



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHIER TOMORROW AT THE GREATER WATERBURY Y!

SESSION 5 FALL PROGRAM OFFERINGS AND INFORMATION



SESSION PROGRAM DATES:

September 5th - October 22nd

MEMBER REGISTRATION:

August 21st

GENERAL REGISTRATION:

August 28th

NEW Kids Fitness program for children
ages 5-7 and 8-10 on Mon nights.
FREE for members!

UPCOMING FALL EVENTS

SCHOOL READINESS PROGRAM

Thurs, Aug. 24th: First day of school for the School Readiness Program. Limited spots are still available for preschoolers.

TEEN NIGHT

Starting Fri, Sept. 22nd: Teen Nights will be held every Friday. Any teen can use the Y from 6:00 PM - 9:00 PM for \$2-no membership necessary!

FALL RUNNING PROGRAM

Begins Mon, Sept. 11th, culminating in the Fischang-Cicchetti Road Race on Sun, Nov. 19th. 5k and 5 mile training options.

BRASS CITY MELTDOWN

Kicks Off Mon, Sept 25th in the Gymnasium (Gym closed from 5:45 PM -7:00 PM for kick off).

BARRACUDA SWIM TEAM TRYOUTS

Sept. 19th 5:00 PM - 6:00 PM and Sept. 20th 5:00 PM - 6:00 PM. Tryouts required for all new swimmers and past team members who didn't participate in winter championships.

RED CROSS LIFEGUARDING CLASS

Begins Sept. 19th and will be held on Tues nights from 5:30 PM - 8:30 PM. Class runs for 11 weeks, attendance is mandatory.

DID YOU KNOW?

Group Fitness classes are free! Challenge yourself and have even more fun at the Y in our Group Fitness classes! Scheduled 7 days a week, free to all members.

MEMBERSHIP INFO

The Y is for everyone! We offer membership pricing based on age and income, and want to make the Y work for you. For more information on membership, financial aid or any of the programs you see here, please contact the front desk at 203.754.9622 x100 or visit our website WaterburyYMCA.org.

Greater Waterbury YMCA

WaterburyYMCA.org: Full schedules available anytime!

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

HEALTH & WELLNESS INFO

LIVESTRONG AT THE YMCA | FREE

The Fall Session of our cancer survivor exercise program starts the day after Labor Day on Sept. 5th. The class is offered every Tues & Thurs from 1:00 PM – 2:30 PM or 6:00 PM – 7:30 PM. Program fills quickly! We will help you gain your energy back, get stronger, build back your endurance and range of motion, and you will make great friends with other survivors over the course of this 12 week program. Contact Meghan Lennon to reserve your spot – 203.754.9622 x 155.

FALL BRASS CITY MELTDOWN

**Members: \$55 | Reciprocal YMCA members: \$75
Non-members: \$199 for 10 week membership and program registration fee.** Challenge yourself through Halloween and Thanksgiving, and establish healthy habits you can keep through the holiday season to avoid the dreaded winter weight gain! You'll need a team of four. If you don't have a full team, you can still register and we will do our best to pair you up with other individuals. Requirements include: weekly weigh-ins, cardio workouts, and strength training workouts. With your teammates depending on you, this is a great way to hold yourself accountable for consistent exercise and healthy eating. Prizes are awarded to the top three teams and the male and female who lose the highest weight percentage.

Initial Weigh-Ins: Mon, Sept. 25th,
Thurs, Sept. 28th and Sat, Sept. 30th
Kick-off: Mon, Oct. 2nd
Last Weigh-In: Sat, Dec. 9th
Winners Announced: Mon, Dec. 11th

MASTERS SWIMMING

Members: \$85 | Non-members: \$115
Join our community of local swimmers! Whether you are a novice or an elite swimmer, the Y's Masters Swim program can improve your swimming skills and give you structured training to help you be consistent. It is the perfect place to rekindle your competitive spirit, try a new sport or simply stay fit while honing a new skill. All of our practices will be conducted like a swim team practice and will have an attentive coach overseeing them, offering a fitness and technical component. 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!

