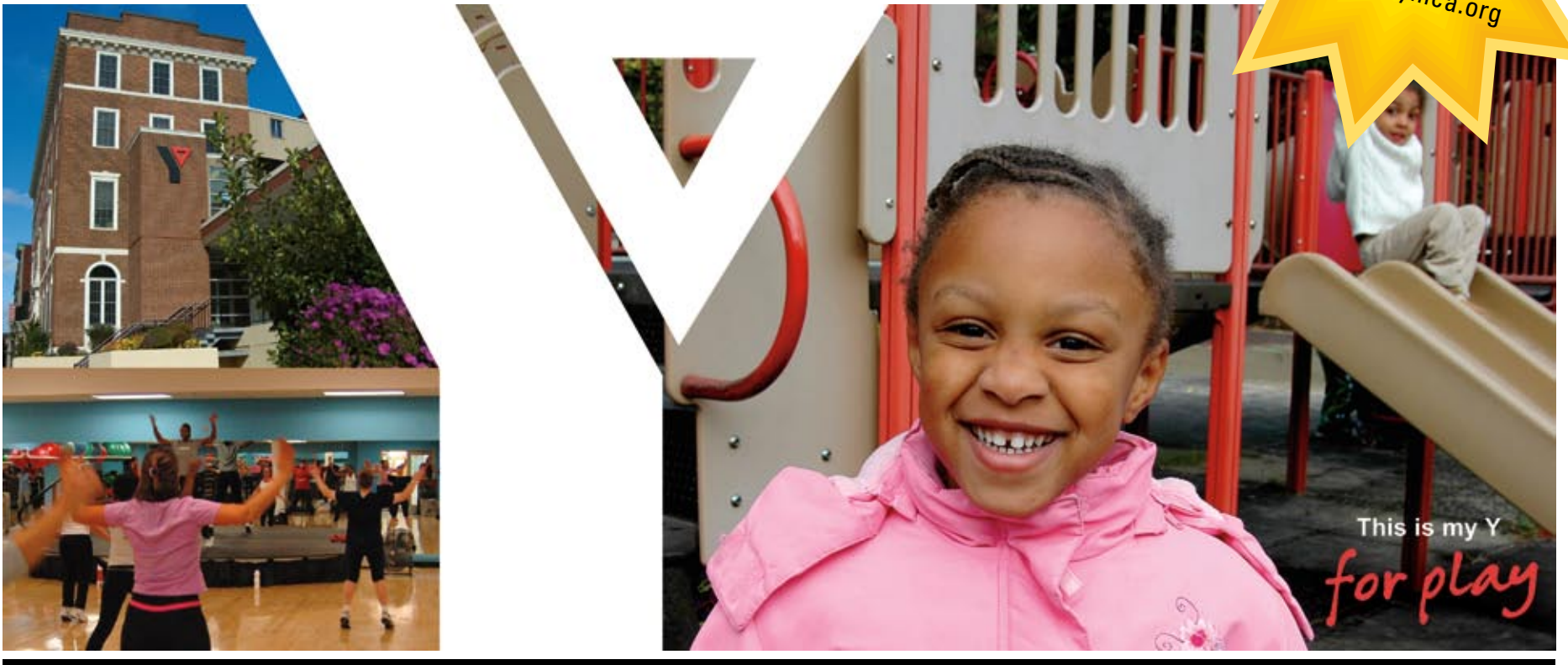


# GREATER WATERBURY YMCA

Spring Program & Membership Guide

Check out our  
**NEW WEBSITE**  
waterburryymca.org



We Build *Strong kids. Strong Families. Strong Communities.*



## 2010 YMCA STRONG KIDS CAMPAIGN

Build a future leader.  
Find out how a little change from  
you can change a kid's life.

– details on page 2

## Start planning your child's 2010 Camp Season NOW!

– details on page 8



## The **BIGGEST** weight loss challenge in the Greater Waterbury area is **BACK!**

– details page 3



CARING - HONESTY - RESPECT - RESPONSIBILITY



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

## Sign up now for our Spring Session

- » Member Registration - February 15th - February 21st
- » General Registration - February 22nd - February 28th
- » Session Runs - March 1st - April 18th

Register at the Greater Waterbury YMCA or phone in.

