



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWER MORE THAN YOURSELF

SESSION 2 2018 PROGRAM OFFERINGS AND INFORMATION



SESSION PROGRAM DATES:

February 26th – April 15th

MEMBER REGISTRATION:

Begins February 12th

GENERAL REGISTRATION:

Begins February 19th

WELLNESS IS FUN FOR ALL!

Spend some quality time by yourself or with family and friends at the Y. Check out what we have in store for you in Session 2!

FREE YOUTH SPORTS CLASSES for children on Family Memberships.

Challenging Group Fitness Classes: We offer more than 50 group fitness classes per week, **FREE** to our members!

Ready, Set, Go: A **FREE**, 12-week strength and cardio program for members that includes weekly meetings with staff and lifestyle coaching.

ChildWatch: **FREE** babysitting for up to 90 minutes per day for children of members, ages 6 months to 12 years old.

Reciprocity: Reciprocity is nationwide now! Use your Waterbury Y membership at Y's nationwide. (Restrictions Apply, please call other Y's in advance of your visit.)

Guest Passes: Adult members are allowed to bring two guests a year, and even more if their guests become members. State or federal ID required.

WHAT TO CHECK OUT:

Registration is OPEN for YMCA Camp Mataucha & YMCA Camp Oakasha!

Rally for the Y!

Log your Espresso Bike miles and earn .10 a mile for the Y in Feb!

Spring Break Special

\$10 for a 1-week college student pass

Open Rock Climbing and Volleyball

Starts Monday nights 2/5!

YMCA Healthy Kids Day

Sun, April 29th

Vacation Camp at Mataucha and Kids Club at the Y

April 16th - 20th

YMCA Camp Mataucha Annual Volunteer Clean-Up

Sat, April 14th, 2018 from 8:00 AM - Noon at YMCA Camp Mataucha.

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

TRIATHLON CLUB

\$85 For Single Members | \$130 For a Couple
Non-members \$150

Registration is open!

Join us for our triathlon training and race season, which goes from March until mid Sept. Our Triathlon Club kick-off event is Tues, March 6th at 6:00 PM. At the Kick-off, we will raffle off race entries, provide discount codes for races, and you'll get to meet and socialize with your teammates! Beginners are welcome, and training is offered for all ability levels. We provide structured swim practices (in our pool and open water), outdoor bike rides, group runs, social events, and best of all, camaraderie from a great group of like-minded individuals. Call or email Meghan for more details! 203.754.9622 X155 mlennon@waterburymca.org.

MASTERS SWIMMING

Members: \$85 | Non-members: \$115
March 5th – April 27th

Whether you are a novice or an elite swimmer, the Y's Masters Swim program can improve your swimming skills. 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. There are 4 practices per week. Call or email Meghan for more details! 203.754.9622 X 155 mlennon@waterburymca.org.

Tuesdays & Fridays: 5:30 – 6:30AM

Mondays & Thursdays: 8:00 PM – 9:00 PM

BRASS CITY MELTDOWN

Members: \$55 | Reciprocal YMCA members: \$75
Non-members: \$199 for 10-week membership and program registration fee.

Get out of the winter funk with our Spring Brass City Meltdown competition! The structure of this program will help you get in shape for the summer and into a routine you can keep long after the competition! Registration will be done individually, and you will be placed on a team with three other people. Teams will be designed by the wellness center staff, and your teammates will be relying on you to be consistent with exercise. The contest is 10 weeks long. Membership is required to use the YMCA during the competition. Contact Courtney Sims for more details at 203.754.9622 x124. Registration begins Mon, Feb. 12th for members, and Mon, Feb. 19th for non-members. Requirements include: weekly weigh-ins, cardio workouts and strength training workouts. Prizes will be awarded at the end of the competition. Kick-off: Mon, March 19th at 6:00 PM. Initial weigh-ins must be done on Mon, March 19th during the kick-off. Final Weigh-ins will be Mon, May 21st, Thurs 24th, and Sat 26th. Program ends: Sun, May 27th. Winners will be announced during a brief closing ceremony: Thu, May 31st.

