



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY FUTURES BEGIN HERE



STRATFORD FAMILY YMCA  
2013 PROGRAM GUIDE

# HERE FOR YOU

## Program Session Dates

Winter I January 2 - February 24

Winter II February 25 - April 21

Spring April 22 - June 16

Summer June 24 - August 18

Summer Camp June 24 - August 23

Fall I September 3 - October 27

Fall II October 28 - December 22

**Facility Members may register 3 weeks before the start date.**

**Community Members may register 2 weeks before the start date.**

## HOLIDAY HOURS/CLOSURES

New Year's Day: 10:00am-2:00pm

Easter Sunday: closed

Memorial Day: 5:30am-1:00pm

July 4: 5:30am-1:00pm

Labor Day: 5:30am-1:00pm

Thanksgiving Day: 7:00am-11:00am

Christmas Eve: 5:30am-3:00pm

Christmas Day: closed

New Year's Eve: 5:30am-6:00pm

## YOUR Y STAFF

### **Executive Director:**

Tim Bartlett

### **Program Executive Director:**

Barbara Moore

### **Child Care/Membership Director:**

Kyle Scrivines

### **Aquatics/Fitness Director:**

Krystal O'Brien

### **Preschool Coordinator:**

Melissa Daskam

### **School Age Coordinator:**

Suds Range



## FACILITY HOURS

Mon-Friday 5:30am-9:00pm

Saturday 7:30am-5:30pm

Sunday 10:00am-4:00pm

## CHILD WATCH HOURS

Monday-Thursday 9:00am-11:00am

Monday-Thursday 6:00pm-8:30pm



## WEATHER NOTICES

**On TV:** News Channel 8/My TV 9

**On the Radio:** WICC 600 am or WEBE 108 107.9 fm

**On the Web:** CTWEATHER.COM

We are listed under the IAN Cancellations

## MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income.

Please contact the Y for more information.

**REGISTER ONLINE at [www.stratfordymca.org](http://www.stratfordymca.org)**

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**View current schedules, programs and events on our website!**

# MAKE A DIFFERENCE

Being part of the Y says something great about you! It demonstrates your commitment to your health, the health of your family and the health of your community.

## YMCA STRONG KIDS

The Y reaches out to children and families in the community to provide opportunities that they might not otherwise have. Your support of our STRONG KIDS CAMPAIGN provides the funds needed to make programs available, provide recreational learning and life-enhancing experiences that build strong kids, strong families and strong communities.

**Every gift counts and every dollar raised goes directly to the YMCA Strong Kids Campaign to help families in our community.**

Stop by Member Services to make a difference today!

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

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& PRESCHOOL  
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# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY

**Our youth aquatics program is designed to teach personal water safety, stroke development, water sports and games, rescue and personal growth skills to children.**

**Our program is divided by age and skill levels. Children learn at their own pace and advancing to the next level is dependent on the child's completion of required skills. Please keep in mind that the session length does not guarantee that all children will advance to the next level.**

**All of our YMCA instructors are trained and certified.**

### Stratford YMCA Swim Lessons Policies

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

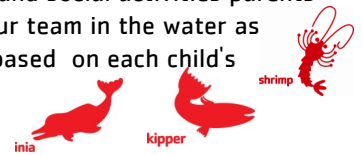
**MAKE-UP POLICY:** Make-ups will only be given if the YMCA has cancelled your lesson. Refunds for missed lessons will not be given if a make-up lesson was offered. All make-ups must be made during the session the lesson was missed.

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

### PARENT/CHILD AGES 6-36 MONTHS

#### SKI (Shrimp, Kipper, Inia)

This class is for children who are 6-18 months old. With the help of songs, games, and social activities parents work hand-in-hand with our team in the water as we introduce water skills based on each child's unique development level.



#### Perch

Children must be 19 months old, and should be able to run and jump and work towards propelling through the water with flotation. This class builds on the skills from the Shrimp/Kipper class and focuses on further exposure to basic skills and safety. A parent or guardian must accompany each child into the water.



#### Parent and Pike

Children must be 30 months old (2 ½ years), but are not ready for our youth swim lesson program. Parents will work with their children on transitions to/from the instructor while learning basic water safety and swimming skills enabling a smooth transition to the youth swim lesson program.



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# YOUTH DEVELOPMENT

## PRESCHOOL AGES 3-5

### Pike

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

Children must be able to swim five feet with face in the water and no flotation device. Eels are taught to float, kick and perform progressive arm movements across the pool.



### Ray

Participants must be able to swim 15 feet with his or her face in the water and no flotation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke, and advanced water safety skills.