Phone-in registration is held from February 22<sup>nd</sup> - February 28<sup>th</sup>, 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 locker rooms
- Whirlpool
- Reciprocal use of all YMCAs in the state
- Member rates for summer camp, preschool and programs

**READY, SET, GO! 2.0**

12-week Member support program, FREE exclusively to all Greater Waterbury YMCA members.

- See page 3 for details



## 2010 STRONG KIDS CAMPAIGN

Now more than ever our kids need your support. Please consider making a gift that will help a child. The YMCA helps develop children into future leaders of our community and sets them on the right path. Invest in a child; invest in your community. Contact Paula Labonte: 203-754-9622 x103 for more details or visit the Support the Y section of our website [waterburyymca.org](http://waterburyymca.org) to donate online.

## FREE ChildWatch

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

**Mon. - Fri. 8:45 AM - 12:45 PM & 4:40 PM - 8:40 PM**

**Sat. 9:00 AM - 12:00 PM / Sun. 9:00 AM - 1:00 PM**

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

**Development Director**  
Paula Labonte x103

**Membership Director**  
Angie Matthis x107

**Camping Director**  
Mike Tedesco x118

**Camps Mataucha & Oakasha**  
Camp Registrar x136

**Aquatics Director**  
Patti Flaherty x112

**Child Development Director**  
Kathy Welz x115

**Before & After School Program Director**  
Brian Eagen x125

**Youth & Teen Director**  
Lucas Spellman x124

**Health & Wellness**  
Chris Hibbs x124

**Group Fitness**  
Tricia Brown &  
Alicia Cipriano x190

## Hours of Operation

**Monday - Friday:**  
5:30 AM - 9:00 PM

**Saturday:**  
7:00 AM - 5:00 PM

**Sunday:**  
7:30 AM - 3:30 PM

## 2010 Membership Rates

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



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

**Chris Hibbs, CSCS**  
Health and Wellness Director



## It's that time of year again!!

Come down and join the biggest weight loss challenge in the Greater Waterbury Area. Get 3 of your friends, family members or colleagues together. The contest starts on Monday March 1st.

## 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

### Grand Prize!! A Personal Training and Nutritional Counseling Package valued at \$625

- \$40 Registration fee per person
- 8 week competition
- Four (4) people to each team, can include non-members (no obligation to join)
- All Non-members can purchase an Eight (8) week guest membership to the YMCA for \$75

## \$20 / Session Group Training!!

**FEES: Members: \$40/week\* - Non-Members: \$50/week\***

**2 one hour sessions/week for 8 weeks**

**Sessions must have a 3 person minimum to run, 4 person maximum**

### What you get:

- 8 weeks of personal training
- Great workouts and expertise from our Y Training staff
- Weight and body fat monitoring
- Cardiovascular programming
- Nutritional guidance

## Total-Body Renovator Program

This is the ULTIMATE body transforming and weight loss program. Join the Y Training Team in this anything goes, kick butt workout. Feel great about yourself, meet some new friends and have a great time all while changing your life. Do not miss out on this one of a kind program!

## 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)**

## New!!! Y Eating

The Greater Waterbury YMCA has partnered with registered dietitians to enhance your health and wellbeing. Y eating is a program focused on easy to understand, credible and relevant nutritional science in a fun, supportive small group setting.

### You will begin with:

- Individualized baseline health & fitness analysis
- Personal diet analysis
- Personalized weekly meal plan
- Healthy recipes and alternatives
- Shopping list
- Eating out guidelines

### The small group sessions will include:

- "No fail" principles of healthy eating for life
- Small change approach to behavior modification
- Cooking demonstrations
- Grocery store tour
- Follow up and support from our registered dietitians

Class	Days	Time	Class	Days	Time	Class	Days	Time
YEAT 5	Mon	10:00AM	YEAT 6	Mon	12:00PM	YEAT 7	Mon	6:30PM

Program runs for 8 weeks. Each class requires a minimum of 4 participants to run, and has a maximum of 8 participants. You can register for Y eating and Total Body Renovator sessions each month, classes start first week of the month.

Member cost: \$199\* / Non-member cost: \$249\*

\* Each registration includes 1 personal training session (\$50 value)

Go to [waterburymca.org/yeating](http://waterburymca.org/yeating) for more details and to meet our dietitians.