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.

COMING SOON -

DIABETES PREVENTION PROGRAM

General Public: \$462 (includes membership for program duration - \$1062 value!)
Financial assistance is available.

We are excited to announce the Diabetes Prevention Program we will soon be launching at our Y. With a focus on achieving and maintaining a healthier lifestyle through mindful eating and increased physical activity; this program is proven to help adults in preventing type 2 diabetes. This is a year-long program with information delivered in a small group, classroom like setting. In the first six months of the program, the group will begin with weekly meetings, gradually moving into bi-weekly meetings. The final six months of the program will require the participants to meet monthly. This program is open to adults over the age of 18 with a BMI greater than 25%. Either a blood value, a diagnosis of Gestational Diabetes, or a qualifying risk score can be used for enrollment. Look out for more information regarding this program in the coming months, or to be placed on the interest list, please contact Courtney csims@waterburymca.org.

LIVESTRONG AT THE YMCA | FREE

Know a cancer survivor who could benefit from a free 12-week exercise and support program to help get back to their normal life? This is the program for them! Survivors may participate during or after treatment. Our winter session begins Tuesday February 6th, and spots fill up quickly. For more information about this amazing cancer survivor program, and to see if it's a good fit for you, please contact Meghan Lennon at 203.754.9622 x155.

Session Dates: May 15th – August 2nd

Workout Days: Tuesdays & Thursdays

Class times: 1:00 PM – 2:30 PM **OR** 6:00 PM – 7:30 PM

ACTIVE OLDER ADULTS

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

SILVERSNEAKERS® & 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, make friends... with the SilverSneakers or Silver & Fit Fitness Programs! To check your eligibility for this program, please present your photo ID to the YMCA front desk, or call 203.754.9622 x100 and provide your name and date of birth.

WATERBURY B.R.A.S.S. PROGRAM

The B.R.A.S.S. program is dedicated to the health and wellness of Waterbury residents 60 and over, at no charge. B.R.A.S.S. members can enjoy a variety of social and wellness programs. B.R.A.S.S. classes are held at the YMCA and at locations around the City of Waterbury. Program is **FREE** of charge. Please contact Waterbury B.R.A.S.S. for schedule and to register: 203.574.6746.

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.

SCHOOL AGE 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. Please contact Jesse Kanaple, School Age Childcare Director, at x123 for information and registration.

CHASE SCHOOL: 2:30 PM – 6:00 PM

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

***NEW* GENERALI SCHOOL: 2:30 PM – 6:00 PM**
Services Generali School – after school only

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 – 9:00 AM
Services Regan, Kingsbury, Bucks Hill, Driggs, Maloney, Bunker Hill & Rotella

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

Our before and after school program has our working parents covered! We provide homework help in the evening and offer snack during both programs. We've added exciting new clubs for our students in after care to challenge, inspire, and motivate our students. Please contact Laura Murphy for more information at lmurphy@waterburymca.org or 203.754.9622 x 118.

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

SCHOOL VACATION CAMPS

VACATION CAMP AT CAMP MATAUCHA

Members: \$50/day | Non-members: \$60/day
Join the Outdoor Center team for fun days off from school. Pick-up & drop-off at camp 7:30 AM – 5:30 PM. Field trip days TBA. For more info contact Adam: adubois@waterburymca.org.

Spring Break: April 16th – 20th

VACATION CAMP

At YMCA Camp Mataucha from 7:30 AM – 5:30 PM on the following dates:

- Monday, February 19th, 2018
- Tuesday, February 20th, 2018
- Monday, April 16th, 2018
- Tuesday, April 17th, 2018
- Wednesday, April 18th, 2018
- Thursday, April 19th, 2018
- Friday, April 20th, 2018

KIDS CLUB AT THE YMCA

Members: \$31/day | Non-members: \$41/day
Kids Club at the Y from 8:00 AM – 5:30 PM for children in grades K-6. Pick-up and drop-off at the YMCA. Afternoon snack is provided, and families must provide **NOT-FREE** bagged lunch.

