



SESSION 6 | 2025
October 27–December 21

FAMILY, FITNESS AND FUN

GREATER WATERBURY YMCA



5 Mile & 5k Road Race FISCHANG-CICCHETTI MEMORIAL RACE

Sunday November 23rd | Race Starts @ 9 AM

PRE-REGISTRATION | \$30 RACE FEATURES

- First 200 people to register will get a free shirt
- Fast, friendly, well-marked course
- Water Bottle Stations
- Digital clock and disposable chip timing



Proceeds: The net proceeds of your application fee will be contributed to the Greater Waterbury YMCA Youth Scholarship Fund in memory of Al Fischang and Janice & Carl Cicchetti, who devoted a great deal of their time to the sport of running and the growth of this race.

PROGRAM REGISTRATION OPENS

Members

October 13

Non-Members

October 20

READY TO REGISTER? SCAN ME

Or visit:

bit.ly/YRegistration



203.754.9622



136 West Main Street
Waterbury CT, 06704



www.waterburyymca.org

WELCOME TO SESSION 5

PROGRAMS RUN: OCTOBER 27 – DECEMBER 21

We're glad you're here. This guide highlights everything happening this session at the Greater Waterbury YMCA and Waterbury Youth Services now a branch of the Greater Waterbury YMCA. Whether you're focused on fitness, family programs, or finding something new, we've got you covered.

In this guide, you'll find:

- **Adult Fitness Programs:** Group classes, small group training, and wellness support
- **Teen & Youth Programming:** After school activities, leadership programs, and more
- **Waterbury Youth Services Offerings:** Community-based programs for local youth
- **Registration Dates & Session Info:** Key deadlines and how to sign up

Need help? Our Front Desk staff and program directors are always available to answer questions.

BECOME A MEMBER. BELONG TO MORE.

Fall is the perfect time to join the Y—get access to everything in this guide and make the most of the season!

Enjoy unlimited access to group fitness classes, open swim, wellness programs, Teen Nights, Child Watch, and member-only pricing on programs, and swim lessons.

MEMBERSHIP TYPES

Young Adult (19 – 29) | Teen (18 and under) | 1 Adult
1 Adult & Children | 2 Adults | 2 Adults & Children
Senior | Senior Couple (one must be over 62)

Rates vary by type. View rate sheet or call us to find the best fit for your household.

FACILITY HOURS

Monday – Friday	5:00 AM – 9:00 PM
Saturday	7:00 AM – 4:00 PM
Sunday	7:30 AM – 2:00 PM

CHILD WATCH HOURS

As a member at the Greater Waterbury YMCA we provide free babysitting while you work out.

Monday – Thursday	4:15 PM – 7:00 PM
Saturday	8:30 AM – 11:30 AM

FINANCIAL ASSISTANCE

YMCA memberships and programs are available to all through the YMCA Open Doors Program for qualifying Individuals. Applications are available at the front desk, or you can apply online by going to our site.

HOLIDAY HOURS

We're all about having your back and making sure you squeeze every drop of awesome out of your Y experience!

Thanksgiving	5 AM–11 AM
Christmas Eve	5 AM–3 PM
Christmas Day	Closed
New Years Eve	5 AM–3 PM
New Years Day	10 AM–2 PM

Download the mobile app for the most up-to-date information and hours.

SMALL STEPS, BIG WINS

GROUP FITNESS

Discover the joy of fitness with our free group fitness classes! Dive into a world of options, including Yoga, Zumba, spin, and many others. No matter your level of expertise, we've got a class tailored just for you. Leave behind the pressure to be flawless—our classes empower you to go at your own pace. Join us today and unlock your full potential in a supportive and inclusive environment.

Join our vibrant community of like-minded individuals who are ready to sweat, smile, and grow together.

PLANKSGIVING

November 1–November 30

Give thanks and feel the burn! Join our Planksgiving challenge this November and see how long you can hold your plank each day. Build core strength, earn bragging rights, and have a little fun before the feast!

PERSONAL TRAINING

Let us take your fitness to the next level and help you become a better version of yourself! Personal Training packages can be bought in bundles of 10 sessions, 25 sessions or 50 sessions. The first step with any new personal training client is scheduling a free consultation to discuss your goals and past exercise experience, which helps build your personalized program.

