A SENSE OF BELONGING A HEALTHIER YOU

FAIRFIELD YMCA
Fall Session Program Guide
August 29–October 23, 2016
Fairfield YMCA  
P 203 255 2834  F 203 259 7744  
Email: fairfieldinfo@cccymca.org

**FACILITY HOURS**
Monday–Thursday 5:30 am–10:00 pm  
Friday 5:30 am–9:00 pm  
Saturday 8:00 am–5:00 pm  
Sunday 7:00–5:00 pm

**HOLIDAY HOURS/CLOSURES**
Easter Sunday, March 27: Closed  
Memorial Day, May 30: 5:30–8:30 am  
July 4: 5:30 am–1:00 pm  
Labor Day, September 5: 5:30 am–1:00 pm  
Thanksgiving, November 24: 7:00–11:00 am  
Christmas Eve, December 24: Closing 3:00 pm  
Christmas Day, December 25: Closed  
New Years Eve, December 31: Closing 6:00 pm  
New Years Day, January 1: 8:00 am–2:00 pm

**WEATHER POLICY:** In the event of inclement weather related closures, we will post information on our Web Site, Facebook, Twitter, and the following television stations: WTNH 8 and News 12.

**PROGRAM REGISTRATION**
Fall Session Registration  
Facility Member: August 9, 9:00 am  
Community Participant: August 16, 9:00 am  
Fall Session Dates: 
August 29–October 23

**CHILD WATCH HOURS**
We will watch your child while you work out!  
Monday–Thursday: 9:00 am–1:00 pm  
4:00 pm–7:30 pm  
Friday: 9:00 am–1:00 pm  
4:00–6:00 pm  
Saturday: 9:00 am–11:30 am

**MEMBERSHIP FOR ALL**
Membership rates are based on a sliding scale according to household income. Please contact the Fairfield Y for more information.

**YOUR YMCA STAFF**
Executive Director: Karen Backus  
Healthy Lifestyle Director: Sue McCall  
Health and Wellness Coordinator: Melissa Arnold  
Membership Coordinator: Laura Comandini  
Aquatic Director: Maureen Scinto  
Aquatic Coordinator: Amanda Goodwin  
Aquatic Coordinator: Sam Mouziyk  
Swim Team Coach: Kevin Quill  
Youth and Family Coordinator: Ryan LeWorthy  
Child Care Coordinator: Kimberly Cossett  
Administrative Secretary: Cheryl Wilson  
Facilities Director: Bob Lewis

**REGISTER ONLINE at www.fairfieldy.org**

View current schedules, programs and events on our website!
BEFORE AND AFTER

School is back in session! That means homework, extracurricular activities, carpools, and expertly maneuvered daily planners to fit everyone’s schedule and needs into each day. Parents, we salute you!

Before you move on to another page, think of how much less stress there is in your life because your children participate in YMCA programs.

Before you review the homework your child completed with the help of a YMCA staff member at our afterschool program, think about the family who doesn’t consider the Y for afterschool programs because they don’t think they can afford to participate.

Before you have to soothe your child and talk to them about the kid at school who doesn’t treat others with caring and respect like your child does; give a gift to the Y to make sure that kid can participate and learn the values of caring, honesty, respect and responsibility – before they start bullying your child.

Before you pass the front desk at pick up at the Y, stop and make a gift to support afterschool programs for all families.

After all, you make it possible for everyone to be a part of the Y. You create the kind of community you want your child to grow up with. Your support provides a safe environment where kids can focus on developing confidence and character.

Your support creates a better future for all. Your support builds a better us.

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.
CONQUER MOTHER NATURE’S LAP POOL

3RD ANNUAL FAIRFIELD YMCA MILE SWIM
Open Water Swim to Benefit Our Annual Campaign

WHEN:
Saturday, September 17, 2016 - 9 a.m. Race Start

WHERE:
Penfield Beach, Fairfield

WHO:
4 – 7 years (parent assisted): 50 Yards
8 – 12 years: 200 Yards
12+ years: 1 Mile
University Challenge
Tri-Club Challenge

REGISTRATION & MORE INFORMATION:
Visit http://tinyurl.com/gs5spvu
Officially sanctioned by Connecticut Masters Swimming

FOR SPONSORSHIP INQUIRES CONTACT:
Andy Davis E adavis@penfieldsearch.com

Event proceeds benefit our Annual Campaign which directly provides financial assistance for children, families and individuals in our community to participate in Fairfield Y programs. From our summer camp and swim programs, to teen leadership and senior wellness, the Y offers an array of health and human services to all.