### Starfish

Swimmers must be able to swim the front crawl with rhythmic breathing for 20 yards and no flotation device. Starfish will improve their endurance of front crawl, back crawl, and sidestroke while being introduced to the arm and leg movements for breaststroke.



## YOUTH AGES 6-12

### Poliwog

Participants are introduced to the aquatic environment and learn basic swimming skills Such as front crawl stroke and kick, gliding from the wall with their faces in the water, and floating.



### Guppy

Children must be able to swim 20 feet without flotation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency.



### Minnow

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

Participants must be able to complete freestyle and backstroke for a continuous 50 yards, and rudimentary breaststroke for 25 yards. Fish will improve their freestyle and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly.



### Flying Fish

Swimmers must be able to complete a continuous 100 yards in freestyle and backstroke, 50 yards of continuous breaststroke, and 25 yards of butterfly.



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# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY



### Private Swimming Lessons

Private and semi-private lessons are offered at the Stratford Y for youth and adult facility members.

Lessons are 30 minutes long and can be purchased in blocks of 1, 2 or 4.

Lessons will be scheduled with an available instructor, or an instructor of your choice.

Cancellations must be made at least four hours prior to scheduled lesson or lesson will be forfeited and no make-up or refund will be given.

Private lessons are one-on-one and semi-private lessons are two-on-one. You can fill out the Private Lesson Agreement form in person or download and print it off of our website.

## BSY Torpedo Swim Team

The Bridgeport/Stratford YMCA (BSY) Swim Team is a YMCA core values based program promoting swimming skills, character development, sportsmanship, volunteerism, and leadership in an environment where everyone has equal access to pursue their goals regardless of race, creed, or economic status. Swimmers must be able to swim 25 yards.

**Ages** 5-18

Facility membership is required.

**The BSY Mission** The Bridgeport/Stratford YMCA (BSY) Swim Team actively recruits children of varied backgrounds and ethnicities to participate in a sport that has long suffered from a lack of diversity.



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# HEALTHY LIVING



## Masters Swimming at the Stratford Y

Masters Swimming is an organized swim program for adult swimmers ages 18 and over. Our team is comprised of all levels of swimmers: fitness, tri-athletes, competitive, and non-competitive.

Stratford YMCA is Connecticut's most flexible masters swim program, allowing you to create your own training plan using our weekly-posted workouts or participate in optional structured weekly practices.

Our goal is to help you achieve your swimming and fitness goals. Join us for structured workouts, technique instruction, camaraderie, and much more!

**Ages** 18 and over

**Contact** Krystal O'Brien  
Kobrien@cccyma.org

## Aqua Maids

The Stratford Y's synchronized swimming club invites other Y swimmers to learn the sport of synchronized swimming. It is a great combination of sport and art. Participants must be at least 18 years of age. Benefits include: physical fitness, creative swimming, and participation in water shows and exhibitions.

Weekly Club Fee & Facility Membership is required.



## Underwater Hockey

If you are comfortable in the water and want to join a fun group, this is the group for you! All equipment is provided; just bring your bathing suit and towel. For more information please contact James Saulnier at 203 426 8824 or js@alumni.cmu.edu



SWIM, SPORTS & PLAY

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# HEALTHY LIVING

## SWIM, SPORTS & PLAY

**Family Swim** times are for everyone. Youth under 12 years of age must have a supervising adult with them in the pool area. Non-Swimmers who do not meet the armpit-depth guideline\* are required to wear a US Coastguard approved PFD and require active adult supervision\*\*.

\*The armpit-depth guideline is defined by the individual's height in relation to the water depth at the deepest section of the zone.

\*\*Active adult supervision is defined as a guardian within arms reach of a non-swimmer in the water for every 2 non-swimmers.

**Adult Swim** times are open to all adult members. One lane is available for lap swimming. The rest of the pool is available for therapeutic exercising and slow swimming.

**Water Volleyball** Come join the Stratford Y Water Volleyball Group. Come in and fulfill your weekly need for fun and exercise. See schedule for days and times.

**Water Fit** Moderate intensity water aerobics. This class includes a cardiovascular workout followed by toning exercises using a variety of equipment in the water.

**SilverSneakers® SilverSplash®** offers lots of fun shallow-water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength and balance.



### **What is the SilverSneakers Fitness Program?**

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

Unlock the door to greater independence and a healthier life with SilverSneakers. Health plans around the country offer our award-winning program to people who are eligible for Medicare or to group retirees.

SilverSneakers provides a fitness center membership to any participating location across the country.

### **Personal Training**

Work with a Personal Trainer or Exercise Specialist to reach your personal fitness goals. Our trainers will work with you one-on-one by appointment. Sessions include a baseline assessment and cardiovascular, flexibility, and strength training. An individualized exercise program will be designed for your specific goals and level of fitness. Training sessions can be purchased individually or as part of a package. All workouts must be done on YMCA property. Only YMCA Personal Trainers are allowed to work in the Fitness Center. To schedule an appointment, please fill out a form at the member service counter.