Spring Break: April 16th – 20th

YOUTH SPORTS

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, 9:30 AM – 10:15 AM
- Age: 2-3 yrs with an adult partner
- Fee: **FREE** for Family Members | \$45 All Others
- 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.

- Time: 10:15 AM – 11:00 AM
- Age: 3 yr old w/adult partner
- Fee: **FREE** for Family Members | \$45 All Others
- 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: **FREE** for Family Members | \$45 All Others
- 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. T-shirts will be given by the conclusion of the program.

- Day/Time: Sat, 12:00 PM – 1:00 PM
- Age: 6-7 yrs
- Fee: **FREE** for Family Members | \$45 All Others
- Program Length: 7 weeks

GAME TIME HOOPS

This is a competitive league designed for players who have had some experience with the game of basketball and would benefit from a league that plays games, as well as holds instructional practices. There is a player evaluation held by the coaches to determine teams. Everyone makes a team. During league play, all players will be evaluated based on skill, age, and position.

- Day/Time: Tues/Thurs, 5:00 PM – 6:00 PM
- Fee: **FREE** for Family Members | \$45 All Others
- Program Length: 7 weeks

Game Schedule

Saturday 1:00 PM – 2:00 PM All Players

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

WBA (WATERBURY BASKETBALL ACADEMY)

Try-outs will begin the end of March 2018 for a 17U boys basketball team. (\$5 tryout fee) Each player will be responsible to raise money in order to play on the team if selected. The team travels all over the New England area and will compete in Live period Tournaments to guarantee exposure. Contact Dazure at 203.754.9622 x162 for more information.

AQUATICS

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.

SWIM STARTERS 6MONTHS – 3 YEARS OLD

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

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.

Monday	5:30 PM – 6:00 PM
Thursday	9:30 AM – 10:00 AM
Saturday	9:00 AM – 9:30 AM

B / WATER EXPLORATION

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

Monday	5:30 PM – 6:00 PM
Thursday	9:30 AM – 10:00 AM
Saturday	9:00 AM – 9:30 AM

PRESCHOOL STAGES 3-5 YEARS OLD

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

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

Monday	5:30 PM – 6:00 PM
Tuesday	9:00 AM – 9:30 AM
	4:00 PM – 4:30 PM
Thursday	5:30 PM – 6:00 PM
Saturday	9:00 AM – 9:30 AM
Sunday	10:00 AM – 10:30 AM

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.

Monday	5:00 PM – 5:30 PM
Tuesday	5:00 PM – 5:30 PM
Thursday	9:00 AM – 9:30 AM
	4:00 PM – 4:30 PM
Saturday	9:30 AM – 10:00 AM
	11:05 AM – 11:35 AM
Sunday	11:10 AM – 11:40 AM

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.

Monday	4:00 PM – 4:30 PM
Tuesday	9:30 AM – 10:30 AM
	5:30 PM – 6:00 PM
Thursday	4:30 PM – 5:00 PM
Saturday	10:00 AM – 10:30 AM
Sunday	10:35AM – 11:05AM

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.

Monday	4:30 PM – 5:00 PM
Tuesday	4:30 PM – 5:00 PM
Thursday	5:00 PM – 5:30 PM
Friday	5:00 PM – 5:30 PM
Saturday	10:30 AM – 11:00 AM

SCHOOL AGE STAGES 5-12 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

Monday	4:40 PM – 5:20 PM
Wednesday	5:10 PM – 5:50 PM
Saturday	9:35 AM – 10:15 AM
Sunday	11:45 AM – 12:25 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.

Tuesday	4:00 PM – 4:40 PM
Wednesday	4:30 PM – 5:10 PM
Saturday	10:20 AM – 11:00 AM
Sunday	12:30PM – 1:10 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.

Monday	4:00 PM – 4:40 PM
Tuesday	4:40 PM – 5:20 PM
Thursday	4:40 PM – 5:20 PM
Saturday	9:35 AM – 10:15 AM

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.

Tuesday	5:20 PM – 6:00 PM
Wednesday	4:30 PM – 5:10 PM
Thursday	4:00 PM – 4:40 PM
Friday	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.

