



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

CONNECT IN MORE WAYS THAN ONE

SESSION 5 PROGRAM OFFERINGS AND INFORMATION



SESSION PROGRAM DATES:
September 4th - October 21st

MEMBER REGISTRATION:
Begins August 20th

GENERAL REGISTRATION:
Begins August 27th

UPCOMING FALL EVENTS

NEW Diabetes Prevention Program Begins

August 23rd. Yearlong program includes membership. Please email Courtney at csims@waterburryymca.org with questions. See page 2 for details.

BRASS CITY MELTDOWN

Waterbury's favorite weight loss challenge kicks off Monday, Sept 17th 6:00 PM – 6:45 PM in the Gymnasium. See page 2 for details.

Teen Night is Back

Fridays beginning Sept 21st. Any teen can use the Y from 6:00 PM – 9:00 PM on Fridays for only \$2. No membership necessary!

Barracuda Swim Team Tryouts

Sept 11th and 12th 5:00 PM – 6:00 PM. Tryouts required for all new swimmers and past team members who did not participate in winter championships. See page 4 for details.

Red Cross Lifeguarding Class

Begins Sept 18th and will be held on Tues nights from 5:30 PM – 8:30 PM. Class runs for 11 weeks. Attendance is mandatory. See page 4 for details.

Halloween Carnival

Wednesday, October 24th 5:30 PM – 7:30 PM. Non members welcome. FREE to everyone. RSVP to adubois@waterburryymca.org. See page 4 for details.

REGISTRATION IS OPEN FOR THE NEW SCHOOL YEAR

School Readiness

Full day program for children ages 3-5. See page 2 for details.

Before and After School Care

Serving Waterbury and Watertown. See page 2 for details.

Vacation Camp

No school? No problem. The Y has affordable programs that will keep your child safe, happy, and active during school vacation days. See page 3 for details.

Leaders Club

Open to teens in grades 6-12 who want to make a difference in their community. See page 4 for details.

Youth and Government

Teens learn firsthand about government and civic issues while working to create and pass laws that matter to them. See page 4 for details.

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

DID YOU KNOW? We have over 50 Group Fitness classes weekly. Please visit waterburymca.org or download our mobile app for the full schedule. Group Fitness classes are free to YMCA members.

NEW DIABETES PREVENTION PROGRAM

Begins August 23rd. Open to the general public. \$33 down and \$33/month. Program price includes 1-year adult membership to the Y. Space is limited. Financial assistance is available.

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

This is a yearlong program with information delivered in a small group, classroom-like setting. Groups will meet with their Lifestyle Coach first weekly, then bi-weekly, and finally, monthly. Qualify by taking the diabetes risk test at www.ymca.net/diabetes. Either a blood value, a diagnosis of Gestational Diabetes, or a qualifying risk score can be used for enrollment. Interested participants should contact their health care provider to verify eligibility. Please contact Courtney Sims, YMCA Health & Wellness Program Specialist, to get on the class waiting list: 203-754-9622 x 124 or by email at csims@waterburymca.org.

LIVESTRONG AT THE YMCA | FREE

The Fall Session of our cancer survivor exercise program starts the day after Labor Day on Sept. 4th. You can choose to enroll in the Afternoon or Evening program. Spots fill quickly! All exercise is done in a group setting and will help you gain your energy back, get stronger, build back your endurance, and best of all, make great friends with other survivors. Program can be done during or post treatment. You also get a FREE membership to the Y for 12 weeks! Contact Meghan Lennon to reserve your spot - 203.754.9622 x 155.

Tuesdays & Thursdays

1:00 PM – 2:30 PM OR 6:00 PM – 7:30 PM

LEVEL 2 RUNNING PROGRAM

Members: \$55 | Non-members: \$75

Take over the streets of Waterbury with us and join the YMCA Level 2 Running Program! You'll get 3 coach-led group runs every week, and the camaraderie from the other runners will hold you accountable to consistent running. The goal race is the Fischang-Cicchetti 5 mile Race on Sun, Nov. 18th, and program registration includes entry into the race. The group will work on speed training, hill training, endurance runs, and tempo runs. Group runs will leave from the YMCA and train on high school tracks. Contact Meghan with any questions mleannon@waterburymca.org.

Dates: Mon, Sept. 10th – Sun, Nov. 18th (10 weeks)

Group Runs: Mon/Wed, 6:00 PM, Sun 9:00 AM



MASTERS SWIMMING *NEW pricing structure!

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! Our Master Swimming program offers four coach-led practices per week in designated lanes just for the "Masters." Whether you are a novice or elite swimmer, you can expect a one hour long structured swim workout that will have you feeling good! The workouts are great for competitive swimmers, triathletes, or those who are simply striving to feel more comfortable in the water. With our new pricing structure, you can purchase 10 sessions at a time, which will be redeemed only at practices you attend. The 10 sessions expire 6 months from your purchase date, and additional sessions can be purchased at any time. Contact Meghan with any questions at mleannon@waterburymca.org.

Sessions are available for redemption beginning Tuesday, September 4th.

