



175 YEAR ANNIVERSARY

Greater Waterbury YMCA
SESSION 3 | 2026
April 27 - June 14



PROGRAM BROCHURE

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](https://bit.ly/waterburyymca)

WELCOME TO SESSION 3

APRIL 27 – JUNE 14

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, April 13
Non-Members | Monday, April 20

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/waterburymca 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

Memorial Day	Closed
Juneteenth	5 AM - 3 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



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.

HEALTH & WELLNESS

MAY FLEXIBILITY FLOW

Focus on daily flexibility and mobility routine like holding a set of yoga poses or performing a daily stretch routine

DANCE NIGHTS

Members: FREE | Non-Members: \$25

Join us for our progressive six-week class, where you have the chance to learn and grow as a dancer while rotating partners throughout the course.

BEGINS APRIL 28 | TUESDAYS

SALSA | 6:45 PM

Turn up the music and move with the rhythm in this lively salsa dance class. With a progressive format and partner rotation, you'll improve coordination, timing, and confidence while enjoying a fun, social experience. *Registration required*

KIZOMBA/BACHATA | 7:45 PM

Explore the smooth, expressive styles of Kizomba and Bachata in this partner-based dance class. Designed for experienced dancers, this progressive-format class builds musicality, coordination, and connection in a fun, social setting.

LIVESTRONG®

Members & Non-Members: FREE

Join our uplifting program 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 taken during treatment to help combat the side effects of fatigue. Exercise is done together in a group setting under the guidance of our Livestrong® instructor. Contact Amber to get on the waiting list.

BOOK CLUB

Members: FREE | Non-Members: \$5

Join our Book Club for monthly reads and engaging discussions that inspire connection, curiosity, and fresh perspectives—no pressure, just good books and good company. Participants are welcome to bring their own refreshments.

Fourth Wednesdays | 2 PM – 3 PM | Mind, Body & Spirit Room

JUMP INTO JUNE!

A plyometrics cardio challenge focused on agility and quick bursts of movement, such as jump roping, box jumps, and speed skaters.

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, 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)



MAY 27 | FURIOUSLY HAPPY BY JENNY LAWSON

Picked for Mental Health Awareness month

A brutally honest and hilarious look at living with mental illness—and choosing joy anyway, in the most chaotic ways possible.

JUNE 24 | THE SONG OF ACHILLES BY MADELINE MILLE

Picked for LGBTQ+ Pride Month

A hauntingly beautiful retelling of Achilles and Patroclus that turns legend into an intimate story of love, fate, and loss.

Questions about Wellness programs? Contact Amber.



203.754.9622 Ext. 155



AUpson@waterburymca.org

BIKE CLUB

April 21 – September 15 | Members: FREE

Bike Club is a series of group rides designed for cyclists of all experience levels. Whether you're looking to build endurance, train for an event, or simply enjoy riding. This club is a great way to stay active and meet fellow riders.

Location: Middlebury Recreation Area (MRA), Lake Quassapaug, Middlebury

- Routes will gradually increase in distance as daylight and temperatures improve. All routes will feature hilly terrain.
- 4 or 5 curated cycling routes for the season.
- Registration and a signed waiver are required prior to the first ride.

For more information, contact Wellness Staff.



1,000 LB CLUB

Begins April 27

Members: FREE | Registration required

Train with purpose and have fun along the way. With guidance from our Wellness Staff, participants work toward a combined lifting total of 500, 750, or 1000 pounds using three classic movements: Bench press, Deadlift, and Squat. Multiple weight tiers make this an accessible, motivating, and rewarding experience for all fitness levels.

First 1000 LB Lift-Off | Saturday, June 27 | 10 AM, Please contact Wellness Staff if you would like to join!

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.

STRENGTH TO SUCCEED

LED BY FORMER NFL PLAYER JEROME CUNNINGHAM

\$100 Members | \$150 Non-Members

Beginning May 11, this six-week program is designed to teach athletes sport-specific strength and agility training, applicable to all sports. It aims to help young athletes develop essential skills that will benefit them throughout their lives!

Monday & Wednesday | 3 PM – 4 PM

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.

