



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A STRONGER COMMUNITY

SESSION 6 FALL/WINTER PROGRAM OFFERINGS AND INFORMATION



SESSION PROGRAM DATES:
October 30th - December 17th

MEMBER REGISTRATION:
October 16th

GENERAL REGISTRATION:
October 23th

UPCOMING FALL EVENTS

ZERO DOWN FOR VETS!

Veterans of the U.S. armed services can join the Y for no money down in the month of November and take advantage of the corporate partner rate.

43RD FISCHANG-CICCHETTI MEMORIAL RACE

Sun, Nov. 19th at 9:00 AM. 5 mile and 5k options. \$22 pre-registration, \$27 day of race. **Register online:** www.fischang-cicchetti.com.

ANNUAL HEALTHY LIVING CHALLENGE

Join our Indoor IRONMAN Challenge and stay healthy through the holiday season. **FREE** for members and begins on Thanksgiving Day so your Turkey Trot miles will count!

GIVE A GIFT-GET A GIFT

Starting on Black Friday, Nov. 24th, Waterbury Y members who purchase a gift certificate for a loved one will be able to spin the wheel for a gift for themselves!

HOLIDAY POTLUCK

Thurs, Dec. 14th at noon in the Group Fitness Studio. Register at the front desk.

HOLIDAY HOURS:

THANKSGIVING DAY

Thurs, Nov. 23rd: 8:30 AM - 11:00 AM

BLACK FRIDAY

Normal Hours: 5:00 AM - 9:00 PM

CHRISTMAS EVE

Sun, Dec. 24th: 7:30 AM - 12 Noon

CHRISTMAS DAY

Mon, Dec. 25th: Closed

NEW YEARS EVE

Sun, Dec. 31st: 7:30 AM - 12 Noon

NEW YEARS DAY

Mon, Jan. 1st: 10 AM - 2 PM

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

ANNUAL HEALTHY LIVING IRONMAN CHALLENGE | FREE

Begins ON Thanksgiving, Nov. 23rd – Dec. 31st. Beat the holiday weight gain and stay committed to the gym during the busiest time of year! Swim, bike, and run your way into the new year with this competitive challenge! The goal is to swim 2.4 miles, bike 112 miles, and walk/run 26.2 miles by the end of the year. Please register at the front desk. You will log your miles (all on the honor system) at the end of each week in the Wellness Center and race your friends to our IRONMAN finish line! Start with a Thanksgiving day run or walk before turkey time! Open to Waterbury Y members only.

LIVESTRONG AT THE YMCA | FREE

Know a cancer survivor who could benefit from a free, 12-week support and exercise program? Contact us now to reserve your spot in the winter session of LIVESTRONG at the YMCA. You will receive guidance from certified LIVESTRONG instructors and a free membership to the Y during the length of this program. To join this amazing cancer survivor program, contact Meghan at 203.754.9622 x155. The next session starts in Feb. 2018.

Y TRAINING

Let us take your fitness to the next level and help you become a better version of yourself! One-on-one, two, and three person group training options available. Sessions can be purchased in packages of 10, 25, or 50. To schedule a free Personal Training consultation, contact Courtney at 203.754.9622 x124.

STRENGTH TRAIN TOGETHER | FREE

Strength Train Together will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best. Check the Group Fitness Schedule for days and times.

DEFEND TOGETHER | FREE

Defend Together is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music. Check the Group Fitness Schedule for days and times.

SPINNING® | FREE

A high energy group cycling class with great music and motivating instructors riding a varied mixture of flats, hills, and sprints while burning calories all the way! Check the Group Fitness Schedule for days and times.

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 and get a good workout! Our instructor, Ed Trueheart, teaches basic concepts of Salsa, Infused Bachata, and Meringue/Cha Cha styles over the course of 8 weeks. Class is every Friday at 6:30 PM – 7:45 PM from Nov.

3rd – Dec. 22nd. Email Meghan at mleannon@waterburymca.org with any questions. **THERE IS NO CLASS ON DECEMBER 15TH.**

MASTERS SWIMMING

Members \$85 | Non-members \$115

Join our community of local swimmers for a coach-led practice! Whether you are a novice or elite swimmer, this program will provide you with 4 structured workouts per week to help improve your swimming skills. It is the perfect way to rekindle your competitive spirit, try a new sport, meet new friends, or simply stay fit while honing a new skill. All practices will be conducted like a swim team practice, with coach Rob Duguay overseeing you. Come see how much more there is to get out of a workout when surrounded by a group who shares a passion for the water! Email Meghan at mleannon@waterburymca.org with any questions.

