FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROW STRONG TOGETHER

CULTIVATE A HEALTHY FAMILY AT THE Y!

GREATER WATERBURY YMCA SESSIONS 3 & 4 PROGRAM GUIDE

REGISTRATION

Session 3: April 8th – April 21st

Session 4: June 10th – June 23rd

SESSION DATES

Session 3: April 22nd – June 9th

Session 4: June 24th – August 15th

Greater Waterbury YMCA
Any day can be a new beginning at the Y

MEMBERSHIP AT THE Y

Building Healthy Families In Our Community

2013 MEMBERSHIP RATES

	RENEWAL	NEW*	EFT Monthly (bank draft)
YOUTH	$60	$60	N/A
TEEN	$40	$40	quarterly only
COLLEGE	$270	$320	$22.50
YOUNG ADULT	$378	$428	$31.50
ADULT	$552	$602	$46
SENIOR (62 +)	$468	$518	$39
SENIOR COUPLE (62 +)	$612	$672	$51
FAMILY COUPLE (2 ADULTS)	$792	$852	$66
FAMILY	$822	$882	$68.50
SINGLE PARENT	$684	$744	$57

*Includes Joiner Fee

The Waterbury YMCA does not sell day passes to the facility and reserves the right to restrict or limit member guest passes at any time.

The Greater Waterbury YMCA offers membership payroll deductions for City of Waterbury, Waterbury Hospital, St. Mary's Hospital and State of CT employees. Payment may vary depending on company payroll schedule. Please contact the front desk for details.

THE YMCA MISSION STATEMENT

To put Christian principles into practice through programs that develop healthy spirit, mind and body for all.

The Greater Waterbury YMCA is a United Way Agency and a non-profit 501(c)3 organization.

MEMBERSHIP INFORMATION

Main: 203-754-YMCA (9622)

Community Impact Specialist
Angie Matthis
amatthis@waterburyymca.org

Member Services Manager
Kristin Heller
kheller@waterburyymca.org

HOURS OF OPERATION

Monday - Friday:	5:00 AM – 9:00 PM
Saturday:	7:00 AM – 5:00 PM*
Sunday:	7:30 AM – 3:30 PM*

**After Memorial Day, Saturday hours are 7:00 AM - 3:30 PM
Sunday hours are 7:30 AM - 2:30 PM

HOLIDAY HOURS

Monday, May 27	Memorial Day	CLOSED
Thursday, July 4	Independence Day	CLOSED

WaterburyYmca.org full schedules available anytime!
We PROUDLY serve: Waterbury, Wolcott, Watertown, Bethlehem, Woodbury, Southbury, Prospect, Thomaston and Middlebury.

PROGRAM REGISTRATION INFORMATION

Session 3 | April 22 – June 9

Member Registration:	April 8 - April 14
General Registration:	April 15 - April 28
Phone in Registration:	April 15 - April 28
	12:00 PM - 2:00 PM, 6:00 PM - 8:00 PM only

Session 4 | June 24 – August 15

Member Registration:	June 10 - June 16
General Registration:	June 17 - June 23
Phone in Registration:	June 17 - June 23
	12:00 PM - 2:00 PM, 6:00 PM - 8:00 PM only

Registration is walk-in only at the YMCA, or you may call in your registration only during the Phone-In dates and times. Visa and Mastercard only, check or cash.

Class sizes are limited because of required teacher ratios and cannot be overenrolled without the authorization of the program director.

FREE CHILDWATCH

We offer a fun and stimulating environment for your 6 month old - 12 year old while you work out. Full facility members only. Parents must remain on YMCA premises.

ChildWatch Hours of Operation

Saturdays & Sundays 8:45 AM – 12:00 PM**
Monday – Friday 8:30 AM – 1:00 PM & 4:40 PM – 8:40 PM*

YOUTH AND TEEN WELLNESS CENTER
NOW OPEN TO CHILDWATCH AGES 9-12
Monday – Thursday 5:00 PM – 7:00 PM

See website for program details:
waterburyymca.org/programs/childwatch/
Wii interactive gaming, computers & homework stations, arts & craft area, infant/toddler zone, parent pagers.
For more info contact Kristin Heller, kheller@waterburyymca.org

**After Memorial Day ChildWatch closes at 7:40 PM M-F and will be closed on Sundays.

FINANCIAL ASSISTANCE

YMCA membership and programs are available to all through the YMCA Open Doors Program for qualifying individuals. Applications are available at the front desk. Go to www.waterburyymca.org/membership to download the application checklist. For additional information call 203-754-9622 x147.

EQUAL OPPORTUNITY STATEMENT

The Greater Waterbury YMCA encourages the participation of all people and does not discriminate or permit discrimination against any person or group of persons regardless of race, color, religious creed, age, marital status, familial status, national origin, ancestry, gender, sexual orientation or disability. This agency further agrees and warrants that we are in compliance with all laws and regulations of the United States and the State of Connecticut regarding equal employment opportunity and public accommodations with respect to their programs, clients, officers, employees and volunteers.

The Greater Waterbury YMCA is now on

facebook & twitter

HEALTHY LIVING

Health & Wellness At Your YMCA

PERSONAL TRAINING

One-on-one sessions:	Group Sessions:
$50/hour	2 People – $35/person/hr
$30/half hour	3 People – $30/person/hr

Contact Chris: 203-754-9622 x124 or chibbs@waterburyymca.org

PRIVATE TRAINING ROOM AVAILABLE!

