

GREATER WATERBURY YMCA

Spring Program & Membership Guide

**SAVE
THE DATE:**

Golf Outing
July 26, 2010

YMCA Poker Run
May 23, 2010
- see page 8
for details



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
impact a kid's life.



YMCA Camp Mataucha Open House

Saturday, April 17, 2010 10:00AM-2:00AM

YMCA Camp Oakasha Open House

Saturday, May 15, 2010 10:00AM-2:00PM



SUMMER SPECIAL

**3 Month Adult
Membership**

\$99

June, July and August
stay on for the year @ \$44/month

CARING - HONESTY - RESPECT - RESPONSIBILITY



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

Sign up now for our Spring Session

» **Member Registration - April 12th - April 17th**

» **General Registration - April 19th - April 24th**

» **Session Runs - April 26th - June 13th**

Register at the Greater Waterbury YMCA or phone in.

Phone-in registration is held from April 19th - April 24th, credit card payment only

Free Parking and ChildWatch for members.

www.WaterburyYMCA.org | 203.754.YMCA (9622) | 136 West Main Street, Waterbury

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

READY, SET, GO! 2.0

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

- See page 3 for details

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: 8:45am-1:00pm & 4:40pm-8:40pm**

Sat: 9:00 am-12:00pm

Sun: 9:00am-1:00pm***

** Evening hours change to 7:40 pm after Memorial Day

*** ChildWatch will be closed on Sundays after Memorial Day

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

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

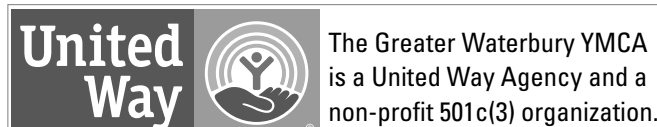
*Includes Joiner Fee

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.



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
Development Director Paula Labonte x103	Aquatics Director Patti Flaherty x112
Membership Director Angie Matthis x107	Child Development Director Kathy Welz x115
Camping Director Mike Tedesco x118	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**
*close at 3:30 after May 30th
**close at 2:30 after May 30th

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)



Make this the year you Tri with the Y! Join the Greater Waterbury YMCA's Triathlon Club Whether you are new to the sport, looking for a training buddy, on a quest for PR, or maybe you love to run, bike, swim or all three--We Want You to Join the Club!

Club Benefits:

- Detailed Training Plan
- Team Uniforms
- Group Outdoor Rides
- Swim Clinics and Open Water Swims
- Team Social Events
- Fun and More...
- Monthly Tri Lectures
- Weekly Spin Classes
- Track Workouts
- Strength Workouts by Y Training
- Performance Nutrition by Y Eating

First Timers to Seasoned Triathletes... Everyone is Welcome! Contact Chris Hibbs at 203-754-9622 x124 for more information Check out the Waterbury YMCA Triathlon Club page on Facebook. Non-members can participate by purchasing a 6-month trial membership for \$250

Membership Options:

- Full Club training package \$150
- Training package minus open water swims \$75
- Tri Club Uniform and a la carte fitness/nutrition services \$50

\$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
- Weight and body fat monitoring
- Nutritional guidance
- Great workouts and expertise from our Y Training staff
- Cardiovascular programming

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!



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

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.

FEES: Members: \$44 / Non-members: \$58
There will be a \$5 program fee each session

PHONE-IN REGISTRATION
April 19th - April 24th
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	#03-AQ-2010
Thurs	9:30 AM - 10:00 AM	#03-AQ-2011
Sat	9:00 AM - 9:30 AM	#03-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	#03-AQ-2020
Thurs	9:30 AM - 10:00 AM	#03-AQ-2021
Sat	9:00 AM - 9:30 AM	#03-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	#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

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	#03-AQ-2011
Tues	5:00 PM - 5:30 PM	#03-AQ-2012
Wed	4:30 PM - 5:00 PM	#03-AQ-2013
Thurs	9:00 AM - 9:30 AM	#03-AQ-2010
	4:00 PM - 4:30 PM	#03-AQ-2014
Sat	10:10 AM - 10:40 AM	#03-AQ-2015
	11:20 AM - 11:50 AM	#03-AQ-2017
Sun	11:10 AM - 11:40 AM	#03-AQ-2016

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

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	#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

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	#03-AQ-2100
Thurs	5:00 PM - 5:30 PM	#03-AQ-2101
Sat	10:10 AM - 10:40 AM	#03-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	#03-AQ-2120
Thurs	5:00 PM - 5:30 PM	#03-AQ-2121
Sat	10:10 AM - 10:40 AM	#03-AQ-2122
Sat	12:20 PM - 12:50 PM	#03-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	#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 PM	#03-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	#03-AQ-2150
Wed	5:00 PM - 5:30 PM	#03-AQ-2151
Thurs	4:30 PM - 5:00 PM	#03-AQ-2152
Sat	10:45 AM - 11:15 AM	#03-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	#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

