



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL INTO FITNESS FAMILY & FUN

## SESSIONS 5 & 6, 2019



### PROGRAM DATES:

Session 5: Sept 3rd - Oct 20th

Session 6: Oct 28 - Dec 15th

### MEMBER REGISTRATION:

Session 5: August 19th

Session 6: October 14th

### GENERAL REGISTRATION:

Session 5: August 27th

Session 6: October 21st

### WELCOME WEEK AT THE YMCA

Welcome Week promotes cross-cultural understanding and community cohesion by bringing together immigrants and U.S.-born residents in a spirit of unity. The Greater Waterbury YMCA will be joining Welcome Week from September 16-22, 2019. See Facebook for Day to Day activities.

### FRIENDS FOREVER FRIDAYS

Starting in October we will be running Friends Forever Fridays. Full Facility Waterbury YMCA members can bring a friend for free on Fridays! If your friend signs up for membership then you get the following month for free! (Valid until October 31st, 2019)

### BLACK FRIDAY MEMBERSHIP SPECIAL

Only on November 28-29, 2019. Pay upfront for the year and get \$200 off an adult membership and \$300 off for a family membership. For new members only!

### THANKSGIVING BREAK SPECIAL

Have college kids home for Thanksgiving break or family visiting? We are offering a \$10 week membership pass for college students (with a valid school ID) & \$15 week pass for adults. Adults over the age of 18 must provide a drivers license or state ID.

*(Offer Valid November 22nd, 2019 - December 2nd, 2019)*

### BREAST CANCER AWARENESS MONTH

**SAVE THE DATE! OCTOBER 19, 2019 - 8:00 AM**

If you enjoy our Group Fitness classes, then you won't want to miss our "Pink Release Party!". In honor of Breast Cancer Awareness month, we're hosting this special 90-minute team taught class, a combination of Strength Train Together, Defend Together, and Centergy's October 2019 release. The energy in the room will be through the roof! Sign up at the Front Desk to attend, and don't forget to wear pink!

**Download our Mobile App Daxko to receive up-to-date facility hours, events, and early closings! See a Welcome Center Staff for more information!**

## GREATER WATERBURY YMCA

136 West Main Street, Waterbury, CT 06702 | 203.754.YMCA(9622)

Visit [WaterburyYMCA.org](http://WaterburyYMCA.org) for full schedules and online program registration.

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



## HEALTHY LIVING

### DID YOU KNOW?

*We have over 50 Group Fitness classes weekly. Please visit [waterburymca.org](http://waterburymca.org) or download our mobile app for the full schedule. Save the date of Saturday October 19th for our "Pink Release Party" in the Group fitness room! More details to follow.*

### LIVESTRONG AT THE YMCA | FREE

#### Tuesdays & Thursdays

1:00 PM – 2:30 PM OR 6:00 PM – 7:30 PM

The Fall Session of our cancer survivor exercise program starts the day after Labor Day on Sept. 3rd. You can choose to enroll in the Afternoon or Evening program. All exercise is done in a group setting with instructors and will help you gain your energy back, get stronger, build back your endurance, and best of all, make great friends with other survivors whom you can relate to. Program can be done during or post treatment. You also get a **FREE** membership to the Y for 12 weeks! Contact Meghan Lennon to reserve your spot. Spots fill quickly! 203.754.9622 x 155.

### LEVEL 2 RUNNING PROGRAM

Members: \$55 | Non-members: \$75

#### Group Runs:

Mondays & Wednesdays: 6:00 PM

Sundays: 9:00 AM

Begins on September 12, 2019

Take over the streets of Waterbury with us and join the YMCA Level 2 Running Program! You'll get 3 coach led group runs every week, and the camaraderie from the other runners will hold you accountable to consistent running. The goal race is the Fischang-Cicchetti 5 mile Race on Sun, Nov. 24th, and program registration includes race entry. You can expect speed workouts, hill training, endurance runs, and tempo runs. Group runs will leave from the YMCA and also meet on high school tracks.

Contact Meghan with any questions:  
[mlennon@waterburymca.org](mailto:mlennon@waterburymca.org).

