Greater Waterbury YMCA

SESSION 6 | 2026

November 2 – December 20

PROGRAM BROCHURE

END THE YEAR HOW YOU STARTED

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

203.754.9622 | 136 West Main Street, Waterbury CT, 06702 | Bit.ly/waterburyymca

WELCOME TO SESSION 6

NOVEMBER 2 – DECEMBER 20

Whether you're focused on fitness, family programs, or finding something new, we've got you covered. Your best season starts here!

REGISTRATION OPENS

Members | Monday, October 19
Non-Members | Monday, October 26

NEED HELP?

Our Front Desk staff and Program Directors are always available to answer questions.

READY TO REGISTER?

Visit the front desk or register online! Scan the QR code to visit bit.ly/waterburyymca for all things Y!

BECOME A MEMBER. BELONG TO MORE.

MEMBERSHIPS

TYPE	MONTHLY RATE
1 Adult	$54
2 Adults & Children	$85
2 Adults Only	$79
1 Adult & Children	$69
Senior (62+)	$45
Senior Couple (1 must be 62+)	$65
Young Adult (19 - 29)	$34
College	$22
Teen (18 & under)	$50/ 3 Mon.

+ $31/Month for Additional Adults

Enjoy unlimited access to group fitness classes, open swim, wellness programs, gymnasium, and Child Watch–plus exclusive member pricing on swim lessons, and all programs!

FINANCIAL ASSISTANCE

Y memberships and programs are available to all through the YMCA Open Doors Program for qualifying Individuals. Applications are available at the front desk and online on our website.

FACILITY HOURS

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

UPCOMING HOLIDAY HOURS

Thanksgiving	8:30 AM – 11 AM
Christmas Eve	Closing at 3
Christmas Day	Closed
New Year's Eve	Closing at 3
New Year's Day	10 AM - 2 PM

CHILD WATCH HOURS

As a member of our Y, we offer complimentary 90-minute babysitting during your workout.

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

YOUR COMMUNITY STARTS HERE

Explore What's Here for You

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.

SPECIAL EVENTS

AN INSPIRING EVENING WITH DARA TORRES

THE COMEBACK

12-TIME OLYMPIC MEDALIST · FIVE-TIME OLYMPIAN

Dara staged three comebacks, each time older and facing tougher standards. Hear how she adapted, trained differently and kept believing her best days were ahead, followed by a live Q&A and desserts.

WHEN **Thursday, November 5, 2026** · 4:30–8:00 p.m.

WHERE **FINE ARTS CENTER**, CT State Naugatuck Valley
750 Chase Parkway, Waterbury

RESERVE YOUR SEAT

Reservations required · $20 suggested donation

bit.ly/dtcomeback

SCAN TO REGISTER

Presented with UConn Health Waterbury Hospital

52 Years of Community & Fitness in Waterbury

FISCHANG–CICCHETTI MEMORIAL

5 MILE & 5K ROAD RACE

SUNDAY, NOV 22 | 9 AM

FREE T-SHIRT FOR THE FIRST 200 REGISTRANTS

Register at
runsignup.com/takingoverthestreets

Starts at 136 W Main St, Waterbury

Pre-register $30 | Race day $35

CARL R. CICCHETTI
1947–2023 · CO-FOUNDER

FUNCTIONAL MOVEMENT SCREEN

A quick assessment that helps identify movement imbalances and improve the way you move during exercise and daily activity. Participants complete a series of basic movement patterns to evaluate mobility, stability, and overall movement quality. Whether you are new to exercise or more experienced, the FMS can help establish a baseline, highlight areas for improvement, and support safer movement at the Y. Schedule your 15-minute FMS screening today for $20, which includes two testing sessions to help track your progress.

FITNESS FOUNDATIONS

START YOUR FITNESS JOURNEY RIGHT

Register Any Time | FREE for Members

Meet one on one with a Wellness Staff member for 7 weeks and learn the basics of equipment, nutrition, and cardio interval training.