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	#03-AQ-2180
Tues	5:30 PM - 6:00 PM	#03-AQ-2182
Sat	11:20 AM - 11:50 AM	#03-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	#03-AQ-2200
Sat	11:55 AM - 12:25 PM	#03-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	#03-AQ-2220
Sat	11:55 AM - 12:25 PM	#03-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	#03-AQ-2240
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AQUATICS

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 #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: \$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. #03-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. #03-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. #03-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. #03-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. #03-AQ-2400 Fri 6:00 - 6:30 p.m.

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

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+

Barracuda Summer Swim Team

IMPORTANT DATES:

Registration for returning swimmers April 19th -29th at the front desk

Monday May 3rd New Swimmer Tryouts 5:00-6:00PM

Tuesday May 4th New Swimmer Tryouts 5:00-6:00PM

FEES:

1st Child \$130/season

2nd Child \$115/season (same family)

3rd Child \$100/season (same family)

Membership required

Youth membership \$60, Teen Membership \$40/3 months

STROKE AND TURN CLINIC

April 19 - 23 -- Stroke-and-turn clinic, 5:00 to 6:00PM.

This clinic is only open to the following swimmers:

1. Swimmers who are 8/under with 2 or fewer years of competitive experience.
2. Swimmers who are 9/over with no more than 1 year of competitive experience.
3. Swimmers currently in the Fish level of swim lessons or above who are interested in joining the program either this summer or next winter.

Cost is \$35.00

For More Information Contact Patti Flaherty at (203) 754-2181 x112.

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. #03-AQ-2165

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



Splash Program

This Learn to swim program will run June 21st - 25th. 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. Registration begins on June 1st, space is limited.



GROUP FITNESS & ACTIVE OLDER ADULT (AOA) 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	10:00-10:45 AM 55+ CARDIO CLASS	10:00-10:45 AM STARTER STRENGTH	10:00-10:45 AM 55+ CARDIO & MUSCLE	10:00-10:45 AM 55+ CARDIO CLASS	9:00-10:00 AM CARDIO CHALLENGE (INT ADV)	9:00-10:00 AM CARDIO SCULPT
10:00-10:45 AM SILVER SNEAKERS 55+ STRENGTH CLASS	10:50-11:45 AM TAI CHI	10:50-11:15 AM 50+ YOGA STRETCH	10:50-11:45 AM TAI CHI	4:45-5:30 PM HAPPY HOUR WORKOUT		10:00-10:45 AM FAMILY ZUMBA 8 YRS & UP WITH AN ADULT
NEW! 4:15-4:45 PM STEP EXPRESS	NEW! 12:00-1:00 PM VINYASA FLOW	NEW! 4:15-4:45 PM VINYASA EXPRESS	12:00-12:40 PM SPINNING	5:30-6:30 PM ZUMBA		NEW TIME! 1:30-3:00 PM SPINNING
4:45-5:30 PM ULTIMATE CONDITIONING	NEW! 3:45-4:15 PM SPINNING	NEW! 4:45-5:30 PM ALL ABOUT MUSCLE	4:45-5:15 PM BOOTCAMP EXPRESS!		TENTATIVE SPRING SCHEDULE <small>Please pick up a final schedule at the YMCA one week prior to the start of the session or email us at ygroupfitness@waterburymca.org for the latest copy.</small>	CHECK IT OUT! Express classes, in and out in 30 Minutes - a workout like no other! THURSDAY NIGHTS
5:30-5:40 PM IMPECCABLE ABS	NEW! 4:45-5:30 PM CARDIO MUSCLE MIX	5:30-5:40 PM IMPECCABLE ABS	5:15-5:45 PM HARD CORE ABS			
NEW! 5:45-6:30 PM ALL STEP!	NEW! 5:30-5:40 PM IMPECCABLE ABS	5:45-6:30 PM CARDIO KICKBOXING	NEW! 5:45-6:15 PM CARDIO MUSCLE BLAST			
5:45-6:45 PM SPINNING	5:45-6:30 PM SUPER SCULPT	5:45-6:35 PM SPINNING	5:45-6:35 PM SPINNING			
6:30-7:15 PM ZUMBA	6:30-7:15 PM ZUMBA	6:30-7:15 PM ALL ABOUT MUSCLE	NEW TIME! 6:15-6:45 PM KICKBOX EXPRESS			
7:15-8:15 PM PILATES	7:15-8:00 PM BUTTS, GUTS & MORE	7:15-8:30 PM MIXED LEVEL YOGA	6:45-7:30 PM ZUMBA			

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 Silver Sneakers® 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.

