

GREATER WATERBURY YMCA

Summer Program & Membership Guide



We Build *Strong Kids. Strong Families. Strong Communities.*

SAVE THE DATE!
29th Annual
YMCA Golf Tournament
MONDAY, JULY 26TH
at the Country Club of Waterbury

SPACE STILL AVAILABLE
at YMCA Summer Camp

YMCA CAMP
mataucha
friendship.adventure.memories
watertown, ct

YMCA CAMP
oakasha
friendship.adventure.memories
southbury, ct

SUMMER SPECIAL

Three Month Adult Membership
\$99 for June, July and August
stay on for the year @ \$44/month

COLLEGE SPECIAL
1 month/\$25 or the summer for \$75
-see page 2 for details

CARING - HONESTY - RESPECT - RESPONSIBILITY



Serving Waterbury, Watertown, Woodbury, Middlebury, Prospect, Thomaston, Southbury, Bethlehem & Wolcott

Sign up now for our Summer Session

- » **Member Registration - June 14th - June 20th**
 - » **General Registration - June 21st - June 27th**
 - » **Session Runs - June 28th - August 19th**
Register at the Greater Waterbury YMCA or phone in 203.754.YMCA.
Phone-in registration is held from June 21th - June 27th, credit card payment only.
- Free Parking and ChildWatch for members.**

PROGRAM & MEMBERSHIP

Membership Benefits:

- Personal training and nutrition counseling
- 7,500 sq. ft. Wellness Center
 - 50 different cardiovascular machines
 - 17 LifeFitness strength training machines
 - Free weight area
- Indoor running track
- 10,000 sq. ft. gymnasium with 6 basketball hoops
- Indoor, six-lane, 25 yd. pool
- Family locker room for added privacy
- Three racquetball courts
- 23 group fitness classes including pilates, step, cardio, zumba, yoga, muscle strengthening and SPINNING®
- 3,000 sq. ft. group fitness room with climate control and suspended floor
- Affordable massage therapy
- Free parking in a secure parking lot
- Free childwatch for 6 mos-12 years
- Warm-water therapy pool for recreation and swim lessons
- Steam rooms and saunas in adult locker rooms
- Whirlpool
- Reciprocal use of all YMCAs in the state
- Member rates for summer camp, childcare and programs

SUMMER SPECIAL

THREE MONTH ADULT MEMBERSHIP
\$99 for June, July & August only
Stay on for the year at \$44/month adult membership only

COLLEGE SPECIAL
1 month/\$25 or the summer for \$75
June, July & August only
Proof of full-time college enrollment required.

FREE ChildWatch

Members Only. We offer a fun and stimulating environment for your 6 month old - 12 year old while you work out.



ChildWatch Hours of Operation:
Monday-Friday:
 8:30 AM-1:00 PM & 4:40 PM-7:40PM
Saturday:
 9:00 AM-12:00 PM
Sunday:
 CLOSED

See website for program details www.waterburymca.org/programs/childwatch/

Wii interactive gaming, computers & homework stations, arts & craft area, infant/toddler zone, parent pagers.



Financial Assistance: YMCA membership and programs are available to all through the YMCA Financial Assistance Program for qualifying individuals. Applications are available at the front desk.

For additional information call Victoria Encarnacion at 203-754-9622 ext 131.

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 they 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.

Phone Directory | Main: 203 - 754 - YMCA (9622)

Executive Director Jim O'Rourke x117	Camps Mataucha & Oakasha Camp Registrar x136	Youth & Teen Director Lucas Spellman x124
Development Director Paula Labonte x103	Aquatics Director Patti Flaherty x112	Health & Wellness Chris Hibbs x124
Membership Director Angie Matthis x107	Child Development Director Kathy Welz x115	Group Fitness Tricia Brown & Alicia Cipriano x190
Camping Director Mike Tedesco x118	Before & After School Program Director x115	

Hours of Operation

Monday - Friday:
5:30 AM - 9:00 PM
Saturday:
7:00 AM - 3:30 PM*
Sunday:
7:30 AM - 2:30 PM**

2010 Membership Rates

	RENEWAL	NEW*	EFT Monthly (bank draft)
YOUTH (0-12 YEARS)	\$60	\$60	N/A
TEEN (13-18 YEARS)	\$40	\$40	3 mo. only
COLLEGE (full time 12 credits)	\$252	\$302	\$21
YOUNG ADULT (19-21 YRS)	\$360	\$410	\$30
ADULT (22 & UP)	\$528	\$578	\$44
SENIOR (65)	\$468	\$518	\$39
FAMILY	\$780	\$840	\$65
SINGLE PARENT FAMILY	\$648	\$708	\$54

*Includes Joiner Fee

Non-member program membership fee of \$5.00 applies at time of registration for each session.

