



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE A SPLASH THIS WINTER

## SESSIONS 1 & 2, 2020



**PROGRAM DATES:**  
**Session 1: Jan 6– Feb 23**  
**Session 2: Mar 2– Apr 19**

**MEMBER REGISTRATION:**  
**Session 1: January 6**  
**Session 2: February 17**

**GENERAL REGISTRATION:**  
**Session 1: December 23**  
**Session 2: February 24**

### KICK START 2020 WITH READY SET, GO!!

Are you resolving to be more healthy this 2020? Don't know where to start sign up for the YMCA all for the month of January and you will get our **FREE** weight management program included with your membership.

### SHARE YOUR LOVE

Share your love for the Y and bring in a guest for free from Valentines Day to Feb. 28th 2020. If your friend signs up for membership then you get March for free!

### TAKE THE PLUNGE FOR CAMP MATAUCHA AT THE CHILLY CHALLENGE!

Jump in the pond with us for our Annual Chilly Challenge on Sat, Feb. 1st and raise money for camp scholarships. This is one event you don't want to miss! Contact Adam at 860.274.4820 for more information.

### DON'T WANT TO COMMIT?

Sign up for our short term three month membership! Available to Families or an Adult. \$280 for Families and \$210 for an Adult. Must be paid in full at the time of registration. See a Welcome Center Staff for information.

### WEATHER RELATED INFORMATION:

In the event of the Waterbury Y, closing early or has a delayed opening please check:

- Facebook: [www.facebook.com/waterburyyymca](http://www.facebook.com/waterburyyymca)
- Email
- Push Notification through our app "Daxko"
- Channel 3- WFSB or Channel 8- WTNH

The Waterbury YMCA facility status may change depending on the weather as storms develop.

## 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

### CONTACT MEGHAN WITH ANY QUESTIONS REGARDING OUR HEALTHY LIVING PROGRAMS

call: 203.754.9622 x155  
email: [mlennon@waterburymca.org](mailto:mlennon@waterburymca.org)

### THE CLEAN EATING CHALLENGE!

Members \$10 | Non-members \$20

**Offered Winter 1: Jan. 13th – February 3rd**  
**Meeting Dates:** Mon, Jan. 13th at 6:00 PM and Thurs, Jan. 23rd at 6:00 PM

Throw out the pies, cookies, stuffed breads, and egnog! It's time to reset your palate for the New Year to crave only the foods our bodies are supposed to have. Our Health & Wellness Director will lead you through this 24-day challenge to eliminate processed foods & added sugars from your diet; encourage you to eat only foods with nutritional value 5-6 times a day. Most communication will be done through our private Facebook Group. You must have free time each week to devote to meal prepping and planning (no eating out!). In the two meetings, you will learn what foods your diet should be rich in, what you should be avoiding and why. We will engage in meaningful discussions with others who are likely facing the same eating challenges as you.

### WEDNESDAY NIGHT SALSA!

Members \$25 | Non-members \$45

**Offered Winter 1: Jan. 8th – February 26th and Winter 2: Begins in March!**  
**Class time:** Wednesday, 6:30 PM – 8:00 PM

Come dance on Wednesdays with us in 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 Merengue/Cha Cha styles over the course of 8 weeks.

### LIVESTRONG AT THE YMCA | FREE Exercise Program for Cancer Survivors: Begins Tuesday, February 11th

This 12-week exercise program will help you get your life back on track after treatment and tackle any side effects you may be experiencing. Survivors may also participate during treatment, which will help you regain energy for returning back to work. All exercise is done in a group setting under the guidance of certified Livestrong at the YMCA instructors.

Classes meet twice a week for 90 minutes every Tuesday and Thursday. Participants can commit to the Afternoon class from 1:00 – 2:30 PM, or the Evening class from 6:00 – 7:30 PM. The program includes a **FREE**, 12-week membership to the YMCA for the survivor and a caregiver. Contact Meghan to reserve your spot.

