



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN, FRIENDS AND FITNESS



**STRATFORD YMCA**  
**Program Guide**  
**Spring Session: April 24 - June 19, 2016**

# HERE FOR YOU

## PROGRAM REGISTRATION

### SPRING SESSION

April 25–June 19

### REGISTRATION DATES

**Facility Member:** Monday, April 4

**Community Member:** Monday, April 11

## YOUR Y STAFF

### **Executive Director:**

Barbara Moore

### **Operations Director:**

Brenda Pasquariello

### **Aquatics/Wellness Director:**

Krystal O'Brien

### **Facility Specialist:**

Ralph Brunks

### **Preschool Coordinator:**

Melissa Daskam

### **Head Swim Team Coach:**

Matthew Pohlman

## STRATFORD YMCA

P 203 375 5844 F 203 380 0291

E [stratfordinfo@cccymca.org](mailto:stratfordinfo@cccymca.org)

## FACILITY HOURS

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

Friday 5:30am-8:00pm

Saturday 7:30am-5:30pm

Sunday 10:00am-4:00pm

## CHILD WATCH\* HOURS

Mon-Thu 5:30pm-8:00pm

\*Available for Family Facility Members

## WEATHER NOTICES

**Television:** Channel 8/My TV 9

**Radio:** WICC 600 am or WEBE 108

**Online:** [ctweather.com](http://ctweather.com) (we are listed under the IAN Cancellations)

**Facebook** (Like us today!)

## MEMBERSHIP FOR ALL

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

Please contact us for more information.

## HOLIDAY HOURS/CLOSURES

New Year's Day	Fri., 1/1	8:00am-2:00pm
Easter	Sun., 3/27	Closed
Memorial Day	Mon., 5/30	5:30am-1:00pm
Independence Day	Mon., 7/4	5:30am-1:00pm
Labor Day	Mon., 9/5	5:30am-1:00pm
Thanksgiving	Thu., 11/24	7:00am-11:00am
Christmas Eve	Sat., 12/24	7:30am-3:00pm
Christmas Day	Sun., 12/25	Closed
New Year's Eve	Sat., 12/31	7:30am-6:00pm



# TOGETHER, WE CAN CREATE A BETTER US

Annual Campaign  
**CENTRAL CONNECTICUT COAST YMCA**

**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 make it possible for children to replace screen time with swimming time, outdoor time and running time. You give them a chance to fall in love with activities and pursuits that can help keep them happy and healthy for a lifetime.

#### **Social Responsibility**

You bring together children from all walks of life and provide opportunities for them to learn from one another. You give them a better understanding of themselves, of their new friends, and how important it is to work toward building a stronger community.

## **GIVE TODAY**

Every dollar donated has a lasting impact on the people of our community. Give today for a better us.

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

#### **SWIM LESSONS**

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#### **SWIM TEAM**

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#### **POOL ACTIVITIES**

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#### **GENERAL PROGRAMS**

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# YOUTH DEVELOPMENT

## SWIM LESSON PROGRAM FEES

### 30-minute classes

\$77 Y Members | \$154 Community

### 45-minute classes\*

\$82 Y Members | \$164 Community

### Perch

At 19 months of age, your child should be able to run and jump. At this stage your child is encouraged to explore their aquatic environment and their own skills with the assistance of their parent. The goal for this level includes propelling oneself through the water and the transition to the preschool swim levels. (19 - 36 months)



Saturdays, 9:00am

## OUR PARENT AND CHILD SWIM LESSON PROGRAM

Our parent and child aquatic program is designed to teach basic water safety skills to children, and teach parents/guardians how to facilitate the learning of those skills during and outside of swim class. Our aquatic team is dedicated to providing a fun and positive environment for the children and parents.