# OF SESSIONS	\$ PER SESSION	TOTAL
10	Starting at \$60	Starting at \$600
25	Starting at \$55	Starting at \$1,375
50	Starting at \$50	Starting at \$2,500

Call the Wellness Center for more information or to schedule your first appointment

LIVESTRONG

Members & Non-Members: FREE

Tuesdays & Thursdays: 6:00 PM – 7:30 PM

Join our uplifting Livestrong class for cancer survivors and claim your life back! While this 12 week exercise class is specifically intended for when surgeries and treatments are complete, the class can also be taking during treatment to help combat the side effects of fatigue. Exercise is done together in a group setting under the guidance of two Livestrong instructors.

1,000 LB CLUB

Think you've got what it takes? The 1,000 Pound Club is a strength milestone that challenges you to hit a combined 1-rep max of 1,000 lbs across bench press, squat, and deadlift. Hit the goal and you'll earn a custom t-shirt, a spot on our Wellness TV slide, and ultimate bragging rights.

Challenges run every 3 months. Register online or at the front desk. Lifts must be witnessed by Wellness staff. Let's lift big, safely, and with purpose!

FITNESS FOUNDATIONS

Register Any Time | FREE for Members

Meet one on one with a wellness staff and learn the basics of equipment, nutrition, and cardio interval training.

- Weekly Weigh-Ins
- Goal Setting
- Healthy Eating
- Gym Etiquette
- Workout Routines



THANKSGIVING CLASSES



Group Cycling with Brett | 8:00 am – 9:15 am

Join Brett in the Spin Room for an exhilarating 75-minute cycling session on Thanksgiving from 8:00 AM to 9:15 AM. This energetic ride is the perfect way to start your holiday festivities and set a positive tone for the day.



Questions about these Wellness programs? Contact the Randwell George:



203.754.9622 Ext. 124



rgeorge@waterburymca.org



COMMUNITY IN ACTION

Empowering individuals. Supporting neighbors. Saving lives.

WOMEN WHO THRIVE

Wednesdays | 5:30 PM – 6:30 PM | Rose Hill Mansion

Join us for a 7-week journey of connection, reflection, and growth. This free workshop series, led by Phyllis Lucas-Coleman, creates space for women to explore their strengths, build community, and lift each other up.



TO REGISTER EMAIL:



plucascoleman@waterburymca.org

WARMING WATERBURY

Deadline: Tuesday November 18

Help us keep our neighbors warm this season. We're collecting new winter items like coats, gloves, blankets, and hygiene products for individuals and families in need. Every donation brings warmth, dignity, and hope.



Drop off at the Greater Waterbury YMCA



RED CROSS BLOOD

November 10 | December 24

Give the gift of life this holiday season. Donating blood is a simple act of kindness with a powerful impact. Join us at the Y and help save lives in our community.



Greater Waterbury YMCA- Gym

<https://www.redcrossblood.org/give.html/find-drive>

Use sponsor Code: WaterburyYMCA



American
Red Cross

MAKE YOUR
APPOINTMENT
SCAN ME



Questions about these
programs Contact Kristen:



203.754.962 Ext. 125



kjones@waterburymca.org

TEEN PROGRAMMING

TEEN NIGHTS

Fridays | 6:30 PM to 9:00 PM | \$5

Teen Night at the Y is where the vibes are high and the fun doesn't stop—games, music, friends, and all the energy you need to kickstart your weekend! Oh and there will be Pizza.

Starting November 7, 2025



GRINDS & GOALS

VISION
Ages 13-18

Free 4-Week Mentorship Program for Teen Girls

Join our creative mentorship program for teen girls starting October 30, 2025! Over 4 weeks, connect with mentors, make friends, and engage in hands-on projects to build confidence and self-expression. Each session will inspire you to discover your strengths and shape your future goals, culminating in a personalized vision board. Enjoy good vibes, music, snacks, and a supportive space to be yourself!

FALL BALL

November 11 | 12 PM-7 PM

Join us at the Greater Waterbury YMCA for a ****Free Event****! Spots are limited for the ****Fall Ball Tournament****, and shirts will be distributed on a first-come, first-served basis.