2013 TRIATHLON CLUB

The most fun you've ever had working out-
The Greater Waterbury YMCA has the biggest and most diverse Triathlon Club in the area!

2013 TRIATHLON CLUB BENEFITS

- Training Plans (beginner/intermediate)
- Indoor & open water group swims, workouts & stroke clinics
- Outdoor group bike rides for riders of all levels
- Indoor cycling workouts
- Group runs
- Group brick workouts & mock triathlons
- Coaches' lectures & workshops
- Injury prevention strength training workout
- Access to exclusive online club community network
- Club social events
- Discounts on all coaching programs
- Club sponsor discounts
- Discount registrations to local races
- Volunteer opportunities
- Training partners and terrific friendships with like-minded people

For complete information and Triathlon Club Benefits please visit:
waterburyymca.org/healthy-living/#triathlon-club

LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a **FREE 12-week exercise and strength training program and offers full use of the YMCA**. LIVESTRONG at the YMCA also helps survivors address:

- Empowerment
- Relationships
- LIVING
- Reclaiming life

LIVESTRONG at the YMCA is available to survivors regardless of income, ethnicity or background. LIVESTRONG at the YMCA is about helping survivors live their life and the Greater Waterbury YMCA will be with them every step of the way. YMCA instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care. **Please contact LIVESTRONG program coordinator Meghan Curley for information: 203-754-9622 ext 155, or email LIVESTRONG@waterburyymca.org. Program is on a first-come, first-served basis and FREE to all survivors.**

For current session information please visit:
waterburyymca.org/healthy-living/#livestrong

For more information about all of these programs please visit WaterburyYMCA.org

YMCA GROUP FITNESS

FREE with full facility membership!

Non-members can enjoy a full session of YMCA. Group Fitness classes for $75-free for YMCA members.

We offer OVER 60 classes with a little something for everyone! Below is a sampling of some of the types of classes that we offer.
BOOTCAMP, Spinning, Zumba, Muscle Endurance Training, V-Groove Cardio Dance, Yoga, Pilates and MORE!

Check out a full schedule on the web: www.waterburyymca.org/healthy-living

SILVERSNEAKERS® FITNESS PROGRAM

Join the nation's leading fitness program for older adults at little or no cost beyond your monthly health plan premium. Get fit, have fun, make friends... with the SilverSneakers® Fitness Program! To check your eligibility for this program please present your Photo id to the YMCA front desk, or call 203-754-9622 ext. 155 and provide your name and date of birth.

CITY OF WATERBURY BRASS PROGRAM

The B.R.A.S.S. program is dedicated to the health and wellness of Waterbury residents 60 and over, at no charge. BRASS members can enjoy a variety of social and wellness programs. **In addition to the Active Older Adult programs being offered at the Y for little or no cost to seniors, the Y is now expanding this reach by offering fitness programs at local senior centers through the Waterbury Brass Program:**

BRASS WALKING CLUB: Tuesdays, 7:30 a.m. – YMCA (April 2,9,16,23,30 | May 7,14,21,28 | June 4,11,18, 25)
TAI CHI: Thursdays. 10:50 AM – YMCA (April 4, 11, 18, 25 | May 2, 9, 16, 23, 30 June 6, 13, 20, 27)
WARM WATER POOL EXERCISE: Friday. 11:00 AM – YMCA (April 5, 12, 19, 26 | May 3, 10, 17, 24, 31 | June 7, 14, 21, 28)

***Please call BRASS office to sign up 203-574-6746 or YMCA 203-754-9622

SENIOR SCENE – ACTIVE OLDER ADULTS

Come join the AOA Club to get a great workout and meet new friends! Classes are designed to put little stress on your joints and they are appropriate for all fitness levels. A chair is optional in all AOA Club classes.

Please see website for full schedules online: http://www.waterburyymca.org/
Free for Members OR $35 for AOA Club Pass.

COMING THIS FALL 2013:

FALL Beginner & Advanced Running Program
Kick fall road racing off by learning from the best! We train you for your first road race, or help you improve your running skills. Coached in a group setting for a goal race, find out why running is a life-changing exercise with the Y!

READY SET GO!

The BEST Way to Begin Healthy Living!
FREE exclusively to Greater Waterbury YMCA Members (12 weeks)

Here's what you get:

- Cardio Programming that will maximize fat loss, calorie burn & your time
- Nutritional Guidance
- Weekly Strength Training & Cardio Workouts
- Weekly Weigh Ins
- Weekly follow-up meeting with your YMCA Health & Wellness Staff
- Goal Setting
- Initial appointments can be scheduled in the Wellness Center on Sundays, Tuesdays, Thursdays or Saturdays. Follow up appointments are on Mondays, Wednesday or Fridays.

Contact Meghan for more info: mcurley@waterburyymca.org

AQUATICS

Learning to swim at the YMCA is an exciting and enjoyable process! Here are a few pointers for you to know when you or your child begins swim classes: Be patient and supportive. Swimming develops new motor skills, and the time needed to learn these skills varies from person to person. Generally, it takes three consecutive sessions to progress to a new level. Time is required to develop strength and endurance to perform these skills. Swimmers develop as these skills are reinforced. Our Aquatics program meets the need for a comprehensive program of water enrichment and skill development. Our enthusiastic staff, low ratios, and progressive program will ensure your child's experience is fun and rewarding.

