



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHARGE INTO SUMMER

SESSION 3 SPRING PROGRAM OFFERINGS AND INFORMATION



SESSION PROGRAM DATES:

April 24th - June 11th

MEMBER REGISTRATION:

April 10th

GENERAL REGISTRATION:

April 17th

UPCOMING SPECIAL EVENTS

HEALTHY KIDS DAY

Sat, April 29th, 12:30 PM - 3:30 PM. **FREE** programming for children and families of the Greater Waterbury area. Swim, climb the rock wall, play in the gym and enjoy the best the Y has to offer.

36TH ANNUAL GOLF TOURNAMENT

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

RACE4CHASE 2017

Sat, August 5th. **FREE** youth triathlon training program. Applications available online and at the front desk. Due April 14th.

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.

DASH & BASH 5K RACE

9:30 AM on June 10th at Library Park. Benefits the Y, PAL and Boys & Girls Club.

BARRACUDA SUMMER SWIM TEAM IMPORTANT DATES & TIMES:

Senior Registration & Practice:
Begins Mon, April 17th

Returning Swimmer Registration:
Tues, April 18th 5:00 PM - 6:00 PM

New Swimmer Tryouts:
Tues, April 18th & Wed, April 19th
from 5:30 PM - 6:30 PM

FEES:

Senior Level: \$300/season*

Junior: \$215/season

Age Group: \$190/season

Brass: \$165/season

*Practice for all other groups begins Mon, April 24th. USA Fees additional. Meet fees not included in cost.

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.

HEALTH & WELLNESS

LIVESTRONG AT THE YMCA

Do you know a cancer survivor who could benefit from a **FREE**, 12-week exercise and support program? Contact Meghan for more information about this amazing cancer survivor exercise program and see if it is a good fit for you or a loved one. Next session runs May 9th – July 27th. The participant must be at the first week of class on May 9th and May 11th. Call Meghan to reserve a spot 203.754.9622 x155.

TRIATHLON CLUB

Our triathlon club kicked off in March, but it's not too late to join us and have an amazing summer working out and/or racing with great people. Our outdoor bike rides begin in mid April. We also swim and run together and have fun social events such as our annual "Brick BBQ" on Sat, May 6th. You can find out more about our friendly and welcoming multi-sport club by emailing Meghan Lennon at: mlennon@WaterburyYMCA.org.

PERSONAL TRAINING

Let us motivate you to become a better version of yourself! We offer several one-on-one training options, and have male and female trainers whom you can work with. We also have small group training options at a lower cost. As a personal training client, you will get your own personalized Fitness Blueprint Training Plan designed specifically for you that is updated every 4-6 weeks! All programs are designed based upon your goals and the results of a Functional Movement Screening. Your first appointment, which includes the Functional Movement Screening, is free! Call our personal training office at 203.754.9622 x130 to set up this appointment or ask any questions.

MASTERS SWIMMING

Members: \$75 | Non-members: \$110

April 24th – June 16th. Whether you are a novice or an elite swimmer, the Greater Waterbury YMCA's Masters Swimming program can improve your competitive spirit. Try a new sport or simply stay fit while honing a new skill.

Mondays & Thursdays

8:00 PM – 9:00 PM

Tuesdays & Fridays

6:15 AM – 7:15 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!

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 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.

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.

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 and fully potty trained. 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.

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. Gameplay, 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 WITH HOOPS & HOMEWORK

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 – 7:00 PM

• Fee: \$40 (\$45 non-members)

• Program Length: 7 weeks

HOOPS AND HOMEWORK | FREE

An opportunity for Game Time Hoops participants to practice and develop their skills in basketball and in the classroom. They will receive assistance with their homework and school projects, and/or have an opportunity to mentor/tutor peers that will make them more successful in the classroom. If they don't have homework to complete, they will be given supplemental work, either on paper or on a laptop. Snacks and beverages will be provided. Child **MUST** participate in the homework part in order to practice. Practice will be held Mon and Thurs 5:00 PM – 7:00 PM.

8–11 yrs Game Schedule

Sat	1:00 PM – 2:00 PM	Beginner Level
Sat	1:00 PM – 2:00 PM	Intermediate Level

12–15 yrs Game Schedule

Sat	1:00 PM – 2:00 PM
-----	-------------------

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

YOUTH SWIM CLASSES

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

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	5:30 PM – 6:00 PM
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	9:30 AM – 10:00 AM
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	5:30 PM – 6:00 PM
Tues	9:00 AM – 9:30 AM
Tues	4:00 PM – 4:30 PM
Thurs	5:30 PM – 6:00 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	4:00 PM – 4:30 PM
Mon	5:00 PM – 5:30 PM
Tues	5:00 PM – 5:30 PM
Wed	4:30 PM – 5:00 PM
Thurs	9:00 AM – 9:30 AM
Thurs	4:00 PM – 4:30 PM
Thurs	5:30 PM – 6:00 PM
Sat	9:30 AM – 10:00 AM
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	4:00 PM – 4:30 PM
Tues	9:30 AM – 10:00 AM
Tues	5:30 PM – 6:00 PM
Thurs	6:00 PM – 6:30 PM
Sat	9:35 AM – 10:05 AM
Sat	10:00 AM – 10:30 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.