TEENSGIVING

November 26 | 4:00 PM -5:30 PM

Celebrate the season of gratitude with food, friendship, and togetherness! Teensgiving is a community dinner where teens enjoy a free meal, connect with friends, and reflect on what they are thankful for.

- Meal tickets will be available at the Greater Waterbury YMCA Welcome Center
- Free to Teen Members.

WINTER WARS: HOLIDAY GAMING EDITION

November 11 | 12 PM-7 PM

Registration starts on December 1, 2025

Show your skills and battle it out in our teen gaming tournament. Compete against other players for prizes and bragging rights. Multiple gaming systems will be available.



YOUTH ACTIVITY ROOM (YAR)

Open daily from 5 PM to 9 PM

Edna Walton – Teen Director
Contact for any questions



203.754.9622 Ext. 162



ewalton@waterburymca.org



Mr. C's Voice @ the Y

Supporting the Autism & AAC Community

We're excited to partner with Mr. C's Voice Inc.—an organization led by and for the non-speaking autism and AAC community. Through sensory-friendly events and supportive group spaces, we're building a more inclusive Y where every voice is valued.



PROGRAM OFFERINGS:

PARENT AUTISM SUPPORT GROUP

Every other Tuesday Beginning October 28th | 6:30–7:30 PM

Hybrid format – in-person at Rose Hill and virtual.
A space to connect, share, and support each other.

NEURODIVERSE GAME CLUB All Ages

Every Thursday | 6:30 PM – 8:30 PM

Join kids and teens of all ages for an evening of games, connection, and fun! The Neurodiverse Game Club creates a welcoming environment where participants can build friendships, develop social skills, and enjoy a variety of board games, card games, and collaborative play in a supportive space for every kind of mind.

SENSORY-SOCIAL SUNDAYS

A FREE sensory-friendly event that blends social-emotional learning and fun in a supportive, inclusive space.

November 16th & December 21st | 10:30 AM – 12:30 PM

JOIN THE WATERBURY PUBLIC SCHOOL SEPTO

What is SEPTO? A Special Education Teacher Organization, which is a group for parents, teachers, and staff to support and advocate for student with disabilities.



Questions about these Programs? Contact Amanda:



mrcsvoiceautismcommunity@gmail.com

NO MATTER WHERE YOU START, WE'LL HELP YOU GROW.

Swim Lessons are once a week for seven weeks

Our swim lessons are designed to enhance and develop swimming skills, learn a valuable life lesson, build confidence and teach about water safety. The Y's goal is not only to develop strong swimming skills, but for participants to learn the valuable safety and rescue skills that will enable them to enjoy water activities for the rest of their lives.

SWIM STARTERS

6 Months – 3 Years Old

Members \$82 | Non-members \$105

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A / WATER DISCOVERY (6 MONTHS – 2 YEARS OLD)

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Monday	5:20 PM – 5:50 PM
Thursday	9:30 AM – 10:00 AM
Saturday	9:00 AM – 9:30 AM
Saturday	10:00 AM – 10:30 AM

B / WATER EXPLORATION (2 – 3 YEARS OLD)

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Monday	5:50 PM – 6:20 PM
Thursday	9:30 AM – 10:00 AM
Saturday	9:30 AM – 10:00 AM
	10:30 AM – 11:00 AM

PRESCHOOL STAGES

3 – 5 Years Old

Members \$82 | Non-members \$105

STAGE 1 | WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Wednesday	6:00 PM – 6:30 PM
Thursday	5:50 PM – 6:20 PM
Saturday	9:00 AM – 9:30 AM
Sunday	10:00 AM – 10:30 AM

STAGE 2 | WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Monday	6:00 PM – 6:30 PM
Tuesday	6:00 PM – 6:30 PM
Wednesday	4:00 PM – 4:30 PM
Thursday	5:20 PM – 5:50 PM
Saturday	9:30 AM – 10:00 AM
Sunday	10:30 AM – 11:00 AM

STAGE 3 | WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Tuesday	5:20 PM – 5:50 PM
Wednesday	5:50 PM – 6:20 PM
Saturday	9:00 AM – 9:30 AM

Did you know that the Y offers Financial Assistance to those who qualify? Ask the Welcome Center for more information.