YOUTH SWIM CLASSES

Session 3: April 22 – June 9
Members: $50 / Non-members: $66
(1 time a week for 7 weeks)

Session 4:
Summer Session A: June 24th – July 18th
Summer Session B: July 22nd – August 15th

Weekday Classes:
Members: $58 / Non-members $75
(2 times a week for 4 weeks)
Weekend classes:
Member: $50 / Non-members $66
(1 time a week for 7 weeks)

Saturday and Sunday classes run for 7 weeks as usual. Summer prices vary slightly from the previous session.
Note: Registration begins for session B Monday, July 15th for everyone.

Read the descriptions below to determine which program best suits your child.

SHRIMP & KIPPER (WATER EXPLORATION)
6 months – 2 years old with a parent

Session 3:

Mon	5:30 PM – 6:00 PM	#03-AQ-2010
Thurs	9:30 AM – 10:00 AM	#03-AQ-2011
Sat	9:00 AM – 9:30 AM	#03-AQ-2012

Session 4 (A & B):

Mon/Wed	5:30 PM - 6:00 PM	#04-AQ-2014
Tues/Thurs	9:30 AM - 10:00 AM	#04-AQ-2015
Sat	9:00 AM - 9:30 AM	#04-AQ-2016

INIAS & PERCH (WATER EXPLORATION)
2 & 3 years old with a parent

The S.K.I.P. classes provide a fun time for parents and other adults to interact.

Session 3:

Mon	5:30 PM – 6:00 PM	#03-AQ-2020
Thurs	9:30 AM – 10:00 AM	#03-AQ-2021
Sat	9:00 AM – 9:30 AM	#03-AQ-2022

Session 4 (A & B):

Mon/Wed	5:30 PM - 6:00 PM	#04-AQ-2024
Tues/Thurs	9:30 AM - 10:00 AM	#04-AQ-2025
Sat	9:00 AM - 9:30 AM	#04-AQ-2026

PIKE I (WATER EXPLORATION)
3-6 years old without parent

This class is designed for children who do not feel comfortable putting their face in the water or are afraid of the water.

Session 3:

Mon	5:30 PM – 6:00 PM	#03-AQ-2040
Tues	9:00 AM – 9:30 AM	#03-AQ-2041
	4:00 PM – 4:30 PM	#03-AQ-2042
Thurs	5:30 PM – 6:00 PM	#03-AQ-2043
Sat	9:00 AM – 9:30 AM	#03-AQ-2044
Sun	10:00 AM – 10:30 AM	#03-AQ-2045

Session 4 (A & B):

Mon/Wed	3:30 PM - 4:00 PM	#04-AQ-2050
Tues/Thurs	9:00 AM - 9:30 AM	#04-AQ-2051
	5:00 PM - 5:30 PM	#04-AQ-2053
Sat	9:00 AM - 9:30 AM	#04-AQ-2054
Sun	10:00 AM - 10:30 AM	#04-AQ-2055

PIKE II (PRIMARY SKILLS)
3-6 years old without parent

This class is designed for children who are not afraid of the water but do not know how to swim. Children should feel comfortable swimming without a flotation device the width of the pool.

Session 3:

Mon	5:00 PM – 5:30 PM	#03-AQ-2061
Tues	5:00 PM – 5:30 PM	#03-AQ-2062
Wed	4:30 PM – 5:00 PM	#03-AQ-2063
Thurs	9:00 AM – 9:30 AM	#03-AQ-2060
	4:00 PM – 4:30 PM	#03-AQ-2064
Sat	10:10 AM – 10:40 AM	#03-AQ-2065
	11:20 AM – 11:50 AM	#03-AQ-2067
Sun	11:10 AM – 11:40 AM	#03-AQ-2066

Session 4 (A & B):

Mon/Wed	4:30 PM - 5:30 PM	#04-AQ-2070
	5:30 PM - 6:00 PM	#04-AQ-2071
Tues/Thurs	10:30 AM - 11:00 AM	#04-AQ-2072
	3:30 PM - 4:00 PM	#04-AQ-2073
	5:30 PM - 6:00 PM	#04-AQ-2074
Sat	10:10 AM - 10:40 AM	#04-AQ-2075
	11:20 AM - 11:50 AM	#04-AQ-2076
Sun	11:10 AM - 11:40 AM	#04-AQ-2077

EELS (PRIMARY SKILLS)
3-6 years old without parent

Children have the ability to swim the width of the pool with face in the water with and without using a flotation device. Prerequisite: Pike or equivalent.

Session 3:

Mon	4:00 PM – 4:30 PM	#03-AQ-2080
Tues	9:30 AM – 10:00 AM	#03-AQ-2081
	5:30 PM – 6:00 PM	#03-AQ-2083
Thurs	4:30 PM – 5:00 PM	#03-AQ-2085
Sat	9:35 AM – 10:05 AM	#03-AQ-2086
Sun	10:35 AM – 11:05 AM	#03-AQ-2088

Session 4 (A & B):

Mon/Wed	4:00 PM - 4:30 PM	#04-AQ-2090
Tues/Thurs	9:00 AM - 9:30 AM	#04-AQ-2091
	4:30 PM - 5:00 PM	#04-AQ-2092
Sat	9:35 AM - 10:05 AM	#04-AQ-2094
Sun	10:35 AM - 11:05 AM	#04-AQ-2095

RAYS (STROKE READINESS)
3-6 years old without parent

Children have the ability to swim front crawl with rhythmic breathing and back stroke the width of the pool. Prerequisite: Eels or equivalent.

