



# JUMP INTO THE NEW YEAR



**REGISTRATION OPENS:  
FEBRUARY 22, 2021**

**PROGRAM BEGINS:  
MARCH 8, 2021**

## **CAMP REGISTRATION! NOW OPEN**

Summer is right around the corner, and we are very excited for this upcoming camp season! You are invited to join us in person or online to register your child for the BEST SUMMER EVER! Registration begins on February 6, and you can register online or by calling (860)274-4820.

## **PERSONAL TRAINING**

Let our Y trainers take your fitness to the next level and help you become a better version of yourself! We offer one on one or 2 -3 person group training sold in packages of 10, 25, or 50 sessions. Before designing your workout, we take you through a free Functional Movement Screening (FMS) and discuss your goals and past Exercise experience. We have both male and female trainers available. Call Meghan to schedule your FMS appointment, or with any questions. 203-754-9622, Ext. 155.

## **WEATHER RELATED INFO**

In the event of the Waterbury Y, closing early or has a delayed opening please check:

- Facebook or Instagram
- Email
- The Daxko App
- Channel 3 WFSB or Channel 8 WTNH

The Waterbury YMCA Facility status may change depending on the weather as storms develop.

## **GREATER WATERBURY YMCA**

136 West Main Street Waterbury CT, 06704 | 203.754.9622 | [www.waterburyymca.org](http://www.waterburyymca.org)

We PROUDLY serve Waterbury, Wolcott, Watertown, Bethlehem, Woodbury, Southbury, Prospect, Thomaston and Middlebury.



# COVID COMEBACK CHALLENGE

\$0 | JOIN TODAY  
\*\*Members Only\*\*

Greater Waterbury YMCA 136 West Main Street Waterbury CT 06702 | 203.754.9622 | www.waterburymca.org

## BEST SUMMER EVER CAMP MATAUCHA

It is never too early to register for Camp Mataucha. Register your children before it gets full. Apply for financial aid in advance. Contact Adam for more information at [adubois@waterburymca.org](mailto:adubois@waterburymca.org).

**Preview Week:** June 22nd - June 25

**Session 1:** June 28th - July 9

**Session 2:** July 12 - July 23

**Session 3:** July 26 - August 6

**Session 4:** August 9 - August 20

**Registration NOW open. Register online at [campmataucha.org](http://campmataucha.org).**



## CAMP OAKASHA

One week sessions from June 21st - August 20th. For more information contact Adam at [adubois@waterburymca.org](mailto:adubois@waterburymca.org)

**Registration NOW OPEN. Register online at [campoakasha.org](http://campoakasha.org).**

## HEALTHY LIVING COVID COMEBACK CHALLENGE

This free 12 week exercise program with our Wellness staff will help you get back on track with a structured exercise routine and weekly meetings. The weekly meetings, (which can be done before or after your workout), will help hold you accountable to weekly exercise. At the first appointment we show you how to use our strength machines and how to do cardio interval training, and each week we discuss your progress, your challenges, and your successes. We offer nutritional support as a result of your food logging, and will provide you with other tools to help lead a healthier lifestyle, such as getting enough sleep, making time to food prep, and learning what foods you should be eating and avoiding. Call the Wellness desk to schedule your first appointment! 203-754-9622 Ext 124. The program is ongoing and your first appointment can be scheduled at any time convenient for you.

## MASTERS SWIMMING

Come see how much more there is to get out of a coach led swimming workout. This 4 week program gives you two structured practices per week, from 5:15 AM - 6:15 AM on Mondays & Wednesdays in our large pool. It's a great way to rekindle your competitive spirit while staying fit. \$55 for members, \$85 for non-members. Contact Meghan with questions at Ext 155.

## MX4 CLASSES

Next session runs March 17th - April 7th. Registration opens March 9th.

These classes are 30 minute, High Intensity Interval Training classes which use a variety of equipment, including battle ropes, TRX's, resistance bands, rowers, slam balls, and Weights. The classes are held in our MX4 room behind the Gymnasium and are free with your membership. Each class is 4 weeks long and builds upon the previous week. Pre-registration is required to attend, and your registration locks you into the class for 4 weeks. If you are unable to make the class one week, please let your instructor know so that your spot can be offered to someone else. Class is limited to 4 people per class.

WHEN:

- Tuesdays 6:30 AM with Mauro
- Wednesdays at 11:45 AM with Meghan
- Wednesdays at 12:30 PM with Meghan
- Thursdays 6:30 AM with Mauro
- Saturdays at 8:30 AM with Javairia
- Saturdays at 9:15 AM with Javairia



# AQUATICS

## SWIM LESSONS

### Weekday Classes

#### SWIM STARTERS

##### 6 MONTHS-3 YEARS OLD

Members: \$77 | Non-Members: \$100

(Please note 2 times a week for 4 weeks)

#### A / WATER DISCOVERY

Mon/Wed 4:30 PM - 5:00 PM

#### B / WATER EXPLORATION

Mon/Wed 5:00 PM - 5:30 PM

#### PRESCHOOL STAGES

##### 3-5 YEARS OLD

Members: \$77 | Non-Members: \$100

(Please note 2 times a week for 4 weeks)

#### STAGE 1 / WATER ACCLIMATION

Mon/Wed 5:30 PM - 6:00 PM

Tues/Thurs 6:05 PM - 6:35 PM

#### STAGE 2 / WATER MOVEMENT

Mon/Wed 4:45 PM - 5:15 PM

Tues/Thurs 5:30 PM - 6:00 PM

Tues/Thurs 6:05 PM - 6:35 PM

#### STAGE 3 / WATER STAMINA

Tues/Thurs 5:30 PM - 6:00 PM

#### SCHOOL AGE STAGES

##### 5-12 YEARS OLD

Members: \$90 | Non-Members: \$115

(Please note 2 times a week for 4 weeks)