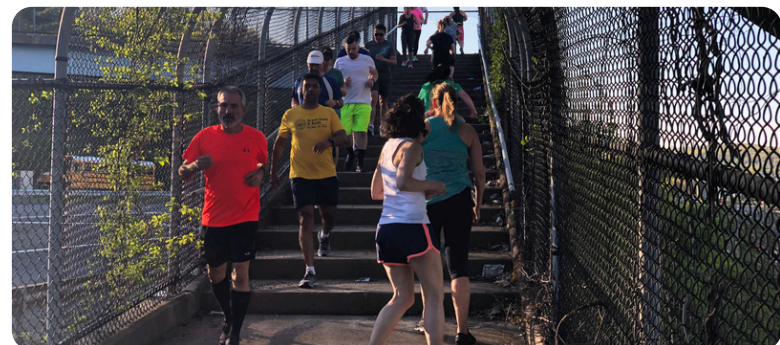
# OF SESSIONS	\$ PER SESSION	TOTAL
10	Starting at \$60	Starting at \$600
25	Starting at \$55	Starting at \$1,375
50	Starting at \$50	Starting at \$2,500

RUN CLUB

April 6 – June 25

Run Club is more than a weekly run. Open to all levels, with structured routes, pacing options, and encouragement along the way. We finish the season by running in a local road race together to celebrate your progress.

- Mondays | 6 PM (Greater Waterbury YMCA or local track)
- Saturdays | 8 AM at rotating locations (Southington Trail, Middlebury Greenway, and more)
- GOAL RACES
 - Beginner Runners: Hartford Riverfront 5K – June 25
 - Level 2 Runners: Litchfield Hills Road Race – June 14
- A full training plan will be emailed to all participants.



Contact Randwell and Jerome for any questions!



RGeorge@waterburymca.org



JCunningham@waterburymca.org

YOUTH & TEENS

GAME TIME HOOPS

Members: \$25 | Non-Members: \$40
6th - 8th Grade | 6 Teams of 6-10 Players

This Co-Ed league goes beyond just playing - it's about competing, growing, and enjoying the game in a positive environment. With a strong emphasis on gameplay throughout the season, players can sign up individually or as a team and will compete in structured games that build confidence, teamwork, and a deeper understanding of the game.

APRIL 17 - JUNE 26 | FRIDAYS

*No game on June 19 in honor of Juneteenth

Game 1	5PM
Game 2	6PM
Game 3	7PM

MAMBA TOURNAMENT

May 18 - 21 | Ages 11-19

- 3 days of competitive basketball.
- Max of 4-6 teams, with up to 8 players per team.
- All participants will receive a tournament t-shirt.

SAVE THE DATE

SUMMER KICK-OFF COOKOUT

Friday, June 26 | 12 PM - 4 PM

Teens can kick off their summer festivities with a celebration featuring food, a DJ, and games.

SKILLS & DRILLS

Members: \$25 | Non-Members: \$40
Ages 5-10

This program is perfect for beginners, teaching fundamental basketball drills to help improve each player's game. From learning the basics to building confidence on and off the court, our Youth Basketball Program supports healthy living, youth development, and social responsibility. Participants will focus on sportsmanship, teamwork, and building friendships in a fun and supportive environment.

APRIL 18 - JUNE 20 | SATURDAYS

5-6 Years Old	10 AM - 10:45 AM
7-8 Years Old	11 AM - 11:45 AM
9-10 Years Old	12 PM - 12:45 PM

VOLLEYBALL

AGES 13+

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

TUES & THURS | 7 PM - 9 PM

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!

THE YAR

OPEN DAILY | 4 PM TO 9 PM

Welcoming space for teens to engage in various activities, including a gaming area for recreational play, 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.