SWIM LESSONS

Classes are once a week for seven weeks



SCHOOL AGE STAGES 5 – 12 Years Old

Members \$93 | Non-members \$120

STAGE 1 | WATER ACCLIMATION

Monday	5:20 PM – 6:00 PM
Wednesday	5:20 PM – 6:00 PM
Thursday	4:00 PM – 4:40 PM
Saturday	9:30 AM – 10:10 AM 10:00 AM – 10:40 AM
Sunday	11:00 AM – 11:40 AM

STAGE 2 / WATER MOVEMENT

Monday	4:00 PM – 4:40 PM
Tuesday	4:40 PM – 5:20 PM
Wednesday	4:00 PM – 4:40 PM
Thursday	4:40 PM – 5:20 PM
Saturday	10:10 AM – 10:50 AM 11:30 AM – 12:10 PM
Sunday	11:40 AM – 12:20 AM

STAGE 3 / WATER STAMINA

Monday	4:40 PM – 5:20 PM
Tuesday	4:00 PM – 4:40 PM
Wednesday	5:10 PM – 5:50 PM 6:20 PM – 7:00 PM
Thursday	4:00 PM – 4:40 PM 6:20 PM – 7:00 PM
Saturday	10:40 AM – 11:20 AM

STAGE 4 / STROKE INTRODUCTION

Develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Monday	4:00 PM – 4:40 PM
Monday	6:20 PM – 7:00 PM
Tuesday	5:20 PM – 6:00 PM
Wednesday	4:30 PM – 5:10 PM
Thursday	4:40 PM – 5:20 PM 6:00 PM – 6:40 PM
Saturday	10:50 AM – 11:30 AM

STAGE 5 / STROKE DEVELOPMENT

Work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Monday	4:40 PM – 5:20 PM
Wednesday	4:40 PM – 5:20 PM
Thursday	5:20 PM – 6:00 PM
Saturday	11:20 AM – 12:00 PM

STAGE 6 / STROKE MECHANICS

Refine stroke techniques on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Wednesday	4:40 PM – 5:20 PM
Thursday	5:20 PM – 6:00 PM
Saturday	11:00 AM – 11:40 AM

TEEN STAGES

13 – 18 Years Old

Members \$93 Non-members \$120

STAGE 1 | WATER ACCLIMATION

Tuesday	4:00 PM – 4:40 PM
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STAGE 2 / WATER MOVEMENT

Tuesday	4:00 PM – 4:40 PM
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STAGE 3 / WATER STAMINA

Tuesday	4:40 PM – 5:20 PM
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STAGE 4 / STROKE INTRODUCTION

Tuesday	4:40 PM – 5:20 PM
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STAGE 5 / STROKE DEVELOPMENT