► **For more information about all of these programs please visit [WaterburyYMCA.org](http://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.



**Patti Flaherty**  
Aquatics Director x112

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

## PHONE-IN REGISTRATION

February 22<sup>nd</sup> - February 28<sup>th</sup>

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	5:30 PM - 6:00 PM	#02-AQ-2010
Thurs	9:30 AM - 10:00 AM	#02-AQ-2011
Sat	9:00 AM - 9:30 AM	#02-AQ-2012

### 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	5:30 PM - 6:00 PM	#02-AQ-2020
Thurs	9:30 AM - 10:00 AM	#02-AQ-2021
Sat	9:00 AM - 9:30 AM	#02-AQ-2022

### 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	5:30 PM - 6:00 PM	#02-AQ-2040
Tues	9:00 AM - 9:30 AM	#02-AQ-2041
	4:00 PM - 4:30 PM	#02-AQ-2042
Thurs	5:30 PM - 6:00 PM	#02-AQ-2043
Sat	9:00 AM - 9:30 AM	#02-AQ-2044
Sun	10:00 AM - 10:30 AM	#02-AQ-2045

### 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	5:00 PM - 5:30 PM	#02-AQ-2011
Tues	5:00 PM - 5:30 PM	#02-AQ-2012
Wed	4:30 PM - 5:00 PM	#02-AQ-2013
Thurs	9:00 AM - 9:30 AM	#02-AQ-2010
	4:00 PM - 4:30 PM	#02-AQ-2014
Sat	10:10 AM - 10:40 AM	#02-AQ-2015
	11:20 AM - 11:50 AM	#02-AQ-2017
Sun	11:10 AM - 11:40 AM	#02-AQ-2016

### 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	4:00 PM - 4:30 PM	#02-AQ-2080
Tues	9:30 AM - 10:00 AM	#02-AQ-2081
	5:30 PM - 6:00 PM	#02-AQ-2083
Thurs	4:30 PM - 5:00 PM	#02-AQ-2085
Sat	9:35 AM - 10:05 AM	#02-AQ-2086
Sun	10:35 AM - 11:05 AM	#02-AQ-2088

### 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.

Mon	4:30 PM - 5:00 PM	#02-AQ-2100
Thurs	5:00 PM - 5:30 PM	#02-AQ-2101
Sat	10:10 AM - 10:40 AM	#02-AQ-2102

### 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	4:30 PM - 5:00 PM	#02-AQ-2120
Thurs	5:00 PM - 5:30 PM	#02-AQ-2121
Sat	10:10 AM - 10:40 AM	#02-AQ-2122
Sat	12:20 PM - 12:50 PM	#02-AQ-2123

## Progressive Classes

These great programs are for children ages 6-14 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	5:00 PM - 5:30 PM	#02-AQ-2141
Tues	4:30 PM - 5:00 PM	#02-AQ-2142
Wed	5:30 PM - 6:00 PM	#02-AQ-2143
Sat	9:35 AM - 10:05 AM	#02-AQ-2144
Sun	11:45 AM - 12:15 PM	#02-AQ-2146

### 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.

Tues	4:00 PM - 4:30 PM	#02-AQ-2150
Wed	5:00 PM - 5:30 PM	#02-AQ-2151
Thurs	4:30 PM - 5:00 PM	#02-AQ-2152
Sat	10:45 AM - 11:15 AM	#02-AQ-2153

### 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	4:00 PM - 4:30 PM	#02-AQ-2160
Tues	5:00 PM - 5:30 PM	#02-AQ-2161
Thurs	5:30 PM - 6:00 PM	#02-AQ-2163
Sat	10:45 AM - 11:15 AM	#02-AQ-2164

### MINNOW (STROKE DEVELOPMENT)

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

Mon	4:30 PM - 5:00 PM	#02-AQ-2180
Tues	5:30 PM - 6:00 PM	#02-AQ-2182
Sat	11:20 AM - 11:50 AM	#02-AQ-2183