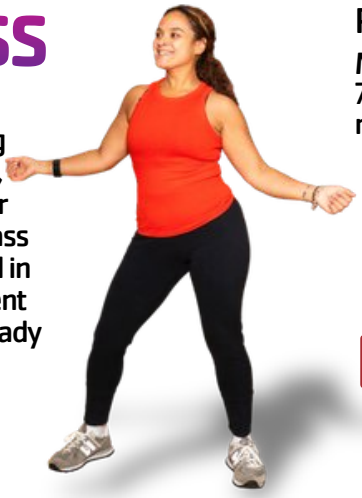
- Weekly Weigh-Ins
- Goal Setting
- Healthy Eating
- Gym Etiquette
- Workout Routines
- Technique Help

GROUP FITNESS

Included in Membership

Dive into a world of options, including Cardio Dance, Cycling, Rooftop Yoga, Bootcamp and much more. No matter your level of expertise, we've got a class just for you. Unlock your full potential in a supportive and inclusive environment of like-minded individuals who are ready to sweat, smile, and grow together.

View Schedule at: bit.ly/YGroupFit
(case sensitive)



PERSONAL TRAINING

Let us take your fitness to the next level! Personal Training packages can be bought in bundles of 10, 25, 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. Have a friend interested in training with you? Ask about our Small Group Training options.

# 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

PICKLEBALL AGES 16+

Members: Free | Non-Members: $27/7 Weeks

Fast-paced, social, and easy to learn, pickleball blends elements of tennis, badminton, and ping-pong for a fun workout anyone can enjoy.

Wednesday	7 PM – 9 PM
Sunday	8:30 AM – 10:30 AM

Questions about Wellness programs? Contact Jerome.

203.754.9622 Ext. 155

JCunningham@waterburyymca.org

WATERBURY YOUTH SERVICES

A BRANCH OF THE GREATER WATERBURY YMCA

PROGRAMMING + SERVICES

CELEBRATING WATERBURY YOUTH SERVICES' 50TH ANNIVERSARY

For 50 years, Waterbury Youth Services has been a cornerstone of that mission, empowering young people, supporting families, and creating opportunities that change lives.

CLOSET OF CARE

Available by Appointment

Closet of Care provides essential resources, including food, hygiene products, clothing, and household items, to families in need throughout the Waterbury area.

Interested in Adopting-A-Shelf at our Closet of Care to help keep shelves stocked year-round?
Contact: sclements@waterburyyouthservices.org

TURKEY DISTRIBUTION

Saturday, November 21

Celebrate the season with support and gratitude!
Registration opens Monday November 9

Contact Sam toeserve your turkey dinner!
SSantos@waterburyymca.org | 203.573.0264

LINKING ACADEMICS TO LIFE [LAL]

EMPOWERING TEENS TO CREATE, LEAD, AND SHINE

Dynamic after-school experience for students in grades: 8 - 12, that connects learning with real-world application. LAL provides hands-on learning through four exciting programs: Studio Arts, Journalism, Entrepreneurship, and 3D Music Academy

Each program meets twice a week, from 3-5 PM, at Waterbury Youth Services. Participants attend on either:
Mondays & Wednesdays – Entrepreneurship or Studio Arts
Tuesdays & Thursdays – Journalism or 3D Music Academy
Students can earn up to $80 per month through a stipend for consistent attendance and active participation.

To register for these Waterbury Youth Services programs, call Olivia:

203.573.0264 x 306

ODudley@waterburyymca.org

TEEN DEPARTMENT

THE YAR

MONDAY – FRIDAY | 6 PM TO 9 PM

Welcoming space for teens to engage in various activities, including a gaming area, a study zone for homework and projects, and computer workstations for academic and personal use. A variety of programs are scheduled by sessions throughout the year to meet diverse interests.

TEEN NIGHTS

FRIDAYS | 6:30 PM – 9 PM
$5 for Non-Members

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! (dates subject to change)

FALL BALL BASKETBALL TOURNAMENT

Saturday, November 14 | 11 AM – 4 PM
Cost: Free for YMCA members | $5 for non-members
Register: Bit.ly/waterburyymca

Hoop szn is here. Fall Ball brings middle and high school athletes together for a full day of pickup-style basketball at the Greater Waterbury YMCA. No team? No problem. Players check in, meet their teammates, and get on the court, building the kind of connections that last well beyond the final buzzer.

