



**Directions
Darien YMCA
I-95 north**

Darien YMCA

2420 Post Road, Darien, CT (203 655 8228)

1. I-95 north.
2. Take exit 9.
3. Make left at traffic light onto Seaside Av.
4. At traffic light turn right onto Route 1 (Post Road).
5. Follow Post Road, Darien YMCA will be on the right.