10 Sessions for Members: \$100

10 Sessions for Non-Members: \$130

Workouts:

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

Tuesdays & Fridays: 5:30 AM – 6:30 AM

FALL BRASS CITY MELTDOWN

Kicks Off Monday, Sept 17th in the Gymnasium (Gym closed from 6:00 PM – 6:45 PM for kickoff).

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. You will individually decide on the training program that best fits both your ability and interest at the kick-off. Prizes are awarded to the top three teams and the top male and female who lose the highest weight percentage.

First week of weigh-ins begin on your first week of training: Mon, Sept. 24th, Thurs, Sept. 27th & Sat, Sept. 29th.

Last Weigh-In: Sat, Dec. 1st.

Winners announced: Mon, Dec. 3rd, 6:00 PM in the conference room.

FRIDAY NIGHT SALSA CLASSES

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

Start your weekend off right on Friday nights with our progressive Salsa class! You'll challenge your mind with the technical and timing components, get a good workout, and have fun with a great group of people! Our instructor, Ed Trueheart, teaches basic and advanced concepts of Salsa, Infused Bachata and Meringue/Cha Cha styles over the course of 8 weeks.

Fridays September 21st – November 9th

6:30 PM – 7:30 PM Beginners

7:00 PM – 8:00 PM Level 2

PERSONAL TRAINING

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

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 Assessment, which helps build your personalized program. Call Courtney Sims for more information or to schedule an appointment: 203.754.9622 x124.

BONFIRE YOGA | FREE FOR ALL

Enjoy yoga by firelight in a beautiful waterfront setting throughout October at YMCA Camp Mataucha. 270 Smith Pond Road in Watertown. Bring bug spray and light sweatshirt for cool evenings.

Thursdays 7:00 PM – 8:00 PM

ACTIVE OLDER ADULT PROGRAMMING

Senior Full Facility membership just \$40/month!

Financial Assistance available! **NEW** all aquatic aerobics classes are FREE with full senior memberships!

COMING SOON JANUARY 2019 – OPTUM FITNESS ADVANTAGE FOR UNITED HEALTHCARE

Join the nation's leading fitness programs for older adults at little or no cost beyond your monthly health plan premium. Get fit, have fun, and make friends with the SilverSneakers® or Silver & Fit fitness programs! To check your eligibility for either program, please present your photo ID to the YMCA front desk, or call 203-754-9622 x155 and provide your name and date of birth.

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

The B.R.A.S.S. program is dedicated to the health and wellness of Waterbury residents 60 and over, at no charge. B.R.A.S.S. members can enjoy a variety of social and wellness programs. In addition to the Active Older Adult programs being offered at the Y, for little or no cost to seniors, the Y is now expanding this reach by offering fitness programs at local senior centers through the Waterbury B.R.A.S.S. Program.

Tai Chi is held on Tuesdays & Thursdays from 11:00 AM – 12:00 PM. The YMCA also runs classes at many satellite locations around Waterbury. Please contact Waterbury B.R.A.S.S. for full schedule: 203-574-6746.

WCAA EXERCISE PROGRAM (AGE 60 AND UP)

This program is funded by WCAA – \$2.00 donation suggested. Additional paperwork is required to participate in this program.

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

Tuesdays & Fridays

10:10 AM – 10:55 AM Group Fitness Room

Tuesdays & Thursdays

11:00 AM – 11:55 PM Tai Chi

ACTIVE OLDER ADULT CLASSES

Members: Free | AOA Club Pass: \$35

Come join the AOA Club to get a great workout and meet new friends! Classes are designed to put little stress on your joints and are appropriate for all fitness levels. A chair is optional in all AOA Club classes. Please see website for full schedules online: WaterburyYMCA.org.

YOUTH DEVELOPMENT

SCHOOL READINESS PROGRAM AT THE YMCA

Full day program for ages 3-5. Enriching program includes daily breakfast, lunch and snack, as well as swimming and other physical activities. Children must be turning 3 years old by December 31st to enroll. Please contact Stephanie Maldonado, Family Engagement Specialist, at x126 for more information.

WATERBURY BEFORE & AFTER SCHOOL CHILDCARE

The Y has working parents covered! Quality before and after care for busy families. Includes snack and homework time; transportation offered at some sites. Fall 2018 registration is now open. For more information please contact our School Age Childcare Director, Jesse, at jknaple@waterburymca.org.