For more information contact Fairfield YMCA Executive Director Karen Backus at 203 255 2834 ext.2316 or kbackus@cccyymca.org.
SOCIAL RESPONSIBILITY

SUNDAY
SEPTEMBER 25, 2016

Schedule of Events
KidZone Challenge (9am)
2 Mile Non-Competitive Fitness Walk (10:00am)
5K Road Race (10:00am)

EVENT FEATURES
FREE RAFFLES for all runners and walkers (must be present to win)
5K Certified Course Through Scenic Southport Harbor • Computer Chip Timing
2 mile Non-Competitive Fitness Walk
NEW KidZone Challenge! 100 Yard Scamper, 1 Mile Jog, Fun ZigZag, Hoola Hoop & Jumping Challenges!
Free T-Shirt and Gift Bag to first 800 Run/Walk entrants & first 200 Kids’ Fun Run entrants
Complimentary food and beverages
FREE CHILDCARE PROVIDED BY THE YMCA AND BIGELOW STAFF
Fun Events for the whole family!
Facepainting • Balloon Artist • Temporary Tattoos
Live Music • Food

Meet Biggie, our mascot, at the Bigelow Tea Mobile Tea Bar!

Registration/Bib Pick-up
Pre-Race Day
Saturday, Sept. 24th 9AM to 3PM
Fairfield YMCA,
841 Old Post Road Fairfield, CT

Day of Race
Sunday Sept. 25th,
Opens 8AM, Closes 15 minutes prior to the start of each event

Event location
Wakeman’s Club
385 Center Street, Southport, CT

Call Michele Goldberg (203) 330-2569 or email mgoldberg@rcbigelow.com for more information.
For additional forms or to register online go to www.bigelowtea.com.
Please do not call Wakeman’s Club for race information!

The Fairfield YMCA will be one of the recipients to receive funds raised from the Bigelow Community Challenge. These funds will go directly to the Y’s Annual Campaign that provides financial assistance for children, families and individuals to participate in our YMCA. From our summer camps and swim programs, to teen leadership and senior wellness, the Fairfield YMCA provides a comprehensive array of health and human services. For more information on the Y’s Annual Campaign, contact Executive Director Karen Backus at 203 255 2834 or kbackus2cccymca.org.
YOUTH DEVELOPMENT

Youth Sports

YMCA Youth Sports “We Teach FUNdamentals”

Fall Session: August 29-October 23

Fee: 8 week class session is $90 Members, $180 Community

The Fairfield YMCA Youth Sports program is built on values, sportsmanship, and FUNdamentals. Check out our new age groupings and progressive sports classes. Children will have fun while learning basic skill development and game experience. Classes are taught by caring and professional staff.

For more information contact Youth and Family Director Ryan LeWorthy at 203 255 2834 ext. 2315.

Private Sports Classes:
Book a package of 8 private sports classes for your child and their friends during a time of your choosing!
Sports options include soccer, basketball, t-ball and more!
Starts: When you want it, ends when you want it!
Member: $90 per child, Community: $180 per child.

Archery
Ready aim FIRE! Learn proper technique for shooting a bow and arrow, as well as basic bow maintenance. Equipment is provided.
Tuesday: Ages 8–Adult, 5:30–6:20 pm

Young Archers
A beginner class for our young archers on equipment geared toward this age group.
Thursdays: Ages 6–8, 5:30–6:20 pm
*Both classes held at the YMCA

Private Basketball or Baseball Lessons
Work one on one with a coach who will help your child learn the game of Baseball and/or Basketball. Each lesson is 45 minutes.
For ages 8 and above and by appointment.
Fee: $30 Y Member, $60 Community
Contact Ryan LeWorthy at 203 255 2834 ext. 2315 or rleworthy@cccymca.org

Basketball I
Designed for the child who has never played basketball before or who is still learning the game. Your child will learn the basics of dribbling, passing and shooting.
Saturday: Ages: 4 & 5, 9:00–9:50 am
Ages: 6 & 7, 10:00–10:50 am
* Held at the YMCA Gym

MORE INFORMATION ONLINE AT www.fairfieldy.org
Lacrosse
Designed for beginning and intermediate players. This class emphasizes individual lacrosse skills and also incorporates elements of game strategy using 3v3 small sided game. Equipment is provided, but we encourage you to bring your own.
Monday: Ages 4-6, 4:00-4:50 pm
*Held at Veres Park

Soccer I
Designed for the child who has never played before or who is still learning the sport. Your child will learn the basics of dribbling, passing and shooting.
Mondays: Ages 4-5, 4:00-4:50 pm
Wednesday: Ages 6-8, 4:00-4:50 pm
* Held at Veres Park

Multi Sports
Participants will be challenged to learn quickly as they explore Basketball, T-ball, Soccer and Kickball, which rotate weekly. Great class to help your child see which sports they truly excel in!
Friday:
Ages 3-5, 4:00-4:50 pm
Tuesday:
Ages 6-8, 4:00-4:50 pm
* Held at the YMCA Gym

Y Party–By–Design!

**Birthday Parties**
- Sports
- Camp Games
- Entertainment:
- Storytelling
- Magic
- Teen Party
  DJ optional
- Arts & Crafts
- Princess Parties
- Outer Space Party

**Special Events:**
- Baby Showers
- Corporate Events
- Graduation Party
- Clubs
- Mom’s Club
- Holiday Parties

Our Party Coordinator will work with you to custom design the party. So many to choose from!

For more information, questions or to set up your next event contact Party Coordinator Ryan LeWorthy at: 203 255 2834 ext.2315.