### FISH (SKILL PROFICIENCY)

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

Thurs	4:00 PM - 4:30 PM	#02-AQ-2200
Sat	11:55 AM - 12:25 PM	#02-AQ-2201

### 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.

Thurs	4:00 PM - 4:30 PM	#02-AQ-2220
Sat	11:55 AM - 12:25 PM	#02-AQ-2221

### SHARK (ADVANCED SKILLS)

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

Sat	11:55 AM - 12:25 PM	#02-AQ-2240
-----	---------------------	-------------



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

## 45 MINUTE PROGRESSIVE CLASSES

Minnow (Stroke Development) Wed 4:30 PM - 5:15 PM #02-AQ-2184  
 Fish (Skill Proficiency) Wed 5:15 PM - 6:00 PM #02-AQ-2202  
 Flying Fish (Advanced Skills) Wed 5:15 PM - 6:00 PM #02-AQ-2222  
 Shark (Advanced Skills) Wed 5:15 PM - 6:00 PM #02-AQ-2241

**Members: \$53 (25% discount!) / Non-member: \$70**

## 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. #02-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. #02-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. #02-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. #02-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. #02-AQ-2400 Fri 6:00 - 6:30 p.m.

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

## RED CROSS LIFE GUARDING

Red Cross Life Guarding class will be held on Tuesday evenings from 5:30 PM - 9:30 PM. Classes begin March 30th and run for eleven weeks. Schedule with exact class times available at sign up. Attendance for all classes is mandatory, no exceptions! #02-AQ-2500

Class March 30th will run 5:30 PM - 6:30 PM

All participants must pay a \$50 non-refundable deposit to hold class space.

If prerequisites are met class balance will be due on April 6th, 2010.

**Members: \$215 / Non-members: \$250**

Participants must be pre-registered by March 29th, 2010

## ZUMBA SPLASH

This basic level Zumba class is taught in the small pool. Zumba Dance is a fusion of Latin & international music, incorporating aerobics and interval training.

Saturdays 1:00 PM - 2:00 PM

Wednesdays 12:00 PM - 1:00 PM

Begins March 3rd, sign up for each class day at the Front Desk.

**Fee: \$5.00 per day, size is limited to 16 participants ages 15+**



## 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. #02-AQ-2165

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

# GROUP FITNESS & ACTIVE OLDER ADULT (AOA) SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30 AM <b>AOA WALKING CLUB</b> (\$1 donation suggested)	5:45-6:30 AM <b>SPINNING</b>	5:45-6:30 AM <b>KICKBUTT BOOTCAMP</b>	5:45-6:30 AM <b>SPINNING</b>	7:30-8:30 AM <b>AOA WALKING CLUB</b> (\$1 donation suggested)	7:30-8:30 AM <b>SPINNING</b>	9:00-9:45 AM <b>CARDIO SCULPT</b>
9:05-9:55 AM <b>CARDIO MUSCLE MIX</b>	9:05-9:50 AM <b>CARDIO SCULPT</b>	7:30-8:30 AM <b>AOA WALKING CLUB</b> (\$1 donation suggested)	9:05-9:55 AM <b>PILATES BODY I</b>	9:05-9:55 AM <b>CARDIO TO THE CORE</b>	8:00-8:55 AM <b>PILATES BODY II</b>	10:00-10:45 AM <b>FAMILY ZUMBA</b>
10:00-10:45 AM <b>AOA PROGRAM SILVERSNEAKERS®</b>	10:00-10:45 AM Lite Aerobics 11:00-11:45 AM Warm Water Pool <b>EXERCISE &amp; SWIM PROGRAM</b> (\$2 donation suggested)	9:05-9:50 AM <b>ZUMBA</b>	10:50-11:45 AM <b>AOA PROGRAM TAI CHI</b>	10:00-10:45 AM Lite Aerobics 11:00-11:45 AM Warm Water Pool <b>EXERCISE &amp; SWIM PROGRAM</b> (\$2 donation suggested)	9:00-10:00 AM <b>CARDIO CHALLENGE</b>	1:00-2:00 PM* <b>FAMILY YOGA</b> (*1-1:30 3-6 year olds 1:30-2:00 7-12 year olds)
12:00-12:40 PM <b>SPINNING</b>	10:50-11:45 AM <b>TAI CHI</b>	10:00-10:45 AM <b>AOA PROGRAM SILVERSNEAKERS®</b>	12:00-12:40 PM <b>SPINNING</b>	5:30-6:30 PM <b>ZUMBA</b>	<b>TENTATIVE SPRING SCHEDULE</b>  <i>Please pick up a final schedule at the YMCA one week prior to the start of the session or email us at <a href="mailto:ygroupfitness@waterburymca.org">ygroupfitness@waterburymca.org</a> for the latest copy.</i>	<b>CHECK IT OUT!</b> Express classes, in and out in <b>30 Minutes</b> - a workout like no other! <b>THURSDAY NIGHTS</b>
4:45-5:30 PM <b>ULTIMATE CONDITIONING</b>	4:45-5:30 PM <b>CARDIO MUSCLE MIX</b>	10:00-10:45 AM <b>STARTER STRENGTH</b>	4:45-5:15 PM <b>BOOTCAMP EXPRESS</b>			
5:30-5:40 PM <b>IMPECCABLE ABS</b>	5:30-5:40 PM <b>IMPECCABLE ABS</b>	10:50-11:15 AM <b>YOGA STRETCH</b>	5:15-5:45 PM <b>HARD CORE ABS</b>			
5:45-6:30 PM <b>ALL STEP!</b>	5:45-6:30 PM <b>SUPER SCULPT</b>	4:45-5:30 PM <b>ULTIMATE CONDITIONING</b>	5:45-6:15 PM <b>CARDIO MUSCLE BLAST</b>			
5:45-6:45 PM <b>SPINNING</b>	6:30-7:15 PM <b>ZUMBA</b>	5:30-5:40 PM <b>IMPECCABLE ABS</b>	5:45-6:35 PM <b>SPINNING</b>			
6:30-7:15 PM <b>ZUMBA</b>	7:15-8:00 PM <b>BUTTS, GUTS &amp; MORE</b>	5:45-6:30 PM <b>CARDIO KICKBOXING</b>	6:15-6:45 PM <b>KICKBOX EXPRESS</b>			
7:15-8:15 PM <b>PILATES</b>		5:45-6:35 PM <b>SPINNING</b>	6:45-7:30 PM <b>ZUMBA</b>			
		6:30-7:15 PM <b>ALL ABOUT MUSCLE</b>				
		7:15-8:15 PM <b>HEART OPENING YOGA</b>				



