



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR REACHING
**NEW
GOALS**

**LAKEWOOD-TRUMBULL YMCA
WINTER I PROGRAM GUIDE
January 1 – February 25, 2018**

HERE FOR YOU

LAKEWOOD-TRUMBULL YMCA

20 Trefoil Drive, Trumbull CT 06611

P 203 445 9633 F 203 445 9080

Email: lakewoodtrumbullymca@cccymca.org

FAMILY OUTDOOR CENTER

204 Stanley Road, Monroe CT 06468

P 203 261 2566 F 203 261 3146

FACILITY HOURS

Monday - Friday 5:15am - 9:00pm

Saturday 8:00am - 5:00pm

Sunday 8:00am - 3:00pm

CHILD WATCH HOURS (6 weeks - 11 yrs)

Monday - Friday 8:30am - 12:30pm

Monday - Thursday 4:00pm - 7:00pm

Friday: 4:00pm - 6:00pm

Saturday: 8:00am - 12:30pm

Sunday: 9:00am - 12:30pm

HOLIDAY HOURS

Thanksgiving Day 7:00am - 11:00am

YOUR TEAM

Matt LaPrino, Executive Director

Jennifer Arnone, Youth & Sports Director

Donna Bogen, Membership Coordinator

Devin Gallipoli, Camp & Child Care Director

Casey McCarthy, District Facilities Director

Joanne Orenstein, Fitness Coordinator

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.

Alicia Berntsen

Diane Chiota

Claudia Cirillo

Heidi De la Rosa

Vince Fini, Chair

Courtney Headley

Ron Lesko

Dana Lonergan

Michael Lombardo

Ray Metro

David Raymond

Vinay Sampson

Jeff Santee

Glen Snajder

Rev. Eric Wismar

WINTER I SESSION

January 1 - February 25

PROGRAM REGISTRATION DATES

Facility Member - December 11, 2017

Community Member - December 18, 2017

Winter II Session Dates

February 26 - April 22

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 are 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.

Weather Policy

In the event of inclement weather related closures, we will post information on Facebook, CTWeather.com, and the following television stations: WTNH (ch. 8), WFSB (ch. 3), and NBC CT (ch. 30).

Central Connecticut Coast YMCA Statement of Diversity and Inclusion

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.

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

SOCIAL RESPONSIBILITY



The Y is now... as it has always been... a place of possibility and promise for all. Unfortunately, in times when the true power of “us” is unknown to many and our bonds are fraying, we must do even more to enhance our human connections. That’s why the Y passionately focuses on strengthening communities.

Every day, in our community the Y supports kids, adults, seniors and families with programs that protect, teach, connect heal, nourish and encourage. Everything we do helps empower communities and the “us” who live in them to thrive.

We can’t do it alone.

DONATE FOR A BETTER US.

The Y. For a better us.

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YOUTH DEVELOPMENT

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 \$45 Community Member \$90

Full Day 7:30am - 3:30pm

Member \$60 Community Member \$120

After Care 3:30pm - 6:00pm

Member \$15 Community Member \$15

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

December 26 - 29

January 15

February 16

February 19

April 9 - 13

April 16

HALF DAY

7:30am - 12:30pm (Preschool Only)

Member \$45

Community Member \$90

FULL DAY

7:30am - 3:30pm

Member \$60

Community Member \$120

AFTER CARE

3:30pm - 6:00pm

Member \$15

Community Member \$15

PARENTS' NIGHT OUT (GRADES K - 4TH)

You might initially think of this as a night out for the parents, but it's really a night out for your kids! The kids will be involved in group games, arts and crafts, and structured free play. The Y will provide them with a pizza dinner. Now, on a plus side... you get to have a little downtime to yourself or enjoy a night out.

Friday, December 22

Friday, January 26

Friday, March 2

REGISTRATION REQUIRED - SPACES LIMITED

Member

\$5 per child



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.

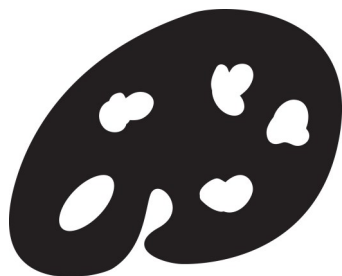
YOUTH DEVELOPMENT

ARTS & CRAFTS

CRAFTY CORNER (AGES 5 - 12)

An arts and crafts class involving different projects every week.