Dates: Mon, Oct. 30th – Fri, Dec. 22nd.

Practices: are Tues/Fri, 5:30 – 6:30 AM, and Mon/Thurs, 8:00 – 9:00 PM.

SCHOOL VACATION CAMPS

VACATION CAMP AT CAMP MATAUCHA

All: \$50/day

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

Election Day: November 7th

Veterans Day: November 10th

Winter Break: December 27th – 29th

VACATION CAMP AT YMCA

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

Fun Days at the YMCA from 8:00 AM – 5:30 PM for children from grades K-age 12. Pick-up & drop-off at the YMCA.

Election Day: November 7th

Veterans Day: November 10th

Winter Break: December 26th – 29th

OUTDOOR CENTER AT YMCA CAMP MATAUCHA

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

HALLOWEEN CARNIVAL

Thurs, Oct. 26th, 5:30 PM – 7:30 PM. YMCA Camp Mataucha invites you and your family to join us for an evening of Halloween fun! During this free event, enjoy games, crafts, and snacks all while dressed in your Halloween best. Please register by Mon, Oct. 23rd. Ideal for 3–8 years old.

BREAKFAST WITH SANTA

Sat, Dec. 9th, Santa Clause is coming to town; Watertown that is! From 9:00 AM – 11:00 AM,

the Outdoor Center will host its annual Breakfast with Santa event with holiday crafts, activities, and a visit from Santa – as well as some of his helpers! Please register by Thurs, Dec. 7th.

YMCA CHILDCARE

SCHOOL READINESS PROGRAM

NOW ENROLLING! Full day program for ages 3–5. The child has to be 3 before Dec. 31st, 2017 in order to enroll in 2017. In Jan. 2018, the child must be at least 3 years of age. Please contact our Curriculum Specialist, Amy Miele, at Amiele@waterburymca.org or 203.754.9622 x115 for more information.

WATERBURY BEFORE & AFTER SCHOOL

The Y has working parents covered! Quality before and after care for busy families. Includes snack and homework time and transportation is offered at some sites. Contact Stephanie Maldonado at smaldonado@waterburymca.org or 203.754.9622 x123.

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

****New site opening soon at Generali School****

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 – 5:30 PM

Services Trumbull – before & after school

POLK SCHOOL: 7:00 AM – 8:45 AM & 3:00 – 5:30 PM

Services Polk – before & after school

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.

YOUTH SPORTS

Contact Dazure Prado for more information on any of these programs at 203.754.9622 x162 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 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, 9:15 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 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 start learning more game-like scenarios towards the end of this session. Game play, teamwork, and sportsmanship will be emphasized.

- Day/Time: Tues/Thurs, 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 is held by the coaches to determine teams.

- Day/Time: Tues/Thurs, 5:00 PM – 7:00 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

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 grades 6-12, 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 & GOVERNMENT

Youth and Government is a great opportunity for teens who are interested in leadership, public speaking, and writing. Students will meet at the Y on Wednesdays from 6:00 PM – 7:00 PM to work on writing a bill of their choice, learn to debate, and get ready for the statewide conference held in March. For more info, contact Dazure at dprado@waterburymca.org.

YOUTH AQUATICS

Questions? Contact Patti Flaherty at pflaherty@waterburymca.org.

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: This program runs one day a week for 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: This program runs one day a week for 7 weeks

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

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

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 a 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 a 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 a 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 a parent

Children have the ability to swim front crawl with rhythmic breathing and back stroke 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 a parent

Children must swim the length of the pool with rotary breathing and back stroke. 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
Sat	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.

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 yard 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 yard 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

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
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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.

M/W/F	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 overall wellness.

Tues	7:30 PM – 8:30 PM
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AND Thurs 7:00 PM – 8:00 PM

EXERCISE AND SWIM PROGRAM

(AGE 60 AND UP)

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

Tues/Fri

Group Fitness Room 10:00 AM – 10:45 AM

Small Pool 11:00 AM – 11:45 AM

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
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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
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ADVANCED BEGINNING SWIMMERS

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

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

Fri	6:00 PM – 6:30 PM
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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.