### Y MASTERS SWIMMING

**"10 Practice Pass":** \$100 for Members, \$130 for Non-members

**8 Week Session:** \$85 for Members, \$115 for Non-members

#### Session 5 Dates:

September 3rd – October 25th

#### Session 6 Dates:

October 28th – December 20th

Come see how much more there is to get out of a workout when surrounded by a group who shares a passion for the water! Our Master Swimming program offers four coach led practices per week in designated lanes. Whether you are a novice or elite swimmer, you can expect a one hour long structured swim workout that will have you feeling good! You can purchase an 8 week session and attend as many practices you like per week, OR purchase a "10 Practice Pass," which will be redeemed only at practices you attend. The 10 sessions expire 6 months from your purchase date. Contact Meghan with any questions at [mlennon@waterburymca.org](mailto:mlennon@waterburymca.org).

#### Swim Times:

Mondays & Thursdays: 8:00 PM – 9:00 PM

Tuesdays & Fridays: 5:30 AM – 6:30 AM

### WEDNESDAY NIGHT SALSA!

Members \$25 | Non-members \$45

**Wednesday Nights, October 4th – November 22nd**

**Class time:** Wednesday 6:30 PM – 8:00 PM

Start your weekend off on Wednesday nights with our progressive Salsa class! You'll challenge your mind with the technical and timing components, get a good workout, and have fun with a great group of people! Our instructor, Ed Trueheart, teaches basic and advanced concepts of Salsa, Infused Bachata and Meringue/Cha Cha styles over the course of 8 weeks.

### Y 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 take you through a Functional Movement Assessment, which helps build your personalized program. Call Courtney Sims for more information or to schedule an appointment: 203.754.9622 x124.

### ANNUAL HEALTHY LIVING IRONMAN CHALLENGE | FREE

**Begins on Thanksgiving, Nov. 28th – Dec. 31st**

Beat the holiday weight gain and stay committed to the gym during the busiest time of year! Swim, bike, and run your way into the new year with this competitive challenge! The goal is to swim 2.4 miles, bike 112 miles, and walk/run 26.2 miles by the end of the year. Please register at the front desk. You will log your miles (all on the honor system) at the end of each week in the Wellness Center and race your friends to our IRONMAN finish line! Start with a Thanksgiving day race before turkey time! Open to Waterbury YMCA members only.

### DIABETES PREVENTION PROGRAM

Begins the first week of September. Open to the general public. \$33 down and \$33/month. Program price includes 1-year adult membership to the Y. Space is limited.

Change is hard. The Y can help. Our Diabetes Prevention Program focuses on achieving and maintaining a healthier lifestyle through mindful eating and increased physical activity. This CDC-recognized program is proven to help adults in preventing or delaying the onset of type 2 diabetes.

This is a yearlong program with information delivered in a small group, classroom-like setting. Groups will meet with their Lifestyle Coach first

weekly, then bi-weekly, and finally, monthly. Qualify by taking the diabetes risk test at YMCA.net/diabetes. Either a blood value, a diagnosis of Gestational Diabetes, or a qualifying risk score can be used for enrollment. Interested participants should contact their health care provider to verify eligibility. Please contact Courtney Sims, YMCA Health & Wellness Program Specialist to get on the class waiting list: 203.754.9622 x 124 or by email at csims@waterburymca.org.

### FALL BRASS CITY MELTDOWN

Members: \$55 | Reciprocal YMCA Members: \$75  
Non-members: \$199 for 10-week membership and program registration fee.

#### Kick Off:

Tuesday, September 24th - 6:00 PM in the YAR

Challenge yourself through Halloween and Thanksgiving, and establish healthy habits you can keep through the holiday season to avoid the dreaded winter weight gain! You'll need a team of four. If you don't have a full team, you can still register and we will do our best to pair you up with other individuals. Requirements include: weekly weigh-ins, cardio workouts, and strength training workouts. With your teammates depending on you, this is a great way to hold yourself accountable for consistent exercise and healthy eating. You will individually decide on the training program that best fits both your ability and interest at the kick-off.

**First week of weigh-ins begin on your first week of training:** Mon, Sept. 30th; Thurs, Oct. 3rd & Sat, Oct. 5th.

**Last Weigh-In:** Sat, Dec. 7th.

**Winners announced:** Wed, Dec. 11th, 6:00 PM in the conference room.

### HEALTHY WEIGHT AND YOUR CHILD

Begins the first week of October. This program focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained Leaders for the duration of the 25-session program. The program will run two times a week for the first ten weeks, and one time per week for the final five weeks of class. The duration of each class will be 2 hours long and inclusive of both a classroom learning portion and physical activity portion. This is a fee-based program, the Y provides financial assistance for those who qualify.