MORE INFORMATION ONLINE AT www.fairfieldy.org
**Youth Wellness Orientation Bracelet Program**

Our Youth Wellness Orientation Bracelet Program is 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.

**Wellness Center: Yellow Bracelet**
Youth Members 10-13 years of age are permitted to exercise on the cardiovascular equipment, with a parent, after completing a free orientation with a Wellness Coach. The Youth Member must wear a yellow wristband when working out in the Branch.

**Prerequisite:** Must have completed yellow bracelet training.

**Fee:** Free to Y Members only.

Call ext. 2326 to schedule a Youth Parent Cardio Orientation.

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**Floor Hockey**

Floor hockey is a hockey stick and ball game played indoors, on a flat floor surface. Each participant will learn the basics of hockey including passing, shooting and normal game play.

**Tuesday:** Ages 5-8, 5:00-5:50 pm
* Held at the YMCA Gym

**Flag Football**

A fast-paced and non-contact game of football which will develop skills on both the defensive and offensive end of the ball. **Thursday:** Ages 8 and older 5:00-5:50 PM
* Held at Veres Park Fields

**T-Ball**

A great way for your child to learn about the game of baseball. Your child will learn hitting with a tee, and game play from our outstanding coaches.

**Thursday:**
Ages 4-6, 4:00-4:50 pm
* Held at Veres Park Baseball Field.

**Tennis**

Tennis introduces youngsters to the sport of tennis in both a fun and rewarding way. Fun is what keeps young players interested in tennis year after year.

**Wednesdays:** Ages 5-8, 5:00-5:50 pm
* Held at Veterans Park Tennis Courts.

**Is your child interested in Ballet and/or Kid’s Zumba?**

Contact Youth and Family Coordinator Ryan LeWorthy at 203 255 2834 ext. 2315, if your child is interested in participating in a Ballet and/or Kid’s Zumba class.

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MORE INFORMATION ONLINE AT www.fairfieldy.org
YOUTH DEVELOPMENT

FLYFINS Swim Team Season is August 29 2016–March 2017

The Fairfield YMCA FLYFINS Swim Team focuses on developing the whole swimmer, and providing each of them with the coaching, and guidance to build confidence through improvement and success. This program promotes character development while providing fitness, friendship and fun. This competitive swim team offers instruction, training, and competition. The team participates in both YMCA and USA swim meets. Potential team members must have completed the Y’s Flying Fish level swim course. Practice times vary by age and experience. For more information, contact Swim Team Coach Kevin Quill at: kquill@cccymca.org or 203 255 2834 ext.2323.

Clinics and Evaluations

Any one interested in participating on the team as a new member, must attend the clinic for the evaluation process to take place in that setting 45minutes each day, for five days. Sign up for evaluations is done through the swim team bulletin board. Swimmers must swim 100 IM demonstrating each Stroke. Space is limited, not all swimmers who are evaluated will make the team.

Dates: September 12
Ages 6–10, time: 5:15–6:00 pm
Ages 11–19, time 6:00–6:45 pm
Fee: $100 Y member, $150 Community

Fees for Swim Team Season 2016–17 Season is August 29–March

Juniors 1 and 2: $1,100, Junior 3: $900
Age Group 1: $1,275, Age Group 2: $1,225
Seniors: $1,325 High School: $800
Fees include USA Registration, USA meets (Sat/Sun), Sanctioned Meets, T-shirt and Banquet.

Registration Dates: Current team participants: August 8–26
Open Registration: September 1. Coach Kevin will designate the level of participation for each team participant.
Practice begins August 29th
YOUTH DEVELOPMENT

Y Aquatic Programs and Swim Lessons
Fall Session: August 29–October 23

TEACHING PEOPLE TO SWIM
FOR OVER 150 YEARS!

Swim Lesson schedule is available online at www.fairfieldy.org

There are 3 ways to swim this Fall at the Y!

**Group lessons** For ages 6 months to Adult

**Private Classes** By appointment only.
Must be 5 years of age and older. Private Lessons are offered in packages of 1, 2 or 4 lessons. Each lesson is 30 minutes.
For Y Members only.

**Packages:**
- Individual Lesson: $55
- 2 Lesson Package: $110
- 4 Lesson Package: $220

**Semi Privates:** Lessons for 2 children at a time who are at the same level. Sold in a block of 4-30 minute lessons. For Y Members only. **Fee: $300**

**Thunderstorms** During thunderstorms, the State of Connecticut requires that all public pools close for 30 minutes after the last clap of thunder. A land water safety class will be held during scheduled lessons, when the pool is closed due to inclement weather.

