI-SPORT (AGES 2 – 3 YRS)
A fun introductory sports class! 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.

TUESDAY 10:30am – 11:00am
THURSDAY 10:30am – 11:00am
Member FREE Community Member $100

DROP – OFF CLASSES

STEPPING STONES (AGES 2 – 4 YRS)
Program consist of circle time, free play, crafts, story time and lunch/snack. Child learns to separate from parent and interact with other children. Great way to get ready for preschool. Parents provide lunch/snack. Nut-free please!

THURSDAY 10:30am – 12:15pm
FRIDAY 9:30am – 11:15am
Member $95 Community Member $190
Both Days
Member $115 Community Member $230

DISCOVERY DOLPHINS GYMNASTICS (AGES 3 – 6 YRS)
This PRESCHOOL DROP-OFF program will have your child exercising for 45 minutes of gymnastics followed by a story and craft. This class is perfect for the child who attends preschool two days a week but could use one more day of activity or fun with friends! (Must be potty trained)

TUESDAY 9:30am – 11:30am
FRIDAY 9:30am – 11:30am
Member $120 Community Member $240

INDEPENDENT CLASSES

BOUNCING BEARS GYMNASTICS (AGE 3YRS)
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.

MONDAY 10:30am – 11:15am
WEDNESDAY 10:30am – 11:15am
SATURDAY 8:30am – 9:15am
Member $95 Community Member $190

TUMBLING TIGERS GYMNASTICS (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.

ACRO CATS I GYMNASTICS (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.

TUMBLING TIGERS SCHEDULE
MONDAY 10:30am – 11:15am
Member $95 Community Member $190

TUMBLING TIGERS AND ACRO CATS 1 SCHEDULE
TUESDAY 9:30am – 10:15am
Member $95 Community Member $190

TUESDAY 4:15pm – 5:15pm
TUESDAY 5:25pm – 6:25pm
WEDNESDAY 12:45pm – 1:45pm
WEDNESDAY 4:15pm – 5:15pm
WEDNESDAY 5:25pm – 6:25pm
THURSDAY 1:30pm – 2:30pm
FRIDAY 4:15pm – 5:15pm
SATURDAY 9:20am – 10:20am
SATURDAY 10:25am – 11:25am
SUNDAY 9:10am – 10:10am
Member $105 Community Member $210

ACRO CATS II GYMNASTICS (Invitation Only)
This class offers advanced instruction for children who have the potential to move on to Pre-Team.

THURSDAY 9:30am – 10:30am
Member $105 Community Member $210

FLIPPING FROGS GYMNASTICS (AGES BOYS 4 – 6 YRS)
This is an ALL boy’s class that begins to train the young gymnast on the pommel horse, parallel bars and rings. With an emphasis on floor tumbling, handstands and increasing upper body strength.

WEDNESDAY 12:45pm – 1:45pm
Member $105 Community Member $210

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
SCHOOL-AGE GYMNASTICS

GIRLS

BEGINNERS GYMNASTICS (AGES K – 6)
This beginner level class teaches gymnasts skills on floor, vault, beam, bars, tramp and tumble track. They will learn starting and finishing positions, and proper form. Our goal is to help students learn the fundamental skills necessary for gymnastics, and to work on perfecting these skills.

TUESDAY 4:15pm - 5:15pm
TUESDAY 5:25pm - 6:25pm
WEDNESDAY 4:15pm - 5:15pm
WEDNESDAY 5:25pm - 6:25pm
FRIDAY 4:15pm - 5:15pm
SATURDAY 9:20am - 10:20am
SATURDAY 10:25am - 11:25am
SATURDAY 11:30am - 12:30pm
SUNDAY 9:10am - 10:10am
Member $105 Community Member $210

INTERMEDIATE (AGES 7 & OLDER)
This intermediate level gymnastics class challenges students further. The goal of this class is to perfect the skills learned in Beginner Gymnastics and to introduce more advanced skills. At least two years of gymnastics experience and instructor invitation is required.