#### To qualify, a child must:

- Be 7-13 years old
- Carry excess weight (Body mass index of the 95th percentile or higher)
- Receive clearance from a provider to participate in physical activity
- Have an adult attend ALL sessions with them

### ACTIVE OLDER ADULTS

Full Facility Membership just \$40/month! All aquatic-aerobics classes are FREE with full senior membership. AOA Club Pass \$35/Month!

Join the AOA club to get a great workout and meet new friends!

This group fitness pass gives you access to our full AOA class schedule where classes are designed to put little stress on your joints and are appropriate for all fitness levels. A chair is optional in all AOA club classes. Please see website for full schedules online: WaterburyYMCA.org. Financial assistance is available.

### INSURANCE-BASED WELLNESS PLANS AVAILABLE!

Join the nation's leading fitness programs for older adults at little or no cost beyond your monthly health plan premium. Get fit, have fun, and make friends with:



To check your eligibility, please present your photo ID to the YMCA front desk.

### EXERCISE AND SWIM PROGRAM (AGE 60 AND UP)

This program is funded by WCAA - \$2.00 donation suggested. Additional paperwork is required to participate in this program. A combination of low/non-impact stretches, exercises and movements, which help strengthen and tone muscles.

#### Tuesdays & Fridays

10:10 AM - 10:55 AM Group Fitness Room  
11:00 AM - 11:45 AM Small Pool

#### Tuesdays & Thursdays

11:00 AM - 11:55 PM Tai Chi

## YOUTH DEVELOPMENT

### WATERBURY BEFORE & AFTER SCHOOL CHILDCARE

The Y has working parents covered! Quality before and after care for busy families. Includes snack and homework time; transportation offered at some sites. For more information please contact our School Age Childcare Director, Emily, at epowell@waterburymca.org.

#### CHASE SCHOOL: 2:30 PM - 6:00 PM

Services Chase & Rotella - after school only

#### GENERALI SCHOOL: 2:30 PM - 6:00 PM

Services Generali School - after school only

#### GILMARTIN SCHOOL: 2:30 PM - 6:00 PM

Services Gilmartin & Hopeville - after school only

#### TINKER SCHOOL: 2:30 PM - 6:00 PM

Services Tinker School - after school only

**YMCA ON-SITE AM: 6:30 AM - 9:00 AM**  
Services Regan, Kingsbury, Bucks Hill, Driggs, Maloney, Bunker Hill & Rotella

**YMCA ON-SITE PM: 2:30 PM - 6:00 PM**  
Services Driggs, Reed & Duggan, Regan, Bucks Hill, Maloney, Kingsbury, Wendell Cross, Carrington, Bunker Hill, Brass City Charter & Wilson

### WATERTOWN BEFORE & AFTER SCHOOL CHILDCARE

For information and to enroll in the Watertown Before and After School Programs contact Outdoor Center Program Director, Laura at lmurphy@waterburymca.org or 860.274.4820.

#### JUDSON SCHOOL:

7:00 AM - 8:45 AM & 3:00 PM - 6:00 PM  
Services Judson - before & after school

#### TRUMBULL SCHOOL:

7:00 AM - 8:45 AM & 3:00 PM - 6:00 PM  
Services Trumbull - before & after school

#### POLK SCHOOL:

7:00 AM - 8:45 AM & 3:00 PM - 6:00 PM  
Services Polk - before & after school

### WATERBURY YMCA SCHOOL READINESS

The YMCA School Readiness program provides open access for children aged 3-5 to quality programs that promote the health and safety of children and prepare them for formal schooling. The Y is a name you can trust for childcare, with a NAEYC-accredited, state-licensed program that provides a safe and healthy environment for your child. The full-day program is offered Monday through Friday from 6:30 am-5:30 pm. For more information contact Child Development Director Kristen Jones at 203.754.9622 x125 or Family Engagement Specialist Stephanie Maldonado at 203.754.9622 x126.



## SCHOOL VACATION DAY KIDS CLUB AT THE WATERBURY YMCA!

Daily fees: \$31/day Members | \$41/day Non-members. Bundle with your other fees—see below! Bundles must be purchased at time of registration.

Program follows WATERBURY public school calendar. Vacation days will run from 8:00 AM – 5:30 PM, with drop-off by 9:00 AM. Children CAN NOT be signed in and out of the program throughout the day. Please plan accordingly. Families are responsible for providing a **PEANUT FREE** bagged lunch.