**Swim Lesson Make-up Practice** If a swimming lesson is cancelled by the YMCA, a system credit will be issued to all participants within a week of the session ending. If a participant is absent from a group swimming lesson, a maximum of two make-up classes may be scheduled within the current program session, pending class availability.
## PARENT AND CHILD SWIM LESSONS

<table>
<thead>
<tr>
<th>Ages 6 to 36 Months</th>
<th>Shrimp 1:10 class ratio</th>
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<tbody>
<tr>
<td>Children in this class must be at least 6 months old and should have strong head control. (6-8 months)</td>
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<tr>
<th>Kipper 1:10 class ratio</th>
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<tr>
<td>Children in this class must be at least 9 months old and should sit unassisted and sit with support. (9-12 months)</td>
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<tr>
<th>Iniia 1:10 class ratio</th>
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<tr>
<td>Children in this class must be 13 months old and should be able to stand unsupported and walk with assistance. (13-18 months)</td>
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### PRESCHOOL CLASSES

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<thead>
<tr>
<th>Ages 3 to 5 years</th>
<th>Pike 1:6 class ratio</th>
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<tr>
<td>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.</td>
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<tr>
<th>Eel 1:6 class ratio</th>
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<tr>
<td>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.</td>
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<tr>
<th>Ray 1:6 class ratio</th>
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<tr>
<td>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.</td>
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<tr>
<th>Starfish 1:6 class ratio</th>
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<tr>
<td>Swimmers must be able to swim 25 yards with rhythmic breathing for front crawl and no floatation. Starfish will improve on their endurance for front crawl, back crawl and sidestroke while being introduced to the arm and leg movements for breaststroke.</td>
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### PROGRESSIVE CLASSES

**AGES 6 TO 12 YEARS**

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<tr>
<th>Polliwog 1:8 class ratio (Beginner swimmer)</th>
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<tr>
<td>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.</td>
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<tr>
<th>Guppy 1:8 class ratio (Advanced beginner)</th>
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<tr>
<td>Children must be able to swim 15 yards without floatation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance and improving sidestroke efficiency.</td>
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### Y Swim Lesson Classes Description

<table>
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<tr>
<th>Description</th>
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<tr>
<td>30 minute class is $95 for Member, $190 for Community</td>
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<tr>
<td>45 minute class is $105 for Member, $210 for Community</td>
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</tbody>
</table>

| Fee: $120 Y member, $200 Community |
| Saturdays: 3:30-5:00 pm |
| Porpoise Club |

**Private Classes:** By appointment only. Must be 5 years of age and older. Private lessons are offered in packages of 1, 2 or 4 lessons. **Semi Privates:** Lessons for 2 children at a time who are at the same level. Sold in a block of 4-30 minute lessons. Private and Semi Private classes are for Y Members only. By appointment, contact Maureen Scinto at 203 255 2834 ext. 2318.

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**MORE INFORMATION ONLINE AT www.fairfieldy.org**
Swim Clubs
For Fairfield Public Schools
Swim Clubs for Fairfield Schools. YMCA bus will pick up participants at school and parents pick up at the Y. On days that school is not held or when there is an early dismissal, parents should bring their child to their scheduled lesson.

Monday Swim Club Schedule
Fall Session I: September 12 –October 17
Off September 29 and October 3 and 5
Mill Hill: Monday at 3:45-4:15 pm
Sherman School: Monday at 3:45-4:15 pm
Ludlowe Middle School: Monday at 3:30-4:15 pm
Tomlinson Middle School: Monday at 3:30-4:15 pm
Fee prorated for days off: $75 for Y Member, $150 Community
Bus Fee: $10

Wednesday Swim Club Schedule
Fall Session I: September 7–October 19
Off September 31 and October 12
Holland Hill School: Wednesday at 3:15-3:45 pm
Riverfield School: Wednesday at 3:45-4:15 pm
Fee prorated for days off: $90 for Y Member, $180 Community
Bus Fee: $13

Friday Swim Club Schedule
Fall Session I: September 2–October 21
McKinley School: Friday at 3:45-4:15 pm
Riverfield School: Friday at 3:45-4:15 pm
Sherman School: Friday at 3:45-4:15 pm
Fee: $120 for Y Member, $240 Community
Bus Fee: $15
For more information contact Aquatic Director Maureen Scinto at: mscinto@cccymca.org or ext.2318

Black Rock Bucaneers
Dates
Monday: September 12–December 6
Friday: September 16–December 23
Time: 3:15-3:45 pm
Fee: Monday Class: $100 for Y Member
$180 for Community
Friday Class: $120 for Y member
$200 for Community
Bus fee: One way: $15
Round trip for children who are enrolled in the Lighthouse program: $25
Bus to Smilow Burroughs Club House: $30

Saints Swim Club
Saint Ann: September 12–December 16
Tuesday and Thursday at 2:30-3:15 pm
Fee: $150 for Y Member, $275 Community
Bus: Round trip $25 or one way $15
Assumption Holy Family: September 13–December 14
Wednesdays at 3:00-3:45 pm
Fee: $100 for Y Member, $200 Community
Bus: Round trip $25 or one way $15
Saint Thomas: September 12–December 16
Monday and Friday at 2:30-3:15 pm
Fee: $150 for Y Member, $275 Community
Bus: One way only $15