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.

PERSONAL TRAINING, HEALTH & WELLNESS



Chris Hibbs, CSCS
 Health and Wellness Director

For more information or to sign up for personal training, please contact Chris at 203-754-9622 x124.

chibbs@waterburymca.org

Personal Training



One-on-one sessions:
 \$50/hr
 \$30/1/2 hr

Group Sessions:

2 People - \$35/person/hr
 3 People - \$30/person/hr
 4 People - \$25/person/hr

Contact: ytraining@waterburymca.org

READY, SET, GO! 2.0

This is the most exciting weight management program the Greater Waterbury YMCA has ever introduced to date! We have left no stone unturned for you. You get everything in this program. As a result of the Ready Set Go! 2.0 program you will lose weight, become stronger, know how to eat right to keep that weight off, and be much happier and more confident about yourself than you have been in years. This is a no brainer!

Here's what you get:

- Health & Wellness support team
- Cardio programming that will maximize fat loss, calorie burn and your time
- Nutritional guidance (when to eat, what to eat, and how much to eat)
- Strength training workouts
- Exercise program modifications
- Opportunity to learn and use free weight exercises in your own program
- Guidance on how to organize your personal time and life to maximize your overall happiness and well-being
- Weekly weigh-ins
- 15 minute individual follow-up meetings with our Health & Wellness team every week
- Goal setting
- Peace of mind knowing that we are here to encourage and support you every step of the way
- An educational experience on your Health & Wellness that you will be able to take with you for the rest of your life

FREE exclusively to Greater Waterbury YMCA members (12 weeks)

Train with the Best for Less!! Small Group Training

Are you looking to save money?

With Small Group Training, you pay less than half the price of an average personal training session.

Are you looking for a partner to train with but can't find one?

With Small Group Training, we partner you up with other people so you don't have to.

Would you like to lock in your training rates?

If you are frustrated because your training partners keep disappointing you, you no longer have to worry about rates fluctuating as it's always the same.

Are you currently doing 30 minute sessions with a trainer but want more?

With Small Group Training, you can get a full hour workout for less than the price of your 30 minute session.

With Small Group Training You:

- Get 2 workouts/week for less than the price of 1 personal training session.
- Get the same great workout you would in a personal training session, at less than **half the price.**
- Have the opportunity to partner up and train with up to 3 more people.
- Train for an hour for less than the price of your 30 minute personal training session.

If you are looking to maximize your dollar, have accountability, and personalized attention from an expert coach, SIGN UP TODAY... Spots fill up fast!

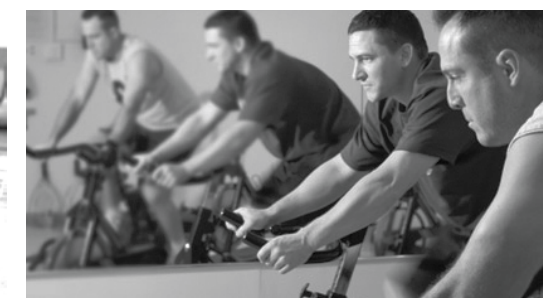
Price: Members: \$40/week – Non-member: \$50/week ; Session lasts 8 weeks

Go to www.waterburymca.org for the session schedule or call Chris Hibbs (x124) for more information.

SMALL GROUP TRAINING IS LIMITED TO 4 PEOPLE, SIGN UP TODAY!



New, private Nutrition counseling sessions, contact Chris Hibbs at x124 for more information.



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

AQUATICS

We will offer two 4-week weekday sessions to accommodate your busy summer schedule. Each weekday class will meet two times a week, according to the schedule below. Saturday and Sunday classes run for 7 weeks as usual. Please note that the summer prices vary slightly from the previous session.

Note: Registration begins for session B Monday, July 12th for everyone.

Summer Session A June 28th – July 22nd
Summer Session B July 26th – August 19th

PHONE-IN REGISTRATION
 June 21st - June 27th
 203 - 754 - YMCA (9622) x100
CREDIT CARDS ONLY

Youth Swim Classes

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

SHRIMP & KIPPER (WATER EXPLORATION)

6 months - 2 years old with a parent

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.

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.

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.