Dates: Tues, Sept. 5th – Fri, Oct. 27th (8 weeks)
Days/Times: Tues/Fri, 5:30 AM – 6:30 AM;
Mon/Thurs, 8:00 PM – 9:00 PM

FALL RUNNING PROGRAM

Members: \$55 | Non-members: \$75
Take over the streets of Waterbury with us and join the YMCA Running Program! The structured group runs and the camaraderie from the other runners will hold you accountable to consistent running. Whether you are new to running and aiming to finish your first road race or an experienced runner who is trying to improve, YOU want to join the Y Running Program. You'll reduce stress, lose weight, become a better runner and make great friends! The goal race is the Fischang-Cicchetti Road Race on Sun, Nov. 19th, and program registration includes entry into the race. Beginners will train for the 5K race and Level 2 Runners will train for the 5 mile race.

Dates: Mon, Sept. 11th – Sun, Nov. 19th (10 weeks)
Group Runs: Mon/Wed, 6:00 PM, Sun 9:00 AM
Beginners meet on the YMCA sidewalk, Level 2 runners will meet across the street on the Green.

Y TRAINING

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

packages available beginning Sept. 5th. Personal Training packages can be bought in bundles of 10 sessions, 25 sessions or 50 sessions. The first step with any new personal training client is scheduling a free consultation to discuss your goals and take you through a Functional Movement Screening to identify your strengths and weaknesses. Call our personal training department for more info or to schedule an appointment: 203.754.9622 x130.

FRIDAY NIGHT SALSA CLASSES

Members: \$25 | Non-members: \$45
Join Ed Trueheart and his passion for dancing, Fri nights from 6:30 PM – 7:45 PM in our Group Fitness studio. Start your weekend off right by challenging your mind with the technical and timing components, having fun and getting a workout! You'll learn basic concepts of Salsa, Infused Bachata and Meringue/Cha Cha styles. The classes are progressive, so consistent attendance is important. Dancing is a great physical, social and emotional activity that will help relieve stress. Email mlennon@waterburryymca.org for questions.

Dates: Fri Sept. 8th – Fri Oct. 27th.

KIDS FITNESS AT THE Y

Kids Fitness at the Y is a fun and challenging program geared towards developing muscular strength and endurance, cardio respiratory endurance and flexibility. Through structured lessons involving games and activities, this program will help build the confidence and knowledge necessary in developing strong and healthy youth.

5-7 yrs Class
5:00 PM – 5:45 PM

8-10 yrs Class
6:00 PM – 7:00 PM

Start Date: Mon, Oct. 23rd
End Date: Mon, Dec. 11th (8 weeks)

SCHOOL VACATION CAMPS

No school for the kids, but you still have to work? Don't worry; the Y has fun and affordable programs that will keep your child safe, happy and active at the Y and at YMCA Camp Mataucha in Watertown.

VACATION CAMP AT CAMP MATAUCHA

Members: \$50/day | Non-members: \$60/day
Join the Outdoor Center at YMCA Camp Mataucha on those days off from school! Pick-up and drop-off at camp 7:30 AM – 5:30 PM. School Vacation campers must have valid health forms on file and bring a bagged lunch for the day. For more information, please contact Mike at mtedesco@waterburryymca.org.

Professional Development: No vacation camp
Columbus Day: October 10th
Election Day: No vacation camp
Veterans Day: November 11th

KIDS' CLUB AT YMCA

Members: \$31/day | Non-members: \$41/day
Ages: 5-12: Fun days at the Y from 8:00 AM – 5:30 PM. Pick up and drop off at the Y. Registrations, which should include the completed application, child's physical and immunization records, medications and forms (if applicable) and payment are due by noon the Friday before. Must provide your own nut-free lunch, that doesn't need heating. A snack will be provided for the afternoon. Please make sure to label any belongings.