Every player receives a Fall Ball t-shirt (while supplies last), and the day is organized by division so every athlete plays alongside their peers:

- Middle School Girls: 11 AM – 12 PM
- Middle School Boys: 12 – 1 PM
- High School Girls: 1 – 2 PM
- High School Boys: 2 – 4 PM

Check-in begins at 10 AM, with team assembly starting as players arrive. T-shirts are distributed first come, first served.

TEENSGIVING

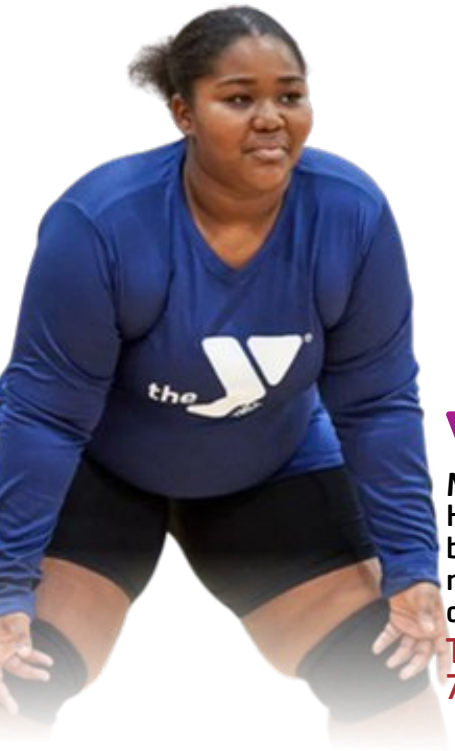
November 14 | 4 PM – 7 PM
Free for Members | Teen Night $5

Thanksgiving dinner-style event held in November that brings teens together to celebrate gratitude, community, and connection. This gathering creates a warm and welcoming space where youth can enjoy a full holiday meal, music, games, and social activities in a positive environment. The event is centered around appreciation encouraging teens to reflect on what they are thankful for while sharing time with friends.

GIVEBACK

November 29th | 10am–2pm

Join us for a free community giveaway with coats for youth and families, youth care packages, free hair services, and local vendors sharing resources close to home. It's our way of making sure every family in Waterbury is ready for the cold season, with warmth, care, and a little community pride.



YOUTH & GOVERNMENT

1st & 3rd Wednesdays | 4 PM – 6 PM

Step into democracy at the Youth Assembly Conference. Build leadership, public speaking, and confidence while shaping your community's future. Join fellow students as Senators or Assembly members to draft, debate, and vote on real legislation with guidance from YMCA mentors and alumni. Participants earn service hours, strengthen college applications, and receive a free YMCA Teen Membership.

FREE Program | Middle & High School Students

VOLLEYBALL

Members: Free

High-energy game that offers a variety of benefits to players—better physical & mental health, improves hand-eye coordination and increases body flexibility.

Tuesdays & Thursdays
7 PM – 9 PM | Ages 13+

GLOW BASKETBALL

December 18th | 6:30pm–9:00pm
Free for Members | Teen Night $5

Lights down, glow up. Think neon, music, and fast-paced hoops in a gym that looks nothing like your usual pickup game. Bring your brightest gear, your best handles, and the squad. Whether you're a bucket-getter or just here for the vibes, there's a spot on the court for you.

Questions about Teen Programs? Contact Edna:
203.754.9622 Ext. 162
EWalton@waterburyymca.org

CHILD DEVELOPMENT

OPEN ENROLLMENT To join the waitlist submit an application with required documents. Once received, our team will reach out with next steps.

Access our Child Development programs and financial assistance applications, visit bit.ly/waterburyymcachildcare

INFANT & TODDLER CARE

Our Infant and Toddler program provides a warm, responsive environment where children feel safe, loved, and supported during the most important years of development. Beginning at six weeks old, our experienced educators partner closely with families to support each child's individual growth, milestones, and early learning journey through purposeful play and hands-on exploration.