TUESDAY 4:15pm - 5:45pm
WEDNESDAY 4:15pm - 5:45pm
WEDNESDAY 6:35pm - 8:05pm
FRIDAY 4:15pm - 5:45pm
SATURDAY 9:20am - 10:50am
SATURDAY 10:25am - 11:55am
SATURDAY 11:30am - 1:00pm
Member $125 Community Member $250

ADVANCED (AGES 9 & OLDER)
This advanced gymnastics class challenges students to the fullest. The goal of this class is to improve advanced skills such as back handsprings, front handsprings, and handstands on beam. This class also introduces higher-level skills such as round-off back handsprings, kips and tap swings on bars, and front handspring vaults. At least three years of gymnastics experience and instructor invitation are required.

WEDNESDAY 6:35pm - 8:35pm
SATURDAY 11:30am - 1:30pm
Member $145 Community Member $290

COMPETITIVE GYMNASTICS

GIRLS

PRE-TEAM (INVITATION ONLY)
This is an invitation-only class that meets twice per week for gymnasts who show an aptitude for gymnastics. This class is a fun and fast-paced, and teaches gymnasts skills that will prepare them for competitive team.

WEDNESDAY 6:35pm - 8:05pm
FRIDAY 4:15pm - 5:45pm
Member $165 Community Member $330

XCEL BRONZE (INVITATION ONLY)
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.

TUESDAY 4:15pm - 6:15pm
FRIDAY 4:15pm - 6:15pm

COMPETITIVE TEAM (INVITATION ONLY)
This is a competitive program for beginner level compulsory competitors through experienced optional level gymnasts. This program is for talented gymnasts who wish to advance in the sport at a quicker pace. GYMNASISTS IN THIS PROGRAM MUST BE FACILITY MEMBERS.

BOYS

BOYS GYMNASTICS (AGES 5 & OLDER)
This class is for boys who would like to work on basic, as well as some advanced gymnastics skills. This beginner level class teaches gymnasts skills on floor, vault, pommel horse, bars, tramp, parallel bars and tumble track.

TUESDAY 4:15pm - 5:15pm
WEDNESDAY 5:25pm - 6:25pm
SATURDAY 10:25am - 11:25am
Member $105 Community Member $210

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
FINANCIAL ASSISTANCE

Today, 1 in 4 children, teens, and families need financial assistance to be a part of the Y. A core priority for us as a charitable non-profit organization is providing access to the extraordinary opportunities and programs offered at the Y to anyone who wishes to participate. Membership dues don’t include funding for scholarships; it is your gift that makes this possible. Your contributions to the Central Connecticut Coast YMCA provide direct financial assistance for children, families and individuals to participate in their YMCA.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
JAZZ DANCE (AGES 8 & OLDER)
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.

JAZZ 1 – BEGINNER (AGES 8+)
MONDAY 6:30pm – 7:30pm (AT OUTDOOR CENTER)

JAZZ 2 – PRE-INTERMEDIATE (AGES 9+)
SATURDAY 10:15am – 11:15am

JAZZ 3 – INTERMEDIATE (AGES 9+)
THURSDAY 6:20pm – 7:20pm

THEATRICAL DANCE (AGES 8 & OLDER)
Our new theater dance program is where acting meets dance! This new program is designed to develop comprehensive musical theatre skills including theatre dance, partnering, acting and character development. This class will feature various Broadway dance styles and will help students developing confidence and stage presence like never before!

THURSDAY 5:15pm – 6:15pm

MODERN DANCE (AGES 13 & OLDER)
Our Modern class is for students new to dance as well as experienced dancers new to the 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.

WEDNESDAY 5:20pm – 6:20pm

COMPANY Y COMPETITIVE DANCE TEAM
(Invitation Only)
A more intense program focusing on competitive dance. Dancers bond and make friendships that can last a lifetime while learning multiple dance disciplines for this fast-paced program. These disciples are then performed and competed both nationally and regionally throughout the season. Additional costume fees apply. Please contact our Dance Coordinator, Anisah Richardson at arichardson@cccymca.org to schedule an audition now!