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

Prices:

Weekday Classes Members: \$50 / Non-members \$66

(Please note 2 times a week for 4 weeks)

Weekend classes Member: \$44 / Non-members \$58

(Please note 1 time a week for 7 weeks)

Our aquatic 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. Non-member Program Membership fee of \$5.00 required at registration for each session.



Patti Flaherty
 Aquatics Director x112

EELS (PRIMARY SKILLS)

3-5 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.

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.

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.

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.

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

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.

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 AM - 10:05 AM	#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.

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.

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.

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.

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.

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



AQUATICS

Non-member Program Membership fee of \$5.00 required at registration for *each* session.

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. #04-AQ-2260

Mon/Wed/Fri 8:15 AM - 9:00 AM

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. #04-AQ-2300

Mon/Wed/Fri 10:00 AM - 10:45 AM

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. #04-AQ-2330

Tues 7:30 PM - 8:30 PM and Thurs 7:00 PM - 8:00 PM

Members: \$53 / Non-members: \$70

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. #04-AQ-2380

Fri 5:30 PM - 6:00 PM

Members: \$44 (25% discount!) / Non-members: \$58

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. #04-AQ-2400 Fri 6:00 - 6:30 p.m.

Members: \$44 (25% discount!) / Non-members: \$58

FEMALE SWIMMING

Do you want to lap swim in an all-female setting?

Try our female swimming program. Monday and Wednesday from 7:15 PM - 8:15 PM in our small pool. This program runs 7 weeks. #04-AQ-2165

Members: \$44 / Non-members: \$58



SAVE THE DATE! Splash Program

This Learn to swim program will run August 23rd - 27th. 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 Mon - Fri for a ½ hr. Preregistration is required. Registration begins on August 1st, space is limited.

*Thank you MacDermid
 for making this program possible!*



GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEW! 6:15-7:00 AM SPINNING	5:45-6:30 AM SPINNING	5:45-6:30 AM KICKBUTT BOOTCAMP	5:45-6:30 AM SPINNING	6:15-7:00 AM KICKBUTT BOOTCAMP	7:30-8:30 AM SPINNING	7:45-8:45 AM VINYASA FLOW YOGA
12:00-12:45 PM SPINNING	9:05-9:55 AM CARDIO SCULPT	9:05-9:55 AM ZUMBA	9:05-9:55 AM PILATES BODY I	9:05-9:55 AM CARDIO TO THE "CORE"	8:00-8:55 AM PILATES BODY II	8:00-9:00 AM SPINNING
9:05-9:55 AM CARDIO MUSCLE MIX	NEW! 12:00-1:00 PM VINYASA FLOW	10:00-10:45 AM STARTER STRENGTH	12:00-12:40 PM SPINNING	4:45-5:30 PM HAPPY HOUR WORKOUT	9:00-10:00 AM CARDIO CHALLENGE (INT ADV)	9:00-10:00 AM CARDIO SCULPT
NEW! 4:15-4:45 PM STEP EXPRESS	NEW! 3:45-4:15 PM SPINNING	NEW! 4:15-4:45 PM ZUMBA EXPRESS	4:45-5:15 PM BOOTCAMP EXPRESS!	5:30-6:30 PM ZUMBA		10:00-10:45 AM FAMILY ZUMBA 8 YRS & UP WITH AN ADULT
4:45-5:30 PM ULTIMATE CONDITIONING	NEW! 4:45-5:30 PM CARDIO MUSCLE MIX	NEW! 4:45-5:30 PM ALL ABOUT MUSCLE	5:15-5:45 PM HARD CORE ABS			
5:30-5:40 PM IMPECCABLE ABS	NEW! 5:30-5:40 PM IMPECCABLE ABS	5:30-5:40 PM IMPECCABLE ABS	NEW! 5:45-6:15 PM CARDIO MUSCLE BLAST			
NEW! 5:45-6:30 PM ALL STEP!	5:45-6:30 PM SUPER SCULPT	5:45-6:30 PM CARDIO KICKBOXING	5:45-6:35 PM SPINNING			
5:45-6:45 PM SPINNING	6:30-7:15 PM ZUMBA	5:45-6:35 PM SPINNING	NEW TIME! 6:15-6:45 PM KICKBOX EXPRESS			
6:30-7:15 PM ZUMBA	7:15-8:00 PM BUTTS, GUTS & MORE	6:30-7:15 PM ALL ABOUT MUSCLE	6:45-7:30 PM ZUMBA			
7:15-8:15 PM TBA		7:15-8:30 PM MIXED LEVEL YOGA				

TENTATIVE SUMMER SCHEDULE

Please pick up a final schedule at the YMCA one week prior to the start of the session or email us for the latest copy:

ygrouppfitness@waterburymca.org



CHECK IT OUT!