- January 6th and 20th
- February 14th and 17th
- March 6th
- April 6th – 10th
- April 10th – Good Friday pick up by 3pm
- November 5th and 11th
- October 4th and 14th
- November 5th and 11th
- December 23rd, 26th, 27th and 30th

### SAVE 10% BY BUNDLING VACATION DAYS AND BEFORE & AFTER CARE FEES!

Non-member: \$41/day X 18 vacation days = \$738  
Bundle: \$664 (**SAVINGS OF \$74**)

Member: \$31/day X 18 vacation days = \$558  
Bundle: \$502 (**SAVINGS OF \$56**)

## SCHOOL VACATION DAY KIDS CLUB AT YMCA CAMP MATAUCHA!

Daily Fees: \$55/Day  
Time: 7:30 AM – 6:00 PM

No school? No worries! Enjoy your time off from school with Vacation Camp at YMCA Camp Mataucha! Games, sports, crafts and friendship are a few of the amazing opportunities for your child. Our full day program runs from 7:30 AM – 5:30 PM at YMCA Camp Mataucha in Watertown! Campers must provide their own lunch and will receive an AM and PM snack during the day. Vacation campers must have a valid health form on file and provide their own transportation to and from camp. For more information please contact Laura or Adam at 860.274.4820 or register online at [campmataucha.org](http://campmataucha.org)

- October 11th & 14th  
(Prof. Development & Columbus Day)
- November 5th & 11th  
(Professional Development & Veterans Day)
- December 23rd, 26th, 27th & 30th  
(Winter Break)

## YOUTH SPORTS

### SPORTS SPECTACULAR

An introduction to team sports for children ages 2 & 3 and their parents. This program will cover the basics of soccer, kickball, t-ball, and basketball, with an emphasis on gross motor development and teamwork! This program provides fun, active time for parents and children!

- Day/Time: Sat, 9:30 AM – 10:15 AM
- Age: 2–3 yrs with an adult partner
- Fee: \$50 (**FREE** for Family Memberships)
- Program Length: 7 weeks



### BASKETBALL BUDDIES

This program is an introduction to the game of basketball and is strictly instructional. We will be teaching the basics of dribbling, passing, shooting and defense. This program is for only for 3-year-olds and they **MUST** have an adult partner. We have shorter hoops and smaller basketballs to make learning easier.

- Day/Time: Sat, 10:15 AM – 11:00 AM
- Age: 3 yr old with an adult partner
- Fee: \$50 (**FREE** for Family Memberships)
- Program Length: 7 weeks

### PEE WEE BASKETBALL

This program continues to develop player skill with the addition of learning fair play values, sportsmanship and basic team concepts.

- Day/Time: Sat, 11:15 AM – 12:00 PM
- Age: 4–5 yrs
- Fee: \$50 (**FREE** for Family Memberships)
- Program Length: 7 weeks

### ROOKIES BASKETBALL

This program works on developing more advanced skills and techniques. Participants will begin to start playing actual games midway through the session. Game-play, teamwork and sportsmanship will be emphasized.

- Day/Time: Sat, 12:00 PM – 1:00 PM
- Age: 6–7 yrs
- Fee: \$50 (**FREE** for Family Memberships)
- Program Length: 7 weeks

### GAME TIME HOOPS

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, as well as holds instructional practices. There is a player evaluation held by the coaches to determine teams. All participants receive a certificate of completion. During league, all players will be evaluated based on skill, age, and position.

- Day/Time: Tues/Thurs, 5:00 PM – 6:00 PM
- Fee: \$50 (**FREE** for Family Memberships)
- Program Length: 7 weeks

### 8–11 yrs Game Schedule

Saturday	1:00 PM – 2:00 PM	Beginners
Saturday	1:00 PM – 2:00 PM	Intermediate

### 12–15 yrs Game Schedule

Saturday	1:00 PM – 2:00 PM
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### SKILLS AND DRILLS

Didn't make your school's basketball team, or just want to improve your skill set? Well, you now have the opportunity to do so with the Y. Skills and Drills is a program designed to help you improve your game. With this program, you will work on advanced skill sets with some physical training. There will be one-on-one instruction in a group setting. Remember, there is always room for improvement.

