



Greater Waterbury YMCA
SESSION 4 | 2026
June 8 - August 17

HAVE THE BEST SUMMER EVER



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 4

JUNE 22 – AUGUST 17

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, June 8
Non-Members | Monday, June 15

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/waterburryymca 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

Independence Day	7 AM - 12 PM
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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

GET OUTSIDE!

JULY CHALLENGE

Trade screen time for outdoor fun! Enjoy shaded walks, swimming, playing ball, or yoga on the beach. In July, track your weekly activities for a chance to be featured on our social media!

PADDLE BATTLE

AUGUST CHALLENGE

Track your meters rowed on any of the four rowing machines here at the Y; your goal is 4000 meters by the end of August! Top three highest meters rowed get social shout outs!

DANCE NIGHTS

Members: FREE | Non-Members: \$25

TUESDAYS | JUNE 23 - JULY 28

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.

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. Registration required!

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

JULY 22 | THE MAID BY NITA PROSE

Molly the maid sees the world a little differently than most—but when she discovers a dead guest in one of her perfectly made beds, her orderly life unravels into a mystery that only she, with her unique way of seeing, can solve.

AUGUST 26 | STATION ELEVEN BY EMILY ST. JOHN MANDEL

When a devastating flu pandemic collapses civilization overnight, Station Eleven follows the survivors who emerge twenty years later—clinging to art, memory, and each other—asking what it truly means to be alive.

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.

Barre is back by popular demand!

Practice with Monique on Tuesdays at 4:30 pm and Melissa on Fridays at 4:45pm.

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



Bye Bye Bernalong; our virtual class platform is no more effective July 1st.

AMERICAN RED CROSS BLOOD DRIVE

Thursday, June 25
11 AM - 4 PM | Gymnasium


Roll up your sleeve and save a life! We're hosting a Blood Drive and we need YOU. One donation can save up to three lives—sign up today and make a difference right here in our community.

Donor Incentive: \$15 e-gift card of your choice

To book an appointment, visit bit.ly/waterburymca



Questions about Wellness programs? Contact Amber.

 203.754.9622 Ext. 155

 AUpson@waterburymca.org

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

July 6 - August 10 | Last Session of 2026!

\$100 Members | \$150 Non-Members

Six-week program 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



1,000 LB CLUB

TRAIN & TEST YOUR STRENGTH

Registration required | \$5

Join our quarterly goal-driven club built around three classic lifts: squat, bench press, and deadlift. Participants will receive a workbook guiding them through 12 weeks of training toward a combined 1,000-pound total. Whether you're chasing your first milestone or aiming for four digits, this program welcomes all levels and celebrates every pound of progress.

FIRST 1000 LB LIFT-OFF

Saturday, September 12 | 10 AM

Participants will come together to see how far they've progressed.

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

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.



Contact Randwell and Jerome for any questions!



RGeorge@waterburymca.org



JCunningham@waterburymca.org

YOUTH & TEENS

THE YAR

OPEN DAILY | 4 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!

TEEN SUMMER KICKOFF COOKOUT

Monday, June 22 | 11 AM – 3 PM
YMCA Parking Lot 54 Gaffney Pl

Celebrate the end of the school year with food, games, music, giveaways, and the Teen Awards!



Visit [Bit.ly/yteenawards](https://bit.ly/yteenawards) or Scan QR code to submit nominations. Voting closes Monday, June 15.

TEEN AWARDS

Voted by teens for teens.

- Certified Loudest Person
- "One More Game"
- Always Hungry
- Good Vibes
- Gym Comedian
- Most Competitive
- Everyday at the Y (Staff Pick)
- Social Butterfly
- Fitness Dedication
- Always Helping

STAFF AWARDS

Voted by teens for Teen Department staff.