Session 3:

Mon	4:30 PM – 5:00 PM	#03-AQ-2100
Thurs	5:00 PM – 5:30 PM	#03-AQ-2101
Sat	10:10 AM – 10:40 AM	#03-AQ-2102

Session 4 (A & B):

Tues/Thurs	4:00 PM - 4:30 PM	#04-AQ-2110
Sat	10:10 AM - 10:40 AM	#04-AQ-2111
Sun	12:20 PM - 12:50 PM	#04-AQ-2112

STARFISH (STROKE DEVELOPMENT)
4-6 years old without parent

Children must swim the length of the pool with rotary breathing and back stroke. Prerequisite: Rays or equivalent.

Session 3:

Tues	4:30 PM – 5:00 PM	#03-AQ-2120
Thurs	5:00 PM – 5:30 PM	#03-AQ-2121
Sat	10:10 AM – 10:40 AM	#03-AQ-2122
Sun	12:20 PM – 12:50 PM	#03-AQ-2123

Session 4 (A & B):

Tues/Thurs	9:30 AM - 10:00 AM	#04-AQ-2130
	4:30 PM - 5:00 PM	#04-AQ-2131
Sat	10:10 AM - 10:40 AM	#04-AQ-2132

PROGRESSIVE CLASSES

These great programs are for children ages 7-14 years old.

POLLIWOG I (PRIMARY SKILLS)

For children who cannot swim and for those who are afraid of the water. Water basics. Prerequisite: None.

Session 3:

Mon	5:00 PM – 5:30 PM	#03-AQ-2141
Tues	4:30 PM – 5:00 PM	#03-AQ-2142
Wed	5:30 PM – 6:00 PM	#03-AQ-2143
Sat	9:35 AM – 10:05 AM	#03-AQ-2144
Sun	11:45 AM – 12:15 AM	#03-AQ-2146

Session 4 (A & B):

Mon/Wed	3:30 PM - 4:00 PM	#04-AQ-2150
Tues/Thurs	4:00 PM - 4:30 PM	#04-AQ-2151
	5:00 PM - 5:30 PM	#04-AQ-2152
Sat	10:45 AM - 11:15 AM	#04-AQ-2153

Patti Flaherty
Aquatics Director x112

SESSION 3 PHONE-IN REGISTRATION:
April 15th –April 28th: 12:00 PM - 2:00 PM, 6:00 PM - 8:00 PM only. Member Registration: April 8th – April 14th

SESSION 4 PHONE-IN REGISTRATION:
June 17 - June 23: 12:00 PM - 2:00 PM, 6:00 PM - 8:00 PM only. Member Registration: June 10th – June 16th
Note: Registration begins for session B Monday, July 15th for everyone.

POLLIWOG II (PRIMARY SKILLS)

For children who can swim the width of the pool with rhythmic breathing, back float for 10 seconds, front float and kick with straight legs. Water basics. Prerequisite: Polliwog I or equivalent.

Session 3:

Tues	4:00 PM – 4:30 PM	#03-AQ-2154
Wed	5:00 PM – 5:30 PM	#03-AQ-2155
Thurs	4:30 PM – 5:00 PM	#03-AQ-2157
Sat	10:45 AM – 11:15 AM	#03-AQ-2158

Session 4 (A & B):

Mon/Wed	5:00 PM - 5:30 PM	#04-AQ-2154
Tues/Thurs	10:30 AM - 11:00 AM	#04-AQ-2155
Sat	9:35 PM - 10:05 PM	#04-AQ-2157
Sun	11:45 AM - 12:15 PM	#04-AQ-2158

GUPPY (STROKE READINESS)

Swim 25 yards with rotary breathing and coordinated arms. Back skull, treading water, and basic lifesaving skills. Prerequisite: Polliwog or equivalent.

Session 3:

Mon	4:00 PM – 4:30 PM	#03-AQ-2160
Tues	5:00 PM – 5:30 PM	#03-AQ-2161
Thurs	5:30 PM – 6:00 PM	#03-AQ-2163
Sat	10:45 AM – 11:15 AM	#03-AQ-2164

Session 4 (A & B):

Mon/Wed	4:00 PM - 4:30 PM	#04-AQ-2170
Tues/Thurs	3:30 PM - 4:00 PM	#04-AQ-2171
Sat	10:45 AM - 11:15 AM	#04-AQ-2173

MINNOW (STROKE DEVELOPMENT)

Front dive, survival float, and throwing assists, front crawl, backstroke, and elementary backstroke 50 yards. Prerequisite: Guppy or equivalent.

Session 3:

Mon	4:30 PM – 5:00 PM	#03-AQ-2180
Tues	5:30 PM – 6:00 PM	#03-AQ-2182
Sat	11:20 AM – 11:50 AM	#03-AQ-2183

Session 4 (A & B):

Mon/Wed	4:30 PM - 5:00 PM	#04-AQ-2190
Sat	11:20 AM - 11:50 AM	#04-AQ-2192

FISH (SKILL PROFICIENCY)

200 yards front crawl and backstroke and dolphin kick, backstroke turn, 30 feet underwater swim. Prerequisite: Minnow or equivalent.