Adaptive Aquatics (Special Kids)
Ages 3 and up: 1:1 class ratio
This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany if needed.
Date: August 29–October 23
Fee: 7 weeks, $90 for Y Member, $170 Community.
For more information on Aquatic programs, contact Aquatic Director Maureen Scinto at mscinto@cccymca.org or 203 255 2834 ext.2318.
**Junior Life Guarding/Porpoise Club**
Introduction to life guarding for ages 11-14, includes CPR and First Aid.
Must be able to swim 25 yards with rotary breathing, tread water for 1 minute and swim 10 feet underwater. Held on Sundays.
**Time:** 5:00-7:00 pm
**Date:** TBA
**Fee:** $100 Member, $150 Community

**Diving Classes** Learn to dive at the Y. Each session is 4 classes. Fee: $50 Y for Member, $90 Community 
**Day Class:** August 30 – October 20
**Time:** Tuesday and Thursday 11:00 – 11:45 am
**Night Class:** August 30 – October 20
**Time:** Tuesday and Thursday at 8:15 – 9:00 pm
Fee: $95 for Y Member, $190 Community
**11:30 am – 12:00 pm Fee:** $85 for Y Member, $170 Community

**Adult Lessons** For ages 13 and up.
Group instruction for beginners and intermediate swimmers. Emphasis is on specific needs, rather than mass drills.
**Day Class:** August 30 – October 20
**Time:** Tuesday and Thursday 11:00 – 11:45 am
**Night Class:** August 30 – October 20
**Time:** Tuesday and Thursday at 8:15 – 9:00 pm
Fee: $95 for Y Member, $190 Community
**11:30 am – 12:00 pm Fee:** $85 for Y Member, $170 Community

**Aquatic Specialized Training (AST)**
Aquatic Exercise for Rehabilitation.
Aquatic Specialist will assess needs, and design the right specialized aquatic rehabilitation and aquatic training program for those with functional limitations. Each session is 45 minutes.
**Sessions available Individual 45 minute**
**Session:** $55    **3 Sessions:** $165
**6 Sessions:** $300  **8 Sessions:** $400
Call Aquatic Director Maureen Scinto at ext. 2318 for more information.
Engage beyond the school day!

Y SCHOOL AGE CHILD CARE AFTER SCHOOL

2016-2017 School Year

Where can children meet other children, finish homework without a hassle, do arts and crafts and play outdoors? How can parents have peace of mind that their children are in a safe, fun atmosphere that models and teaches the YMCA four core values of Caring, Honesty, Respect, and Responsibility?

In the Fairfield Y School Age After School Care Child Care!

After school care is provided for kindergarten through 5th grade for Fairfield Public Elementary School students. Transportation provided. Scheduled early dismissals are included.

State licensed. 1:10 staff/child ratio.

Fees for 2016-2017 School Year

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<thead>
<tr>
<th>Days</th>
<th>YMCA</th>
<th>Holland Hill</th>
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<tr>
<td>5</td>
<td>$415 Member, $495 Community</td>
<td>5</td>
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<tr>
<td>4</td>
<td>$351 Member, $415 Community</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>$255 Member, $305 Community</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>$195 Member, $230 Community</td>
<td>2</td>
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2016-2017 SCHOOL AGE CHILD CARE AFTER SCHOOL is ongoing.

For more information on School Age Child Care contact Youth and Family Coordinator Ryan LeWorthy at 203 255 2834 ext.2315 or rleworthy@cccymca.org.
**YOUTH DEVELOPMENT**

**Y After School Child Care for 5th-7th Grade**
An after school program designed to engage students in 5th through 7th grade. Includes help with effective time management for school assignments, ongoing community outreach and service, group games with relaxed competition such as dodge ball, ultimate Frisbee, flag football and more. We welcome children in grade 5 in all Fairfield Public Schools and children in grades 6 and 7 in Tomlinson and Ludlowe Middle School.

$10 one time registration fee required.
Fees: $18 per day Y Member
$20 per day Community
Registration and Health forms must be received prior to first day’s attendance.

**Full School Early Dismissal Days for K-5th grade**
The Fairfield Y After School program has a solution. A one day at a time option for students who need after school care only on some of the nine early dismissal days. Children are picked up at their school by the Y bus and transported back to the Y for an afternoon of fun and games. Healthy snack will be provided. Program is held until 6:00 pm.

2016 Fairfield Public School Fall Early dismissal dates:
October 18, 19, 26, 27
November 23
Fee:
Fairfield Public Elementary Schools:
$50 Y Member, $75 Community

For more information contact Youth and Family Coordinator Ryan LeWorthy at 203 255 2834 ext.2315 or

**Y Vacation Club at the Fairfield Y**
For ages K-6th
Children will enjoy a fun packed day of activities, on their day off from school. Activities include swimming, sports, arts and crafts, playing games and much more!