Express classes, in and out in **30 Minutes** - a workout like no other!
THURSDAY NIGHTS

CHILD CARE

Greater Waterbury YMCA Child Development Center School Readiness Preschool Program NAEYC ACCREDITED CENTER

Kathy Welz
Child Development
Director x115

Educational Excellence

Focuses on early literacy, health, wellness, and family involvement

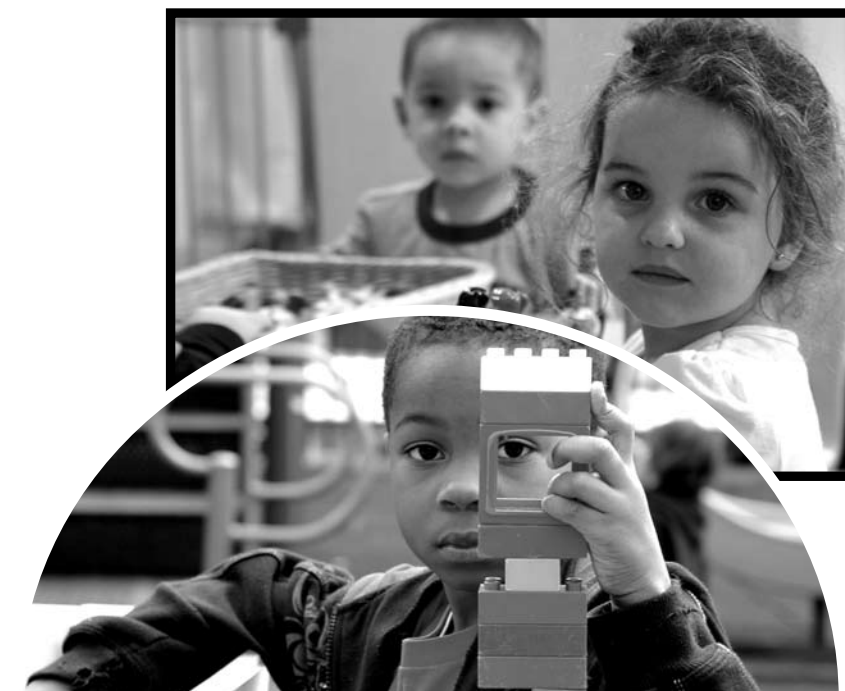
Waterbury children 3 - 5 years old

Tuition based on a sliding fee scale. This program provides a safe and nurturing environment while promoting the physical, social, emotional and intellectual development of young children.

We include:

- Weekly swim lessons and yoga classes.
- Challenging curriculum.
- Nutritious breakfast, lunch and snack daily at no additional cost.
- Monthly field trips and family events.

Open registration for Preschool enrollment... Call today to secure your child's space.



Kids Love Us, Parents Trust Us.

- Qualified, educated staff: with low child/staff ratios.
- Challenging Curriculum: Teachers provide meaningful classroom activities that challenge children to progress; at the same time children are able to successfully complete many of the tasks encountered so that they gain self-confidence, feel proud of their accomplishments, and learn to love learning.
- Nutritional breakfast, lunch and snack provided daily at no cost to you. Meal guidelines are based on the State of CT Child and Adult Food Program (CACFP) guidelines.
- Weekly Swim Lesson: Our program offers a comprehensive program of water enrichment and skill development. Enthusiastic staff and low ratios will ensure your child's experience will be fun and rewarding.
- Healthy Start: Weekly Yoga classes that focus on stretching, which promotes flexibility, coordination and balance. The breathing techniques are used to help teach children to focus, relax and develop self control.
- Hours of operation: 6:30 AM - 5:30 PM

For more information, please contact Kathy Welz at 203-754-9622 x115 or kwelz@waterburymca.org

Still Accepting Registration for the 2010 - 2011 School Year

HOURS OF OPERATION

Before School: 7:00 AM - School Start
After School: School Dismissal - 5:30 PM-6:00 PM

BEFORE & AFTER SCHOOLS SERVED

WATERBURY: Chase • Gilmartin • Rotella • Barnard • Brooklyn • Tinker • Carrington Bunker Hill
St. Mary's • St. Francis • Kingsbury • Driggs • Maloney Magnet

WATERTOWN: Trumbull • Polk • Judson/Hemingway

PROSPECT: Algonquin/Community (after school only, located at Chapel Hall)

Our enrichment programs include:

- Nutritional snacks
- Homework assistance
- Cooperative group games
- Creative art experiences
- And NEW this year...Yoga classes!