## AGES 6-36 MONTHS

### Shrimp

Children in this class must be at least 6 months old and should have strong head control. (6-8months)

Saturdays, 8:30am



### Kipper

Children in this class must be at least 9 months old, and should sit unassisted and stand with support. (9-12 months)

Saturdays, 8:30am



### Inia

Children in this class must be 13 months old, and should be able to stand unsupported and walk with assistance. (13-18 months)

Saturdays, 8:30am



## OUR YOUTH SWIM LESSON PROGRAM

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

## PRESCHOOL CLASSES AGES 3 TO 5 YEARS

### 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.



Mondays, 5:00pm

Thursdays, 5:30 & 6:00pm

Saturdays, 9:00 & 10:45am

Sundays, 11:30am

# YOUTH DEVELOPMENT

## Eel

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



eel

**Mondays, 5:30pm**

**Thursdays, 5:00pm**

**Saturdays, 9:30 & 11:15am**

## Ray

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



rays

**Mondays, 6:00pm**

**Saturdays, 10:45am**

## Starfish

Swimmers must be able to swim 25 yards with rhythmic breathing for front crawl and no flotation. Starfish will improve on their endurance for front crawl, back crawl, and sidestroke while being introduced to the arm and leg movements for breaststroke.



starfish

**Mondays, 6:00pm**

**Saturdays, 10:45am**

## PROGRESSIVE CLASSES AGES 6 TO 12 YEARS

### Polliwog

(Beginner swimmer)

Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking and arms, gliding from the wall with their faces in the water, and floating.



polliwogs

**Tuesdays, 5:00 & 6:00pm**

**Wednesdays, 6:15pm**

**Saturdays, 9:30 & 11:15am**

**Sundays, 12:00pm**

## Guppy

(Advanced beginner)

Children must be able to swim 15 yards without flotation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency.



guppies

**Tuesdays, 5:30pm**

**Wednesdays, 5:45pm**

**Saturdays, 10:00am**

## Minnow\*

(Intermediate)

Swimmers must be able to swim with proper front crawl and back crawl technique for 25 yards. Minnows will increase their swim endurance while they advance their technique and learn breaststroke movements.



minnows

**Wednesdays, 5:00pm**

**Saturdays, 10:00 & 11:45am**

## Fish\*

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



**Saturdays, 11:45am**

## 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.



flying fish

**Saturdays, 11:45am**

## AGES 13 AND UP

### Teen/Adult\*

This class is for teens and adults who have not had swimming lessons before or who are not comfortable in the water. Basic swimming skills and personal water safety skills are taught. **Tuesdays, 8:00pm**

### 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.

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

# YOUTH DEVELOPMENT



## PRIVATE SWIMMING LESSONS

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

Private lessons are one-on-one and semi-private lessons are two-on-one.

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

Lessons are 30 minutes long and can be purchased in packages of 1, 2 or 4. You can fill out the Private Lesson Agreement form in person or download and print it off of our website.

### Private Lessons

One= \$30 Two= \$50 Four= \$100

### Semi-Private Lessons

One= \$45 Two= \$75 Four= \$150

## BSY TORPEDO SWIM TEAM

A collaborative effort between the Bridgeport and Stratford Ys, our team offers a stimulating, enjoyable program that stresses stroke technique, endurance, sportsmanship, goal-setting, and leadership. We strive to do all this in an environment that embraces the YMCA's philosophy of building spirit, mind, and body for all. We believe these qualities serve our swimmers well in the pool, but also in the classroom and in life.

Practices take place on weeknights at the Stratford Y.



**Short Course Season** 4/4/16-7/29/16

**Ages** 5-18

Facility membership is required.

Visit [stratfordymca.org](http://stratfordymca.org) for more information.

## POOL PARTIES

Have a splash on your birthday! Your party is scheduled for two hours, the first of which is in the pool, followed by an hour in our party room. If you choose our Deluxe Party, the birthday child receives a YMCA Happy Birthday t-shirt and we provide the balloons and tableware based on one of our many party themes. Parties are available on Saturdays from 1:00-4:30 and on Sundays from 12:00-3:30.



# HEALTHY LIVING

## AQUA ZUMBA®

Tuesdays, 11:00-12:00

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

## 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 and creative swimming. 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



## FAMILY SWIM

Family Swim times are for all Y members. 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

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.

## SILVERSNEAKERS® SPLASH®

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

## AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

# HEALTHY LIVING

## HEALTHWAYS SILVERSNEAKERS® FITNESS

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.



SilverSneakers® is a registered trademark of Healthways, Inc.

Get the current Group Exercise Schedule online or at the Y.

### SilverSneakers Classic

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 available if needed for seated or standing support.



### SilverSneakers® Loyalty Program

We are glad that you are being active and having fun with friends here at the Y! To help you stick with it we are offering a new program.