Session 3:

Thurs	4:00 PM – 4:30 PM	#03-AQ-2200
Sat	11:55 AM – 12:25 PM	#03-AQ-2201

Session 4 (A & B):

Mon/Wed	5:00 PM - 5:30 PM	#04-AQ-2210
Tues/Thurs	5:30 PM - 6:00 PM	#04-AQ-2211
Sat	11:55 AM - 12:25 PM	#04-AQ-2212

FLYING FISH (ADVANCED SKILLS)

100 yards I.M. with legal turns and 200 yards front crawl with flip turns. Tread water for 2 minutes. Prerequisite: Fish or equivalent.

Session 3:

Thurs	4:00 PM – 4:30 PM	#03-AQ-2220
Sat	11:55 AM – 12:25 PM	#03-AQ-2221

Session 4 (A & B):

Mon/Wed	5:00 PM - 5:30 PM	#04-AQ-2210
Tues/Thurs	5:30 PM - 6:00 PM	#04-AQ-2211
Sat	11:55 AM - 12:25 PM	#04-AQ-2212

SHARK (ADVANCED SKILLS)

200 yards I.M. with legal turns, lifesaving strokes. Prerequisite: Flying Fish or equivalent.

Session 3:

Sat	11:55 AM – 12:25 PM	#03-AQ-2240

Session 4 (A & B):

Mon/Wed	5:00 PM - 5:30 PM	#04-AQ-2210
Tues/Thurs	5:30 PM - 6:00 PM	#04-AQ-2211
Sat	11:55 AM - 12:25 PM	#04-AQ-2212

45 MINUTE PROGRESSIVE LESSONS

Session 3:

Minnow (Stroke Development)	Wed 4:30 PM – 5:15 PM	#03-AQ-2184
Fish (Skill Proficiency)	Wed 5:15 PM – 6:00 PM	#03-AQ-2202
Flying Fish (Advanced Skills)	Wed 5:15 PM – 6:00 PM	#03-AQ-2222
Shark (Advanced Skills)	Wed 5:15 PM – 6:00 PM	#03-AQ-2241

Members: $60 / Non-members: $78

BARRACUDA SWIM TEAM CLINICS

12 & over Stroke clinic
April 10th – April 19th Monday – Friday 3:30 PM – 5:30 PM
(clinic will run Wednesday – Friday the first week)
This clinic is for all current swim team participants and high school swimmers.
Cost: $40

11 & under Stroke and Turn Clinic
April 22nd – April 26th Monday –Friday 5:30 PM – 7:00 PM
This clinic is designed for our current brass and age group swimmers as well as any potential new swimmers wishing to have better strokes.
Cost: $25

BARRACUDA SUMMER SWIM TEAM

IMPORTANT DATES:
Returning swimmer Registration Monday April 22nd
Tuesday April 30th New Swimmer Tryouts 5:00 PM – 6:00 PM
Wednesday May 1st New Swimmer Tryouts 5:00 PM – 6:00 PM
FEES: Based on child practice group, assigned by coach
Senior level $185/season
Juniors $160/season
Age Group $140/season
Brass $115/season
Membership required
Youth membership $60, Teen Membership $40/3 months

BACKYARD SWIM PROGRAM

Session 4 (A & B):
Let the Waterbury YMCA teach your child water safety and swim instruction in the comfort of your own backyard pool. The YMCA will send a Red Cross certified lifeguard and instructor to your home to teach group youth swim lessons. So call all your neighbors and let's go swimming. Schedule: Six half-hour lessons. On a first-come first-served basis; schedule is determined based on availability. Location: Your House. Classes are held in your pool. Class Size: Minimum of five children per site, maximum of six children per class. Multiple classes can be held to accommodate additional children.
Cost: $70 per child.

WATER EXERCISE

A low impact, warm water workout for any fitness level. Designed to be comfortable, invigorating, and easy on your joints. This class improves strength, flexibility, and endurance to improve movement.

Session 3:

Mon / Wed / Fri	8:15 AM – 9:00 AM	#03-AQ-2260

Session 4 (A & B):

Mon/Wed/Fri	8:15 AM – 9:00 AM	#04-AQ-2260

Members: $53 / Non-members: $70

AQUACIZE

Stretch, tone, and strengthen muscles by using water resistance. This program consists of exercises that increase the range of motion in the shoulders, wrists, hips, knees, lower extremities, and abdominal areas.

Session 3:

Mon / Wed / Fri	10:00 AM – 10:45 AM	#03-AQ-2300

Session 4 (A & B):

Mon/Wed/Fri	10:00 AM – 10:45 AM	#04-AQ-2300

Members: $53 / Non-members: $70

WATER WORKOUT

A workout class that will use the water to make movement easier. Class will include a variety of exercises to build cardio, strength, and overall wellness.

Session 3:

Tues	7:30 PM – 8:30 PM; Thurs 7:00 PM – 8:00 PM	#03-AQ-2330

Session 4 (A & B):

Tues	7:30 PM - 8:30 PM; Thurs 7:00 PM - 8:00 PM	#04-AQ-2330

Members: $53 / Non-members: $70

EXERCISE AND SWIM PROGRAM (AGE 62 AND UP)

A combination of low/non-impact stretches, exercises and movements, which help strengthen and tone muscles.
Tuesdays and Fridays
10:00 AM - 10:45 AM Group Fitness Room
11:00 AM - 11:45 AM Small Pool
This program is funded by WCAAA - $2.00 donation suggested

SWIMMING LESSONS FOR THE TERRIFIED!

