



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILD MORE THAN MUSCLE

SESSION 6 PROGRAM OFFERINGS AND INFORMATION



SESSION PROGRAM DATES:

October 29th – December 16th

MEMBER REGISTRATION:

Begins October 15th

GENERAL REGISTRATION:

Begins October 22nd

UPCOMING EVENTS

Every Friday Night is Teen Night!

Any teen can use the Y from 6:00 PM – 9:00 PM on Fridays for only \$2. No membership necessary!

Halloween Carnival

Wednesday, October 24th 5:30 PM – 7:30 PM. Non members welcome. FREE to everyone. RSVP to adubois@waterburymca.org. See page 4 for details.

Leader's Club

Only a few spots left! Open to teens in grades 6–12 who want to get together to make a difference in their community. See page 3 for details.

Vacation Camp

No school? No worries! Vacation Camp is back! See page 3 for details.

SCHOOL READINESS PROGRAM

Our School Readiness Program is still accepting applications.

Enriching full day program for ages 3–5. See page 2 for details.

CHECK OUT OUR NEW FAMILY FUN SCHEDULE available on our website at waterburymca.org. Drop in and play on Super Tuesdays, get moving together with family fitness classes, and much more!

NEW: HEALTHY WEIGHT AND YOUR CHILD PROGRAM

COMING WINTER 2019!

This 5-month lifestyle intervention program helps children with obesity and their families learn how to live healthier together! See page 2 for more details.

Greater Waterbury YMCA

Visit WaterburyYMCA.org for full schedules and online program registration.

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

HEALTHY LIVING

DID YOU KNOW? We have over 50 Group Fitness classes weekly. Please visit waterburymca.org or download our mobile app for the full schedule. Group Fitness classes are free to YMCA members.

NEW: HEALTHY WEIGHT AND YOUR CHILD Begins Winter 2019.

Change is hard. The Y can help. Our new Healthy Weight and Your Child Program helps children ages 7-13 who have a BMI in the 95th percentile by focusing on adopting healthy habits as a family. The 5-month group-based program will consist of 25 two-hour sessions that include both educational time and opportunities for families to get physically active together.

For more information or to get placed on the interest list, please contact our Health & Wellness Program Specialist, Courtney Sims, at csims@waterburymca.org or 203-754-9622 x124.

ANNUAL IRONMAN CHALLENGE | FREE Begins on Thanksgiving, Nov. 22nd – Dec. 31st.

Beat the holiday weight gain and stay committed to the gym during the busiest time of year! The goal is to swim 2.4 miles, bike 112 miles, and walk/run 26.2 miles on your own by the end of the year.

Please register at the front desk. You will log your miles (all on the honor system) at the end of each week in the Wellness Center and race your friends to our IRONMAN finish line! Our staff will add your weekly totals and post your progress so others can see how you are doing! FREE and open to Waterbury Y members only.

LIVESTRONG AT THE YMCA | FREE

This exercise program is intended for cancer survivors post treatment to help regain their strength and stamina, and to help reduce the severity of post treatment side effects. The program can also be done during treatment. Our certified Livestrong at the YMCA instructors will be with you every step of the way as you exercise in a group setting, with individuals whom you can relate to.



Contact Meghan Lennon to reserve your spot - 203.754.9622 x 155. The class is every Tuesday and Thursday for 12 weeks, and you can choose from the Afternoon program (1-2:30PM) or Evening program (6 - 7:30PM). Our next session will not begin until 2019, however, spots fill up quickly. Contact Meghan Lennon to reserve your spot! 203-754-9622, Ext. 155

Y PERSONAL TRAINING

Let us take your fitness to the next level and help you become a better version of yourself!

One-on-one, two, and three person group training options available. Sessions can be purchased in packages of 10, 25, or 50. To schedule a free Personal Training consultation, contact Courtney at 203.754.9622 x124.

MASTERS SWIMMING

We now have two pricing structures to choose from! You can purchase an 8 week session, and attend as many practices per week as you'd like. Or, if you have an ever changing schedule and are not sure how many practices you can make per week, purchase a package of 10 sessions, and use them freely over the course of 6 months! Whether you are a novice or elite swimmer, this program will help improve your swimming skills. All practices will be conducted like a swim team practice, with a coach overseeing you. 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! Email Meghan at mlennon@waterburymca.org with any questions.

Dates: Mon, Oct. 29th – December 21st

8 week session:

Members: \$85 Non-Members: \$115

10 practices with a 6-month expiration date:

Members: \$100 Non-Members: \$130

Practices:

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

Tuesdays & Fridays: 5:30 AM – 6:30 AM

ACTIVE OLDER ADULT PROGRAMMING

Senior Full Facility membership just \$40/month! Financial Assistance available! **NEW** all aquatic aerobics classes are FREE with full senior memberships!