Thursday	6:00 PM – 6:40 PM
Friday	6:10 PM – 6:50 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.

Wednesday	5:10 PM – 5:50 PM
Thursday	5:20 PM – 6:00 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
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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.

Friday	5:00 PM – 5:40 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.

Friday	5:40 PM – 6:20 PM
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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.

Friday	6:20 PM – 7:00 PM
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FEMALE SWIMMING

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

- Day/Time: Wed, 7:15 PM – 8:15 PM
- Fee: Members: \$42 | Non-members: \$50
- 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: Members: \$42 | Non-members: \$50
- 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.

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

EXERCISE & 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
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SUMMER CAMP – YMCA CAMP MATAUCHA

YMCA camp Mataucha is located at 270 Smith Pond Road in Watertown, CT on 80 acres of woodlands.

2018 SESSION DATES:*

- Preview Week – June 25–June 29
- Session 1 – July 2–July 13
- Session 2 – July 16 – July 27
- Session 3 – July 30 – August 10
- Session 4 – August 13 – August 24

*Session dates are tentative pending finalized school calendars.

Registration IS OPEN in Person and Online:

Monday, February 5, 2018

Annual Spring Clean-Up

Sat, April 14th, 2018 from 8:00 AM – Noon at YMCA Camp Mataucha. Please RSVP with Adam at adubois@waterbuymca.org.

OPEN HOUSE DATES

Come visit us and get a tour of YMCA Camp Mataucha and meet the Unit Directors for the summer of 2018! We will be at camp from 1:00 PM – 4:00 PM on the following dates: Sun, May 12th and Sun, June 2nd.

TEAMBUILDING/GROUP RENTALS

Have an idea for a corporate or school-age teambuilding day? Let YMCA Camp Mataucha staff lead quality teambuilding programs that will improve relationships, communication, understanding, and teamwork within the group! Or, if you are interested in hosting a "Play Day" out at camp, our wonderful staff will lead classic camp activities that will keep children engaged and having fun!

YMCA CAMP OAKASHA

YMCA Camp Oakasha is located at 1461 South Britain Road in Southbury, CT 06488. Contact: 203.264.2817 (summer) or 860.274.4820 (winter).

SUMMER CAMP 2018

Sessions are one week long beginning June 25th through Aug. 24th. Camp hours are 9:00 AM – 3:00 PM, before care runs 7:00 AM – 9:00 AM, and after care runs 3:00 PM – 5:30 PM. Field trip sessions are 2, 4, 6 & 8.

We added some awesome new themes this year and added on to some of our classics! For more information on camp, please visit campoakasha.org, or contact our camp director, Laura Murphy at Lmurphy@waterburyymca.org.

Registration:

- Registration IS OPEN Online and In Person for All Campers www.campoakasha.org.

YMCA Camp Oakasha Annual Spring Clean-Up:

Saturday, May 5, 2018 from 9:00 AM – 12:00 PM

YMCA Camp Oakasha Open House Dates

- Tuesday, May 22, 2018 4 PM – 6 PM
- Saturday, June 2, 2018 10 AM – 12 PM
- Wednesday, June 6, 2018 4 PM – 6 PM

Please contact YMCA Camp Oakasha for more details or to RSVP for one of these events at 860.274.4820, or starting June 15, at 203.264.2817.

BIRTHDAY PARTIES!

Did you know the Y has fun and affordable birthday party options for members and non-members?

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

YOUTH SPORTS PARTIES

Members: \$120 | Non-members: \$150

If your child is into playing sports with their friends, this is the birthday package for you! Includes one hour of Gym time with staff and one hour in party room. Max. 25 people. Available time slots 1:00 PM – 4:00 PM, Sat only. For more information, contact Dazure at 203.754.9622 x162.

PARTIES AT YMCA CAMP MATAUCHA

Variety of party packages available from April to October. For more information, contact Adam at adubois@waterburyymca.org.

HEALTHY KIDS DAY

FREE for community!

Sunday 4/29/18 from 11:00 AM – 2:00 PM.

Swimming, Rock climbing, yoga, games and more!