For adults who are truly terrified of the water. A must for parents who want to play in the water with their children, but can't because of their own limitations. Includes water orientation, basic front crawl skills with rhythmic breathing, and safety skills.

Session 3:

Fri	5:30 PM - 6:00 PM	#03-AQ-2380

Session 4 (A & B):

Fri	5:30 PM - 6:00 PM	#04-AQ-2380

Members: $50 / Non-members: $66

BEGINNING SWIMMERS

For adults who are unable to swim or only have a basic swimming ability. The class includes basic front crawl and rhythmic breathing skills backstroke skills, and safety skills.

Session 3:

Fri	6:00 PM - 6:30 PM	#03-AQ-2380

Session 4 (A & B):

Fri	6:00 PM - 6:30 PM	#04-AQ-2400

Members: $50 / Non-members: $66

SAVE THE DATE: LEARN TO SWIM SPLASH PROGRAM

This learn to swim program will run June 17th-21st. Cost is $5 per child. This class will focus on basic water safety and swimming skills. Open to children ages 3-10 years old. Classes run each day Monday – Friday for a ½ hour. Preregistration is required. Space is limited. Learn to Swim Splash program is proudly supported by MacDermid, Inc.

POOL PARTIES AT THE Y

Give your child an extra treat by having their next birthday party at the YMCA. Includes one hour of pool time with lifeguard and 45 minutes in party room. Saturdays only. For more information contact Patti at 203-754-9622 x112. This program runs through May 18th.
Members: $120 (max. 25 ppl) / Non-members: $150 (max. 25 ppl)

PRIVATE SWIM INSTRUCTION

$30.00 per half hour lesson
Personalized and individualized swim instruction set to your needs.
Please contact Patti at 203-754-9622 x112 regarding availability.

FEMALE SWIMMING

Session 3 ONLY
Enjoy swimming in a female-only setting? Try our female swimming program. This program runs one day a week for 7 weeks.

Monday	7:15 PM - 8:15 PM	#03-AQ-2165
Wednesday	7:15 PM - 8:15 PM	#03-AQ-2166

Members: $27 / Non-members: $35

YOUTH DEVELOPMENT

Youth And Teen Programs At The YMCA And Off Site

For information please contact our Youth Director at x 116 or email us at youth@waterburyymca.org

PROGRAM REGISTRATION INFORMATION

Session 3:
Session 3 begins on April 22 and ends on June 9
Member Registration: April 8 – April 14 | General Registration: April 15 – April 28
Phone in Registration: April 15 – April 28, 12:00 PM –2:00 PM, 6:00 PM – 8:00 PM only

Session 4:
Session 4 begins on June 24th and ends on August 15th
Member Registration: June 10 – June 16 | General Registration: June 17 – June 23
Phone in Registration: June 17 – June 23, 12:00 PM – 2:00 PM, 6:00 PM – 8:00 PM only

BASKETBALL BUDDIES

This program is an introduction to the game of basketball and is strictly instructional. We will be teaching the basics of dribbling, passing and shooting. This program is for only for 3 year olds and they MUST have an adult partner. We have shorter hoops and smaller basketballs to make learning easier for the youngsters.

- Session 3 begins 4/27 | Session 4 begins 6/29
- Time: 9:00 AM – 9:45 AM
- Age: 3 yr old w/ adult partner
- Fee: $30 ($35 non-members)

PEE WEE BASKETBALL

This program continues to develop player skill with the addition of learning fair play values, sportsmanship, and basic team concepts. All participants receive t-shirts and medals at the conclusion of the program.

- Session 3 begins 4/27 | Session 4 begins 6/29
- Time: 10:00 AM – 10:45 AM
- Age: 4-5 yrs
- Fee: $30 ($35 non-members)

ROOKIES BASKETBALL

This program works on developing more advanced skills and techniques. Participants will begin to start playing actual games midway through the session. Game play, teamwork, and sportsmanship will be emphasized. T-shirts and medals with be given at the conclusion of the program.

- Session 3 begins 4/27
- Time: 11:00 AM – 12:00 PM
- Age: 6-7 yrs
- Fee: $40 ($45 non-members)

- Session 4 begins 6/29
- Ages and Times: 8-10 yrs (12:00 PM – 1:00 PM) & 11-13 (1:00 PM – 3:00 PM)
- Fee: $40 ($45 non-members)

GAME TIME HOOPS

This is a competitive league designed for players who have had some experience with the game of basketball and would benefit from a league that plays games as well as holds instructional practices. There is a player evaluation held by the coaches to determine teams. Everyone makes a team. At the conclusion of the league, all participants receive a medal and the champions receive trophies. This is a co-ed league.

Session 3 ONLY:

- Date: Every Saturday, evaluations are on April 27th
- Ages and Times: 8-10 yrs (12:00 PM – 1:00 PM) & 11-13 (1:00 PM – 3:00 PM)
- Fee: $40 ($45 non-members)

SKILLS AND DRILLS

Didn't make your schools basketball team or just want to improve your skill set? Well you now have the opportunity to do so with the Y. Skills and Drills is a *NEW* program designed to help you improve your game. With this program, you will work on advanced skill sets with some physical training. There will be one on one instruction. Remember, there is always room for improvement.