COMING SOON JANUARY 2019 - OPTUM FITNESS ADVANTAGE FOR UNITED HEALTHCARE

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 the SilverSneakers® or Silver & Fit fitness programs! To check your eligibility for either program, please present your photo ID to the YMCA front desk, or call 203-754-9622 x155 and provide your name and date of birth.

WATERBURY B.R.A.S.S. PROGRAM

The B.R.A.S.S. program is dedicated to the health and wellness of Waterbury residents 60 and over, at no charge. B.R.A.S.S. members can enjoy a variety of social and wellness programs. In addition to the Active Older Adult programs being offered at the Y, for little or no cost to seniors, the Y is now expanding this reach by offering fitness programs at local senior centers through the Waterbury B.R.A.S.S. Program.

Tai Chi is held on Tuesdays & Thursdays from 11:00 AM – 12:00 PM. The YMCA also runs classes at many satellite locations around Waterbury. Please contact Waterbury B.R.A.S.S. for full schedule: 203-574-6746.

WCAA EXERCISE PROGRAM (AGE 60 AND UP)

This program is funded by WCAA – \$2.00 donation suggested. Additional paperwork is required to participate in this program.

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

Tuesdays & Fridays

10:10 AM – 10:55 AM Group Fitness Room

Tuesdays & Thursdays

11:00 AM – 11:55 PM Tai Chi

ACTIVE OLDER ADULT CLASSES

Members: Free | AOA Club Pass: \$35

Come join the AOA Club to get a great workout and meet new friends! Classes are designed to put little stress on your joints and are appropriate for all fitness levels. A chair is optional in all AOA Club classes. Please see website for full schedules online: WaterburyYMCA.org.

YOUTH DEVELOPMENT

SCHOOL READINESS PROGRAM AT THE YMCA

Full day program for ages 3-5. Enriching program includes daily breakfast, lunch and snack, as well as swimming and other physical activities. Children must be turning 3 years old by December 31st to enroll. Please contact Stephanie Maldonado, Family Engagement Specialist, at x126 for more information.

WATERBURY BEFORE & AFTER SCHOOL CHILDCARE

The Y has working parents covered! Quality before and after care for busy families. Includes snack and homework time; transportation offered at some sites. Registration is now open. For more information please contact our School-Age Director Emily Powell at x123 or epowell@waterburymca.org.

CHASE SCHOOL: 2:30 PM – 6:00 PM

Services Chase & Rotella – after school only

GENERALI SCHOOL: 2:30 PM – 6:00 PM

Services Generali School – after school only

GILMARTIN SCHOOL: 2:30 PM – 6:00 PM

Services Gilmartin and Hopeville Schools – 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, and Rotella

YMCA ON-SITE PM: 2:30 PM – 6:00 PM

Van Only: Driggs and Reed & Duggan
Bus Only: Regan, Bucks hill, Maloney, Kingsbury, Wendell Cross, Carrington, Bunker Hill, Brass City Charter, and Wilson

WATERTOWN BEFORE & AFTER SCHOOL CHILDCARE

We've got our busy Watertown families covered with our quality before and after school programs. Includes snack, homework assistance, physical activity, and more! Contact Laura Murphy at LMurphy@waterburymca.org or 860.274.4820.

JUDSON SCHOOL :

7:00 AM – 8:45 AM & 3:00 PM – 5:30 PM

Services Judson - before & after school

TRUMBULL SCHOOL:

7:00 AM – 8:45 AM & 3:00 PM – 5:30 PM

Services Trumbull - before & after school

POLK SCHOOL:

7:00 AM – 8:45 AM & 3:00 PM – 5:30 PM

Services Polk- before & after school

LEADERS CLUB | FREE

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

Wednesdays 5:00 PM – 7:30 PM

YOUTH AND GOVERNMENT

Teens learn by doing and have the opportunity to try their hand at leadership in an open and receptive learning environment. YAG members meet throughout the year to discuss and debate issues that affect them and to propose possible legislation to make state government more efficient. The program culminates with the teens serving as delegates at the CT state conference, debating bills on the floor of the legislature.

For more information contact Dazure at 203-754-9622 ext 162 or dprado@waterburymca.org.

SCHOOL VACATION CAMPS

VACATION CAMP AT CAMP MATAUCHA | \$55/day
No school, no worries! Enjoy vacation days at beautiful YMCA Camp Mataucha in Watertown for games, sports, crafts, and friendship! Our full day program runs from 7:30 PM – 5:30 PM and includes a snack. Campers must provide their own lunch. Vacation campers must have valid health forms on file and provide their own transportation. For more information, please contact Laura or Adam at 860.274.4820 or register online at campmataucha.org.