Dates: 2016 Fairfield Public School Fall days off
August 29, 30, 31
September 5
October 3–Rosh Hashanah
October 12–Yom Kippur
November 8–Election Day
November 11–Veteran’s Day
November 25–Thanksgiving

Fee and times:
Half Day 8:00 am–1:00 pm
Fee: $40 Y Member, $40 Community
Half Day 1:00–6:00 pm
Fee: $40 Y Member, $40 Community
Full Day 8:00 am–6:00 pm
Fee: $75 Y Member, $80 Community

*Vacation Club fees are non-refundable.
Register early to reserve your child’s space.
For Full Day session, bring a bathing suit and towel for swimming, lunch and active clothing should be worn on these days. All participants not currently enrolled in the Y’s after school program, will need to complete a registration packet. In addition, a current health form and medication authorization form, if needed, need to be filled out prior to attending Y Vacation Club.

MORE INFORMATION ONLINE AT www.fairfieldy.org
Fairfield Y Preschool Programs

2016–2017 Preschool registration is ongoing

“Daily” curriculum follows the CT Early Learning Development Standards (CTELDS). This includes science, math, literacy, language, creative arts, social and emotional development.

**Playdays for Two Year Olds**
Sustained independent and group free play, stories, arts and crafts, monthly instructional gym and gymnastics, and music and creative movement. State licensed, 1:4 staff/child ratio. Must be age Two by December 31.
Time: 9:00 am–12:00 pm
5 Days: Monday–Friday
Fee: $575 Y for Member
$690 Community
3 Days: Monday, Wednesday and Friday
Fee: $345 Y for Member
$410 Community

**Lunch Bunch**
Children spend time playing with toys in the room and using gross motor skills in the gym, dance studio, or outside. Art projects weekly. Sign up by the day, week or month as needed. Receive a 20% discount if month is paid in full by the first of the month.
Days: Monday–Friday
Times:
Two’s: 12:00–1:00 pm
Three, Four and Five year olds: 1:00–2:00 pm or 2:00–3:00 pm
Fees: $10 an hour per child Y for Member
$15 an hour per child Community

**Cooking Adventures Class**
3–5 year olds
Children will practice their cutting and spreading skills with plastic utensils. They will aid in measuring and mixing. They will also learn about healthy foods, setting a table and table manners.
Dates: Monday’s, September 26–October 31
Time: 1:00–2:00 pm
Fee: $100 Y member, $160 Community

**Science Adventures 2–5 year olds**
Come explore and experiment with our five senses! Children will learn by touch, sound, smell and sight. They will discover nature through outdoor walks; and create songs, stories and crafts through scientific experimentation!
Dates: Wednesday’s, September 28–November 2
Time: 1:00–2:00 pm
Fee: $100 Y member, $160 Community

**Musical Adventures Class**
2–5 year olds
Children will be making and playing their own instruments, learning rhythmic movements, singing songs and creating imaginative stories! Each class will begin with a brief yoga session where the children will learn various poses of relaxation.
Dates: Tuesday’s, September 27–November 1
Time: 1:00–2:00 pm
Fee: $100 Y member, $160 Community

**Three Year Old’s**
Includes weekly swim lessons, monthly instructional gym, gymnastics and music classes. State licensed. 1:10 staff/child ratio. Must be potty trained.
Three Year Old program: Monday–Friday
9:00 am–1:00 pm.
Fee: Three year olds: $575 Y for Member
$690 Community

**Preschool Four and Five year olds**
Includes weekly swim lessons, monthly instructional gym, gymnastics and music classes. This program also includes field trips. State licensed, 1:10 staff/child ratio.
Days: Monday–Friday
Time: 9:00 am–1:00 pm
Fee: $575 Y for Member
$690 Community

More information online at www.fairfieldy.org
Top 10 ways for your family to have fun at the Fairfield Y this Fall!

1. **Open Swim Families** having fun swimming and playing in the Pool.
2. **Family Fun Night** Families gather together for a special night of food, games, swimming and fun!
3. **Arts and Crafts Workshops** Children having fun creating their own themed crafts.
4. **Open Gym Families** have fun playing basketball, soccer or just throwing a ball around.
5. **Vacation Club** Children have fun doing special activities and trips on their day off from school.
6. **4th-7th Grade Neon Nights** 5th, 6th and 7th graders have fun playing games swimming and dancing.
7. **Septa Family and Teen Night** Fun activities for Septa Families and Teens to enjoy at the Y.
8. **Birthday Parties** Celebrate your child’s birthday at the Y! So many parties to choose from.
9. **Parent and Child Swim Classes** Have fun with your little one in the pool while they learn to swim.
10. **Halloween at the Fairfield Y** Families welcomed to stop by the Y for a tasty treat or a spooky trick!

Neon Night for 4th–7th Grade
Includes swimming, DJ, Joust, gym games, Monster Boxing Gloves, pizza, ice cream sundae and a raffle ticket for a great gift certificate to places like Carabiners, Chef’s Table and more!
Held Saturday nights.
**Time:** 6:30–9:00 pm
**Fee:** Y Member $12, Community $14
At the door $20 for everyone!
*Parent Chaperones receive a voucher for the next Neon Nights!*

Neon Night Dates:
Held Saturday, September 10, October 8 November 12, December 6
Register online at fairfieldy.org or call the Welcome Center Desk at 203 255 2834.