Professional Development: September 12th
Columbus Day: October 10th
Election Day: November 8th
Veterans Day: November 11th

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 campmataucha@waterburryymca.org for more information.

HALLOWEEN CARNIVAL

Thurs, Oct. 26th, 5:30 PM – 7:30 PM. Join us for a spooky and fun evening at camp with Halloween games, crafts, snacks and a chance to trick-or-treat through camp. **FREE** to all, please RSVP at campmataucha@waterburryymca.org.

OUTDOOR YOGA

Members: FREE | Non-members: \$10
Yoga in a beautiful waterfront setting. Bring bug spray or light sweatshirt for cool evenings.

OUTDOOR CENTER RENTALS

Party Price Range: \$250-\$350 depending on package. YMCA Camp Mataucha would love to be the location of your next birthday party, family gathering or corporate retreat! With the flexibility of using the indoor space, pavilions or fields, Camp Mataucha is the ideal location! We offer full and half day rentals with swimming, boating, archery, arts and crafts, use of waterparks, climbing tower or ropes course. We can customize any rental to fit your needs. Contact camp to learn more about pricing and availability. For more information regarding these programs, contact Camp at 860.274.4820 or email campmataucha@waterburryymca.org.

YMCA CHILDCARE

SCHOOL READINESS PROGRAM:

Full day program for ages 3-5 in Waterbury. Enriching program includes daily breakfast, lunch and snack, as well as swimming and other physical activities. The child has to be 3 before Dec. 31st, 2017 in order to enroll for the new school year on Aug. 26th. Must be fully potty trained and live in Waterbury. For more information or to schedule a tour, please contact Amy Miele, Curriculum Specialist, at 203.754.9622 x115.

SCHOOL AGE CHILDCARE

Ages 5-12: The Y has working parents covered! Quality before care and after care for busy families. Includes snack and homework time, transportation offered at some sites. We run on scheduled half days. Please contact smaldonado@waterburryymca.org for information and registration.

WATERBURY BEFORE & AFTER SCHOOL

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 AM: 6:30 AM – 8:30 AM
(Children prepare to get on the busses by 7:45 AM)
Services-Bucks Hill, Bunker Hill, Driggs, Maloney, Kingsbury, Regan, Rotella

YMCA ON-SITE PM: 2:30 PM – 6:00 PM

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

WATERTOWN BEFORE & AFTER SCHOOL

JUDSON SCHOOL: 7:00 AM – 8:45 AM & 2:45 AM – 5:30 PM

Services Judson – before & after school

TRUMBULL SCHOOL: 7:00 AM – 8:45 AM & 2:45 AM – 5:30 PM

Services Trumbull – before & after school

POLK SCHOOL: 7:00 AM – 8:45 AM & 2:45 AM – 5:30 PM

Services Polk – before & after school

SOON TO BE SERVING GENERALI – Check with Kristen for updates at kjones@waterburymca.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!

SILVERSNEAKERS® AND SILVER & FIT

Get fit, have fun and make friends... with the SilverSneakers® or Silver & Fit fitness programs!

If you are over the age of 65, you could potentially join the YMCA for FREE under your health insurance plan! 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 Tues & Thurs 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 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

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 they are appropriate for all fitness levels. A chair is optional in all AOA Club classes. Please see website for full schedules online: waterburymca.org.

YOUTH SPORTS

Contact Dazure Prado for more information on any of these programs at 203.754.9622 x 162 or by email at dprado@waterburymca.org.

SPORTS SPECTACULAR!

An introduction to team sports for children ages 2-3 and their parents. This program will cover the basics 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, 9:15 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. All child participants receive t-shirts and medals by the conclusion of the program.

- Day/Time: Sat, 10:00 AM – 10:45 AM
- Age: 3 year old w/adult partner
- Fee: \$30 (\$35 non-members)
- 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, 11:00 AM – 11:45 AM
- Age: 4-5 years
- 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 learning more game-like scenarios towards the end of this 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. Player evaluation held by the coaches to determine teams.