Election Day: November 6th

Veterans Day: November 12th

Winter Break: December 27th - 28th

VACATION CAMP AT YMCA

Members: \$31/day | Non-members: \$41/day

Fun Days at the YMCA from 8:00 AM – 5:30 PM for children ages 5-12 who are in kindergarten or higher. Pick-up & drop-off at the YMCA. Please provide your child with a PEANUT FREE LUNCH. Contact Emily Powell at 203-754-9622 ext. 123 or epowell@waterburymca.org for more information.

Election Day: November 6th

Veterans Day: November 12th

Winter Break: December 26th - 28th

YOUTH SPORTS SPORTS SPECTACULAR

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

- **Day/Time:** Sat, 9:30 AM – 10:15 AM
- Age: 2-3 yrs with an adult partner
- Fee: \$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 only for 3 year olds and they MUST have an adult partner. We have shorter hoops and smaller basketballs to make learning easier for the youngsters.

- **Day/Time:** Sat, 10:15 AM – 11:00 AM
- Age: 3 yr old w/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

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.

- **Practice Day/Time:** Tues/Thurs, 5:00 PM – 6:00 PM
- Fee: \$45 (FREE for family memberships)
- Program Length: 7 weeks

8-11 yrs Game Schedule

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

12-15 yrs Game Schedule

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

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

- **Day/Time:** Wed, 5:00 PM – 6:00 PM
- Age: 14-17 yrs
- Fee: \$40 Members | \$45 Non-members
- Program Length: 7 weeks

AQUATICS

Building safe and confident swimmers

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: \$62 | Non-members \$80

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: \$62 | Non-members \$80

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 9:00 AM – 9:30 AM 4:00 PM – 4:30 PM
Saturday	9:30 AM – 10:00 AM 11:05 AM – 11:35 AM
Sunday	11:10 AM – 11:40 AM

STAGE 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

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

STAGE 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

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

SCHOOL AGE STAGES 5-12 YEARS OLD

Members: \$72 | Non-members \$93

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
Friday	5:00 PM – 5:40 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	5:40 PM – 6:20 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	6:20 PM – 7:00 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: \$72 | Non-members \$93

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.

Fridays 5:00 PM – 5:40 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.

Fridays 5:00 PM – 5:40 PM

STAGE 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Fridays 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.

Fridays 6:20 PM – 7:00 PM

WATER EXERCISE

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

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

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)

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

Tuesdays & Fridays

Small Pool 11:00 AM – 11:45 AM

YMCA CAMP MATAUCHA OUTDOOR CENTER

Challenge your team through a series of team building activities at YMCA Camp Mataucha! Our professional staff will facilitate activities to expand the potential of your team through a combination of activities. Perfect for corporations, schools, family bonding and religious organizations. Are you looking for volunteer opportunities? YMCA Camp Mataucha has multiple volunteer days and is always looking for extra helping hands. Contact adubois@waterburyymca.org for more information.

SPECIAL EVENTS

All events are free, but we ask that you register in advance by contacting Laura at lmurphy@waterburyymca.org or 860.273.4820.

HALLOWEEN CARNIVAL AT CAMP MATAUCHA

Wednesday, Oct. 24th, 5:30 PM – 7:30 PM

Join us for a spooky and fun evening at YMCA Camp Mataucha with Halloween games, crafts, snacks! Please RSVP by October 22nd at LMurphy@waterburyymca.org.

BREAKFAST WITH SANTA

Saturday, Dec. 22nd, 10:00 AM – 11:30 AM

Santa Clause is coming to town; Watertown that is! YMCA Camp Mataucha will host its annual Breakfast with Santa event with holiday crafts, activities, and a visit from Santa! Please RSVP by December 17th at LMurphy@waterburyymca.org.

BIRTHDAY PARTIES!

PARTIES AT THE OUTDOOR CENTER AT CAMP MATAUCHA

Did you know the Y has fun and affordable birthday party options for members and non-members? Parties range in price from \$250 - \$275 for 3 hours of birthday fun at the Outdoor Center. Call us to reserve your party today! Use our pavilions and field as a place to host your child's birthday party. Each theme has its own pavilion and comes with staff that assist participants in the specialty area.

Families Can Enjoy:

- Rock Climbing Birthday Party
- Archery Birthday Party
- Boating Birthday Party
- Or create your own theme

POOL PARTIES

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

Give your child an extra treat by having their next birthday party at the YMCA. Includes one hour of pool time with lifeguard and 45 minutes in party room. Max. 25 people. Party times 1-3 PM, Saturdays only. For more information contact Patti at 203.754.9622 x112.

YOUTH SPORTS PARTIES

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

Sports themed birthday parties for kids 2-12 years old. Price includes 1 hour of gym time and 45 minutes in the party room. Max 25 people. Parties start with 30 min of open play, and then transition into group games. Contact Dazure at 203-754-9622 ext.162 for details.

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