THURSDAY 7:30pm – 9:00pm

MARTIAL ARTS
CHEEZIC TANG SOO DO
Cheezic Tang Soo Do Karate discipline has had a long tradition with the Lakewood-Trumbull YMCA. For over 25 years, Master David DeGuzman (8th Degree) has encouraged the development of students of all ages through martial arts. Students of the discipline, Cheezic Tang Soo Do, learn karate as a complete discipline (mind, body, spirit) which develops physical defense, and encourages the formation of high personal standards and respect for others. Students are trained in the art of self-defense, forms, weapons, board breaking and sparring.

MARTIAL ARTS UNLIMITED – Includes all classes that are appropriate for belt level. Classes will focus on obtaining your Black Belt and/or continuing your progression, with added attention to competition readiness.

Member $180  Community Member $360

LITTLE NINJAS (AGES 4 – 6YRS)
Your child will begin with the fundamentals of martial arts, and grow in confidence and ability. They will learn self-defense skills in a responsible method.

MONDAY 5:15pm – 6:00pm
THURSDAY 5:30pm – 6:15pm
FRIDAY 5:45pm – 6:30pm
Member $85  Community Member $170

MARTIAL ARTS – BEGINNER (AGES 7 & OLDER)
Belt levels White, Orange, Blue, and Purple. Students are taught the basics of the art of Tang So Do while progressing to the next belt levels leading to Black belt status.

MONDAY 6:10pm – 7:10pm
FRIDAY 6:40pm – 7:40pm
Member $90  Community Member $180

MARTIAL ARTS – ADVANCED (AGES 7 & OLDER)
Belt levels Green, Red, and Black. Students learn more advanced martial arts forms and skills with continued focus on obtaining Black belt status.

MONDAY 7:15pm – 8:15pm
FRIDAY 7:45pm – 8:45pm
Member $90  Community Member $180

MARTIAL ARTS – FAMILY (AGES 7 & OLDER)
Open to all ages and belt levels.

THURSDAY 6:25pm – 7:25pm
Member $90  Community Member $180

WEAPONS CLASS (For Green, Red, and Black Belts)
Students learn the art of weapons forms using various different weapons of choice including Bo Staff, Swords, Sai, Nunchaku, and Tonfa.

WEDNESDAY 6:35pm – 7:35pm
Member $90  Community Member $180

SPARRING CLASS (For Blue through Black Belts)
Students pad up and are taught the art of combat fighting within the rules and regulations of Cheezic Tang Soo Do competitive fighting.

WEDNESDAY 7:45pm – 8:45pm
Member $90  Community Member $180

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
YOUTH DEVELOPMENT

STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

SWIM STARTERS

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

Age Group: 6 months – 3 years
Parent* & Child
Stages A – B

SWIM STARTERS

Stage A / Water Discovery
Parents* accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

SWIM STARTERS

Stage B / Water Exploration
In Stage B, parents* work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>STAGE</th>
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<tbody>
<tr>
<td>6 months – 3 years Parent* &amp; Child</td>
<td>SWIM STARTERS Stages A-B</td>
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<tr>
<td>3 years – 5 years Preschool</td>
<td>SWIM BASICS Stages 1-4</td>
</tr>
<tr>
<td>5 years – 12 years School Age</td>
<td>SWIM BASICS Stages 1-6</td>
</tr>
<tr>
<td>12+ years Teen &amp; Adult</td>
<td>SWIM BASICS Stages 1-6</td>
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SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

Age Group:
3 years – 5 years Preschool
5 years – 12 years School Age
12+ years – Teen & Adult
Stages 1 – 3

SWIM BASICS

Stage 1 / Water Acclimation
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.
SWIM BASICS
Stage 2 / Water Movement
In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

SWIM BASICS
Stage 3 / Water Stamina
In Stage 3, students learn how to swim to safely from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

OBSERVATION POLICY
Parents are asked not to disrupt the children or instructor while the class is in session.

