



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

EXPLORE WELL-BEING IN MORE WAYS THAN ONE SESSION 4 PROGRAM OFFERINGS AND INFORMATION



SESSION PROGRAM DATES:

June 25th - August 16th

MEMBER REGISTRATION:

Begins June 11th

GENERAL REGISTRATION:

Begins June 18th

UPCOMING SPECIAL EVENTS

37th Annual Golf Tournament

Tues, July 24th, 2018. Contact Paula for more info:
plabonte@waterburymca.org.

Saturday Youth Sports are Free for Members with YMCA Family Memberships

See page 3 for more details.

Learn to Swim with our Splash Program!

June 18th - 22nd, these \$5 swim lessons will focus on basic water safety and swimming skills. Open to children ages 3-10. See page 4 for more details.

Bonfire Yoga is Back!

Thursday nights beginning June 14th at 7pm at Camp Mataucha.
Free for Members. \$10 Non-Member drop in.

NEW Diabetes Prevention Program

Begins in August 2018. To be placed on the interest list, email Courtney at csims@waterburymca.org. See page 2 for more details.

REGISTER NOW FOR YMCA SUMMER CAMP!

YMCA Camp Mataucha:

Session one starts July 2nd!

YMCA Camp Oakasha Begins On:

Session one starts June 25th!

YMCA Camp Summer Sunshine has been moved to Gilmartin School:

Session one begins June 25th!



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

We have over 50 Group Fitness Classes weekly! Please visit Waterburyymca.org for full schedule or download our free mobile app to get the schedule at your fingertips! We also have 4 Yoga classes each week in our Mind, Body, Spirit room. Group Fitness & Yoga classes are free to members of the Waterbury YMCA.

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

Members: \$140 | Non-members: \$160

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, progressive long distance runs and camaraderie from a great group of people who will motivate you! 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 13th 2018.

Team 13.1 is also a fundraising program, and each participant raises money for cancer survivors in our community to participate in our LIVESTRONG at the YMCA exercise program for free! For more information, please contact Meghan Lennon at 203-754-9622, Ext. 155.

Program Registration: Includes race registration to the half marathon, 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 new friendships!

Program Starts: Monday July 23rd.

Days and Times: Mondays & Thursdays at 6PM, Saturdays at 8AM.

Y MASTERS SWIMMING

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

June 25th – August 17th

Whether you are a novice or an elite swimmer, our YMCA's Masters Swimming program can improve your competitive spirit and ensure that you will get in the pool on a weekly basis. There are four coach-led practices per week (no obligation to be at all four each week) in designated lanes just for the "Masters." The structured class times will provide you with different workouts with a group of people who love the water. Contact Meghan with any questions at mlennon@waterburyymca.org.
Mondays & Thursdays: 8:00 PM – 9:00 PM
Tuesdays & Fridays: 5:30 AM – 6:30 AM

Y PERSONAL TRAINING

Let us take your fitness to the next level and help you become a better version of yourself! We offer several one-on-one training packages, or you can train with a friend (or two!) at a lower cost! Call our training department to schedule a FREE Functional Movement Assessment and find out which plan works best for you! Please contact Courtney Sims at 203-754-9622 x124.

NEW DIABETES PREVENTION PROGRAM BEGINNING IN AUGUST, 2018

General Public: \$429 (includes 1-year adult membership). Space is limited. Financial aid available!

Change is hard. The Y can help. Our new Diabetes Prevention Program focuses on achieving and maintaining a healthier lifestyle through mindful eating and increased physical activity. This CDC-recognized program is proven to help adults in preventing or delaying the onset of type 2 diabetes.

This is a yearlong program with information delivered in a small group, classroom-like setting. Groups will meet with their Lifestyle Coach first weekly, then bi-weekly, and finally, monthly. Qualify by taking the diabetes risk test at www.ymca.net/diabetes. Either a blood value,

a diagnosis of Gestational Diabetes, or a qualifying risk score can be used for enrollment. Interested participants should contact their health care provider to verify eligibility. Please contact Courtney Sims, YMCA Health & Wellness Program Specialist to get on the class waiting list: 203-754-9622 x 124 or by email at csims@waterburyymca.org.