Sessions 3 & 4:

- Saturdays ONLY for Session 4
- Session 3 begins 4/27 | Session 4 begins 6/29
- Time: 4:00 PM – 5:00 PM (Saturday)
  5:00 PM – 6:00 PM (Tuesday)
- Age: 12-16 yrs
- Fee: One class $40 ($45 non-members),
  Two classes $70 ($80 non-members)

HOOPS AND HOMEWORK

Session 3 ONLY:
An opportunity for Game Time Hoops participants to practice and develop their basketball skills. They will also receive assistance with their homework and /or school projects. Snacks and beverages will be provided. FREE

BUDDIES SPORTS SPECTACULAR

Participants are introduced to a different outdoor sport every couple of weeks such as t-ball, soccer, & flag football. Participants should dress appropriately for the outdoors and bring a water bottle. All children receive a t-shirt and medal. Location: TBD

Sessions 3 & 4:

- Session 3 begins 4/27 | Session 4 begins 6/29
- Time: 9:00 AM – 9:45 AM
- Age: 3 yr old w/ adult partner
- Fee: $30 ($35 non-members)

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INTRODUCTION TO DANCE MOVEMENT

Presented at the Y in partnership with Connecticut Dance Theatre. This session, boys and girls will have separate classes so the classes can be more specifically tailored to the interests of boys and girls. The class is a beginner class for children to learn about dance, including the basics of ballet, hip-hop, dance fitness, and self-expression through movement. Class needs a minimum of eight students to run. Registrations will be accepted until April 14. Contact Kristin kheller@waterburyymca.org for more information.

Intro. to Dance Movement for Girls
Sundays, 1:00 PM – 1:45 PM; April 7 – May 19

Intro. To Dance Movement for Boys
Sundays, 1:45 PM – 2:30 PM; April 7 – May 19

Members: $50 / Non-members: $66

For more info contact Youth Director at Ext. 116 or youth@waterburyymca.org

YOUTH DEVELOPMENT

Get Involved In Our Special Programs At The YMCA And Off Site

APRIL VACATION CAMP AT YMCA CAMP MATAUCHA

Vacation Camp is a great way for your child to spend their vacation at YMCA Camp Mataucha! Each day, campers will participate in structured fun, either at camp or on a field trip (see schedule below). Come for a day, or spend the whole week with us! Great for children ages 5-12, $30 for Y members and $40 for non-members per day. Drop-off is from 7-9 AM at camp and children must be picked up before 5:30 PM. Space is limited and payments must be made in full. For more information or to register, please contact Chelsea at cambrozaitis@waterburyymca.org or (860) 274-4820.

Monday, April 15	Fun Day at Camp
Tuesday, April 16	Children's Museum, West Hartford
Wed., April 17	New Britain Rock Cats Game
Thursday, April 18	Fun Squared, Newington (pizza lunch included!)
Friday, April 19	Fun Day at Camp

Trips and activities will vary and are dependent upon school calendars and changes.

YMCA CAMP MATAUCHA

Where Awesome Happens!

2013 Session Dates:*

Preview Week	June 24 - June 28		
Session 1	July 1 – July 12	Session 3	July 29 – August 9
Session 2	July 15 – July 26	Session 4	August 12 – August 23

*Session dates are tentative pending finalized school calendars.

Register Today:
www.campmataucha.org | Open House: May 11, 2013, 10:00 AM - 2:00 PM

Volunteer Opportunities – Annual Spring Clean-Up:
Saturday, April 13, 2013 from 8:00 AM - 1:00 PM

Family Opportunities:
2013 Family Overnights Nights at YMCA Camp Mataucha
Saturday, July 13, 2013 | Saturday, August 10, 2013

Spring Family Events at YMCA Camp Mataucha
Friday, April 19- 6-8 PM- Pizza & Movie Night! Bring your family for pizza dinner and a screening of "Wreck it Ralph." Only $10 per family! Call (860) 274-4820 to register by Wednesday, April 18th.

Friday, May 17- 5-7 PM- Family Camp Night! Come experience the best YMCA Camp Mataucha has to offer: climbing, archery, nature, arts & crafts, boating, and of course family fun! Only $10 per family! Call (860) 274-4820 to register.

YMCA CAMP OAKASHA

Making Summer Fun!

2013 Session Dates:*

New For 2013 – YMCA Camp Oakasha will be offering 1 week sessions from June 24th - August 23rd, 2013

*Session dates are tentative pending finalized school calendars.

Register Today:
www.campoakasha.org | Open House: May 16, 2013, 5:00 PM - 7:00 PM

Volunteer Opportunities – Annual Spring Clean-Up:
Saturday, May 4, 2013 from Noon - 3:00 PM

SPRING SPORTS AT YMCA CAMP OAKASHA

For more information or to register, contact Chelsea at cambrozaitis@waterburyymca.org or (860) 274-4820. Fee: $45 ($55 non-members)
Parent & Me Sports are a great way for the whole family to play and learn together! Each week at YMCA Camp Oakasha located at the Southbury Training School Adventure Center, kids and parents will work on basic skills, make friends, and learn to love the game.