Questions about Teen Programs? Contact Edna:



203.754.9622 Ext. 162



EWalton@waterburymca.org

HAVE THE BEST SUMMER EVER AT



CAMP MATAUCHA

270 Smith Pond Rd, Watertown, CT 06795

Offering One Preview Week Session June 22 - June 26, and 4 Two-Week Sessions from June 29 - August 21

Traditional Camp | 9AM-3PM

\$525/session (two weeks) | Preview Week: \$315

Students entering K-9

Specialty Camp (STEM, SURVIVOR, FISHING)

\$575/two weeks | No Preview Week

Students entering 2-9



- Before Camp Care is available from 7 AM - 9 AM at both Camp and the Greater Waterbury YMCA
- After Camp Care is available from 3 PM - 6 PM with pickup at Camp or the Greater Waterbury YMCA
- Six Buses Operating in the Greater Waterbury Area
 - Note: Only the Funky Chicken Bus will be in service during Preview Week.

What Can Campers Expect:

- Large group games and team challenges
- Archery, boating, swimming, and nature hikes
- Climbing tower and outdoor obstacle courses
- Skill-based activities that grow with your camper's age
- Positive role models and character-building themes



CAMP OAKASHA

1461 S Britain Rd, Southbury, CT 06488

Offering 9 Sessions from June 22 - August 21

Traditional Camp | 9AM-3PM

\$315/session (one week)

Students entering K-9

- Before Camp Care is available from 7 AM - 9 AM with drop-off at camp.
- After Camp Care is available from 3 PM - 6 PM with pickup at Camp.

What Can Campers Expect:

- Classic camp games, team-building, and creative play
- Daily swimming and water fun
- Arts & crafts, nature exploration, and theme weeks
- Supportive environment with age-appropriate activities
- Leadership-building for CITs



REGISTER TODAY!

CAMP
MATA
UCHA



CAMP
OAKA
SHA



Scan or Visit: bit.ly/waterburymca

Questions about Camp Mataucha or Oakasha? Contact Adam Dubois:



203.754.9622 Ext. 118



ADubois@waterburymca.org

SUMMER DAZE

56 Gaffney Road, Waterbury, CT 06702

Offering 3 Two-Week Sessions from June 29 – August 7.

Indoor Summer Program | 8 AM – 4 PM

\$350/session (two weeks) | \$175/session (one week)

- Plus an additional one-time \$25 registration fee with your first payment.

Ages 5 - 12 Years Old

What Can Summer Dazers Expect:

Summer Daze is designed for kids who thrive indoors but still crave fun, friends, and adventure.

- Breakfast, Lunch & PM Snack included every day — at no extra cost!
- Arts & crafts projects that inspire imagination
- STEM-based activities to encourage critical thinking
- Indoor games and active gym play
- Exciting field trips
- Themed weeks with fun challenges and group projects
- Safe, structured environment in an air-conditioned facility



REGISTER TODAY

Scan or Visit:

bit.ly/waterburymca



Questions about Summer Daze?
Contact Brielle.



203.754.9622 Ext. 424



BMyers@waterburymca.org

UNLOCKING OPPORTUNITIES FOR GROWTH & FUN

Apply for all three and maximize your savings!

The Greater Waterbury YMCA offers summer experiences for all families, providing financial assistance to make camp and programs accessible through various programs and initiatives, ensuring affordability and inclusivity for everyone.



CARE4KIDS

Sponsored by the Connecticut Office of Early Childhood and aimed at assisting low to moderate-income families in Connecticut with child care costs. Eligibility:

- Families must reside in Connecticut.
- 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 camp rates, covering up to two sessions or four weeks of camp, with restrictions.

UNITED WAY CAMBERSHIP

Offered through the Greater Waterbury Campership Program. Application available exclusively at the YMCA Front Desk.

- Eligibility: Campers aged 5 and up from low-income families in a specific area.
- Criteria: Proof of child's age, residency, and family income required.

ONLY AVAILABLE FOR CAMP OAKASHA AND CAMP MATAUCHA



A BRANCH OF
THE GREATER
WATERBURY
YMCA

PROGRAMMING + SERVICES

SMART RECOVERY

Thursdays | 3:30 PM – 5 PM

This program supports teens facing challenges like smoking, vaping, marijuana, or alcohol use. Utilizing the SMART Recovery approach, it helps participants set goals, build confidence, and change habits related to addiction. The group offers a fun, supportive atmosphere with substance-free activities like pizza parties, skate nights, and game nights, while teaching tools for healthy choices.

