

POLLIWOG I (PRIMARY SKILLS)

For children who cannot swim and for those who are afraid of the water. Water basics. Prerequisite: None.

Mon/Wed	3:30 PM – 4:00 PM
Tues/Thurs	4:00 PM – 4:30 PM
Tues/Thurs	5:00 PM – 5:30 PM
Sat	10:45 AM – 11:15 AM

POLLIWOG II (PRIMARY SKILLS)

For children who can swim the width of the pool with rhythmic breathing, back float for 10 seconds, front float and kick with straight legs. Water basics. Prerequisite: Polliwog I or equivalent.

Mon/Wed	5:00 PM – 5:30 PM
Tues/Thurs	10:30 AM – 11:00 AM
Sat	9:35 PM – 10:05 PM
Sun	11:45 AM – 12:15 PM

GUPPY (STROKE READINESS)

Swim 25 yards with rotary breathing and coordinated arms. Back scull, treading water and basic lifesaving skills. Prerequisite: Polliwog or equivalent.

Mon/Wed	4:00 PM – 4:30 PM
Tues/Thurs	3:30 PM – 4:00 PM
Sat	10:45 AM – 11:15 AM

MINNOW (STROKE DEVELOPMENT)

Front dive, survival float and throwing assists, front crawl, backstroke and elementary backstroke 50 yards. Prerequisite: Guppy or equivalent.

Mon/Wed	4:30 PM – 5:00 PM
Sat	11:20 AM – 11:50 AM

FISH (SKILL PROFICIENCY)

200 yards front crawl and backstroke and dolphin kick, backstroke turn, 30 feet underwater swim. Prerequisite: Minnow or equivalent.

Mon/Wed	5:00 PM – 5:30 PM
Tues/Thurs	5:30 PM – 6:00 PM
Sat	11:55 AM – 12:25 PM



FLYING FISH (ADVANCED SKILLS)

100 yards I.M. with legal turns and 200 yards front crawl with flip turns. Tread water for 2 minutes. Prerequisite: Fish or equivalent.

Mon/Wed	5:00 PM – 5:30 PM
Tues/Thurs	5:30 PM – 6:00 PM
Sat	11:55 AM – 12:25 PM

SHARK (ADVANCED SKILLS)

200 yards I.M. with legal turns, lifesaving strokes. Prerequisite: Flying Fish or equivalent.

Mon/Wed	5:00 PM – 5:30 PM
Tues/Thurs	5:30 PM – 6:00 PM
Sat	11:55 AM – 12:25 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.

Mon/Wed/Fri	8:15 AM – 9:00 AM
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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.

Mon/Wed/Fri	10:00 AM – 10:45 AM
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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 wellness.

Tues/Thurs	7:30 PM – 8:00 PM
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SWIMMING LESSONS FOR THE TERRIFIED!

Members: \$58 | Non-members: \$75

For adults who are truly terrified of the water. A must for parents who want to play in the water with their children, but can't because of their own limitations. Includes water orientation, basic front crawl skills with rhythmic breathing and safety skills.

Fri	5:30 PM – 5:30 PM
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BEGINNING SWIMMERS

Members: \$58 | Non-members: \$75

For adults who are unable to swim or only have a basic swimming ability. The class includes basic front crawl and rhythmic breathing skills, backstroke skills and safety skills.

Fri	5:30 PM – 6:00 PM
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ADVANCED BEGINNERS SWIMMERS

Members: \$62 | Non-members: \$80

For adults who have a basic swimming ability. The class includes perfecting breathing skills, advancing backstroke and learning breaststroke.

Fri	6:00 PM – 6:30 PM
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EXERCISE AND SWIM PROGRAM

(AGE 60 AND UP)

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

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

Tuesdays & Fridays	10:10 AM – 10:55 AM Group Fitness Room
	11:00 AM – 11:45 AM Small Pool

CHILDWATCH

Summer hours:

Mon-Fri	8:45 AM – 1:15 PM & 4:15 PM – 7:30 PM
Sat	8:45 AM – 12:00 PM
Sun	CLOSED



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN, GROW AND SHINE THIS SUMMER!

SESSION 4 SUMMER PROGRAM OFFERINGS AND INFORMATION



SESSION PROGRAM DATES:
June 26th – August 17th

MEMBER REGISTRATION:
June 12th

GENERAL REGISTRATION:
June 19th

UPCOMING SPECIAL EVENTS

36TH ANNUAL GOLF TOURNAMENT

Tues, July 25th 2017. Contact Paula for more info: plabonte@WaterburyYMCA.org.