#### STAGE 1 / WATER ACCLIMATION

Mon/Wed 4:00 PM - 4:40 PM

Tues/Thurs 4:45 PM - 5:25 PM

#### STAGE 2 / WATER MOVEMENT

Mon/Wed 4:50 PM - 5:30 PM

Mon/Wed 6:05 PM - 6:45 PM

Tues/Thurs 4:00 PM - 4:40 PM

#### STAGE 3 / WATER STAMINA

Mon/Wed 4:45 PM - 5:25 PM

Tues/Thurs 4:00 PM - 5:40 PM

#### STAGE 4 / STROKE INTRODUCTION

Mon/Wed 5:20 PM - 6:00 PM

Tues/Thurs 4:45 PM - 5:15 PM

#### STAGE 5 / STROKE DEVELOPMENT

Tues/Thurs 4:00 PM - 4:40 PM

#### STAGE 6 / STROKE DEVELOPMENT

Mon/Wed 6:05 PM - 6:45 PM

### Weekend Classes

#### SWIM STARTERS

##### 6 MONTHS-3 YEARS OLD

Members: \$39 | Non-Members: \$50

(Please note Fri/Sat classes once a week)

#### A / WATER DISCOVERY

Saturday 9:00 AM - 9:30 AM

#### B / WATER EXPLORATION

Saturday 9:35 AM - 10:05 AM

#### PRESCHOOL STAGES

##### 3-5 YEARS OLD

Members: \$39 | Non-Members: \$50

(Please note Fri/Sat classes once a week)

#### STAGE 1 / WATER ACCLIMATION

Saturday 9:00 AM - 9:30 AM

#### STAGE 2 / WATER MOVEMENT

Saturday 9:00 AM - 9:30 AM

#### STAGE 3 / WATER STAMINA

Saturday 9:35 AM - 10:05 AM



#### SCHOOL AGE STAGES

##### 5-12 YEARS OLD

Members: \$45 | Non-Members: \$58

(Please note Fri/Sat classes once a week)

#### STAGE 1 / WATER ACCLIMATION

Saturday 10:10 AM - 10:50 PM

#### STAGE 2 / WATER MOVEMENT

Saturday 9:35 AM - 10:15 AM

Saturday 11:05 AM - 11:45 AM

#### STAGE 3 / WATER STAMINA

Saturday 10:20 AM - 11:00 AM

#### STAGE 4 / STROKE INTRODUCTION

Saturday 10:55 AM - 11:35 AM

#### STAGE 5 / STROKE DEVELOPMENT

Saturday 10:10 AM - 10:50 AM

#### STAGE 6 / STROKE MECHANICS

Saturday 10:55 AM - 11:35 AM

## MONDAY - THURSDAY CLASSES BEGIN

03.08.2021

## FRIDAY AND SATURDAY CLASSES BEGIN:

03.05.2021

## REGISTRATION

02.23.2021



### TEEN & ADULT STAGES

Members: \$39 | Non-Members: \$50

(Please note Fri/Sat classes once a week)

#### STAGE 1 / WATER ACCLIMATION

Friday 4:30 PM - 5:10PM

#### STAGE 2 / WATER MOVEMENT

Friday 4:30 PM - 5:10PM

Friday 5:20 PM - 6:00PM

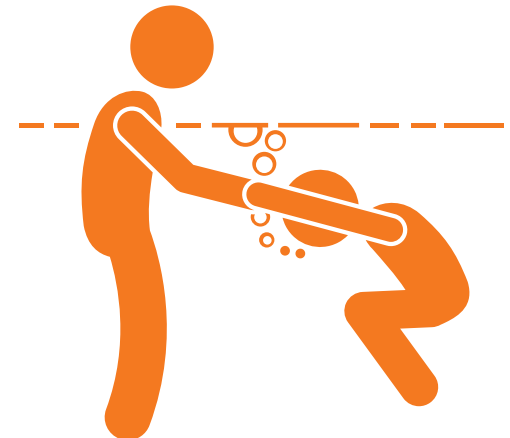
#### STAGE 3 / WATER STAMINA

Friday 5:20 PM - 6:00PM

Friday 6:10 PM - 6:50PM

#### STAGE 4 / STROKE INTRODUCTION

Friday 6:10 PM - 6:50PM





# YOUTH SPORTS

## Basketball Lessons

### PEE WEE BASKETBALL

AGE: 4-5 Years Old

Develops Player skills with the addition of learning fair play, value, sportsmanship, and basic team concepts.

- DAY/TIME: SAT 9:00 - 9:45 AM
- Family Memberships: FREE | Non-Members: \$30

### ROOKIE SPORTS

AGE: 6-7 Years Old

Rookies develop more advanced skills and techniques. Participants will begin to start playing actual games midway through sessions. Game-play teamwork and sportsmanship will be emphasized.

- DAY/TIME : SAT 10:00 AM-10:45 AM
- Family Memberships: FREE | Non-Members: \$30



### GAME TIME HOOPS

AGE: 8-9 Years Old

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 and holds instructional practices. There is a player evaluation held by the coaches to determine teams. During the league, all players will be evaluated based on skill, age, and position.

- DAY/TIME: SAT 11 AM-12 PM
- Family Members: FREE | Non-Members: \$40

### GAME TIME HOOPS

AGE: 10-12 Years Old

- DAY/TIME: SAT 12-1 PM
- Family Members: FREE | Non-Members: \$40



## Questions?

Contact Youth & Teen Director

Edna Walton

203.754.9622 EXT 162

[ewalton@waterburymca.org](mailto:ewalton@waterburymca.org)