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](http://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.

## Super Sundays

The best family value for entertainment in town, FREE with family membership!

— see page 8 for details



## 2010 schedule

Activity	Begin Time	End Time	Location
ChildWatch*	9:00 AM	1:00 PM	ChildWatch room
Spinning	1:00 PM	2:30 PM	Spinning studio
Family Swim	1:30 PM	3:00 PM	Small Pool
Rock Climbing	10:00 AM	12:00 PM	Gym
Family Zumba	10:00 AM	10:45 AM	Group fitness
Family Open Gym	10:00 AM	12:00 PM	Gym
**Family Yoga	1:00 PM	2:00 PM	Group Fitness

\*ChildWatch will be themed days with movies, art projects and Storytimes, Wii tournaments and open play.

\*\*1:00-1:30 3-6 year olds 1:30-2:00 6-12 year olds

## 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 & 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](mailto:kwelz@waterburymca.org)



### Still Accepting Registration for the 2010 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  
Generali • 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!

For more information, please contact Brian Eagen at 203-754-9622 ext 125 or [beagen@waterburymca.org](mailto:beagen@waterburymca.org)

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

# GREATER WATERBURY YMCA

## Easter Egg – Stravaganza



Come join the Easter Bunny and your friends at YMCA Camp Mataucha for our 2<sup>nd</sup> Annual Easter Egg - Stravaganza.

**When:** Saturday, March 27, 2010  
**Where:** YMCA Camp Mataucha  
**Time:** 10:00AM-12:00PM  
**Cost:** \$10 per family (Includes Easter egg hunt and assorted prizes)

Space is limited. To register please contact Mike Tedesco (860) 274-4820 mtedesco@waterburymca.org. This event will take place rain or shine. Thanks, hope to see you all soon! Register at the YMCA

## SAVE THE DATE! 29<sup>th</sup> Annual YMCA Golf Tournament

Monday, July 26<sup>th</sup> at the Waterbury Country Club

For more information contact Paula Labonte x103 plabonte@waterburymca.org

## YMCA Camp Mataucha & YMCA Camp Oakasha

### 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

\*Session dates are tentative pending finalized school calendars.