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# HEALTHY LIVING

## **Awesome Abs**

A variety of core exercises to strengthen and tone the mid-section or core of the body which includes the abdominals and lower back muscles.

## **Cardio Interval and Strength**

This class is an excellent way to burn calories, build endurance and strength quickly. A combination of alternating aerobic activity and sports conditioning by utilizing weights, bands and/or core.

## **Cardio Kickboxing**

This class blends athletic drills with martial arts to create a great workout. Learn to use body movements to build self-confidence, release stress and empower yourself.

## **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, flexibility by doing traditional Pilates exercises on the mat as well as use of a stability ball.

## **SilverSneakers® Muscular Strength & Range of Movement ®**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

## **SilverSneakers® YogaStretch**

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

## **Step**

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

## **Strength Express– Upper Body**

Short on time? Try this 30 minute strength class followed by stretching.

## **Strength Training**

A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves that may use barbells, free weights or bands. This motivational class will leave you toned, defined and achieving the results you've always wanted.

## **Yoga**

Grow longer and stronger as you work through movements designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.

## **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.



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# YOUTH DEVELOPMENT

## CAMP & CHILD CARE

### NAEYC Accredited Preschool Program



The Stratford YMCA operates a NAEYC accredited year round preschool program for 3-4 year olds at our main branch. The preschool program uses the CT preschool curriculum and assessment framework. Our preschool provides a wide variety of opportunities for each child to explore and learn in a safe and nurturing environment designed to meet each child's individual need. Activities include, center based learning, indoor/outdoor movement, arts and crafts, science, field trips, as well as story time. Hours are from 9am-3pm with extended care available, from 7am- 9am and 3pm- 6pm.

### Half Day Supplemental Kindergarten

Here is the solution for those children that are ready for a full day of Kindergarten!

The YMCA will provide a half day program to compliment your child's kindergarten experience in the Stratford Public Schools. The children's day will be divided into large group structured activities and small group play periods. A weekly swim time is also included. Children need to bring lunch and a healthy snack.

Transportation  
between your  
child's school  
and the YMCA  
is NOT provided by the Y.



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# YOUTH DEVELOPMENT



## Y Before School

The YMCA offers Before School Child Care for students who attend Stratford Academy, Nichols, Wilcoxson, Eli Whitney, Franklin, Second Hill Lane and Chapel schools. The program includes recreational and enrichment activities.

Drop off for this program begins at 6:45 am



The Stratford YMCA is a licensed provider with the State Care 4 Kids program.

## Y After School

The YMCA, provides extended-day child care to children in grades K-6. After School Child Care is provided for students at Second Hill Lane, Stratford Academy, Franklin, Lordship, Nichols, Chapel, Eli Whitney, and Wilcoxson schools. The program includes a quiet homework time and a variety of recreational activities and games. A snack is provided. The After school program runs from dismissal to 6:00 pm and also provides care on regularly scheduled half days.



CAMP & CHILD CARE

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# YOUTH DEVELOPMENT

## CAMP & CHILD CARE

### Summer Day Camp

The Stratford YMCA day camps provide children and teens the opportunity to have fun and experience challenges in a safe environment with an experienced and well trained camp staff. We focus on presenting children with new opportunities and broadening their experiences through group activities, and to guide them into developing an understanding and appreciation for the four YMCA core values; CARING, HONESTY, RESPECT and RESPONSIBILITY

Regular Camp Hours: 9:00 am - 4:00 pm  
Extended Hours am: 7:15 am - 9:00 am  
Extended Hours pm: 4:00 pm - 5:45 pm

### Discovery Camp Ages 3-5

Your child will have the opportunity to experience a summer program in a caring, nurturing environment. Discovery falls under the Camp Parrot Perch license designed for children ages 3-5. All children in the program must be completely potty trained for the health and safety of all our participants.

Diapers and pull-ups are not permitted at camp. 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.



### Parrot Perch Ages 6-12

While at Camp Parrot Perch, your child will have the opportunity to grow in a safe and fun environment. They will have the opportunity to swim, participate in arts & crafts, indoor games and activities, sports, and outdoor fun. Your child will also have the opportunity to participate in special events, theme days, and more.



### Counselor in Training Ages 13-15

Spend your summer learning to be a great counselor! Participants in our CIT Program learn and develop leadership skills, act as peer role models for younger campers, and have the opportunity to share their talents with the entire camp community. It's a great experience that will prepare young teens for future work and leadership opportunities! This program is for teens 13 -15 years old.