RACE4CHASE 2017

Sat, Aug.5th. Interested in volunteering for CT's largest youth triathlon? Contact Angie Matthis: amatthis@WaterburyYMCA.org.

COLLEGE SPECIAL

Short-term memberships for full-time students home for the summer – **Just \$30/month!**

FRIENDS FOREVER FRIDAYS

Adult Y members can bring a guest every Friday all summer long! All guest must present valid photo ID.

RETURNING THIS SUMMER – THE BACKYARD SWIM PROGRAM

\$80 per child

Let the Waterbury YMCA teach your child water safety and swim instruction in the comfort of your own backyard pool. The YMCA will send a Red Cross certified lifeguard and instructor to your home to teach group youth swim lessons. So call all your neighbors and let's go swimming! Schedule: Six, half-hour lessons on a first-come, first-served basis. Schedule is determined based on availability.

Location: Your house. Classes are held in your pool.

Class Size: Minimum of five children per site; maximum of six children per class. Multiple classes can be held to accommodate additional children.

YOGA @ YMCA CAMP MATAUCHA

BONFIRE YOGA

Members: FREE | Non-members: \$10
Come stretch, de-stress, and relax Thursdays by the pond for an hour of Bonfire Yoga at YMCA Camp Mataucha. It's **FREE** for members! Class runs now through Aug. 31st. All you need is a yoga mat. Bring a friend! Thurs evenings (beginning 6/29) from 7:00 – 8:00 PM.

FAMILY YOGA

Members: FREE | Non-members: \$15 per family
Bring the whole family for a fun and relaxing yoga class that will center your souls, babies and kids of all ages welcome. Tues from 7:00 PM – 8:00 PM.

Greater Waterbury YMCA
Nurturing the potential of every individual.

Visit WaterburyYMCA.org – full schedules available anytime!

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

OUTDOOR CENTER

GET OUTSIDE WITH YMCA CAMP MATAUCHA & CAMP OAKASHA

YMCA CAMP MATAUCHA

Our American Camping Association accredited and state licensed, day camp in Watertown is the perfect summer experience for children going into Kindergarten through 9th grade. For more information visit www.campmataucha.org or call 860.274.4820.

Preview Week: June 26th – June 30th

Session 1	June 26th – July 30th
Session 2	July 17th – July 28th
Session 3	July 31st – August 11th
Session 4	August 14th – August 25th

*There will be camp on Tues, July 4th.

Also offered at the Outdoor Center at YMCA Camp Mataucha: Birthday Parties, Teambuilding for school and businesses, and Seasonal Activities.

FAMILY OVERNIGHT | FREE

Campers and their families are invited to come to YMCA Camp Mataucha for an exhilarating night under the stars! Must bring own overnight supplies. Sat, July 22nd at 4:00 PM to 9:00 AM on Sun, July 23rd. Contact the Outdoor Center to register for this great family event.

YMCA CAMP OAKASHA

Our state licensed day camp at the Adventure Center within the Southbury Training School is the ultimate community camp. One week sessions run June 26th – August 25th. Visit www.campmataucha.org for more information or call 203.264.2817.

YMCA CAMP SUMMER SUNSHINE

A state licensed program held at Chase School for kids ages 5-12. Parents must drop off children at Chase School. Breakfast, lunch, and afternoon snack are all included! Weekly swim sessions at the YMCA and field trips. Registration ends the Fri before each session by 3:00 PM. Include completed application with deposit, current physical and immunization record and meds and med forms if applicable. Contact Stephanie smaldonado@WaterburyYMCA.org. *Transportation is not provided.

Monday-Friday 8:00 a.m. – 5:00 p.m. \$155/Weekly
Extended Care 7:00 a.m. – 6:00 p.m. \$170/Weekly

Session 1	June 6th – June 30th
Session 2	July 3rd – July 7th *Closed 4th of July
Session 3	July 7th – July 14th
Session 4	July 17th – July 21st
Session 5	July 17th – July 21st
Session 6	July 31st – August 4th
Session 7	August 7th – August 11th
Session 8	August 14th – August 18th

YMCA CHILDCARE

YMCA PRE-K CHILD DEVELOPMENT CENTER

Full-day program for ages 3-5 in Waterbury. This enriching program includes daily breakfast, lunch and snack, as well as swimming and other physical activities. The child must be at least 3 years of age.