Tuesday	4:40 PM – 5:20 PM
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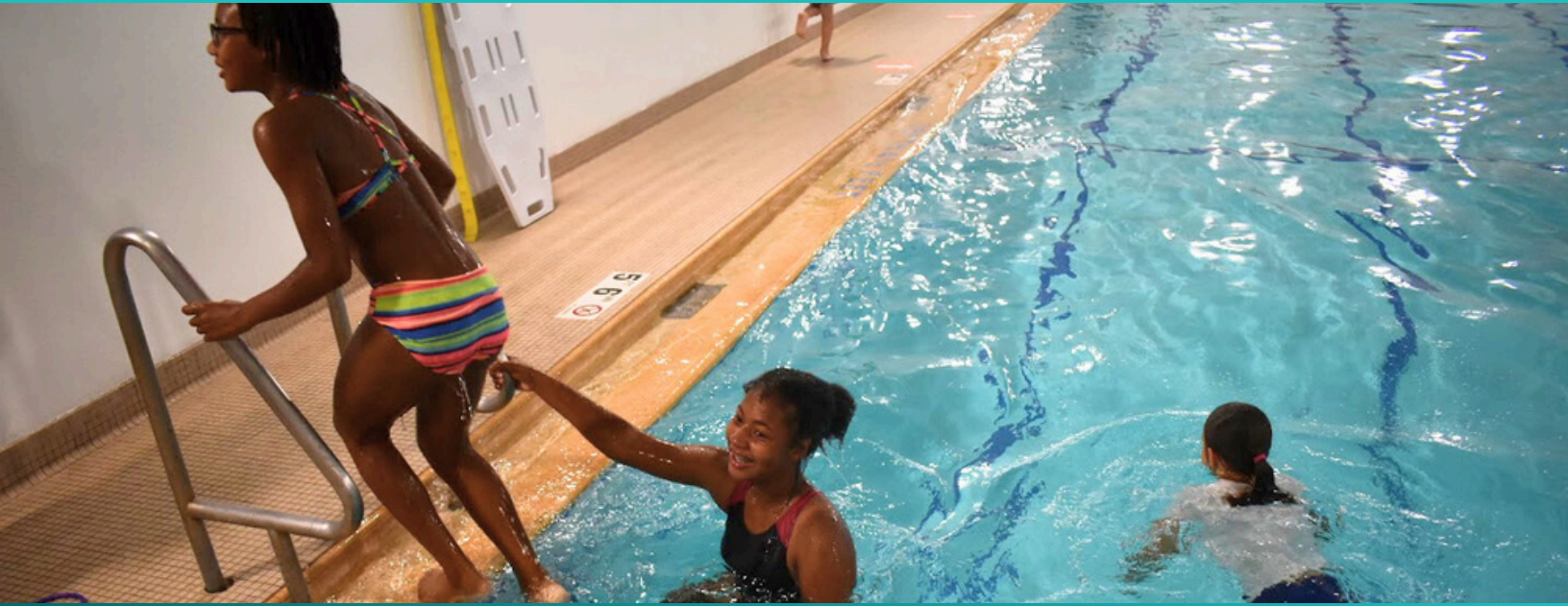
Just bring your swimmer and a towel

We've got the pool, the instructor, and all the fun covered. Your child just needs a swimsuit, a towel, and a big smile. No extra gear or prep needed —just show up and we'll take care of the rest!



SWIM LESSONS

Classes are once a week for seven weeks



ADULT STAGES 19+ Years Old Members \$93 | Non-members \$120

STAGE 1 | WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Wednesday | 5:00 PM – 5:40 PM

STAGE 2 | WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Wednesday | 5:40 PM – 6:20 PM

AQUACIZE

MEMBERS: \$35 | NON-MEMBERS: \$68

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.

Tuesday 9:30 AM – 10:15 AM
Thursday 9:30 AM – 10:15 AM

STAGE 3 | WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Wednesday 6:20 PM – 7:00 PM

STAGE 4 | STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Wednesday | 6:20 PM – 7:00 PM

WATER EXERCISE

MEMBERS: \$52 | NON-MEMBERS: \$95

A low-impact, 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.

Monday 8:15 AM – 9:00 AM
Wednesday 8:15 AM – 9:00 AM
Friday 8:15 AM – 9:00 AM

Questions about these aquatic programs Contact Patti:



203.754.962 Ext. 112



pflaherty@waterburymca.org

READY TO DIVE IN?

LET'S GAUGE YOUR SWIM STAGE!

CHILDREN 6 MONTHS TO 3 YEARS OLD

Can the student respond to verbal cues and jump on land?

NOT YET

A/WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B/WATER
EXPLORATION

CHILDREN/ADULTS 3 YEARS OLD AND OLDER

Will the student go underwater voluntarily?

NOT YET

1/WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2/WATER
MOVEMENT

Can the student swim 10-15 yards on his or her front and back?

NOT YET

3/WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4/STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5/STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6/STROKE
MECHANICS



SPRINGING FORWARD WITH CARE: WHERE CHILDHOOD BLOOMS

INFANT & TODDLER CARE

Our Infant & Toddler program begins at six weeks old. We offer a full daycare program at the Y running as early as 6:30 AM to 5:30 PM, Monday to Friday.

Infant & Toddler Care Fees: \$288/ Week**

**We accept Care4Kids & offer financial assistance to those who qualify. The YMCA requires you to apply for Care4Kids prior to applying for our Financial Assistance program, Open Doors.

