

HERE FOR YOU

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.

QUALIFIED & CARING TEAM

At the Y, our friendly, knowledgeable team will help you and your family live healthier and happier. The Y team strives to exemplify our core values of caring, honesty, respect, and responsibility.

NOT JUST KID STUFF

The Y offers a wide range of programs, services, and facilities. No matter your focus in your pursuit of healthy living, the Y offers programs and services that support and encourage healthy spirit, mind, and body for all.

MEMBERSHIP REWARDS

The value of your Y membership is something you'll experience every day. Your membership will help you to increase energy, decrease stress, prevent illness, find personal balance and enjoy quality time with family and friends.

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.

COME VISIT!

BRIDGEPORT YMCA
850 Park Avenue
Bridgeport, CT 06604
203.334.5551

FAIRFIELD YMCA
841 Old Post Road
Fairfield, CT 06824
203.255.2834

HAMDEN/NORTH HAVEN YMCA
1605 Sherman Avenue
Hamden, CT 06514
203.248.6361

WOODRUFF FAMILY YMCA
631 Orange Avenue
Milford, CT 06461
203.878.6501

LAKESWOOD-TRUMBULL YMCA
20 Trefoil Drive
Trumbull, CT 06611
203.445.9633

SOUNDVIEW FAMILY YMCA
628 East Main Street
Branford, CT 06405
203.481.9622

STRATFORD YMCA
3045 Main Street
Stratford, CT 06614
203.375.5844

VALLEY YMCA
12 State Street
Ansonia, CT 06401
203.736.9622

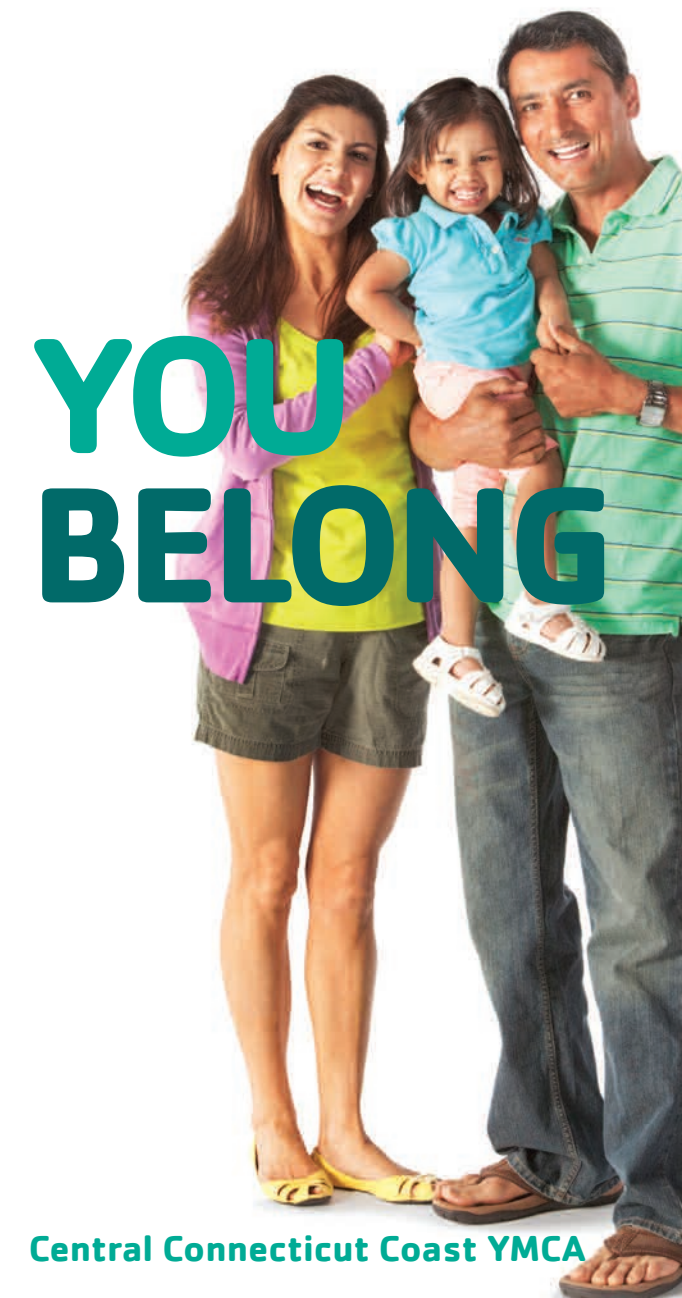
Central Connecticut Coast YMCA
203-777-9622 www.cccymca.org



YOU CAN MAKE A DIFFERENCE!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOU BELONG

Central Connecticut Coast YMCA

MEMBERSHIP FOR ALL

In an effort to make Y memberships more accessible to all families, our membership rates are based on total household income. Please call the Y in your community for more information.

IT'S ALL INSIDE!

- Reduced fees for classes, lessons, school age childcare, day camp, youth sports, special events, trips, birthday parties, and more!
- Early registration privileges for classes
- Free standard group exercise classes
- Free standard water exercise classes
- Free child watch services while you workout (child must be a member)
- Free orientation with a wellness coach
- Free swim and family swim times
- Wellness Center with fitness equipment
- Hiking and nature trails (where available)
- Locker rooms for men and women
- Teen programs and events
- Active Older Adult programs and events
- Free family events and member appreciation days



ADDITIONAL BENEFITS

PROGRAMS A variety of programs are available including swim lessons, swim team, team sports, tennis, and more!

CAMP Summer day and vacation camps are offered. Please see our current program schedule or camp brochure for more information.

CHILD WATCH Your children will enjoy coloring, fun games, story time and other activities with caring team while you participate in a program or exercise in the wellness center.

Y MEMBER As a facility member, you may use all of the Central Connecticut Coast YMCAs at no additional cost, as well as enjoy reciprocity at all Ys in Connecticut.

AWAY You can always feel right at home when you visit Ys in other cities when you are traveling! Locate participating Ys at www.ymca.net for local policies.

Keep up with the latest YMCA news!
www.cccymca.org



MEMBERSHIP CATEGORIES

Adult: Ages 18–64 years

Family: Adults and youth living in the same household

Senior: 65 years and older

Youth: Ages 6 months–13 years

Teen: Ages 14–17 years, including use of wellness center.

College: Full time college student

FACILITY INFORMATION

The Y is here for you, seven days a week! Call any of our branches for specific hours or visit us at www.cccymca.org for more information.

DO GOOD FOR YOUR SELF.

Group fitness classes

State-of-the-art facilities

Qualified trainers

Activities for the whole family

Fun for all, no matter your age or fitness level

DO GOOD FOR OTHERS.

Children and youth programs

Community initiatives

Education and training programs

Volunteering

Membership for All policy



BE OUR GUEST
Find out more! Experience how we empower our members to be more healthy and connected by being our guest for one week. Call the branch of your choice for details!