- Day/Time: Wed, 5:00 PM – 6:00 PM
- Age: 14–17 yrs
- Fee: \$50 Members | \$55 Non-members
- Program Length: 7 weeks

### YOUTH SPORTS PARTIES

**Members: \$150 | Non-members: \$175**

Sports themed birthday parties for kids 2–12 years old. Price includes 1 hour of gym time and 45 minutes in the party room. Max 25 people. Parties start with 30 min of open play, and then transition into group games. Contact Dazure at 203.754.9622 X162 for details. **ALL PARTY GUESTS 18 AND OLDER ARE REQUIRED TO SHOW PHOTO ID AT ENTRY**

## LEADERSHIP & GROWTH PROGRAMS

### SESSION 5 ONLY

### LEADERS CLUB | FREE

Teens in the 6th – 12th grades, can be a part of a unique group at the Y. Leaders Club is for those interested in volunteer work, spending time with friends and having fun. Leaders will have volunteer opportunities to help others, work on community service projects, learn leadership skills, participate in special activities, and most of all, have fun! Program runs from Oct. through June.

#### Day/Time:

- Wednesdays 5:00 PM – 7:30 PM

### YOUTH AND GOVERNMENT

Teens learn by doing and have the opportunity to try their hand at leadership in an open and receptive learning environment. YAG members meet throughout the year to discuss and debate issues that affect them and to propose possible legislation to make state government more efficient. The program culminates with the teens serving as delegates at the CT state conference, debating bills on the floor of the legislature. For more information contact Dazure at 203.754.9622 x162 or [dprado@waterburymca.org](mailto:dprado@waterburymca.org).

# AQUATICS

## SESSION 5

### SWIM LESSONS

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: \$65 | Non-members: \$82

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

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	5:30 PM – 6:00 PM
Thursday	9:30 AM – 10:00 AM
Saturday	9:00 AM – 9:30 AM

### B / WATER EXPLORATION

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

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

### PRESCHOOL STAGES 3–5 YEARS OLD

Members: \$65 | Non-members: \$82

### 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.

Monday	5:30 PM – 6:00 PM
Tuesday	9:00 AM – 9:30 AM 4:00 PM – 4:30 PM
Thursday	5:30 PM – 6:00 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	5:00 PM – 5:30 PM
Tuesday	5:00 PM – 5:30 PM
Thursday	9:00 AM – 9:30 AM 4:00 PM – 4:30 PM
Saturday	9:30 AM – 10:00 AM 11:05 AM – 11:35 AM
Sunday	11:10 AM – 11:40 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.

Monday	4:00 PM – 4:30 PM
Tuesday	9:30 AM – 10:30 AM 5:30 PM – 6:00 PM
Thursday	4:30 PM – 5:00 PM
Saturday	10:00 AM – 10:30 AM
Sunday	10:35 AM – 11:05 AM

### 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.

Monday	4:30 PM – 5:00 PM
Tuesday	4:30 PM – 5:00 PM
Thursday	5:00 PM – 5:30 PM
Saturday	10:30 AM – 11:00 AM

### SCHOOL AGE STAGES 5–12 YEARS OLD

Members: \$74 | Non-members: \$96

### 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.

Monday	4:40 PM – 5:20 PM
Wednesday	5:10 PM – 5:50 PM
Saturday	9:35 AM – 10:15 AM
Sunday	11:45 AM – 12:25 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.

Tuesday	4:00 PM – 4:40 PM
Wednesday	4:30 PM – 5:10 PM
Saturday	10:20 AM – 11:00 AM
Sunday	12:30 PM – 1:10 PM

### 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.

Monday	4:00 PM – 4:40 PM
Tuesday	4:40 PM – 5:20 PM
Thursday	4:40 PM – 5:20 PM
Saturday	9:35 AM – 10:15 AM

### 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.

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

### STAGE 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Thursday	6:00 PM – 6:40 PM
Friday	6:10 PM – 6:50 PM
Saturday	11:05 AM – 11:45 AM

### STAGE 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Wednesday	5:10 PM – 5:50 PM
Thursday	5:20 PM – 6:00 PM
Saturday	11:50 AM – 12:30 PM

### TEEN & ADULT STAGES 12+ YEARS OLD

Members: \$74 | Non-members: \$96

### 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.

Friday	5:00 PM – 5:40 PM
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## 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.

Friday 5:00 PM – 5:40 PM

## 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.

Friday 5:40 PM – 6:20 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.