- NAEYC accredited and licensed by the CT Office of Early Childhood (OEC)
- Low 1:4 teacher-to-child ratios
- Daily family communication through ClassDojo
- CACFP Food Program participant

Full day care program w/ Before & After Care
Monday – Friday | 6:30 AM – 5:30 PM | Sliding-scale Tuition Based on Family Income

Limited spots available. To join the waitlist, submit an application with all required documents.

PRESCHOOL

Give your child the head start they need to walk into kindergarten confident, curious, and ready to learn. Our Preschool program welcomes children ages 3 to 5, offering a nurturing, NAEYC-accredited, state-licensed environment where every day is designed to build the skills that matter most.

Our curriculum is aligned with the Connecticut Early Learning Development Standards (CT ELDS) and the Common Core standards used in public schools, ensuring a seamless transition to formal education. We also actively involve families in their child's development, with resources and support available to parents throughout enrollment.

Each day, children enjoy a rich variety of experiences, including:

- Arts, STEM & physical activities, indoors & outdoors
- Building Gross Motor Skills
- Swim lessons
- Daily family communication through ClassDojo
- Collaborations w/ Waterbury Public Schools
- Field trips and fun family events [Graduation, Dances, Fashion Show, Sweetheart Lunch, etc.]
- A nutritional breakfast, lunch, and daily snack

Full day care program w/ Before & After Care
Monday – Friday | 6:30 AM – 5:30 PM | Sliding-scale Tuition Based on Family Income
Limited spots available. To join the waitlist, submit an application with all required documents.

Questions? Contact:
Holly Ramos, Family Engagement Specialist
hramos@waterburyymca.org | 203.754.9622 x194

Alisa Brown, Child Development Director
abrown@waterburyymca.org | 203.754.9622 x204

SCHOOL AGE CHILD CARE

Our School Age Child Care [SACC] Before & After School program provides a safe, supportive environment where kids in grades K–5 learn, grow, and build lasting friendships Monday through Friday. We welcome children of all abilities.

Our program includes:

- Homework help and academic support
- Arts, STEM & physical activities, indoors & outdoors
- Character development and social-emotional growth
- Nutritious daily snacks
- Caring, well-trained staff in a state-licensed program
- Themed seasonal parties & field trips

WATERBURY PUBLIC SCHOOLS
Before-School Care | 6:30 AM – 8:45 AM @ Waterbury YMCA

- **Schools served**: Bunker Hill, Kingsbury, Maloney, and Rotella

After-School Care | 3 PM – 6 PM @ Waterbury YMCA

- **Schools served:** Brass City, Bucks Hill, Bunker Hill, Carrington, Kingsbury, Maloney, Regan, Wendell Cross, and Wilson
- **Off-Site: Chase** Elementary (serving Chase & Rotella), Tinker Elementary (serving Tinker)

Questions? Contact Shavone Arline, SACC Director
203.754.9622 x123 | SArline@waterburyymca.org

WATERTOWN PUBLIC SCHOOLS
Before-School Care | 6:30 AM – 8:35 AM
After-School Care | 3:15 PM – 6:00 PM

- **Schools served:** John Trumbull, Judson, and Polk Elementary Schools

Questions? Contact AnnaMarie Lewis, SACC Coordinator
475.233.8997 | ALewis@waterburyymca.org

FINANCIAL ASSISTANCE AVAILABLE FOR THOSE WHO QUALIFY

CARE4KIDS [WAITLIST FOR NEW FAMILIES]

Sponsored by the Connecticut Office of Early Childhood and aimed at assisting low to moderate-income families in CT, Eligibility:

- Families must reside in CT.
- Parents must be working or attending an approved education or training activity under temporary family cash assistance (Jobs First).
- Children must reside in Connecticut and be under age 13, or under age 19 if they have special needs.

OPEN DOORS

Financial Assistance Program provided by the Greater Waterbury YMCA. and aims to make programs, services, and facilities accessible to everyone, regardless of ability to pay.

- Offers sliding-scale subsidies based on family size and income.
- Benefits include up to 75% off select programming and membership

SWIM LESSONS + PROGRAMS

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 to develop strong swimming skills, and for participants to learn the valuable safety and rescue skills that will enable then to enjoy water activities for the rest of their lives.