(Ages 5 - 7) **SATURDAY 9:00am - 9:45am**
(Ages 8 - 12) **SATURDAY 10:00am - 10:45am**
Member \$40 Community Member \$80



YOUTH & TEEN SPORTS

ROOKIES MULTI-SPORT (AGES 4 - 6 YRS)

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 \$55 Community Member \$110

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 \$65 Community Member \$130

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
Member \$95 Community Member \$190

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. Special Needs Open Gym is \$5 for Facility Members and \$10 for Community Members.

SUNDAY 10:15am - 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 \$95 Community Member \$190



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 min-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.

January 19 February 23

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



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 \$110

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.

MONDAY 11:30am - 12:15pm
THURSDAY 10:45am - 11:15am
SATURDAY 8:30am - 9:15am
Member \$100 Community Member \$200

WEDNESDAY 9:30am - 10:15am
Member FREE Community Member \$200

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 \$100 Community Member \$200
Both Days
Member \$135 Community Member \$270

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 \$125 Community Member \$250

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 11:30am - 12:15am
SATURDAY 8:30am - 9:15am
Member \$100 Community Member \$200

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 \$100 Community Member \$200

TUMBLING TIGERS AND ACRO CATS 1 SCHEDULE

TUESDAY 9:30am - 10:15am
Member \$100 Community Member \$200

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 \$110 Community Member \$220

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 \$110 Community Member \$220

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 \$110 Community Member \$220



YOUTH DEVELOPMENT

SCHOOL-AGE GYMNASTICS GIRLS

BEGINNERS GYMNASTICS (GRADES 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 \$110 Community Member \$220



PRETEEN BEGINNERS GYMNASTICS (AGES 8 & OLDER)

This class is designed for preteen girls looking to take gymnastics for the first time or still working to perfect their foundational level gymnastics skills.

WEDNESDAY 5:25pm – 6:25pm
SATURDAY 10:25am – 11:25am
Member \$110 Community Member \$220



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 \$130 Community Member \$260



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 \$150 Community Member \$300

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 \$175 Community Member \$350

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.

GYMNASTS IN THIS PROGRAM MUST BE FACILITY MEMBERS.

SCHOOL-AGE GYMNASTICS 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 \$110 Community Member \$220

PRESCHOOL OPEN GYM (AGES 12 MO – 6 YRS)

45 minutes of free gym activity for 12 months and older. All children must be accompanied by an adult. Preschool Open Gym is free for any child currently enrolled in a youth program at the Lakewood-Trumbull YMCA or \$5 for Members and \$10 for Community Members.

MONDAY 1:15pm – 2:00pm
WEDNESDAY 10:30am – 11:15am
FRIDAY 11:45am – 12:30pm

YOUTH DEVELOPMENT

NON-PERFORMING DANCE

TINY TUTUS (AGES 2 - 3)

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. **Caregiver Participation Required.**

TUESDAY 10:30am - 11:00am

Member \$80 Community Member \$160

BALLET PRINCESSES (AGES 4 - 7)

This themed class teaches young dancers the foundation of all dance through fun floor work and barre technique. All while dancing to their favorite princess songs that will be sure to have them spinning on their toes all session long!

THURSDAY 4:25pm - 5:10pm

Member \$90 Community Member \$180

LITTLE HIP HOPPERS (AGES 5 - 7)

Our new hip hop class is great for the energetic young dancer looking to express themselves through dance! This class will teach the basic beginner hip hop moves, enhance and develop coordination, and give each child a chance to discover their own creative movement to their favorite tunes! This high energy class will be sure to get their hearts and creative-thinking pumping!

TUESDAY 5:15pm - 6:00pm

Member \$90 Community Member \$180

ADULT BEGINNER BALLET (AGES 21+)

Start off the new year with a more comfortable and confident you! Adult Beginner Ballet is the perfect way to try something new in a fun, no judgement free zone. Ballet will focus on core strength, balance and coordination while in a relaxed setting

THURSDAY 7:30pm - 8:30pm

Member \$90 Community Member \$180



NEW

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.