SWIM STROKES
Stage 4 / Stroke Introduction
Students in Stage 4 develop stroke technique in front crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

SWIM STROKES
Stage 5 / Stroke Development
Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

SWIM STROKES
Stage 6 / Stroke Mechanics
In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

AGE GROUP STAGE
6 months - 3 years Parent* & Child SWIM STARTERS Stages A-B
3 years - 5 years Preschool SWIM BASICS SWIM STROKES Stages 1-4
5 years - 12 years School Age SWIM BASICS SWIM STROKES Stages 1-6
12+ years Teen & Adult SWIM BASICS SWIM STROKES Stages 1-6

CLASS LEVEL POLICY
For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
HEALTHY LIVING

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 workout, intense enough for any athlete, yet doable for anybody. 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:
• baseline assessment of fitness
• individualized exercise plan designed for your goals
• with sessions of 10, you get two one-on-one consultations with a certified nutritionist. These nutrition sessions are essential, as exercise alone cannot achieve results.

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.

WELLNESS PROGRAMS

CONSCIOUS AGING PROGRAM
In our youth-obsessed culture, there can be a lot of fear and anxiety connected with aging. The future may be filled with uncertainty, boredom, personal and financial loss. But aging can be a time for renewal, purpose and meaning – a tremendous opportunity for intellectual, spiritual and emotional growth. With this in mind, the Conscious Aging Program looks to address these challenges and opportunities through dialogue, connections and community. Workbook Included!
Starting September 7
THURSDAY  5:30pm – 7:00pm

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

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.
For more information on any of our Wellness Programs, please contact Joanne Orenstein: jorenstein@ccymca.org or stop by our Welcome Center to register!

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
HEALTHY LIVING

3 ON 3 PICK-UP-BASKETBALL (AGES 14 & OLDER)
Come and enjoy playing the sport you love with others while building relationships, exercising, and developing a healthier lifestyle. Games follow the 3 on 3 format, and are monitored by YMCA staff. There is no need to sign up, just stop by and play.
TUESDAY 7:30pm – 9:00pm
Member FREE Community Member $5

ADULT GYMNASICS (AGES 18+)
Applying the same training we use with our competitive team, this class will focus on flexibility, strength, core work and balance. There will also be an opportunity to work on specific gymnastics skills.
MONDAY 9:15am – 10:15am
Member $80 Community Member $160

OBSTACLE RACE TRAINING PROGRAM
FAMILY OUTDOOR CENTER
8 week training program to get you ready, to toughen you up, to push you in ways you have never thought possible. Twice a week, at our Camp and Outdoor Center, you'll learn to run, to flip tires, to climb walls, to pull weights, in preparation of your first Spartan Race or Tough Mudder, or just because you want the challenge. Race Registration Fees Additional
Starting September 6
WEDNESDAY 9:30am – 10:30am
FRIDAY 9:30am – 10:30am
Both Days
Childwatch available on site for $40.
Member $105 Community Member $210
SATURDAY 8:15am – 9:15am
Member $60 Community Member $120

HEALTHY HOLIDAY CHALLENGE
12 WEEK PROGRAM
A three month healthy living contest designed to help you achieve your goals in a fun, competitive and supportive environment. Program includes:
- Workout and Nutrition Journal
- A free 30-min personal training session per week
- (a $520 value!)
- Nutritional Counseling
- Weekly Tips and Goals and Challenges
- Weekly Meetings and weigh-ins
- Exercise Recommendations and Guidelines
- Prizes to the participants with the two highest percentages of weight loss.
Starting September 25
MONDAY 6:15pm – 7:15pm
Member $175 Community Member $350

MEMBER ONLY BENEFITS!

ALL AGES

RUNNING GROUP
Get outside with a Y staff member and run or walk at a pace that’s right for you. Join us on Wednesdays at 9:30am.