Friday 6:20 PM – 7:00 PM

## WATER EXERCISE

*Offered Sessions 5 AND 6*

Members: FREE | Non-members: \$75

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.

Mon 8:15 AM – 9:00 AM

Wed 8:15 AM – 9:00 AM

Fri 8:15 AM – 9:00 AM

## AQUACIZE

*Offered Sessions 5 AND 6*

Members: FREE | Non-members: \$75

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.

Monday 10:00 AM – 10:45 AM

Wednesday 10:00 AM – 10:45 AM

Friday 10:00 AM – 10:45 AM

## WATER WORKOUT

*Offered Sessions 5 AND 6*

Members: FREE | Non-members: \$75

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.

Tuesday 7:00 PM – 8:00 PM

Thursday 7:00 PM – 8:00 PM

## EXERCISE & SWIM PROGRAM (AGE 60 AND UP)

*Offered Sessions 5 AND 6*

A combination of low/non-impact stretches, exercises and movements to help strengthen and tone muscles.

Tuesday/Friday 11:00 AM – 11:45 AM

Small Pool

FREE for YMCA Senior members

## RED CROSS LIFEGUARDING CLASS

Members: \$325 | Non-members: \$375

Red Cross Life Guarding class will be held Tuesdays from 5:30 PM – 8:30 PM. Classes begin September 18th and run for 11 weeks. Schedule with exact class times available at sign up. Attendance for all classes is mandatory, no exceptions! Class September 17th is the pre-course and will run 5:30 PM – 6:30 PM.

### Pre Course Requirements to be passed are:

Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or

a combination of both. Tread water for 2 minutes using legs only. Complete a timed event within 1 minute and 40 seconds.

Starting in the water, swim 20 yards, surface dive and retrieve a 10-pound object. Return to the surface and swim 20 yards back to the wall; exit the pool without using ladder or steps.

All participants must pay a \$50 non-refundable deposit to hold class space. If prerequisites are met, class balance will be due on September 24, 2018. Participants must be pre-registered by September 3rd, 2019

## BARRACUDA 2019-2020 WINTER SWIM TEAM

The season runs from Sept. – end of Feb. This is an age group swim team. USA swim meets and YMCA duel swim meets are part of the program. Practice groups are based on swimmers ability. High School Girls ONLY. May register in Nov.

**Tryouts:** Sept. 10th 5:00 PM – 6:00 PM & Sept. 11th 5:00 PM – 6:00 PM. Tryouts required for all new swimmers and past team members who did not participate in winter championships.

**Practice:** Begins for all the week of Sept. 16th

**Senior Level:** \$1,100/season, **Junior Level:** \$900/season

**Age Group:** \$750/season, **Brass:** \$550/season

**High School Swimmers:** \$600/season \*must be participating in High School swim team

## AQUATICS SESSION 6

### SWIM LESSONS

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.

**\*PLEASE SEE AQUATIC DESCRIPTIONS AS STATED BEGINNING ON PAGE 4\***

**SWIM STARTERS  
6 MONTHS – 3 YEARS OLD**  
Members: \$65 | Non-members: \$82

**A / WATER DISCOVERY**

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

**B / WATER EXPLORATION**

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

**PRESCHOOL STAGES  
3–5 YEARS OLD**  
Members: \$65 | Non-members: \$82

**STAGE 1 / WATER ACCLIMATION**

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

**STAGE 2 / WATER MOVEMENT**

Monday 5:00 PM – 5:30 PM  
Tuesday 5:00 PM – 5:30 PM  
Thursday 9:00 AM – 9:30 AM  
4:00 PM – 4:30 PM  
Saturday 9:30 AM – 10:00 AM  
11:05 AM – 11:35 AM  
Sunday 11:10 AM – 11:40 AM

**STAGE 3 / WATER STAMINA**

Monday 4:00 PM – 4:30 PM  
Tuesday 9:30 AM – 10:30 AM  
5:30 PM – 6:00 PM  
Thursday 4:30 PM – 5:00 PM  
Saturday 10:00 AM – 10:30 AM  
Sunday 10:35 AM – 11:05 AM

**STAGE 4 / STROKE INTRODUCTION**

Monday 4:30 PM – 5:00 PM  
Tuesday 4:30 PM – 5:00 PM  
Thursday 5:00 PM – 5:30 PM  
Friday 5:00 PM – 5:30 PM  
Saturday 10:30 AM – 11:00 AM