CHILDREN | AGES 6 MO – 3 Y

Student can respond to verbal cues and jump on land.	NOT YET ?	A | WATER DISCOVERY
Student is comfortable working with an instructor without a parent in the water.	NOT YET ?	B | WATER EXPLORATION

CHILDREN + ADULTS | AGES 3+

Student will go underwater voluntarily.	NOT YET ?	STAGE 1 | WATER ACCLIMATION
Student can do a front and back float on their own.	NOT YET ?	STAGE 2 | WATER MOVEMENT
Student can swim 10–15 yards on their front and back.	NOT YET ?	STAGE 3 | WATER STAMINA
Student can swim 15 yards of front and back crawl.	NOT YET ?	STAGE 4 | STROKE INTRODUCTION
Student can swim front crawl, back crawl, and breaststroke across the pool and back.	NOT YET ?	STAGE 5 | STROKE DEVELOPMENT
Student can swim front crawl, back crawl, and breaststroke across the pool and back.	NOT YET ?	STAGE 6 | STROKE MECHANICS

ALL LESSONS ARE ONCE A WEEK FOR 7 WEEKS*

Thursday classes will run 6 weeks due to the Holidays w/ a reduced cost.

SWIM STARTERS

6 Months – 3 Years Old

Members $85 | Non-members $108

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
	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

Questions about Teen Programs? Contact Edna: 203.754.9622 Ext. 112 ddemollari@waterburyymca.org

PRESCHOOL STAGES

3 – 5 Years Old

Members $85 | Non-members $108

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. This stage lays the foundation that allows for a student's future progress in swimming.

Tuesday	5:50 PM – 6:20 PM
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

Students focus on body position and control, directional change, and forward movement in the water while 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

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 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

SCHOOL AGE STAGES

5 – 12 Years Old

Members $96 | Non-members $125

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. This stage lays the foundation that allows for a student's future progress in swimming.

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

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

Monday	4:00PM – 4:40 PM
Tuesday	4:40 PM – 5:20 PM
Wednesday	4:00PM – 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

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 introduces rhythmic breathing and integrated arm and leg action.

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
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 $96 | Non-members $125

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. This stage lays the foundation that allows for a student's future progress in swimming.

Tuesday 4:00 PM – 4:40 PM

STAGE 2 | WATER MOVEMENT

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

Tuesday 4:00 PM – 4:40 PM

STAGE 3 | WATER STAMINA

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 4:40 PM – 5:20 PM

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.

Tuesday 4:40 PM – 5:20 PM

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.

Tuesday 4:40 PM – 5:20 PM

ADULT STAGES

19+ Years Old

Members $96 | Non-members $125

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. 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

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

Wednesday 5:40 PM – 6:20 PM

STAGE 3 | WATER STAMINA

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

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

AQUACIZE

Members: $37 | Non-members: $72

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

WATER EXERCISE

Members: $55 | Non-Members: $98

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

TEAMBUILDING & RETREAT PROGRAMS

Strengthen communication, trust, and collaboration with dynamic teambuilding experiences designed for schools, youth groups, and corporate teams. Whether you come to our campgrounds or we bring the experience to your facility, we handle all the logistics and equipment.

Corporate Retreats & Facility Rentals

- Looking for a full-day or multi-day retreat? Camp facilities can be rented in conjunction with any teambuilding package for meeting space, breakout areas, and outdoor amenities.
- Custom packages available based on group size and agenda.

PACKAGE	RATE	DETAILS
At-Camp Base Program	From **$12** / person	Classic facilitator-led group challenges and initiative games on-site.
At-Camp + High Ropes	From **$16** / person	Base teambuilding activities paired with our premier high ropes challenge course.
Mobile Teambuilding	From **$16** / person	We bring the fun to you! Our staff delivers all gear, games, and facilitation directly to your venue.

Questions about Teambuilding & Retreat Programs? Contact Adam Dubois:

203.754.9622 Ext. 118

ADubois@waterburyymca.org

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the YMCA

MORE THAN JUST A GYM

Greater Waterbury YMCA