Pick up a new Loyalty Card each month. Have it punched each day you come to the Y to get moving. At the end of the month if you have 10 punches, turn in your card. You will have a chance to win a gift card from a local merchant!

# HEALTHY LIVING

## SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

## SilverSneakers Yoga

SilverSneakers Yoga 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## SilverSneakers Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

## SILVER&FIT®

The Silver&Fit program is designed for older adults! By exercising regularly and meeting new people, you can be Silver, Fit, and Fabulous® too!



## HEALTHY LIFESTYLE PROGRAM

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

### Program Benefits:

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

For more information, please call us at 203 375 5844 or visit our informational sessions at:

- 6:00pm on April 25, May 9, May 23, and June 6, or at
- 12:00pm on May 5, May 19, June 2, and June 16.



# HEALTHY LIVING

## GET F.I.T.

### Free Introductory Training

As a new Y member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. Sessions so that we can help you get started.



## GROUP EXERCISE CLASSES

### 101 CLASSES

30 minute entry level classes, small in size, with a focus on introducing participants to basic exercises and equipment within a supportive environment.

### AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

### BARRE MAT

Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without

the added bulk. Target glutes, core and arms with one of the hottest work outs on the market today.

### BODY WEIGHT TRAINING

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

### 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.

### CIRCUIT TRAINING

A class with different stations, rotated throughout the class, including different stability equipment, weights, jump ropes, balls, steps, agility ladders and lots of hard work!

### DRUMS ALIVE®

Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially! Join a class and experience how it provides an element of fun and creative expression.

### MUSCLE AND CORE

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

# HEALTHY LIVING

## 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.

## PILOXING®

A non-stop, cardio fusion of standing pilates, boxing, and dance that will push you past your limits for a sleek and powerful you.



## NON-STOP TABATA

Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20-seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post workout— get in shape the fast way!

Get the current Group Exercise Schedule online or at the Y.

**NEW!**

## STRENGTH TRAIN TOGETHER

Strength Train Together will blast all your muscles with a high-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!



# HEALTHY LIVING

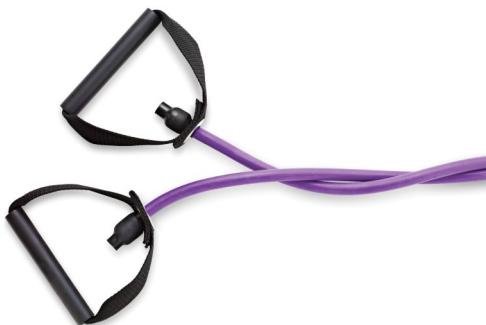
## STEP

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.



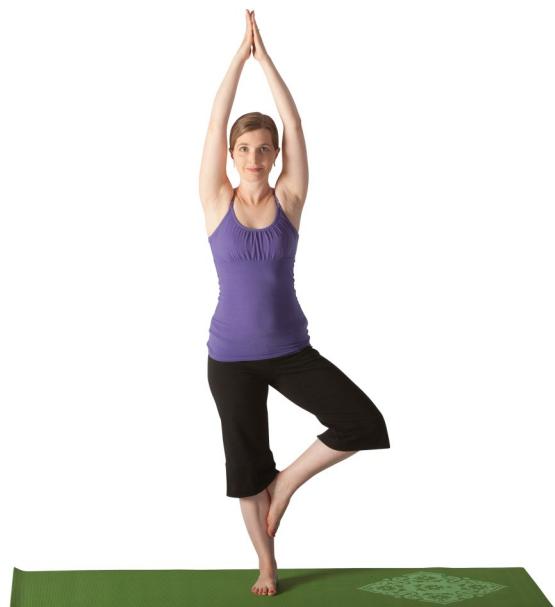
## STRENGTH TRAINING

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®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

## ZUMBA GOLD®

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

# YOUTH DEVELOPMENT

## COUCH-TO-5K

For youth and adults. Get off the couch and away from your screens. Do something very few of your friends have done. This is a great program to get you moving and into running. Couch-to-5K is a walk/run program that gradually eases you into running 3.1 miles in just 8 weeks. Invite your friends, we'll guarantee a lot of fun.