FLOW & TELL

Grades 8–12

Mondays | 3:30 PM – 5 PM

This program empowers young leaders to promote menstrual equity, hygiene awareness, and period positivity in their schools and communities. Led by Ronae Craig, Chair of the Litter Control & Beautification Commission for the City of Waterbury.

MUSIC IN WE

Grades 8–12

Mondays | 5 PM – 6:30 PM

A digital music production and social-emotional learning program in partnership with Ungroup Society.



PROM PROJECT

Saturday April 25 | 9 AM – 4 PM



Get prom-ready with confidence at Waterbury Youth Services' Prom Project, a **FREE** event offering inclusive prom wear for teens, including dresses, suits, and accessories. Attendees can also enjoy live makeup and hair tutorials while finding the look that feels right for them. Walk-ins are welcome, but appointments are encouraged.

Register Today: bit.ly/promproject26
83 Prospect Street
Waterbury, CT 06702




CLOSET OF CARE

Every 3rd Friday of the Month

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

Questions about Waterbury Youth Services Programs? Contact Olivia:

 203.573.0264 x 306

 ODudley@waterburymca.org

AQUATICS PROGRAMMING

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 them 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

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
Thursday
Saturday
Saturday

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

5:50 PM - 6:20 PM
9:30 AM - 10:00 AM
9:30 AM - 10:00 AM
10:30 AM - 11:00 AM

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.

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	4:00 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

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 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 \$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

AMERICAN RED CROSS LIFEGUARDING CLASS

Members: \$375 | Non-Members: \$425

Get trained in American Red Cross Lifeguarding and help save lives while building valuable lifelong leadership skills. Students must be at least 15 years old.

This is a Six-Week Hybrid Class; online work and in-person class time are mandatory!

PRE-COURSE SESSION | MAY 21 | 4 PM - 5 PM

- Bring bathing suit + towel
- Bring Proof of age with you (first day only)
- \$50 Non-Refundable Deposit (to hold spot)

IN-PERSON CLASSES | MAY 28 - JUNE 16

- Tuesdays and Thursdays | 4 PM - 8 PM

PREREQUISITE

1. Swim-Tread-Swim Sequence

- a. Swim 150 yards using the front crawl, breaststroke or a combination of both. - Swimming on the back or side is not permitted. - Swim goggles are allowed.
- b. Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
- c. Swim 50 yards using the front crawl, breaststroke or a combination of both.

2. Timed Event Complete a timed event within 1 minute, 40 seconds.

- a. Starting in the water, swim 20 yards. - The face may be in or out of the water. - Swim goggles are not allowed.
- b. Surface dive (feet-first or head-first) to a depth of 7 to 10 feet to retrieve a 10-pound object.
- c. Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face at or near the surface.
- d. Exit the water without using a ladder or steps.

RECERTIFICATION REVIEW

Members: \$160 | Non-Members: \$200

Those enrolled **MUST** have a current certificate.

The Lifeguarding Recertification course is a multi-day recertification course designed to refresh your knowledge and skills. Upon successful completion, you will renew your certification for another two years

SESSION ONE | MAY 20, 22, AND 27 | (3 DAYS)

2 PM - 5:30 PM

SESSION TWO | JUNE 8 & 10 | (2 DAYS)

9 AM - 3 PM



BARRACUDA SWIM TEAM SUMMER SEASON

April 2026 - July 2026

Senior Level: \$725 | Brass Level: \$475
Junior/Age Group Level: \$600

This team includes multiple age groups and participates in both YMCA and USA Swimming dual meets. Please note: the USA Swimming team fee is an additional cost.

RETURNING SWIMMERS

- Online Registration Opens Monday April 13th
- Practice Begins April 20th

Practice groups are based on swimmers' abilities.



Questions about Aquatic programs? Contact Patti:

203.754.9622 Ext. 112

PFlaherty@waterburymca.org

the **Y** | **175** YEAR ANNIVERSARY
YMCA

NO PLACE



Like *This Place*

Greater Waterbury YMCA
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