SCHOOL AGE CHILD CARE

HOURS AND LOCATIONS:

On-Site Before School Care services are available at the YMCA from 6:30 AM until bus pick up, Monday through Friday for students from Bunker Hill, Kingsbury, Maloney, and Rotella. Drop-off will be in the Rose Hill Gym at the lower door on Park Place and Gaffney.

After-School Care services are available on-site from the bus drop-off until 6:00 PM, Monday through Friday, for students attending Regan, Bucks Hill, Maloney, Kingsbury, Carrington, Brass City Charter, Bunker Hill, Wilson, and Wendell Cross schools. Pick-up is at YMCA Rose Hill Campus, 63 Prospect St.

The YMCA provides after-school care at Chase (serving Chase and Rotella) from school dismissal until 6:00 PM, Monday through Friday. Pick-up is at Chase Elementary School, 1000 Chase Ave.

The YMCA provides after-school care at Gilmartin (serving Gilmartin and Hopeville) from school dismissal until 6:00 PM, Monday through Friday. Pick-up is at Gilmartin Elementary School, 94 Spring Lake Road.

The YMCA provides after-school care at Tinker serving Tinker students from school dismissal until 6:00 PM, Monday through Friday. Pick-up is at Tinker Elementary School, 809 Highland Ave.

SCHOOL READINESS

Our School Readiness program begins at three years old. We offer a full daycare program at the Y running as early as 6:30 AM to 5:30 PM, Monday to Friday.

Infant & Toddler Care Fees: \$150/ Week**

**We accept Care4Kids & offer financial assistance to those who qualify.

The YMCA requires you to apply for Care4Kids prior to applying for our Financial Assistance program, Open Doors.



WAITLISTING!

WATERBURY YOUTH SERVICES



For more information on LAL

dgarry@waterburyyouthservices.org

LINKING ACADEMICS TO LIFE

EMPOWERING TEENS TO CREATE, LEAD, AND SHINE

Open to Grades: 8th – 12th who are currently enrolled in school

Linking Academics to Life (LAL) — a dynamic afterschool experience that connects learning with real-world application. LAL provides hands-on learning through four exciting programs:

- Studio Arts
- Journalism
- Entrepreneurship
- NEW: 3D Music Academy

Each program meets twice a week, from 4:00–6:00 PM, at Waterbury Youth Services

Participants attend on either:

- Mondays & Wednesdays — Entrepreneurship or Studio Arts
- Tuesdays & Thursdays — Journalism or 3D Music Academy

Youth can earn up to \$80 per month through a stipend for consistent attendance and active participation.

ENTREPRENEURSHIP

Youth gain hands-on business experience by developing products, marketing plans, and presentation skills.

JOURNALISM

Participants explore the power of storytelling, media literacy, and self-expression through writing, interviews, and discussion.

STUDIO ARTS

Youth discover their creative voice through visual art, contemporary crafts, and collaborative projects.

3D MUSIC ACADEMY

Participants build confidence and connection through live music, instrument training, and ensemble performance.



THE CHAIR PROJECT

CAREER & LIFE SKILLS FOR YOUTH— WHERE CONFIDENCE MEETS CRAFT

Open to Ages 14–21 who are ready to explore career pathways, express themselves creatively, and build skills for life

Waterbury Youth Services is proud to launch The Chair Project in partnership with PAL and NRWIB, a 24-week, hands-on program for 10 youth participants. The program includes career exploration, life skills development, and training in Barbering, Cosmetology, and Event Planning. The experience will culminate in a Community Showcase during Spring Break, where participants will present what they've learned and created. For more information or to get involved, contact Olivia.

YOUTH AND FAMILY EMERGENCY SERVICES

YFES supports youth (ages 6–24) in the Greater Waterbury Area with crisis intervention and counseling services, available Monday–Friday. Programs include the Homeless Youth Resource Center, connecting youth to housing and case management, and Project Safe Place, offering immediate help at designated community sites. Court-referred supervised visitations are also provided in a safe, conflict-free environment.



3D Academy Will Davis with students who take his program!





UPCOMING EVENTS: OCTOBER – DECEMBER

SAFE NIGHT OUT

A Free Family-Friendly Halloween Celebration!

October

31

6pm–8pm | North End Recreation Center

In partnership with A Girl Thing and NERC, Waterbury Youth Services invites you to a fun, safe space to celebrate Halloween. Come in costume and enjoy trick-or-treating, games, and community booths!