PERFORMING DANCE

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.

One costume is included in the program fee. Additional costume fees apply with two or more classes.

45 Minute Class Fee

Facility Member \$55/month

1 Hour Class Fee

Facility Member \$60/month

Dance Unlimited Fee (take multiple classes for a fixed rate!)

Facility Member \$125/month

ACROBAT DANCE (AGES 8 & OLDER)

Acrobat Dance blends dance and gymnastics together. This class contains a mixed-level group that will work on backbends, bridges, handstands and many other gymnastics skills that will be incorporated into their performing routine.

TUESDAY 6:40pm - 7:40pm

BALLET (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 more easily.

Posture, flexibility, strength and grace are just a few of the wonderful benefits of ballet.

BALLET 1 - BEGINNER (AGES 8+)

TUESDAY 5:25pm - 6:25pm

SATURDAY 9:25am - 10:25am

BALLET 2 - PRE-INTERMEDIATE (AGES 13+ OR INVITATION)

WEDNESDAY 6:30pm - 7:30pm

BALLET & TAP COMBO (AGES 3 - 7)

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.

BALLET & TAP COMBO (AGES 3 - 4)

TUESDAY 9:40am - 10:25am

WEDNESDAY 4:30pm - 5:15pm

BALLET & TAP COMBO (AGES 5 - 7)

MONDAY 4:30pm - 5:30pm

HIP HOP (AGES 7 & OLDER)

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.

HIP HOP 1 - BEGINNER (AGES 7+)

SATURDAY 11:35am - 12:35pm

HIP HOP 2 - PRE-INTERMEDIATE (AGES 9+)

MONDAY 5:35pm - 6:25pm

HIP HOP 3 - INTERMEDIATE (AGES 9+)

TUESDAY 7:45pm - 8:45pm

YOUTH DEVELOPMENT

TAP (AGES 8 & OLDER)

Dancers will learn basic tap terms while focusing on simple footwork. Tap dance is great for new dancers looking to learn how to find rhythm with feet and body correlation.

TAP 1 - BEGINNER (AGES 8+)

MONDAY 5:30pm - 6:30pm (AT OUTDOOR CENTER)

TAP 2 - PRE-INTERMEDIATE (AGES 9+)

WEDNESDAY 7:40pm - 8:40pm

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+)

TUESDAY 6:35pm - 7:35pm

JAZZ 2 - PRE-INTERMEDIATE (AGES 9+)

SATURDAY 10:30am - 11:30am

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.**

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 \$185 Community Member \$370

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 \$90 Community Member \$180

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 \$95 Community Member \$190

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 \$95 Community Member \$190

MARTIAL ARTS - FAMILY (AGES 7 & OLDER)

Open to all ages and belt levels.

THURSDAY 6:25pm - 7:25pm

Member \$95 Community Member \$190

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 \$95 Community Member \$190

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 \$95 Community Member \$190

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.



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

Please visit the Fairfield, Woodruff, Stratford, Soundview, Hamden/North Haven or Valley YMCA for swim lessons during the school year.

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.

YOUTH DEVELOPMENT

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

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills the prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Age Group:

5 years - 12 years School Age

12+ years - Teen & Adult

Stages 4 - 6

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

Please visit the Fairfield, Woodruff, Stratford, Soundview, Hamden/North Haven or Valley YMCA for swim lessons during the school year.

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.

HEALTHY LIVING



PERSONAL TRAINING

PERSONAL TRAINING OR ONE - ON - ONE 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

SMALL GROUP TRAINING

Groups of 4 - 5 meet together for one hour, scheduled by appointment

5 Sessions \$80 per person

10 Sessions \$120 per person

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.