Mon	4:30 PM – 5:00 PM
Mon	5:00 PM – 5:30 PM
Thurs	5:00 PM – 5:30 PM
Sat	10:10 AM – 10:40 AM

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	4:30 PM – 5:00 PM
Thurs	5:00 PM – 5:30 PM
Fri	5:30 PM – 6:00 PM
Sat	10:10 AM – 10:40 AM
Sat	10:30 AM – 11:00 AM
Sun	12:20 PM – 12:50 PM

PROGRESSIVE CLASSES

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

These great programs are for children ages 7–14 years old.

POLLIWOG I (PRIMARY SKILLS)

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

Mon	5:00 PM – 5:30 PM
Tues	4:30 PM – 5:00 PM
Wed	5:30 PM – 6:00 PM
Sat	9:35 AM – 10:05 AM
Sun	11:45 AM – 12:15 PM

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

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	4:00 PM – 4:30 PM
Tues	5:00 PM – 5:30 PM
Thurs	5:00 PM – 5:30 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	4:30 PM – 5:00 PM
Tues	5:30 PM – 6:00 PM
Thurs	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	5:30 PM – 6:00 PM
Thurs	4:00 PM – 4:30 PM
Fri	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	5:30 PM – 6:00 PM
Thurs	4:00 PM – 4:30 PM
Fri	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	5:30 PM – 6:00 PM
Fri	5:30 PM – 6:00 PM
Sat	11:55 PM – 12:25 PM

45 MINUTE PROGRESSIVE LESSONS

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

Minnow (Stroke Development)	Wed, 4:30 PM – 5:15 PM
Fish (Skill Proficiency)	Wed, 5:15 PM – 6:00 PM
Flying Fish (Advanced Skills)	Wed, 4:30 PM – 5:15 PM
Shark (Advanced Skills)	Wed, 5:15 PM – 6:00 PM

SWIMMING LESSONS FOR THE TERRIFIED!

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

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 – 6:00 PM

BEGINNING SWIMMERS

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

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.

Tues 4:30 PM – 5:00 PM

Fri 6:00 PM – 6:30 PM

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.

Tues 5:00 PM – 5:30 PM

WATER EXERCISE

Members: Free | Non-members: \$70

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

AQUACIZE

Members: Free | Non-members: \$70

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

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 7:30 PM – 8:30 PM

Thurs 7:00 PM – 8:00 PM

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

POOL BIRTHDAY 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 1:00 PM – 3:00 PM, Sat. only. For more information, contact Patti at 203.754.9622 x112.

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.

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.

ANNUAL VOLUNTEER CLEAN UP

April 22nd 2017 from 10:00 AM – 4:00 PM at YMCA Camp Mataucha.

OPEN HOUSE AT YMCA CAMP MATAUCHA

May 21st 1:00 PM – 4:00 PM

June 11th 1:00 PM – 4:00 PM

*Call 860.274.4820 to schedule a private tour of our camp.

YMCA CAMP OAKASHA

Camp Oakasha is happy to celebrate its 21st Anniversary of quality traditional day camp programming, and serves over 125 children a day from families of Southbury, Middlebury, Woodbury, Oxford, Beacon Falls and surrounding areas. Activities include swimming, boating, archery, climbing tower, arts & crafts, nature, sports, low ropes and much more! One week sessions start June 26th.

ANNUAL VOLUNTEER CLEAN UP

Sat, May 6th 12:30 PM – 3:30 PM

OPEN HOUSE AT YMCA CAMP OAKASHA

May 23rd 4:00 PM – 6:00 PM

June 3rd 10:00 AM – 12:00 PM

June 7th 4:00 PM – 6:00 PM

SUMMER SUNSHINE

Camp runs June 26th – August 18th, held at Chase School. Enjoy weekly swimming lessons and field trips. Breakfast, lunch and afternoon snack provided. Email: smaldonado@WaterburyYMCA.org. Register now!

*Transportation is not provided.

Regular 8:00 AM – 5:00 PM: \$155/week

Extended Hours 7:00 AM – 6:00 PM: \$170/week

OUTDOOR CENTER EVENTS AT YMCA CAMP MATAUCHA

TEAM BUILDING OPPORTUNITIES

Contact us today for more information about our team building program and how to book your group. The Outdoor Center at YMCA Camp Mataucha offers team building programs that are designed to develop leadership skills and improve group dynamics through programs that focus on Teamwork, Trust and Communication. Groups will participate in an escalation of activities so that the team building process builds on the previous activities. Each activity will specifically target one of our core elements.

BIRTHDAY PARTIES

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
- Swimming Birthday Party
- Or create your own theme

CANDLELIGHT YOGA

Members: FREE | Non-members: \$10

Runs every Thurs starting May 4th, 6:30 PM – 7:30 PM. Come experience a variety of yoga styles with all the ambiance camp has to offer!

FAMILY OVERNIGHT | FREE

Families are invited to come to YMCA Camp Mataucha for an exciting afternoon of camp activities, followed by an exhilarating night under the stars! The Family Sleepover will be open to all camp and YMCA families. Sat, July 22nd at 4:00 PM – 9:00 AM on July 23rd. Contact Kelly, Outdoor Center Director, after July 1st to register for this great family event.

YMCA CHILD DEVELOPMENT CENTER

REGISTER NOW FOR THE FALL!

Full-day kindergarten readiness program for children ages 3–5. This enriching, educational program includes breakfast, lunch, snack, swimming and physical activity. Children must be 3 by Dec. 31st in order to register for the next school year. Contact 203.754.9622 x 125.

CHILDWATCH

Free babysitting for children of members while you workout! For hours and information, please visit our website: WaterburyYMCA.org