Septa Teen Night
Have fun at the Y! Dancing, swimming and Wii; activities vary month to month, but are always a blast! This event is held for Middle and High School SEPTA teens. Septa Teen Night is held the last Friday of the month at the YMCA from 7:00–8:30 pm.
**Please R.V.S.P. to Diane Baxter at: 203–366–6693 or Meg Barlow at: JMTTBL@optonline.net.**
**Fee:** Free

Red Cross Blood Drive Monday, September 12
**Time:** 1:45–7:00 pm
Donors can call (800)RED-CROSS or log onto www.redcrossblood.org to make an appointment.
HEALTHY LIVING

For Healthy Living
Improving the nation’s health and well-being

Workout in the Y’s Wellness Center!
Our Wellness Center includes state of the art Life Fitness cardiovascular and strength training equipment, and a stretching area for flexibility and functional exercises.

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. Together, we will help you to understand your goals and expectations, so that we can develop an action plan to ensure your success. We will also review your progress toward your wellness goals and expectations, help you define and commit to your goals. For more information, please speak with the Wellness or Member Service Staff.

Personal Training

Work one on one with a Fairfield YMCA Personal Trainer. Whether it is performance or health related, the Fairfield YMCA’s trainers can design the right training program for you to optimize your health and reach your wellness goals. Land and aquatic training’s available.

Call Health and Wellness Coordinator, Melissa Arnold at 203 255 2834 ext.2326 for more information.

Pre-Rehabilitation
Before surgery prepare yourself by increasing your strength and stamina.

Post-Rehabilitation
Y trainers are available to work with Doctors and Physical Therapists to provide a smooth transition from rehabilitation to a personal work out.

All Fairfield YMCA Personal Training staff are professionals who are fully certified through nationally recognized organizations and several staff have MA’s in Exercise Science or Athletic Training.

Personal Training Packages:
Individual Session $75, 3 Session Package $210, 6 Session Package $415, 10 Session Package $675, 20 Session package $1,230 * Payment plan available.
GET INSPIRED BY THE INFINITE POWER OF SYNRGY360!

Synrgy360 provides inspirational fitness experiences to increase a diverse workout. Synrgy360 is about more than just working out, its revolutionary concept provides limitless opportunities to train smarter, better, and more effectively. It’s a full-service training nerve center that can be tailored to serve the broad scope of your goal and facilitate the latest fitness trends. Whether you workout in small group trainings or personal training, Synrgy360 will take your workout to the next level!

Synrgy 360 Circuit, Interval, Functional and Sports Specific Group and Individual trainings are available upon request.

Group Classes: Workout with friends or family. Group training is a cost effective training option for reaching your optimum goal. 2–6 Members per group

Fee: 3 Classes $300, 6 Classes $580, $10 Classes $950

For Personal Training see Personal Training information on page 18.

For more information contact:
Health and Wellness Coordinator, Melissa Arnold at ext.2326.
FAIRFIELD YMCA HEALTHY LIFESTYLE PROGRAM

CHANGE YOUR CHOICES
CHANGE YOUR LIFE

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

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

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

Please call to register for one of the following Fairfield Y Information Sessions:

Thursday, August 4 at 1:00 pm
Wednesday, August 17 at 11:00 am
Thursday, August 25 at 11:00 am
Monday, September 1 at 7:00 pm
Wednesday, September 7 at 11:00 am
Thursday, September 15 at 1:00 pm
Monday, September 26 at 6:00 pm

For more information contact
Healthy Lifestyle Director Sue McCall at:
203 255 2834 or smccall@cccymca.org

MORE INFORMATION ONLINE AT www.fairfieldy.org
HEALTHY LIVING

Group X Classes

Session 1: August 29–October 23

Achieve your wellness goal through Group X Classes

**Balance & Flex Together**
Balance & Flex will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. **Date and Time TBA**

**New!** **Body Shock with Geraldo Lambert** is an athletic conditioning to boost strength and endurance, sharpen agility and improve your energy. Challenge yourself like you never have before!
**Body Shock will be held Monday’s from 8:00–9:00 am. For Y Members only.**

### CARDIO

**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 bod workout. Enjoy!
**Days: Tues and Thurs, 9:05–9:50 am**
**Fee: $90 Y Member, $180 Community**

**Cardio Barre**
Barre movements with intervals of cardio. There is minimal impact but don’t let that fool you. One of the best workouts with standing and seated work.
**Mat needed. For Y Members.**
**Day: Thursday, 5:15–6:00 pm**

**Boot Camp**
Challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout.
**Days: Monday and Wednesday, 9:20–10:20 am, Saturday 9:00–9:50 am**
**For Y Members only.**

**Cardio Sculpting**
A complete body workout incorporating intervals of cardio, strength, toning, power and balance.
**For Y Members only.**
**Days: Tuesday at 9:30–10:20 am**
**Friday at 8:15–9:00 am**
**Sunday at 9:15–10:00 am**