### Open House Dates:

**YMCA Camp Mataucha – Located at YMCA Camp Mataucha**  
 Saturday, April 10, 10:00AM-2:00PM  
 Saturday, May 8, 10:00AM-2:00PM  
 Saturday, June 12, 10:00AM-2:00PM  
**YMCA Camp Oakasha – Located at YMCA Camp Oakasha**  
 Saturday, May 15, 10:00AM-2:00PM  
 Saturday, June 12, 10:00AM-2:00PM

### Early Bird Registration:

YMCA Camp Oakasha In Person at the Waterbury YMCA  
 Sunday, February 28, 2010 9:00AM-12:00PM Waterbury YMCA  
 \*Registration will be ongoing as of March 1, 2010

### Online Registration for YMCA Camp Oakasha

Monday, March 1, 2010  
[www.campoakasha.org](http://www.campoakasha.org)

### Registration for YMCA Camp Mataucha

On going registration at:  
[www.campmataucha.org](http://www.campmataucha.org)

**ANNUAL VOLUNTEER  
 SPRING CLEAN-UP  
 Saturday, April 3, 2010  
 8:00 AM - 1:00 PM  
 at YMCA Camp Mataucha**



## Session Two Pee Wee Sports

Register at the YMCA, runs March 6<sup>th</sup>-April 17<sup>th</sup>

YMCA Camp Mataucha is proud to offer quality youth programs that will be held right at our outdoor center! Our classes are designed to teach the basic skills of each sport as well as sports as a lifelong experience. All classes are held at YMCA Camp Mataucha. Contact Mike Tedesco (860)274-4820 mtedesco@waterburymca.org for more information. **Members: \$36 / Non-members: \$48**

**Indoor Parent and Me Sports Spectacular** (3 years old with parent) A great introduction to a variety of fun sports! Participants will have fun, meet new friends, and learn a different sports throughout the session.

**Saturdays: 9:15 AM – 10:00 AM Location: Woodward Hall**

**Indoor Pee-Wee Soccer** (Ages 4 & 5) This program will focus on helping your child develop appropriate soccer skills, learn sports as a life-long activity, stay in shape and most of all have a great time.

**Saturdays: 10:15 AM – 11:00 AM Location: Woodward Hall**

**Indoor Sports Spectacular** (Ages 4 & 5) This program will give your child the opportunity to learn and play a new sport each week. Some of the sports that we will focus on include basketball, soccer, floor hockey and more. Perfect for those who can't get enough of sports or have never tried before.

**Saturdays: 11:15 AM – 12:00 PM Location: Woodward Hall**

## April Vacation Camp at YMCA Camp Mataucha!

YMCA Camp Mataucha in Watertown will be holding February and April Vacation Camps. February Vacation Camp will take place Monday February 15<sup>th</sup> – Friday, February 19<sup>th</sup> and April Vacation Camp will take place on Monday, April 19<sup>th</sup> – Friday April 23<sup>rd</sup>. Vacation Camp is offered to campers ages 5-12, Vacation Camp participants will have the opportunity to participate in camp activities, field trips and other fun activities at YMCA Camp Mataucha.

**Members: \$30 / Non-members: \$40**

Drop off anytime after 7 am and pick up before 5:30 pm. Pick up and drop off at YMCA Camp Mataucha only.

For more information please contact **Outdoor Center Program Coordinator Mike Tedesco (860) 274-4820** mtedesco@waterburymca.org.

### February Vacation Camp Offerings

Monday February 15 <sup>th</sup>	Fun Day at Camp
Tuesday February 16 <sup>th</sup>	Snow Tubing
Wednesday February 17 <sup>th</sup>	Barker Cartoon Museum
Thursday February 18 <sup>th</sup>	Movies
Friday February 19 <sup>th</sup>	Fun Day at Camp

\* Trips may be changed or cancelled depending on enrollment.

### April Vacation Camp Offerings

Monday April 19 <sup>th</sup>	Fun Day at Camp
Tuesday April 20 <sup>th</sup>	Stew Leonards
Wednesday April 21 <sup>st</sup>	Avery Soda
Thursday April 22 <sup>nd</sup>	Ultimate Sports
Friday April 23 <sup>rd</sup>	Sleeping Giant State Park

\* Trips may be changed or cancelled depending on enrollment.