- Hall Security Energy
- "Always Clowning Around"
- "Be Safe"
- Gym MVP
- Most Competitive
- Silent but Watching
- Positive Role Model
- Great Energy

GYMNASIUM

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

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+

A13 MEN'S BASKETBALL LEAGUE

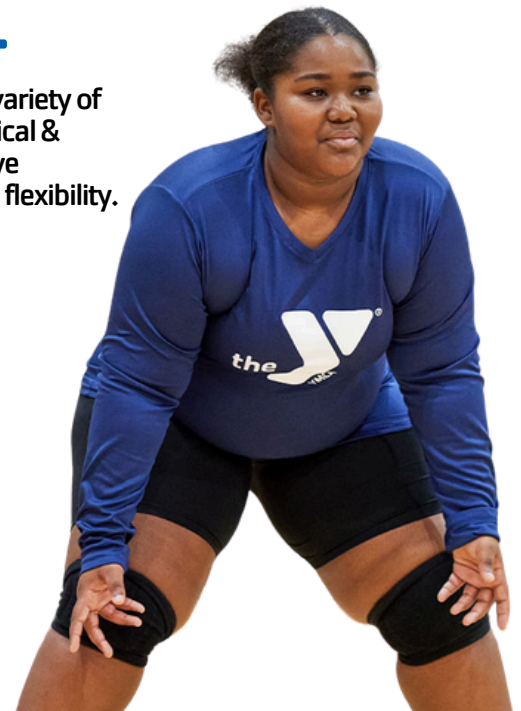
POWERED BY THE GREATER WATERBURY YMCA

July 18 – September 12

Join a competitive men's basketball league featuring regular season play and championship competition.

Game Days: Saturdays @ 10 AM + 11:30 AM + 1 PM
League Capacity: 6 Teams | \$1,100 Per Team

For registration and additional information, contact Edna.



Questions about Teen Programs? Contact Edna:



203.754.9622 Ext. 162



EWalton@waterburymca.org



A BRANCH OF
THE GREATER
WATERBURY
YMCA

PROGRAMMING + SERVICES

**ALL PROGRAMS
ARE AT NO COST**

FAMILY FIRST FRIDAYS

FIRST COME, FIRST SERVED

Friday, July 17

Join us for an afternoon filled with delicious food, fun activities, and great company. It's the perfect opportunity to enjoy the summer weather, meet new friends, and strengthen community bonds. Our family BBQ will feature a variety of classic dishes, games for all ages, and a relaxed atmosphere where everyone is welcome.

Friday, August 7

Join us for an exciting trip to cheer on the Connecticut Sun, complete with transportation, snacks, and refreshments! Enjoy a thrilling basketball game and build community connections with friends and family.

MURAL ART WORKSHOPS

PRESENTED BY JARBATH ART



July 24 - August 14 | Ages 6+

JARBATH ART
VISUAL ARTIST

Art has the power to transform spaces and the people who create them. In partnership with SURGE Arts Initiative, these workshops bring community members together to explore mural-making as a tool for creative expression, connection, and neighborhood pride. Rooted in equity and artist-led vision, participants gain hands-on experience while uplifting underrepresented voices in the Greater Waterbury creative community.

Fridays | 9:30 AM - 11:00 AM [Includes a light breakfast]

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.

TEEN SOCIAL HOUR

July 6 - August 14 | Ages 12 - 19

Enjoy movies, games, field trips, special guest speakers, and more!

Monday - Thursday | 2:30 PM - 4:00 PM

3D MUSIC ACADEMY

LIVE INSTRUMENT & VOCAL CLASSES

June 23 - August 13 | Ages 6+

Music has the power to unlock potential and open doors. Through live instrument and vocal instruction, 3D Music Academy provides inner-city youth with a dedicated space for creative expression, skill-building, and mentorship that extends far beyond the classroom — laying the foundation for lifelong growth.

Tuesdays & Thursdays | 4 PM - 6 PM

CLOSET OF CARE

July 17 & August 21 | 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

URBAN GARDENING

PRESENTED BY 4H UCONN EXTENSION

June 5 - July 17 | Ages 6+

Grow more than just vegetables. In partnership with UConn Extension's Urban Agriculture Program, the Y connects community members to the hands-on training, resources, and support needed to turn local spaces into sustainable sources of fresh, healthy food. This program empowers gardeners and urban farmers of all experience levels to strengthen food security and improve community well-being — one harvest at a time.

Fridays | 9:30 AM - 11:00 AM [Includes a light breakfast]

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



203.573.0264 x 306



ODudley@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 Place, 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 both to 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 [WAITLIST FOR NEW FAMILIES]

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.