**Tuesdays and Thursdays at 5:30pm.**

**Preregistration is required.**

**Cost is \$25**



## HEALTHY KIDS DAY

**Saturday, April 30, 2016**

This nation-wide free community event will help families have fun through active play and educational opportunities to improve health and well-being. Healthy Kids Day will encourage kids and parents to commit to keeping the body and mind active now and throughout the summer. This is a national event - the nation's largest health day for kids and families!



## S.A.C.C. FAMILY NIGHTS

Enjoy family time at the Y! Look for our themed evening events that offer families time to play together, get together, and live a healthy lifestyle. A light meal will be served. Bring your bathing suits and towels.

**Winter Dates TBA**

**Preregistration is required.**

## ZUMBA KIDS®

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans, where they can play it loud and rock with friends! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Ages 5-11. Cost is \$40 for members, \$80 for the community.

**Fridays at 5:00pm.**

**Preregistration is required.**

## YOUTH FITNESS ORIENTATION PROGRAM

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

# YOUTH DEVELOPMENT

## SUMMER DAY CAMP

### CAMP PARROT PERCH

The Stratford Y Day Camp provides children and teens with an opportunity to have fun, meet new friends, play, and create memories that last a lifetime. Kids learn to share, learn about sportsmanship, and most importantly, they learn about themselves. The children will participate in themed special events, field trips, large camp activities, and more. They also have the luxury of being able to swim **EVERY DAY**.

Registration for Summer 2016 starts 2/1/16.

### WHY THE Y?

The Y been a leading provider of summer camp for over 125 years and continues to provide children and teens with an enriching experience. The Y ensures campers are in a safe environment with trained Y Staff who instill our core values of Caring, Honesty, Respect and Responsibility to help build a child or teen's character. We are committed to strengthening community through youth development, healthy living and social responsibility.



### GENERAL CAMP INFORMATION

Regular Camp Hours: 9:00am-4:00pm

Extended Hours am: 7:15am-9:00am

Extended Hours pm: 4:00pm-6:00pm

We will be hosting Camp Open House sessions from 10:00am until 1:00pm on Saturday, March 19, Saturday, April 30, and Saturday, May 14. On these dates, please come visit the camp and meet the staff. We will show you the camp and answer any questions that you may have about camp and the upcoming summer.

### GRADE LEVEL GROUPINGS

Children are organized according to the grade they will be entering in the fall. Each day, campers will participate in various age appropriate activities.

### REGISTRATION STEPS

**Step 1:** Download, pickup, or have us mail you the registration packet. Download at [stratfordymca.org](http://stratfordymca.org)

**Step 2:** Fill out the registration forms.

**Step 3:** Calculate the deposit.

**Step 4:** Write out your check and either mail or drop off forms at the Y.



# YOUTH DEVELOPMENT

## YMCA PRESCHOOL PROGRAM

The Stratford YMCA operates a NAEYC accredited year-round preschool program for 3-4 year olds at our main branch.

Hours are from 7am-6pm with part-time options available.

Our preschool uses the Connecticut Preschool Curriculum and Assessment Framework. The curriculum includes literacy, math, physical fitness, art, science, and social studies.



We are state licensed with the Office of Early Childhood, and follow the OEC's ratios.

Our preschool staff is certified in CPR and in First Aid.

Children are motivated to explore, manipulate, question, discover, and express their needs through play, group, and individual activities.



Swimming is offered to our preschoolers because we believe that all children should learn to be safe in and around water by the age of 12. Swimming incorporates water comfort, water safety, and stroke development.

Thanks to the Y's Annual Campaign, the Y offers financial assistance to families who qualify. Funds are limited.



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

# 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 6:45am. Please call for specifics.



## 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 Child Care program runs from dismissal to 6:00pm and also provides care on regularly scheduled half days.

### CARE 4 KIDS

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

## Y VACATION CLUB

No school? No problem! The Stratford YMCA is here for your child care needs. Drop your child off with our experienced child care staff for a fun-filled day of games, activities, arts & crafts, swimming, and more!

This program is for youth in grades K-6 and runs from 7:30am until 6:00pm. Please bring a nut-free lunch, a bathing suit, and a towel. Cost is \$40 for Y Members and \$80 for the community.