YOUTH AND TEEN PROGRAMS

PEE WEE BASKETBALL
 This 10-week instructional program for boys and girls aged 4-8 years old is designed to teach the basic rules and fundamentals of the game of basketball. Players will practice dribbling, passing, shooting, learn the rules of the game, and most of all...have FUN! Sessions are held at the YMCA on Saturday mornings. All participants receive t-shirts and medals. **Fee: \$30 per child.**

Program will begin on May 1st.
 Ages 4 & 5 10am-11am
 Ages 5 - 8 from 11am-12pm

FUN BUS
 This program will be located at Washington Park. The Fun bus is for those who are unable to travel to the Waterbury YMCA. The bus will provide children with fun games and activities which will allow them to socialize with others. FREE, begins April 13th.

Our adult and child fitness program is back for **SPRING!**



Team up with your child and inspire each other to get fit! Instructors will teach you how to have fun with exercise!
Saturdays 10:15-11 AM | No registration required, FREE to members!!

GAME TIME HOOPS
 This league is designed for players aged 9-15 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. This league runs for 10 weeks and everyone makes a team. At the conclusion of the league, all participants receive a medal and the champions receive trophies. **Fee: \$30 per player.**

Player evaluations for ages 9-12 will be held on May 1st @ 1:00pm
 Player evaluations for ages 13-15 will be held on May 1st @ 3:00pm
 We are looking for volunteer coaches and referees, if interested please contact Lucas Spellman @ 203-754-9622 ext. 116

HOOPS AND HOMEWORK
 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.

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 & 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 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)
CAMP SUMMER SUNSHINE APPLICATIONS AVAILABLE APRIL 30, 2010

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

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

GREATER WATERBURY YMCA



Poker Run – May 23, 2010

All makes and models of bikes are welcome. Self-guided Tour through Litchfield County beginning at Yankee Harley, Bristol. All proceeds benefit the YMCA Camp Scholarship fund.

Contact Paula Labonte for participation and registration information 203-754-9622 ext 103

Super Sundays 2010 Schedule ENDS MAY 2ND

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 (Ends 4/25/10)
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

YMCA Camps Mataucha & 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

ONLINE REGISTRATION:

YMCA Camp Oakasha
www.campoakasha.org

YMCA Camp Mataucha
www.campmataucha.org



SUMMER VOLUNTEER CLEAN-UP
 Saturday, July 3, 2010 | 8:00 AM - 1:00 PM, call for details.

Session Three Sports

Register at the YMCA, runs Saturdays May 1st-June 12th

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 at (860) 274-4820 or mtedesco@waterburymca.org for more information. **Members: \$36 / Non-members: \$48**

Indoor Parent and Me Sports Spectacular (3 years old with parent)
 This class offers a variety of different sports. Participants will play soccer, t-ball, basketball, pillow polo and others.

Saturdays: 9:00am-9:45am Location: Lower Sports Field

Parent and Me T-ball (3 years old with parent) A great introduction to the sport of baseball. Participants will learn the basics of hitting, throwing and base running through the instruction of a YMCA coach and their parents.

Saturdays: 10:00 AM – 10:45 AM Location: Upper Sports Field

T-ball (Ages 4 & 5) This program will focus on helping your child develop appropriate baseball skills of hitting, throwing and base-running. Participants will also learn sports as a life-long activity. Parents may be asked to help volunteer in class.

Saturdays: 11:00 AM – 11:45AM Location: Upper Sports Field

April Vacation Camp at YMCA Camp Mataucha!

YMCA Camp Mataucha in Watertown will be holding April Vacation Camp on Monday, April 19th - Friday, April 23rd. Vacation Camps are offered to campers in grades K-7, Vacation Camp participants will have the opportunity to participate in camp activities, field trips and other fun activities at YMCA Camp Mataucha. Participants will enjoy camp activities like sports, rock climbing, archery and more. For only \$30 a day for members of the YMCA and \$40 a day for non-members. Parent's can 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 Director Mike Tedesco at (860)274-4820 or mtedesco@waterburymca.org.

April Vacation Adventure Camp Offerings

Monday, April 19th	Fun Day at Camp
Tuesday, April 20th	Fun Squared
Wednesday, April 21st	Fun Day at Camp
Thursday, April 22nd	UCONN Dairy Bar
Friday, April 23rd	Baseball Game

* Trips may be changed or cancelled depending on enrollment.

Members: \$30 / Non-members: \$40 (daily)

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.



SAVE THE DATE!

29th Annual YMCA Golf Tournament
 Monday, July 26th at the Country Club of Waterbury

For more information:
 Contact Paula Labonte x103plabonte@waterburymca.org