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/waterburymcachildcare

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 daycare program w/ Before & After Care
Monday – Friday | 6:30 AM – 5:30 PM | \$288/week**

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 daycare program w/ Before & After Care
Monday – Friday | 6:30 AM – 5:30 PM | \$150/week**

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

Questions? Contact:

Holly Ramos, Family Engagement Specialist
hramos@waterburymca.org | 203.754.9622 x194

Alisa Brown, Child Development Director
abrown@waterburymca.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@waterburymca.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@waterburymca.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

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

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.



SESSION 4
JUNE 22 – AUG 17
Classes are 1x/week
for 7 weeks

SESSION A
JUN 23 – JUL 17
Classes are 2x/week
for 4 weeks

SESSION B
JUL 21 – AUG 14
Classes are 2x/week
for 4 weeks
[Registration opens Monday, July 13]

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**

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.

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.

SATURDAY 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.

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.

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.

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.

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.

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.

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.

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.

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.

Saturday 11:00 AM – 11:40 AM

SESSION A | JUN 23 – JUL 17

Classes are 2x/week for 4 weeks

SESSION B | JUL 21 – AUG 14

Classes are 2x/week for 4 weeks
Registration opens Monday, July 13

SWIM STARTERS

6 Months – 3 Years Old

Members \$97 | Non-members \$123

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 & Wednesday 4:50 PM – 5:20 PM
Tuesday & Thursday 9:30 AM–10:00 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 & Wednesday 5:20 PM – 5:50 PM
Tuesday & Thursday 9:30 AM–10:00 AM

PRESCHOOL STAGES

3 – 5 Years Old

Members \$97 | Non-members \$123

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 & Wednesday 5:20 PM – 5:50 PM
Tuesday & Thursday 4:10 PM – 4:40 PM
6:30 PM – 7:00 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.

Monday & Wednesday 3:30 pm – 4:00pm
6:30 pm – 7:00 pm
Tuesday & Thursday 4:40 pm – 5:10 pm
6:00 pm – 6:30 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 introduces rhythmic breathing and integrated arm and leg action.

Tuesday & Thursday 4:10 PM – 4:40 PM

SCHOOL AGE STAGES

5 – 12 Years Old

Members \$110 | Non-members \$143

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 & Wednesday 3:30 PM – 4:10 PM
Tuesday & Thursday 4:40 PM – 5:20 PM
5:10 PM – 5:50 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.

Monday & Wednesday 4:10 PM – 4:50 PM
Tuesday & Thursday 5:20 PM – 6:00 PM
6:30 PM – 7:10 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 introduces rhythmic breathing and integrated arm and leg action.

Monday & Wednesday 4:00 PM – 4:40 PM
6:30 PM – 7:10 PM
Tuesday & Thursday 3:30 PM – 4:10 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.

Monday & Wednesday 4:40 PM – 5:20 PM
Tuesday & Thursday 5:50 PM – 6:30 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.

Monday & Wednesday 5:50 PM – 6:30 PM
Tuesday & Thursday 3:30 PM – 4:10 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.

Monday & Wednesday 5:50 PM – 6:30 PM
Tuesday & Thursday 3:30 PM – 4:10 PM

TEEN STAGES

13 – 18 Years Old

Members \$110 | Non-members \$143

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 & Wednesday 5:50 PM – 6:30 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.

Monday & Wednesday 5:50 PM – 6:30 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.

Monday & Wednesday 5:50 PM – 6:30 PM

ADULT STAGES

19+ Years Old [SESSION A ONLY]

Members \$110 | Non-members \$143

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 & 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.

Monday & Wednesday 5:00 PM – 5:40 PM
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.

Monday & Wednesday 5:40 PM – 6:20 PM
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.

Monday & Wednesday 6:20 PM – 7:00 PM

FREE SWIM LESSONS FOR ALL.

At the Y, we're committed to making water safety accessible to every family in our community. **SAW** (Safety Around Water) is open to kids ages 3–17. Sign up Now, Spots are Limited.



Questions about Swim programs? Contact the Front Desk:



203.754.9622 Ext. 300



membership@waterburymca.org