### Y MASTERS SWIMMING \*NEW DAYS\*

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

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

**Session 1 Dates:**  
January 6th – February 28th

**Session 2 Dates:**  
March 2nd – April 24th

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! Whether you are a novice or elite swimmer, this program will help improve your swimming skills and give you structured practices four times a week. You can purchase an 8 week session, and attend as many practices per week as you'd like. Or, you can purchase a package of 10 sessions, and drop in freely over the course of 3 months! It is the perfect way to rekindle your competitive spirit,

try a new sport, meet new friends, or simply stay fit. All practices will be conducted like a swim team practice, with coach Rob Duguay overseeing you. Coach also informs participants of opportunities to compete in meets through the U.S Master Swimmings as part of the CT Masters. Contact Meghan with any questions.

### Practices:

Monday & Thursday Nights: 8:00 PM – 9:00 PM  
Wednesday & Friday Mornings: 5:30 AM – 6:30 AM

### TRIATHLON CLUB

Members \$115 | Non-members \$150  
Couples \$85 EACH (two people must register)

Our 2020 season kicks off the last week of February! Club members range from newbies to Ironmen & Ironwomen. No matter what distance you want to train for, you will be surrounded by like-minded individuals who will motivate you to enjoy regular swimming, biking, and/or running. You do not have to participate in triathlons to be a part of our club, but you'll want to!

The following is included with your club registration: 10 weeks of coach led pool workouts, 6 weeks of open water swim workouts, 10 weeks of coach led group runs, 5 months of coach led bike rides, discounts to local races, discounts to participating vendors, socials, potlucks, an Indoor triathlon, and team swag! Our club also has a private Facebook page where members are always looking for workout buddies. This is YOUR YEAR to TRI!

### BRASS CITY MELTDOWN

Members: \$55 | Non-members: \$55 (program-only)  
Non-members: \$199 for 10-week membership and program registration fee.

### Program Dates:

March 16th – May 23rd (End Memorial Day weekend)

Get out of the Winter funk and ready for Summer with our 10-week team healthy living challenge. Requirements include weekly weigh-ins, cardio workouts, strength training workouts,

and logging your workouts for credit. Your teammates will be relying on you each week to complete the weekly requirements for points. Individuals without a team can register and will be put on a random team. Membership is required to use the YMCA during the competition. The competition kicks off with a group workout on Monday, March 16th. The program's focus is to help you establish a workout routine that you will carry with you when the contest ends.

## Y PERSONAL TRAINING

Let our Y trainers take your fitness to the next level and help you become a better version of yourself! We cater to all fitness goals such as weight loss, weight gain, getting started, or simply getting back on track. We offer one on one or two person group sessions sold in packages of 10, 25 or 50 sessions. Before designing any client's workout, we take you through a free Functional Movement Screening and discuss your goals and past experience. We have both male and female trainers to choose from. Call to schedule your FMS today: 203.754.9622 x155



## BEGINNER AND LEVEL 2 RUN CLUB

**Members \$75 | Non-members \$95**  
**Program Dates: April 6th – June 14th**

Join our 10-week Beginner running program to train for the Gulf Beach 5K, or join the Level 2 running program to train for the 7 mile Litchfield Hills Road Race! Both programs end with the race! Coach led group runs are every Monday & Wednesday at 6:00 PM, and Sundays at 9:00 AM. Weekday runs will leave from the YMCA or meet at Holy Cross High School track, focusing on speed and hill work, and Sunday runs will be from various locations, including the actual race courses! Program registration includes the training plan, team shirts, and race entry (and registration cost is based on race entry fees).

## 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: Waterbury YMCA.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:



AARP Medicare Supplement Insurance Plans

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

## YOUTH DEVELOPMENT

### WATERBURY BEFORE & AFTER SCHOOL CHILDCARE

The Y has working parents covered with quality before and after care for families. Includes snack and homework time; transportation offered at some sites. 2020 school year registration is open May 15th. 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 & Academic Academy – 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 and Brass City Charter.

### WATERTOWN BEFORE & AFTER SCHOOL CHILDCARE

For info and to enroll in the Watertown Before and After School Programs contact Adam at adubois@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.

## YOUTH AND GOVERNMENT

Teens 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 Courtney at 203.754.9622 x124 or csims@waterburymca.org

## SUMMER CAMP

### YMCA CAMP MATAUCHA

**Preview Week:** June 22nd – June 26th  
**Session 1:** June 29th – July 17th  
**Session 2:** July 13th – July 24th  
**Session 3:** July 27th – August 7th  
**Session 4:** August 10th – August 21st

*\*There will be camp on Sat., July 4th*

**REGISTRATION OPENS SOON!** Registration begins online and in person Sat, Feb. 1st at campmataucha.org.

### YMCA CAMP OAKASHA

One week sessions from June 22nd – Aug. 21st. Field trips are planned for Sessions 2, 4, 6 & 8.