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# YOUTH DEVELOPMENT

## Y Vacation Club

Don't know what to do with the kids when they have a day off from school? Come join the experienced YMCA child care staff from 7:45am-5:45pm for an exciting, fun filled adventure! This program is for children ages 5-12. Children should bring a peanut-free lunch and appropriate clothing. Be sure to bring a bathing suit & towel.

Advanced Reservation Recommended:\*

**\*There is a \$5.00 increase in price to register the day of the event.**



## Parents Night Out

Need a night out away from the kids? Well we have the program for you! Leave your child in the care of our experienced camp team for a fun-filled night of snacks, swimming, movies and games. This program meets the first Friday of the month from October to June from 6:00-10:00 pm for children ages 4 and up. Registration ends the night before the event.

## Youth Fitness Orientation Program

The Youth Fitness Orientation Program is for Youth Y Members ages 10-14. It is a program designed to get youth acclimated in all Y Fitness Facilities including the Health & Wellness Center and Strength Training Center. Upon completion, the youth can use the Fitness Facilities under the direct supervision of an Active Adult Y Member.



**Ages 10-11:** Cardio Equipment Orientation Only

**Ages 12-14:** Cardio Equipment, Life Fitness Equipment, and Free Weights Orientation

Parent must be a current YMCA Facility Member and will take full responsibility of direct supervision of their child in the Y Fitness Facilities once the Youth Fitness Orientation has been completed.

## Martial Arts

Learn Karate from Martial Arts Hall of Famer Master Nancy Robinson. Master Robinson brings decades of experience to the Y, offering expert instruction in the traditional martial art of Tang Soo Do Karate. Students of all ages learn martial techniques, forms, self defense, sparring, weapons and board breaking. Develop confidence to achieve your goals, improve balance and discipline. Learn Korean terminology, relieve stress, and get fit with our comprehensive program based on honor, respect and tradition.



CAMP & CHILD CARE

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# HEALTHY LIVING

## REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING THROUGH THE YMCA'S DIABETES PREVENTION PROGRAM.

The YMCA's Diabetes Prevention Program helps you take control of your health by adopting habits to reduce your chances of developing type 2 diabetes and improve your overall health and wellbeing. Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes **by nearly 60%**.

### ABOUT THE PROGRAM

The program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity in order to reduce their risk for developing diabetes. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly session followed by monthly maintenance.

### PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

### WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI  $\geq$  25)\* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes† by a healthcare provider.

Contact: Kelly Vaughan or Barbara Moore at 203-375-5844



\*Asian individual(s) BMI  $\geq$  22

†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

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# HEALTHY LIVING

## Personal Training

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## COUCH TO 5K

Have you been spending too much time on the couch?

Join the Couch to 5k program and in eight weeks you'll be transformed into a fitter, healthier you – ready to run your first 5k road race if you choose!

This beginner's running schedule has helped thousands of new runners get off the couch and onto the roads, running 3 miles in just two months.

4/16/13 - 6/6/13

6/11/13 - 8/1/13

8/6/13 - 9/26/13



## Sweetheart Run



### Sweetheart Run 4M

STRATFORD YMCA

**Saturday February 9, 2013**  
**Booth Memorial Park**

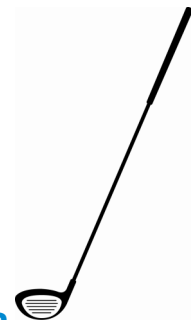
## YMCA's Healthy Kids Day®,



**April 27, 2013**

## TEE IT UP FOR STRONG KIDS

**9th Annual Golf Outing**  
**STRATFORD YMCA**  
**Monday, August 5, 2013**



HEALTH, WELL-BEING & FITNESS

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# YOU BELONG

Membership Gives You Many Opportunities

At the Y we exist to strengthen the community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause and create meaningful change not just for you, but also for your community.

## 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

**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

**LAKESWOOD-TRUMBULL BRANCH** 20 Trefoil Drive Trumbull, CT 06611 P 203 445 9633 F 203 445 9080

**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

**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 Mount Washington, MA 01258

\*Indicates Full Facility Branch including indoor swimming pools

## Bring a Friend!

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



### Volunteer Leadership

The Stratford Family YMCA is governed by our Board of Managers, made up of volunteers from throughout our local community.

Wendy Corris, Chair  
MaryAnn Bonacci  
Lawrence Ciccarelli, Jr.  
Dave Manson  
George Perham  
Ben Proto  
Donna Quill  
Mary Ann Vlahac  
Kerry Whitham



### STRATFORD FAMILY YMCA

3045 Main Street

Stratford, CT 06614

P 203.375.5844 F 203.380.0291

[www.stratfordymca.org](http://www.stratfordymca.org)