CAMP SUMMER SUNSHINE

Located at Chase School: Now accepting applications

Camp is for ages 5-10

Camp runs from 8:00am to 5:00pm (before and after camp available for an extra fee)

For more information, please call 203-754-9622 x115.

ACTIVE OLDER ADULT FITNESS PROGRAMS (55+ YRS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AOA PROGRAM 7:30-8:30 AM WALKING CLUB (GYMNASIUM)	Exercise & Swim Program 10:00-10:45 AM LITE AEROBICS	AOA PROGRAM 7:30-8:30 AM WALKING CLUB (GYMNASIUM)	AOA PROGRAM 10:00-10:45 AM CARDIO & MUSCLE MIX	AOA PROGRAM 7:30-8:30 AM WALKING CLUB (GYMNASIUM)
8:15-9:00 AM Arthritis Foundation AQUATICS PROGRAM	11:00-11:45 AM WARM WATER POOL EXERCISE	8:15-9:00 AM Arthritis Foundation AQUATICS PROGRAM	AOA PROGRAM 10:50-11:45 AM TAI CHI	8:15-9:00 AM Arthritis Foundation AQUATICS PROGRAM
SILVER SNEAKERS AOA PROGRAM 10:00-10:45 AM Muscular Strength & Range of Movement	AOA PROGRAM 10:50-11:45 AM TAI CHI	SILVER SNEAKERS AOA PROGRAM 10:00-10:45 AM Muscular Strength & Range of Movement		Exercise & Swim Program 10:00-10:45 AM LITE AEROBICS
10:00-10:45 AM AQUACIZE		10:00-10:45 AM AQUACIZE		11:00-11:45 AM WARM WATER POOL EXERCISE
AOA PROGRAM 10:50-11:15 AM 50+ YOGA STRETCH				



Join the nation's leading fitness program for older adults fitness program for adults at no additional cost beyond your monthly health plan premium.

(Members of participating Medicare health plans.)

Get fit, have fun, make friends... with the SilverSneakers® Fitness Program!

To find out if your Medicare health plan offers the program, visit www.silversneakers.com or call your health plan's customer service department.

GROUP FITNESS: All classes are FREE for members except where noted. Non-member fee is \$70 per session. ** denotes pre-registration required.

AOA FITNESS CLASSES (55+) AOA classes FREE for members except where noted. Non-members \$35 for AOA Club Pass.

Non-member Program Membership fee of \$5.00 required at registration for each session.

WE ACCEPT CARE-4-KIDS AND OFFER FINANCIAL ASSISTANCE TO THOSE THAT QUALIFY.

GREATER WATERBURY YMCA

SUMMER SPECIAL

THREE MONTH ADULT MEMBERSHIP

\$99 for June, July & August only

Stay on for the year at \$44/month adult membership only

COLLEGE SPECIAL

1 month/\$25 or the summer for \$75

June, July & August only

Proof of full-time college enrollment required.

YMCA Camps Mataucha & Oakasha

LIMITED SPACE STILL AVAILABLE!

2010 SESSION DATES:*

Preview Week – June 21 - June 25

Session 1 – June 28 - July 9

Session 2 – July 12 - July 23

Session 3 – July 26 - August 6

Session 4 – August 9 - August 20

Finale Week – August 23 - August 27

ONLINE REGISTRATION:

YMCA Camp Mataucha

www.campmataucha.org

YMCA Camp Oakasha

www.campoakasha.org

*Session dates are tentative pending finalized school calendars.



FREE FAIRLAWN PARK BASKETBALL LEAGUE

A FREE summer basketball league for kids between the ages of 9-12 years old. This is a 9 week program beginning Monday July 5th and ending on Monday August 30th. All games will be played outdoors at Fairlawn Park every Monday and Thursday between the hours of 3pm-5pm. We will be having a kick off barbecue and registrations on Monday July 5th. Every participant will receive a t-shirt and we will also be providing a snack each day for the kids. Again this is a FREE program. If you have any questions please contact Lucas Spellman at (203)754-9622 x116.



SAVE THE DATE!
29th Annual YMCA Golf Tournament
Monday, July 26th at the Country Club of Waterbury
For more information:
Contact Paula Labonte x103 plabonte@waterburymca.org