*\*There will be camp on Sat., July 4th*

**REGISTRATION OPENS SOON!** Registration begins online and in person Sat, Feb 1 at campoakasha.org.

### YMCA CAMP SUMMER SUNSHINE

Monday-Friday 8:00 AM – 5:00 PM  
Extended Care 7:00 AM – 6:00 PM

A state licensed program for kids ages 5-12. Parents must drop off children. Breakfast, lunch, and afternoon snack are all included! Enjoy weekly swim sessions at the YMCA and field trips. Registration ends the Friday before each session by 3:00 PM. Include completed application with deposit, current physical and immunization record and meds and med forms if applicable. For more information please contact our Director, Emily, at epowell@waterburymca.org.

*\*Transportation is not provided.*



## 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 – 10:00 AM
- Age: 2-3 yrs with an adult partner
- Fee: \$45 (**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: \$45 (**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: \$45 (**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: \$45 (**FREE** for Family Memberships)
- Program Length: 7 weeks

### 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

### 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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### YOUTH SPORTS PARTIES

Give your child an extra treat by having their next birthday part at the Y! Includes one hour of Gymnasium time with staff and one hour in our party room. Maximum of 25 guests. Available on Saturdays from 1:00 PM to 4:00 PM. For more information or to make your reservation contact Courtney Sims at 203.754.9622 x124. Parties start with 30 min of open play and then transition into group games.

*ALL PARTY GUESTS 18 AND OLDER ARE REQUIRED TO SHOW PHOTO ID AT ENTRY.*

# AQUATICS

## SESSION 1

### 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: \$68 | Non-members: \$86

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: \$68 | Non-members: \$86

#### 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
Friday	5:00 PM – 5:30 PM
Saturday	10:30 AM – 11:00 AM

### SCHOOL AGE STAGES 5–12 YEARS OLD

Members: \$77 | Non-members: \$100

#### 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: \$77 | Non-members: \$100

#### 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
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### 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 1 AND 2*

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.

Monday 8:15 AM – 9:00 AM

Wednesday 8:15 AM – 9:00 AM

Friday 8:15 AM – 9:00 AM

### AQUACIZE

*Offered Sessions 1 AND 2*

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 1 AND 2*

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

AND Thursday 7:00 PM – 8:00 PM

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

*Offered Sessions 1 AND 2*

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 begins January 14th and run for 11 weeks. Schedule with exact class times will be available at sign up. Attendance for all classes is mandatory, no exceptions! Class January 14th 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 January 21st 2020. Participants must be pre-registered by December 31st 2019

## AQUATICS SESSION 2

**\*PLEASE SEE AQUATIC DESCRIPTIONS AS STATED BEGINNING ON PAGE 5\***

### SWIM STARTERS 6 MONTHS – 3 YEARS OLD

Members: \$68 | Non-members: \$86

### 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: \$68 | Non-members: \$86



### 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: \$77 | Non-members: \$100

### 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: \$77 | Non-members: \$100

### STAGE 1 / WATER ACCLIMATION

Friday	5:00 PM – 5:40 PM
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### STAGE 2 / WATER MOVEMENT

Friday	5:00 PM – 5:40 PM
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### STAGE 3 / WATER STAMINA

Friday	5:40 PM – 6:20 PM
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### STAGE 4 / STROKE INTRODUCTION

Friday	6:20 PM – 7:00 PM
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### 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 begins April 7th and run for 11 weeks. Schedule with exact class times will be available at sign up. Attendance for all classes is mandatory, no exceptions! Class April 7th 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 April 14th 2020. Participants must be pre-registered by March 31st 2020



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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Learn more about us or register for programs  
online at [WaterburyYMCA.org](http://WaterburyYMCA.org)



## TRY THE Y FOR FREE!

**Bring in this pass and a valid form of identification  
to redeem a one week free membership pass.**

*Only valid at the Greater Waterbury YMCA and for NEW MEMBERS  
ONLY. Redeem between January 1st, 2020 and April 19th.*