**SCHOOL AGE STAGES  
5–12 YEARS OLD**  
Members: \$74 | Non-members: \$96

**STAGE 1 / WATER ACCLIMATION**

Monday 4:40 PM – 5:20 PM  
Wednesday 5:10 PM – 5:50 PM

Saturday 9:35 AM – 10:15 AM  
Sunday 11:45 AM – 12:25 PM

**STAGE 2 / WATER MOVEMENT**

Tuesday 4:00 PM – 4:40 PM  
Wednesday 4:30 PM – 5:10 PM  
Saturday 10:20 AM – 11:00 AM  
Sunday 12:30 PM – 1:10 PM

**STAGE 3 / WATER STAMINA**

Monday 4:00 PM – 4:40 PM  
Tuesday 4:40 PM – 5:20 PM  
Thursday 4:40 PM – 5:20 PM  
Saturday 9:35 AM – 10:15 AM

**STAGE 4 / STROKE INTRODUCTION**

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

**STAGE 5 / STROKE DEVELOPMENT**

Thursday 6:00 PM – 6:40 PM  
Friday 6:10 PM – 6:50 PM  
Saturday 11:05 AM – 11:45 AM

**STAGE 6 / STROKE MECHANICS**

Wednesday 5:10 PM – 5:50 PM  
Thursday 5:20 PM – 6:00 PM  
Saturday 11:50 AM – 12:30 PM

**TEEN & ADULT STAGES  
12 + YEARS OLD**  
Members: \$74 | Non-members: \$96

**STAGE 1 / WATER ACCLIMATION**

Friday 5:00 PM – 5:40 PM

**STAGE 2 / WATER MOVEMENT**

Friday 5:00 PM – 5:40 PM

**STAGE 3 / WATER STAMINA**

Friday 5:40 PM – 6:20 PM

**STAGE 4 / STROKE INTRODUCTION**

Friday 6:20 PM – 7:00 PM

**OUTDOOR CENTER  
& SPECIAL EVENTS**

**YMCA CAMP MATAUCHA  
OUTDOOR CENTER**

YMCA Camp Mataucha offers a variety of off-season programs tailored to your groups specific needs. Challenge your group through a series of team building games or ropes elements to grow their communication, cooperation and leadership skills. Expand students' knowledge by exploring our camp ecosystems in our Environmental Science programs. Have some good old fashioned YMCA fun in a custom group rental! We are the perfect fit for schools, corporations, families, and other organizations.

We also have several volunteer opportunities for anyone who is interested in making an impact in their community. For more information contact Adam, Outdoor Center Director, at 860.274.4820 or [adubois@waterburymca.org](mailto:adubois@waterburymca.org)

**SPECIAL EVENTS**

All events are free, but require registration in advance. Families can register by contacting Laura, Outdoor Center Program Director, at 860.274.4820 [ormurphy@waterburymca.org](mailto:ormurphy@waterburymca.org)

**HALLOWEEN CARNIVAL**

**Wed, Oct. 30th, 6:00 PM – 7:30 PM**

Join us for a spooky and fun evening at YMCA Camp Mataucha with Halloween games, crafts, snacks and a chance to trick or treat through camp! Free to all, but please RSVP to [lmurphy@waterburymca.org](mailto:lmurphy@waterburymca.org)

**FAMILY CAMP**

**Sat, Nov. 9th, 11:00 AM – 1:00 PM**

See what camp is all about! Families are invited to join in the fun of summer camp! We will have many program areas of camp open (archery, tower to name a few!) for families to enjoy. Free to all, but please RSVP to [adubois@waterburymca.org](mailto:adubois@waterburymca.org)

**BREAKFAST WITH SANTA**

**Sat, Dec. 14th, 9:30 AM – 11:00 AM**

Santa is coming to town; Watertown that is! The Outdoor Center will host a breakfast with a special visitor. Families are invited for small snacks, activities and a visit from Santa himself! Free to all, but please register by Mon, Dec. 9th to [lmurphy@waterburymca.org](mailto:lmurphy@waterburymca.org)

**BIRTHDAY PARTIES**

Bring the fun of summer camp to your child's special day! YMCA Camp Mataucha can host parties for all ages and interests. Parties range from \$250 – \$350 for plenty of birthday fun! Call us to reserve your spot today! Each theme has its own pavilion and comes with a staff to lead the birthday fun!

Families can enjoy: Boating, Archery, Tower, Sports or DIY parties!