**Cycling**
A unique group exercise class performed on stationary bicycles set to great and motivating music! A cardio and strength workout for all levels. Classes are 45 minutes.
**For Y Members only.**
**Days: Monday 5:45 am, Tuesday 8:30 am, Wednesday 5:45 am, Friday 9:15 am, Saturday 8:00 am**

**Deep Water**
A dynamic workout using cardio and strength training intervals in the deep end of the pool.
**Days: Monday, Wednesday and Friday 9:10–10:55 am**
**Fee: Member: 2 Days $90, 3 Days $180**
**Community: 2 Days $135, 3 Days $270**

**Deep Water Boot Camp**
A challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout. Done in the deep water.
**Days: Tue and Thurs, 9:10–9:55 am**
**Fee: $90 Y Member, $180 Community**
WANT TO START EXERCISING BUT NOT SURE YOU ARE READY FOR ANY OF THE CLASSES OR PROGRAMS? Try our 101 Class! This 30 minute entry level class is small in size and will help you make new friends, become part of a group, and learn to incorporate exercise into your lifestyle. This class will support you and teach you how to do exercise!

For Y Members
Day: Tuesday: 10:30–11:00 am

HIIT (High Intensity Interval Training)  
An efficient and effective workout for those who want quick results. Short bursts of activity with periods of less intensity give you guaranteed results. For Y Members.
Day: Thursday, 9:30–10:15 am.

Non-Stop Tabata and Tabata Kick Boxing  
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! For Y Members.
Day: Tuesday, 10:30–11:15 am

Strength Training 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.
For Y Members only
Classes held Wednesdays, 5:00–6:00 pm, Fridays, 9:20–10:20 am and Saturdays, 10:15–11:15 am.

Trifecta Workout  
This fantastic workout will stretch your cardio capacity with a triple cardio combination of floor aerobics, step and Zumba. Great Cardio workout.
For Y Members only.
Day: Monday, 6:00–6:50 pm

Zumba®:  
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.
Day: Wednesday, 6:15–7:15 pm. For Y Members.

STRENGTH

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.
For Y Members only.
Day: Thursday, 5:45–6:30 am.

Muscle and Core  
Strength training which may use free weights, stretch bands, and medicine balls to encourage core strength throughout, followed by stretching.
For Y Members only.
Day: Thursday, 5:45–6:30 am.

Pilates Mat  
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.
For Y Members only.
Day: Monday, 11:30 am–12:15 pm
Thursday, 8:30–9:15 am

Small Ball Workout  
Relieve back pain, reduce stress and excess muscle tension using ball positions with breathing techniques.
Day: Thursday, 9:00–9:35 am
For Y Members only.

Stretch and Strengthen  
A synergy between the stretching and modern Pilate techniques to strengthen. This ultimate body and mind workout will leave you feeling fantastic and toned!
For Y Members only.
Day: Sunday, 8:15–9:00 am
HEALTHY LIVING

YOGA

Hatha Yoga
This yoga class revitalizes both body and mind. It strengthens the body through gentle stretching, correct breathing and meditation.
For Y Member only.
Days: Thursday, 10:45-11:45 am

Qi Gong
Qi Gong means “life energy cultivation”. It uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy.
For Y Members only.
Day: Wednesday, 10:30-11:15 am

Vinyasa Power Yoga
Energetic flow style practice with emphasis on movement and breath.
For Y Members only.
Day: Monday, 7:00-8:00 pm

Yoga For all
Yoga for the novice and the experienced yoga participant. Revitalizes the mind, body and spirit with strengthening, stretching and breathing techniques.
For Y Members only.
Day: Thursday, 10:45-11:45 am

SENIORS

AOA
This Active Older Adult workout meets Seniors specific wellness needs. Challenging, but non-intimidating.
Improves agility, balance, flexibility, cardio, strength and toning.
For Y Members only.
Days: Monday and Friday, 10:30-11:15 am
Fee: Free to Y Member only.

Senior H2O
A water class designed for seniors wellness needs, done in the shallow end of the pool. For Y Members only.
Days: Monday and Wednesday, 9:30-10:05 am

SilverSneakers® (Classic)
This class is a multi-level equipment based class to increase strength and range of motion.
For Y Members only.
Days: Monday, 1:30-2:15 pm or Thursday, 9:45-10:25 or 10:45-11:45 am

SilverSneakers® Splash
An invigorating non-impact SilverSneakers water exercise class taught in shallow water.
For Y Members only.
Days: Friday’s, 9:30-10:05 am

SilverSneakers® Yoga
This class will move your body through chair supported series of seated and standing yoga poses, promoting stress reduction and mental clarity. For Y Members only.
Day: Friday, 11:30 am-12:15 am

Zumba® Gold
A fun introduction Zumba class for beginners and Seniors. For Y Members only.
Day: Tuesday, 11:30 am-12:15 pm

MORE INFORMATION ONLINE AT www.fairfieldy.org
Bring a Friend!
There has never been a better time to refer your friends, family or colleagues to the Fairfield YMCA or an easier way to do it.
When your friend joins as a member, YOU will receive a FREE MONTH MEMBERSHIP!
See Member Service for details.