Contact Kristen at kjones@WaterburyYMCA.org or 203.754.9622 x125.

WATERBURY BEFORE & AFTER SCHOOL

The Y has working parents covered! Quality before and after care for busy families. Includes snack and homework time; transportation offered at some sites. Fall 2017 registration for existing participants begins April 17th. New registrations will begin May 17th. Email: smaldonado@WaterburyYMCA.org.

CHASE SCHOOL: 2:30 PM – 6:00 PM

Services Chase, Rotella & Hopeville – after school for all 3 schools.

GILMARTIN SCHOOL: 2:30 PM – 6:00 PM

Services Gilmartin School – after school only.

TINKER SCHOOL: 2:30 PM – 6:00 PM

Services Tinker School – after school only.

YMCA ON-SITE AMs: 6:30 AM – 9:00 AM

Services Regan, Kingsbury, Bucks Hill, Driggs, Maloney, Bunker Hill & Rotella.

YMCA ON-SITE PMs: 2:30 PM – 6:00 PM

Services Driggs, Reed & Duggan, Regan, Bucks Hill, Maloney, Kingsbury, Wendell Cross, Carrington, Bunker Hill, Brass City Charter & Wilson.

WATERTOWN BEFORE & AFTER SCHOOL

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.

HEALTH & WELLNESS

We have over 50 Group Fitness Classes weekly!

Please visit Waterburymca.org for full schedule or download our free mobile app to get the schedule at your fingertips! Group Fitness classes held in studio are free to members of the Waterbury YMCA. Some restrictions apply for guests of the Waterbury YMCA.

TEAM 13.1 – HALF MARATHON TRAINING PROGRAM FOR A GOOD CAUSE!

Members: \$135 | Non-members: \$155

Would you like to run a half marathon, but are lacking the discipline to train regularly? Not sure how to train properly? Or maybe you've raced before but want to improve your time? Then this is the program for you! Team 13.1 runs together every Mon & Thurs evening, and Sat mornings, for 12 weeks. This coach-led program includes speed training, hill training, and progressive long distance runs. The ability to run 4 miles without stopping is a recommended prerequisite. The program's target race is the Eversource Hartford Half Marathon on Sat, October 14th 2017.

Team 13.1 is also a fundraising program, and each participant raises money for cancer survivors to participate in our LIVESTRONG at the YMCA exercise program for free!

Program Registration: Includes race registration, race packet pick-up, Team 13.1 swag, a pasta dinner prior to race, structured group runs, a training plan, a team Facebook page, and more!

Info Sessions: Mon, July 10th at 6:00 PM or Thurs, July 13th at 12:00 PM.

Program Starts: July 24th.

*NEW! SALSA CLASSES ON FRIDAY NIGHTS!

Members: \$25 | Non-Members: \$45 for 8 classes.

Join fellow YMCA member, Ed Trueheart, and his passion for dancing, Fri nights from 6:30 PM – 7:45 PM. Challenge your mind with the technical and timing components while still having fun and starting your weekend off right! Ed will be teaching basic concepts of Salsa, Infused Bachata, and Meringue/cha cha styles. Dancing is a great physical, social and emotional activity that will help relieve stress. Email mlennon@WaterburyYMCA.org for questions.

*No class Fri, July 28th

ACTIVE OLDER ADULT PROGRAMMING

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

SILVERSNEAKERS® AND SILVER & FIT

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 x100 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.

EXERCISE AND SWIM PROGRAM (AGE 60 AND UP)

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

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

Tuesdays & Fridays

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

Tuesdays & Thursdays

11:00 AM – 11:55 PM Tai Chi

ACTIVE OLDER ADULTS

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 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 a fun, active time for parents and children!

• Day/Time: Sat, 9:15 AM – 10:00 AM

• Age: 2-3 yrs old w/adult partner

• Fee: \$30 (\$35 non-members)

• 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, 10:00 AM – 10:45 AM

• Age: 3 yr old w/adult partner

• Fee: \$30 (\$35 non-members)

• Program Length: 7 weeks

PEE WEE BASKETBALL

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

• Day/Time: Sat, 11:00 AM – 11:45 AM

• Age: 4-5 yrs

• Fee: \$30 (\$35 non-members)

• 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: \$40 (\$45 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. Everyone makes a team. At the conclusion of the league, all participants receive a certificate of completion and a medal. League may include play against other local Waterbury and/or other YMCA teams that are outside of Waterbury pending enrollment.