- Day/Time: Tues/Thurs, 5:00 PM – 6:00 PM
- Fee: \$40 (\$45 non-members)
- Program Length: 7 weeks

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
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SKILLS AND DRILLS

Didn't make your school's basketball team or just want to improve your skill set? Skills and Drills is a program designed to help you improve your game with work on advanced skill sets and some physical training. There will be one-on-one instruction in a group setting.

- Day/Time: Wed, 5:00 PM – 6:00 PM
- Age: 14-17 yrs
- Fee: \$40 (\$45 non-members)
- Program Length: 7 weeks

LEADERS CLUB

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. The club meets on Wed from 5:00 PM – 6:00 PM. 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.

YOUTH AQUATICS

2017/2018 BARRACUDA TEAM

EVERYONE SWIMS! EVERYONE WINS!

The season runs from Sept. – end of Feb. High School Girls ONLY. May register in Nov.

Tryouts: Sept. 19th 5:00 PM – 6:00 PM and Sept. 20th 5:00 PM – 6:00 PM. Tryouts required for all new swimmers and past team members who did not participate in winter championships.

Practice: Begins for all the week of Sept. 25th

RED CROSS LIFEGUARDING CLASS

Members: \$325 | Non-members: \$375

Red Cross Life Guarding class will be held Tues. 5:30 PM – 8:30 PM. Classes begin Sept. 19th and run for 11 weeks. Schedule with exact class times available at sign up. Attendance for all classes is mandatory, no exceptions! Class Sept. 19th is the pre-course and will run 5:30 PM – 6:30 PM.

REQUIREMENTS TO BE PASSED ARE:

Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both.

Tread water for 2 minutes using legs only.

Complete a timed event within 1 minute and 40 seconds. Starting in the water, swim 20 yards, surface dive and retrieve a 10-pound object. Return to the surface and swim 20 yards back to the wall; exit the pool without using ladder or steps.

All participants must pay a \$50 non-refundable deposit to hold class space. If prerequisites are met, class balance will be due on Sept. 26, 2017. Participants must be pre-registered by Sept. 11th 2017

YOUTH SWIM CLASSES

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

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. 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	5:30 PM – 6:00 PM
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	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	5:00 PM – 5:30 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	4:30 PM – 5:00 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
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	5:30 PM – 6:00 PM
Fri	5:00 PM – 5:30 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 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.

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	6:00 PM – 6:30 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
Fri	5:30 PM – 6:00 PM
Sat	11:20 AM – 11:50 AM

FISH (SKILL PROFICIENCY)

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

Thurs	4:00 PM – 4:30 PM
Fri	6:00 PM – 6:30 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.

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

SHARK (STROKE DEVELOPMENT)

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

Fri	6:00 PM – 6:30 PM
Sat	11:55 AM – 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 5:15 PM – 6:00 PM

SHARK (ADVANCED SKILLS)

Wed 5:15 PM – 6:00 PM

FEMALE SWIMMING

Enjoy swimming in a female-only setting? Try our female swim program.

- Day/Time: Wed, 7:15 PM – 8:15 PM
- Fee: \$42 (\$50 non-members)
- Program Length: 7 weeks

MALE SWIMMING

Enjoy swimming in a male-only setting? Try our male swim program.

- Day/Time: Mon, 7:15 PM – 8:15 PM
- Fee: \$42 (\$50 non-members)
- Program Length: 7 weeks

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.

M/W/F 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.

M/W/F 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 & Thurs 7:00 PM – 8:00 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 5:00 PM – 5:30 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, rhythmic breathing skills, backstroke skills and safety skills.

Fri 5:30 PM – 6:00 PM

ADVANCED 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, rhythmic breathing skills, backstroke skills and safety skills.

Fri 6:00 PM – 6:30 PM

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, Saturdays only. For more information contact Patti at 203.754.9622 x112.