FRIDAY NIGHT SALSA

Members: \$25 | Non-members: \$45

Start your weekend off right on Friday nights with 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! ***New format! Beginners will meet from 6:30 – 7:30 PM, and those with previous class experience will have class from 7 – 8 PM.** Our instructor, Ed Trueheart teaches basic and advanced concepts of Salsa, Infused Bachata and Meringue/Cha Cha styles over the course of 8 weeks. Class is every Friday from July 20th – September 7th. **There is no class on Friday August 3rd, it will be held on Wednesday August 1st instead.** Email Meghan at mlennon@waterburyymca.org with any questions.

BONFIRE YOGA

Members: FREE | Non-members: \$10 drop-in

It's that time of year again for outdoor Yoga! Join Becky on Thursday nights at Camp Mataucha from 7 – 8 PM in front of Smith Pond. Our first class is Thursday June 14th. You'll leave all your troubles behind after meditating to the sound of nature and stretching under the summer sky. It is recommended that you bring a Yoga mat and water. Camp Mataucha is located at 270 Smith Pond Rd. in Watertown. Email Meghan with any questions mlennon@waterburyymca.org.

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 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 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 at least 3 years old in order 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. Fall 2018 registration is now open. For more information please contact our School Age Childcare Director, Jesse, at jknaple@waterburyymca.org.

CHASE SCHOOL: 2:30 PM – 6:00 PM

Services Chase, Rotella & Hopeville (Bus 9 only) – after school for all 3 schools

NEW 2018 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, Rotella and Brass City Charter

YMCA ON-SITE PM: 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 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! Fall 2018 registration is open so be sure to grab a spot before they fill up! For more information, please contact our Outdoor Center Program Director, Laura, at lmurphy@waterburyymca.org.

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

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.

- Time: 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.

- 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.

Weekday Classes

(Please note: Weekday classes are 2 times a week for 4 weeks on either Mon/Wed or Tues/Thurs)

Summer Session A: June 25th – July 19th

Summer Session B: July 23rd – August 16th

Weekend Classes

(Please note: Weekend classes are 1 time a week for 7 weeks. Choose Friday, Saturday or Sunday)

June 30th – August 12th

SWIM STARTERS 6 MONTHS – 3 YEARS OLD

Weekday Classes Members: \$70 | Non-members \$90

(Please note 2 times a week for 4 weeks either Mon/Wed or Tues/Thurs)

Weekend Classes and Mon/Wed of Session A

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

(Please note Weekends Saturday 1 time a week for 7 weeks beginning June 30th. Mon/Wed, no class July 4th)

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.

Mon/Wed	5:30 PM – 6:00 PM
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Tues/Thurs	9:00 AM – 9:30 AM
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Saturday	9:00 AM – 9:30 AM
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B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Mon/Wed	5:30 PM – 6:00 PM
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Tues/Thurs	9:30 AM – 10:00 AM
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Saturday	9:00 AM – 9:30 AM
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PRESCHOOL STAGES 3-5 YEARS OLD

Weekday Classes Members: \$70 | Non-members \$90

(Please note 2 times a week for 4 weeks either Mon/Wed or Tues/Thurs)

Weekend Classes and Mon/Wed of Session A

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

(Please note Weekends, Sat & Sun 1 time a week for 7 weeks beginning June 30th Mon/Wed, no class July 4th)

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.

Mon/Wed	3:00 PM – 3:30 PM
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Tues/Thurs	10:30 AM – 11:00 AM
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	3:00 PM – 3:30 PM
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	4:30 PM – 5:00 PM
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Saturday	9:00 AM – 9:30 AM
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Sunday	10:00 AM – 10:30 AM
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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.

Mon/Wed	5:00 PM – 5:30 PM
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Tues/Thurs	10:30 AM – 11:00 AM
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	3:00 PM – 3:30 PM
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	5:00 PM – 5:30 PM
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Saturday	9:30 AM – 10:00 AM
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	11:05 AM – 11:35 AM
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Sunday	11:10 AM – 11:40 AM
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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.

Mon/Wed	4:30 PM – 5:00 PM
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Tues/Thurs	4:00 PM – 4:30 PM
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Saturday	10:00 AM – 10:30 AM
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Sunday	10:35 AM – 11:05 AM
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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.