• Practice Day/Time: Tues/Thurs, 5:00 PM – 6:00 PM

• Game Day/Time: Sat, 1:00 PM – 2:00 PM, All Levels

• Fee: \$40 (\$45 non-members)

• 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: \$40 (\$45 non-members)

• Program Length: 7 weeks

HIGH SCHOOL BASKETBALL SUMMER LEAGUE

Play with your team all summer long at the Greater Waterbury Y! Contact your high school coaches if you want to participate in weekly competitive games. Teams will play 2-3 evenings a week on T/W/TR from 7/5-8/20. Team fees \$600 before June 26th & \$625 after June 26th.

YOUTH AQUATICS

Session 4: Summer Session A: June 26 – July 20

Summer Session B: July 24 – August 17

Weekday Classes: Members: \$70 | Non-members: \$90
(Please note 2 times a week for 4 weeks)

Weekend Classes and Tues/Thurs of Session A

Members:\$62 | Non-members \$80

(Please note Weekends 1 time a week for 7 weeks
Tues/Thurs, no class July 4th)

Learning to swim at the YMCA is an exciting and enjoyable process! Here are a few pointers for you to know when you or your child begins swim classes: Be patient and supportive. Swimming develops new motor skills, and the time needed to learn these skills varies from person to person. Generally, it takes three consecutive sessions to progress to a new level. Time is required to develop strength and endurance to perform these skills. Swimmers develop as these skills are reinforced. Our Aquatics program meets the need for a comprehensive program of water enrichment and skill development. Our enthusiastic staff, low ratios and progressive program will ensure your child's experience is fun and rewarding. Read the descriptions below to determine which program best suits your child.

SHRIMP & KIPPER (WATER EXPLORATION) 6 months – 2 years old with a parent

Mon/Wed	5:30 PM – 6:00 PM
Tues/Thurs	9:30 AM – 10:00 AM
Sat	9:00 AM – 9:30 AM

INIAS & PERCH (WATER EXPLORATION)

2 & 3 years old with a parent

The S.K.I.P. classes provide a fun time for parents and other adults to interact.

Mon/Wed	5:30 PM – 6:00 PM
Tues/Thurs	9:30 AM – 10:00 AM
Sat	9:00 AM – 9:30 AM

PIKE I (WATER EXPLORATION)

3-6 years old without parent

This class is designed for children who do not feel comfortable putting their face in the water or are afraid of the water.

Mon/Wed	3:30 PM – 4:00 PM
Tues/Thurs	9:00 AM – 9:30 AM
Tues/Thurs	5:00 PM – 5:30 PM
Sat	9:00 AM – 9:30 AM
Sun	10:00 AM – 10:30 AM

PIKE II (PRIMARY SKILLS)

3-6 years old without parent

This class is designed for children who are not afraid of the water, but do not know how to swim. Children should feel comfortable swimming without a flotation device the width of the pool.

Mon/Wed	4:30 PM – 5:00 PM
Mon/Wed	5:30 PM – 6:00 PM
Tues/Thurs	10:30 AM – 11:00 AM
Tues/Thurs	3:30 PM – 4:00 PM
Tues/Thurs	5:30 PM – 6:00 PM
Sat	10:10 AM – 10:40 AM
Sat	11:20 AM – 11:50 AM
Sun	11:10 AM – 11:40 AM

EELS (PRIMARY SKILLS)

3-5 years old without parent

Children have the ability to swim the width of the pool with face in the water with and without using a flotation device. Prerequisite: Pike or equivalent.

Mon/Wed	4:00 PM – 4:30 PM
Tues/Thurs	9:00 AM – 9:30 AM
Tues/Thurs	4:30 PM – 5:00 PM
Sat	9:35 AM – 10:05 AM
Sun	10:35 AM – 11:05 AM

RAYS (STROKE READINESS)

3-6 years old without parent

Children have the ability to swim front crawl with rhythmic breathing and backstroke the width of the pool. Prerequisite: Eels or equivalent.

Tues/Thurs	4:00 PM – 4:30 PM
Sat	10:10 AM – 10:40 AM
Sun	12:20 PM – 12:50 PM

STARFISH (STROKE DEVELOPMENT)

4-6 years old without parent

Children must swim the length of the pool with rotary breathing and backstroke. Prerequisite: Rays or equivalent.

Tues/Thurs	9:30 AM – 10:00 AM
Tues/Thurs	4:30 PM – 5:00 PM
Sat	10:10 AM – 10:40 AM