COUCH TO 5K
Go from sedentary to running a 5K using this 10 week program; lead by a Y staff member. Join us Monday, Wednesday, Saturday or all three days at 9:30am!

F.I.T. – FREE INTRODUCTORY TRAINING
We would like you, as a new Y member, 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.

PICTLEBALL!
Grab a friend and hit the court! We provide the paddles and ball. Check our phone app or schedules page for available times!

YOUTH FITNESS

YOGA FOR TEENS – No adults allowed!
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture.
WEDNESDAY 7:00pm – 8:00pm

YOGA FOR KIDS – No adults allowed!
Children learn to focus and center themselves in a class designed just for them. Participants see growth in mental clarity and stress relief while improving posture.
WEDNESDAY 4:30pm – 5:30pm

YOUTH WELLNESS ORIENTATION BRACELET PROGRAM (AGES 10-14 YRS)
This program was designed for youth members ages 10 – 14 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 for gym fitness.
Schedule your appointment today at the Member Welcome Center.

Yellow Bracelet: Youth members 10-14 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 12-14 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.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBULLYMCA.ORG
HEALTHY LIVING

ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS
CURRENT SCHEDULE AVAILABLE AT THE MEMBER WELCOME CENTER & ONLINE

CARDO

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

BALLROOM DANCE
Learn the basics of Ballroom dancing, no partner needed!

CARDIO CHALLENGE
A mix of cardio tempos and patterns sure to increase your endurance and overall cardiovascular health.

HIP HOP CARDIO
Move and groove to great hip hop tunes in a fun, high energy class.

SPINNING®
A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels. (Registration required)

STEP
This energetic cardio class strengthens and shapes the lower body while blasting calories and having fun. This high-energy class is the ultimate way to improve your cardiovascular fitness.

ZUMBA®
When participants see a Zumba® class in action, they can’t wait to give it a try. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they’re getting fit and their energy levels are soaring! There’s no other fitness class like a Zumba®-Fitness Party. It’s easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

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

STRENGTH

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

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

MUSCLE, CORE, AND MORE
Using primarily body weight, this class works every part of your body with a focus on the core. Free weights, stability balls, and other equipment may be used.

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.

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. (Registration required).

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKEWOODTRUMBUMLYMCA.ORG
HEALTHY LIVING

GROUP EXERCISE CLASSES FOR FACILITY MEMBERS
CURRENT SCHEDULE AVAILABLE AT THE MEMBER WELCOME CENTER

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® CLASSIC
Muscular strength and range of motion are our focus. 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.

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

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, and in-depth study of breathing.

MODERATE FLOW YOGA
When breath & movement are linked together, heat builds and 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. Poses are held longer to increase strength.

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

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

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

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

YOGA FOR TEENS
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension and improve posture.

YOGA FOR KIDS
Children learn to focus and center themselves in a class designed just for them. Participants see growth in mental clarity and stress relief while improving posture.

BODY, MIND & SPIRIT

BALANCE AND FLEX TOGETHER
Grow longer and stronger with an invigorating 60-minute mind-body workout incorporating yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives you through this full body journey.

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 workouts on the market today.

FOR MORE INFORMATION VISIT US ONLINE AT WWW.LAKewoodTRUMBULLYMCA.ORG
FUN DELIVERED FRESH DAILY

SCHOOL AGE CHILD CARE
Register Now For 2017–2018 School Year

You can relax knowing that with us, your kids are getting their daily dose of fun, homework assistance, character development, cultural enrichment and fitness at the Y, and at a price every family can afford.

Multiple child discounts are available. We also offer financial assistance and accept Care4Kids.

Family Registration Fee: $60 non–refundable.
This is an annual fee due at the time of registration.

BEFORE AND AFTER SCHOOL IS HELD AT:
• Fawn Hallow Elementary School and Stepney Elementary School
• Drop off for the before school program begins at 7:00 AM
• Our after school program runs from dismissal time at each school until 6:00 PM

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LAKewood–TRUMBull YMCA
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