TURKEY DISTRIBUTION

Celebrate the season with support and gratitude!

Waterbury Youth Services is distributing turkey dinners—complete with stuffing mix, mashed potatoes, vegetables, and even a baking pan to cook the turkey! A heartfelt thank you to KBE Building Corporation for making this possible. ♥

Reserve your turkey dinner at www.waterburyyouthservices.org.

Registration Begins

November

3

HOLIDAY TOY STORE

Spreading Cheer, One Gift at a Time

Waterbury Youth Services is once again hosting the annual Holiday Gift Distribution, supporting families in need during the holiday season.

Nearly 100 children receive gifts each year through this meaningful initiative.
www.waterburyyouthservices.org

Registration Begins December 1, 2025



MEMBERSHIP AT THE Y

Building Healthy Families In Our Community

MEMBERSHIP RATES

Building Healthy Families In Our Community

MEMBERSHIP TYPE	MONTHLY
1 Adult	\$54
2 Adults & Children	\$82
2 Adults Only	\$74
1 Adult & Children	\$69
Senior	\$45
Senior Couple (one must be over 62)	\$59
Young Adult (19 - 29)	\$30
Teen (18 and under)	\$45/ 3 Months

*If you would like to add additional adults there will be an extra \$31 for every adult each month.

FACILITY HOURS

Monday - Friday	5:00 AM - 9:00 PM
Saturday	7:00 AM - 4:00 PM
Sunday	7:30 AM - 2:00 PM

Good Friday:	Open 5 AM - 3 PM
Thanksgiving:	Open 6 AM - 11 AM
Christmas Eve:	Open 5 AM - 3 PM
New Year's Eve:	Open 5 AM - 3 PM
New Year's Day:	Open 10 AM - 2 PM
Juneteenth:	Open 5 AM - 3 PM
Independence Day:	Open 5 AM - 3 PM

Closed: Easter, Memorial Day, Labor Day & Christmas

FINANCIAL ASSISTANCE

YMCA memberships and programs are available to all through the YMCA Open Doors Program for qualifying Individuals. Applications are available at the front desk, or you can download the application online. Contact Zory at ztorres@waterburymca.org or 203.754.9622 ext 114

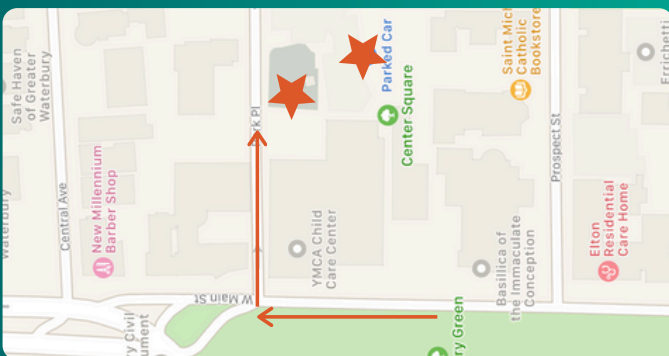
CHILD WATCH HOURS

As a member at the Greater Waterbury YMCA we provide free babysitting while you work out.

Monday - Thursday	4:15 PM - 7:30 PM
Saturday	9:00 AM - 12:00 PM

THE Y HAS FREE PARKING!

The Y has two large parking lots in the rear of the building that are FREE and monitored by staff the entire time the Y is open. Don't let fear of parking stop you from reaching your wellness goals!



EQUAL OPPORTUNITY STATEMENT

The Greater Waterbury YMCA encourages the participation of all people and does not discriminate or permit discrimination against any person or group of persons regardless of race, color, religious creed, age, marital status, familial status, national origin, ancestry, gender, sexual orientation or disability.

This agency further agrees and warrants that we are in compliance with all laws and regulations of the United States and the State of Connecticut regarding equal employment opportunity and public accommodations with respect to their programs, clients, officers, employees and volunteers.



Greater Waterbury YMCA

MEMBRESÍA EN LAY

Construyendo familias saludables en nuestra comunidad

INFORMACIÓN DE MEMBRESÍA

SIN CONTRATO, SIN COMPROMISO.