Mon/Wed	3:00 PM – 3:30 PM
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Tues/Thurs	3:30 PM – 4:00 PM
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Saturday	10:30 AM – 11:00 AM
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SCHOOL AGE STAGES 5-12 YEARS OLD

Weekday Classes Members: \$85 | Non-members \$105

(Please note 2 times a week for 4 weeks either Mon/Wed or Tues/Thurs)

Weekend Classes and Mon/Wed of Session A

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

(Please note Weekends, Sat & Sun 1 time a week for 7 weeks beginning June 30th Mon/Wed, no class July 4th)

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.

Mon/Wed	4:50 PM – 5:30 PM
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Tues/Thurs	9:20 AM – 10:00 AM
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	3:30 PM – 4:10 PM
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Saturday	9:35 AM – 10:15 AM
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Sunday	11:45 AM – 12:25 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.

Mon/Wed	6:00 PM – 6:40 PM
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Tues/Thurs	4:10 PM – 4:50 PM
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	6:10 PM – 6:50 PM
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Saturday	10:20 AM – 11:00 AM
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Sunday	12:30 PM – 1:10 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.

Mon/Wed	4:10 PM – 5:50 PM
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Tues/Thurs	4:50 PM – 5:30 PM
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Saturday	9:35 AM – 10:15 AM
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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.

Mon/Wed 3:30 PM – 4:10 PM
Tues/Thurs 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.

Mon/Wed 3:30 PM – 4:10 PM
Tues/Thurs 5:30 PM – 6:10 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.

Tues/Thurs 6:10 PM – 6:50 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.

Friday 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.

Friday 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.

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

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 8:15 AM – 9:00 AM
Wed 8:15 AM – 9:00 AM
Fri 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.

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

Tues 7:00 PM – 8:00 PM
AND Thurs 7:00 PM – 8:00 PM

SWIM PROGRAM (AGE 60 AND UP)

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

Tues/Fri
Small Pool 11:00 AM – 11:45 AM

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 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.

SPLASH PROGRAM | \$5 per child

This learn to swim program will run June 18th – June 22. This class will focus on basic water safety and swimming skills. Open to children ages 3–10 years old. Classes run each day Mon – Fri for a ½ hour. Preregistration is required. Registration begins on June 1st, space is limited. Splash program is proudly supported by MacDermid, Inc.

YMCA SUMMER CAMPS

YMCA CAMP MATAUCHA

Camp Mataucha serves children from Waterbury, Watertown, Middlebury, Southbury, Prospect, Naugatuck, Thomaston, Wolcott, Woodbury, Bethlehem, Plymouth and other surrounding areas. Traditional day camp includes swimming, boating, archery, arts & crafts, group games, low and high ropes, climbing tower, sports, nature and more! Specialty camps focus on fishing, aquatic activities, mountain biking, survival, performing arts, and social media.

2018 Session Dates:

- Family Overnight: June 21–22nd
- Session 1: July 2nd – July 13th
- Session 2: July 16th – July 27th
- Session 3: July 30th – August 10th
- Session 4: August 13th – August 24th

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

**Call 860-274-4820 to schedule a private tour of camp*

YMCA CAMP OAKASHA

Located in Southbury, YMCA Camp Oakasha is a state licensed Day Camp which offers a safe, fun, affordable escape for children! Our activities are based on healthy, hands on activities that help children grow in spirit, mind, and body, as well as embracing the four core values of the Greater Waterbury YMCA: caring, honesty, respect, and responsibility. One week sessions begin June 25th and run until August 24th. Please visit www.CampOakasha.org for more information, or call 203-264-2817.

YMCA CAMP SUMMER SUNSHINE

A state licensed program held at Gilmartin School for kids ages 5–12. Parents must drop off children at Gilmartin School. Breakfast, lunch and afternoon snack

are all included! Enjoy weekly open swim 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 Jesse Kanaple at JKanaple@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 25th – June 29th
- Session 2 July 2nd – July 6th *Closed 4th of July
- Session 3 July 9th – July 13th
- Session 4 July 16th – July 20th
- Session 5 July 23rd – July 27th
- Session 6 July 30th – August 3rd
- Session 7 August 6th – August 10th
- Session 8 August 13th – August 17th

BIRTHDAY PARTIES!

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