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

12-WEEK RESOLUTION CHALLENGE

A 3-month healthy living contest designed to help you achieve your goals in a fun, supportive environment. This program includes:

- Weekly meetings and weigh-ins
- Weekly challenges
- A free 30-minute personal training session per week (a \$520 value!)
- Nutritional counseling

Starting January 8

Member \$175 Community Member \$350

12-WEEK TEEN WELLNESS PROGRAM (AGES 14 - 19)

Create your own fitness story. Through this three month program, teens will learn to deal with stress, isolation, and fear about change by creating a healthy lifestyle in a supportive, fun environment. This program includes:

- Weekly meetings
- Nutritional and exercise incentives
- Regular sessions with a certified personal trainer
- Special exercise classes limited to participants

Starting January 15

Member \$105 Community Member \$210

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

PERSONAL TRAINING CANCELLATION POLICY

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

NEW

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 GYMNASTICS (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 opportunity to work on specific gymnastics skills.

MONDAY 9:15am - 10:15am
WEDNESDAY 7:45pm - 8:45pm
Member \$110 Community Member \$220

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. Once, twice or three times 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
WEDNESDAY 9:30am - 10:30am
FRIDAY 9:30am - 10:30am
SATURDAY 8:15am - 9:15am
Member \$60 Community Member \$120

Childwatch available on site Wednesday and Friday
Member \$40 Community Member \$40

MEMBER 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 Tuesdays and Fridays at 9:15am.

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.

PICKLEBALL!

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 (AGES 13 - 19)

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 (AGES 5 - 12)

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.



HEALTHY LIVING

ALL GROUP EXERCISE CLASSES ARE FREE FOR FACILITY MEMBERS

CARDIO



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!

CYCLE TOGETHER

Cycle Together is a huge calorie burner. It's a 60-minute cycling experience brought indoors. Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

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).



HEALTHY LIVING

GROUP EXERCISE CLASSES FOR FACILITY MEMBERS

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.



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.

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.

YOGA AND MEDITATIVE BREATHE WORK

This yoga class is divided between movement and stillness, beginning with a 40 minute physical practice to stretch and open the body, moving into a 15 minute guided gentle breathing practice and ending with a brief relaxation.

NEW

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.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y FUN CLUB

Experience the Y Fun Club when Trumbull/Monroe Schools are cancelled 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 is required!**

See page 4 for pricing.



REFER YOUR FRIENDS TO JOIN THE Y!

When a friend you've referred joins the Y, we'll thank you by giving you a **FREE** membership month. There's no limit to how many friends you refer and there's no limit to how many FREE months you can receive.

Being with friends is always more fun for you and your family.

TAKE ADVANTAGE OF SHARING THE Y WITH YOUR FRIENDS TODAY!

CENTRAL CONNECTICUT COAST YMCA BRANCH LOCATIONS

ASSOCIATION OFFICE 1240 Chapel Street, New Haven CT 06511 **P** 203 777 9622

ALPHA COMMUNITY SERVICES YMCA 387 Clinton Avenue, Bridgeport CT 06604 **P** 203 366 2809

BRIDGEPORT YMCA 850 Park Avenue, Bridgeport CT 06604 **P** 203 334 5551

ELM CITY YMCA 900 Chapel Street, New Haven CT 06510 **P** 203 789 8887

FAIRFIELD YMCA* 841 Old Post Road, Fairfield CT 06824 **P** 203 255 2834

HAMDEN/NORTH HAVEN YMCA* 1605 Sherman Avenue, Hamden CT 06514 **P** 203 248 6361

LAKEWOOD - TRUMBULL YMCA 20 Trefoil Drive, Trumbull CT 06611 **P** 203 445 9633

NEW HAVEN YOUTH CENTER 52 Howe Street, New Haven CT 06511 **P** 203 776 9622

RALPHOLA TAYLOR COMMUNITY CENTER YMCA 790 Central Avenue, Bridgeport CT 06607 **P** 203 576 7430

SOUNDVIEW FAMILY YMCA* 628 East Main Street, Branford CT 06405 **P** 203 481 9622

STRATFORD YMCA* 3045 Main Street, Stratford CT 06614 **P** 203 375 5844

WOODRUFF FAMILY YMCA* 631 Orange Avenue, Milford CT 06461 **P** 203 878 6501

VALLEY YMCA* 12 State Street, Ansonia CT 06401 **P** 203 736 9622

YMCA CAMP HI-ROCK 162 East Street, Mount Washington MA 01258 **P** 413 528 1227

* Indicates a full-facility branch equipped with an indoor swimming pool