Se aplica una tarifa de inscripción de \$50 a \$60 a ciertos tipos de membresía.

CATEGORÍA

MENSUAL

Un adulto	\$54
Dos adultos y niños	\$82
Dos adultos	\$74
Un adulto y niños	\$69
Mayor (62+)	\$45
Pareja mayor (un adulto debe tener 62+)	\$59
Adulto joven (19-29)	\$30
Adolescente (13-18)	\$45/3 Months

- Viene con 4 pases de invitado por un año.
 - Los invitados adicionales cuestan \$17
- Pregunta por nuestros descuentos corporativos.

Los adultos adicionales con membresías cuestan \$31 cada mes.

***Certificados de regalo disponibles previa solicitud.

HORARIO DE LAS INSTALACIONES

Lunes Viernes	5:00 a. m. – 9:00 p. m.
Sábado	7:00 a. m. – 4:00 p. m.
Domingo	7:30 a. m. – 2:00 p. m.

Buen viernes:	Abierto de 5 a.m. a 3 p.m.
Acción de gracias:	Abierto de 6 a.m. a 11 a.m.
Nochebuena:	Abierto de 5 a.m. a 3 p.m.
Nochevieja:	Abierto de 5 a.m. a 3 p.m.
Día de Año Nuevo:	Abierto de 10 a.m. a 2 p.m.
Juneteenth:	Abierto de 5 a.m. a 3 p.m.
Día de la Independencia:	Abierto de 5 a.m. a 3 p.m.

Cerrado: Easter, Día de los Caídos, Día del Trabajo y Navidad

ASISTENCIA FINANCIERA

Las membresías y los programas de la YMCA están disponibles para todos a través del Programa de Puertas Abiertas de la YMCA para personas que califiquen. Las solicitudes están disponibles en la recepción o puede presentar su solicitud en línea visitando nuestro sitio. Tiene preguntas? Llame a Zoraida al 203.754.9622 ext 114. (Habla Espanol!)

HORAS DE VIGILANCIA INFANTIL

Como miembro de Greater Waterbury YMCA, ofrecemos servicio de niñera gratuito mientras hace ejercicio.

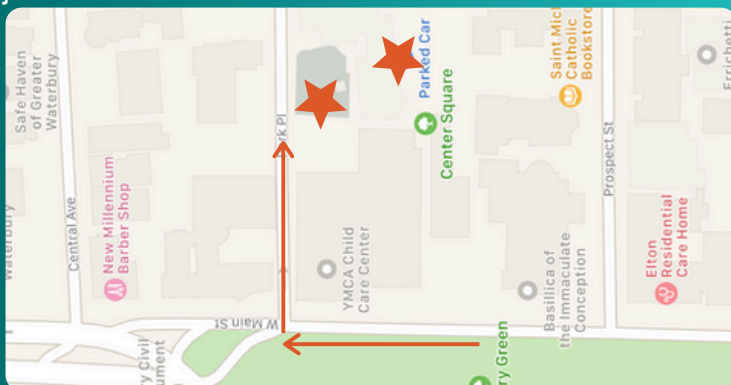
Lunes a jueves	4:15 p.m. – 7:30 p.m.
Sábado	9:00 a.m. – 12:00 p.m.



Greater Waterbury YMCA

¡TENEMOS ESTACIONAMIENTO GRATUITO!

La Y tiene dos estacionamientos grandes en la parte trasera del edificio que son GRATUITOS y monitoreados por el personal durante todo el tiempo que la Y está abierta. ¡No dejes que el miedo a aparcar te impida alcanzar tus objetivos de bienestar!



DECLARACIÓN DE IGUALDAD DE OPORTUNIDADES

Greater Waterbury YMCA fomenta la participación de todas las personas y no discrimina ni permite la discriminación contra ninguna persona o grupo de personas independientemente de su raza, color, credo religioso, edad, estado civil, estado familiar, origen nacional, ascendencia, género, orientación sexual, o discapacidad.

Esta agencia además acepta y garantiza que cumplimos con todas las leyes y regulaciones de los Estados Unidos y el estado de Connecticut con respecto a la igualdad de oportunidades de empleo y adaptaciones públicas con respecto a sus programas, clientes, funcionarios, empleados y voluntarios.