**Spring Dates TBA  
Preregistration is required.**

## CHILD WATCH

Have the time to exercise but don't have someone to watch your little one? Leave your child with our experience child care staff while you take some time for your health and well-being. Child Watch is available for Family Facility members Monday through Thursday from 5:30-8:00pm.



# YOUTH DEVELOPMENT

## Y FUN CLUB

Snow! Gotta work? Y worry? On days when Stratford Public Schools are closed for inclement weather, the Stratford Y offers programming for school-age children. Located at the main YMCA, students can spend the day in a safe and fun environment challenging their friends to board games, creating art projects, swimming, and much more.

This program is for youth in grades K-6 and runs from 8:00am until 6:00pm. Pre-register today for our Y Fun Club. We will accept children as space and staff requirements allow.

Children need to bring a nut-free lunch, a bathing suit and towel, and appropriate clothes to play outdoors (snow clothes, extra pants, socks, boots, hats, gloves, etc.). Cost is \$40 for Y Members and \$80 for the community.

## 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 child care team for a fun-filled night of swimming, snacks, and games. This program meets on select Fridays between October and June from 6:00-9:00pm for children ages 4 and up. All children must be fully potty trained.

Registration ends the night before the event. Please bring a bathing suit and towel. Cost is \$10 for members.

**Date: TBD**

**Preregistration is required.**



## 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.

Call 203 386 0433 or visit [maconnecticut.com](http://maconnecticut.com) for more information.

# HEALTHY LIVING



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BIG REWARDS SMALL STEPS

### Diabetes Prevention Program STRATFORD YMCA A LOT CAN HAPPEN IN ONE YEAR

Join the YMCA's Diabetes Prevention Program and learn how to reduce your risk for developing diabetes, one small step at a time.

Our one-year community-based program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes.

The YMCA's Diabetes Prevention Program is supported by the Centers for Disease Control and Prevention, the Diabetes Prevention and Control Alliance, and other national organizations committed to preventing chronic disease.

#### YMCA MEMBERSHIP NOT REQUIRED.

To see if you qualify or for information about program fees and financial assistance, contact:

**Kelly Vaughan**, Program Coordinator  
STRATFORD YMCA, 3045 Main Street, Stratford CT  
P 203 375 5844 ext 32 [W cccymca.org](http://cccymca.org)

The YMCA's Diabetes Prevention Program is part of the Centers of Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

People with private health insurance should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1 800 237 4942.

Stratford YMCA, ("YMCA") and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA"), have made a commitment to collaborate on efforts to support a national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses or indications of prediabetes by promoting an effective lifestyle change. The parties referenced above do not warrant or guarantee any specific outcomes for program participants, with respect to diabetes prevention.

New cases of diabetes are reduced

**58% by programs like ours.**

Programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60.

Research from the National Institutes of Health



4/25, 5/9, 5/23, & 6/6, at 6:00pm | 5/5, 5/19, 6/2, & 6/16 at 12:00pm

**DIABETES PREVENTION PROGRAM INFORMATION SESSION**

# **HEALTHY LIVING**

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# **STRATFORD Y SPECIAL EVENTS**

## **HEALTHY KIDS DAY**

**Saturday, April 30, 2016**

This nation-wide free community event will help families have fun through active play and educational opportunities to improve health and well-being. Healthy Kids Day will encourage kids and parents to commit to keeping the body and mind active now and throughout the summer. This is a national event - the nation's largest health day for kids and families!

## **12TH ANNUAL GOLF OUTING**

**Monday, August 1, 2016**

Chipping in to change lives! By sponsoring, playing or attending the 2016 Stratford YMCA Annual Golf Tournament, you will enable the Y to continue to enrich the lives of everyone - infants to senior citizens and all the families in between - through programs and services that develop positive attitudes, build self-confidence and instill strong values for the future. Join us for lunch, a fun round of golf with friends, reception, dinner, awards, and raffles.



## 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 BRANCH** 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



## MEMBER GET A MEMBER

Earn Free Membership Months! Refer a friend to join the Y. When they join as a new Member, you'll receive a free month of membership. See Member Services for the details!

### STRATFORD YMCA

3045 Main Street, Stratford CT 06615

**P** 203 375 5844 **F** 203 380 0291 **W** [stratfordymca.org](http://stratfordymca.org)