Parent & Me Sports Spectacular*
An introduction to sports and healthy living for children ages 2-3 years and their parents. Participants will play a different sport each week while developing skills and teamwork.
Saturdays, April 20 – June 1, 9:00 AM – 9:45 AM
Wednesdays, April 24 – June 5, 5:00 PM – 5:45 PM

Parent & Me Soccer*
For 3-5 year olds and their parents. Children will be introduced to the basic skills of kicking, shooting, and dribbling, while working together as a team.
Saturdays, April 20 – June 1, 10:00 AM – 10:45 AM
Wednesdays, April 24 – June 5, 6:00 PM – 6:45 PM

Parent & Me T-Ball*
For 3-5 year olds and their parents. This program will provide an introduction to the basics of throwing, catching, hitting, and base-running. We will also work on teamwork and understanding of the game.
Saturdays, April 20 to June 1, 11:00 AM – 11:45 AM

*Held at Camp Oakasha

YMCA BEFORE & AFTERSCHOOL PROGRAM

Kristen Coburn | School Age Director
203-754-9622 x125 kcoburn@waterburyymca.org

The YMCA will be hosting Spring Break KIDZ CLUB April 15th-19th. KIDZ CLUB is for ages 5-12. Pick-up and drop-off will be at YMCA located at 136 W. Main St. Children can be dropped off as early as 8:00 AM and will need to be picked no later than 5:30 PM Registrations & payment must be in by Thursday, April 11th , 2013 by 9:00 AM.

Summer Sunshine located at Chase School for children ages 5-12

Monday - Friday	8:00 AM – 5:00 PM	$150/Weekly ($300 Bi-weekly)
Extended care	7:00 AM – 6:00 PM	$12.50/Weekly ($25 Bi-weekly)

Session Dates: 7/1 – 8/16

On-Site: Located at the Greater Waterbury YMCA

Before School Care 6:30 AM – 9:00 AM:
Services Regan, Kingsbury, Bucks Hill, Driggs (Van only), Maloney, Carrington, Bunker Hill & Rotella a.m (Bus only)
After School Care 2:30 PM – 6:00 PM:
Services Driggs, Reed & Duggan (Van only), Regan, Bucks Hill, Maloney, Kingsbury, Wendell Cross, Carrington, Bunker Hill & Wilson

Off-Site Locations:

Waterbury 2:30 PM – 6:00 PM:
Chase School services Chase, Rotella, Tinker, Generali, Gilmartin & Hopeville - after school for all 6 schools
Prospect 3:00 PM – 5:45 PM: Serving Algonquin and Community Schools
Watertown Before and After School 7:00 AM – 8:45 AM and 2:45 PM – 5:30 PM:
Locations at John Trumbull, Judson and Polk school

More information: Call Kristen Coburn, School Age Director at 203-754-9622 x125.

GREATER WATERBURY YMCA CHILD DEVELOPMENT CENTER

School Readiness Preschool Program | NAEYC Accredited Center

Amy Miele | Child Development Director
203-754-9622 x115 amiele@waterburyymca.org

Hours of Operation:

6:30 AM – 3:30 PM / 5:30 PM, Monday – Friday

Fees: We accept Care4Kids and offer financial aid when available.

Kids Love Us, Parents Trust Us:

We provide a safe and nurturing environment while promoting physical, social, emotional and intellectual development of young children.

About our Program:

A NAEYC accredited School Readiness program that provides high quality early childhood education to children between the ages of three and five years old. The Child Development Center consists of 9 state of the art classrooms. Program amenities include a pool used to provide free swimming lessons, a brand new 1600 sq. ft. outdoor playground and tricycle track, weekly yoga classes and free CACFP approved breakfast, lunch and afternoon snack daily for all preschool students.

YMCA HEALTHY KIDS DAY

APRIL 28, 2013 10:00 AM – 2:00 PM

As part of the Y's commitment to strengthen community by addressing critical gaps in health and education, Healthy Kids Day® will encourage kids and parents to commit to keeping the body and mind active. Free family fun day that you won't want to miss! Non-members are welcome! FREE!

LIVESTRONG AT THE YMCA

FREE 12-week exercise and strength training program and full use of the YMCA

LIVESTRONG

LIVESTRONG at the YMCA also helps survivors address:
Empowerment • Relationships • LIVING • Reclaiming life

To be added to the waiting list, contact: livestrong@waterburyymca.org
For current session information please visit:
waterburyymca.org/healthy-living/#livestrong

UNITED WAY CAMPERSHIP APPLICATIONS AVAILABLE NOW

For a limited time only. Camperships are available at the YMCA for Camp Mataucha, Camp Oakasha and Camp Summer Sunshine. Proof of household income is required to determine eligibility. Awarded Camperships are for one 2-week session.

For more information please contact YMCA front desk at 203-754-9622 ext 100

INTRODUCTION TO DANCE MOVEMENT

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Members: $50 / Non-members: $66

2013 COMMUNITY SUPPORT CAMPAIGN

Make a gift today and support your community's health and potential through programming and YMCA memberships.

LIMITED SPACE STILL AVAILABLE!

YMCA CAMP OAKASHA
www.campoakasha.org

YMCA CAMP MATAUCHA
www.campmataucha.org

A Triple Threat: NOSS, the YMCA, and You.
Proudly supporting the YMCA Triathlon Club.
Visit us at www.nossmd.com.

NOSS
Neurosurgery, Orthopaedics & Spine Specialists, PC

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