CHASE SCHOOL: 2:30 PM – 6:00 PM

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

***NEW 2018* GENERALI SCHOOL: 2:30 PM – 6:00 PM**
Services Generali School – after school only

GILMARTIN SCHOOL: 2:30 PM – 6:00 PM
Services Gilmartin and Hopeville Schools – after school only

TINKER SCHOOL: 2:30 PM – 6:00 PM
Services Tinker School – after school only

YMCA ON-SITE AM: 6:30 AM – 9:00 AM
Services Regan, Kingsbury, Bucks Hill, Driggs, Maloney, Bunker Hill, Rotella and Brass City Charter

YMCA ON-SITE PM: 2:30 PM – 6:00 PM
Services Driggs, Reed & Duggan, Regan, Bucks Hill, Maloney, Kingsbury, Wendell Cross, Carrington, Bunker Hill, Brass City Charter & Wilson

WATERTOWN BEFORE & AFTER SCHOOL CHILDCARE
We've got our busy Watertown families covered with our quality before and after school programs. Includes snack, homework assistance, physical activity, and more! Fall 2018 registration is open, so be sure to grab a spot before they fill up! For more information, please contact our Outdoor Center Program Director, Laura, at lmurphy@waterburymca.org a spot before they fill up!

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

LEADERS CLUB | FREE

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. 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.

Wednesdays 5:00 PM – 7:30 PM

YOUTH AND GOVERNMENT

Teens learn by doing and have the opportunity to try their hand at leadership in an open and receptive learning environment. YAG members meet throughout the year to discuss and debate issues that affect them and to propose possible legislation to make state government more efficient. The program culminates with the teens serving as delegates at the CT state conference, debating bills on the floor of the legislature. For more information contact Dazure at 203-754-9622 x 162 or dprado@waterburymca.org.

YOUTH SPORTS

SPORTS SPECTACULAR

An introduction to team sports for children ages 2 & 3 with their parents. This program will cover the basics of soccer, kickball, t-ball, and basketball, with an emphasis on gross motor development and teamwork! This program provides fun, active time for parents and children!

- **Day/Time:** Sat, 9:30 AM – 10:15 AM
- Age: 2-3 yrs with an adult partner
- Fee: \$45 (FREE for family memberships)
- Program Length: 7 weeks

BASKETBALL BUDDIES

This program is an introduction to the game of basketball and is strictly instructional. We will be teaching the basics of dribbling, passing, shooting and defense. This program is only for 3 year olds and they **MUST** have an adult partner. We have shorter hoops and smaller basketballs to make learning easier for the youngsters.

- **Day/Time:** Sat, 10:15 AM – 11:00 AM
- Age: 3 yr old w/adult partner
- Fee: \$45 (FREE for family memberships)
- Program Length: 7 weeks

PEE WEE BASKETBALL

This program continues to develop player skill with the addition of learning fair play values, sportsmanship and basic team concepts.

- **Day/Time:** Sat, 11:15 AM – 12:00 PM
- Age: 4-5 yrs
- Fee: \$45 (FREE for family memberships)
- Program Length: 7 weeks

ROOKIES BASKETBALL

This program works on developing more advanced skills and techniques. Participants will begin to start playing actual games midway through the session. Game-play, teamwork and sportsmanship will be emphasized.

- **Day/Time:** Sat, 12:00 PM – 1:00 PM
- Age: 6-7 yrs
- Fee: \$45 (FREE for family memberships)
- Program Length: 7 weeks

GAME TIME HOOPS

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

- **Practice Day/Time:** Tues/Thurs, 5:00 PM – 6:00 PM
- Fee: \$45 (FREE for family memberships)
- Program Length: 7 weeks

8-11 yrs Game Schedule

Saturday	1:00 PM – 2:00 PM	Beginners
Saturday	1:00 PM – 2:00 PM	Intermediate

12-15 yrs Game Schedule

Saturday	1:00 PM – 2:00 PM
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SKILLS AND DRILLS

Didn't make your school's basketball team, or just want to improve your skill set? Well, you now have the opportunity to do so with the Y! Skills and Drills is a program designed to help you improve your game. With this program, you will work on advanced skill sets with some physical training. There will be one-on-one instruction in a group setting. Remember, there is always room for improvement.

- **Day/Time:** Wed, 5:00 PM – 6:00 PM
- Age: 14-17 yrs
- Fee: \$40 Members | \$45 Non-members
- Program Length: 7 weeks

AQUATICS

Building safe and confident swimmers

Swim Lessons: Our swim lessons are designed to enhance and develop swimming skills, learn a valuable life lesson, build confidence and teach about water safety. The Y's goal is not only to develop strong swimming skills, but for participants to learn the valuable safety and rescue skills that will enable them to enjoy water activities for the rest of their lives.

SWIM STARTERS 6 MONTHS – 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	10:35 AM – 11:05 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.

Monday	4:30 PM – 5:00 PM
Tuesday	4:30 PM – 5:00 PM
Thursday	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	12:30 PM – 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
Friday	5:00 PM – 5:40 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	5:40 PM – 6:20 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	6:20 PM – 7:00 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.

Fridays 5:00 PM – 5:40 PM

STAGE 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Fridays 5:00 PM – 5:40 PM

STAGE 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Fridays 5:40 PM – 6:20 PM

STAGE 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Fridays 6:20 PM – 7:00 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: \$45 (\$55 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: \$45 (\$55 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.

Monday	8:15 AM – 9:00 AM
Wednesday	8:15 AM – 9:00 AM
Friday	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.

Monday	10:00 AM – 10:45 AM
Wednesday	10:00 AM – 10:45 AM
Friday	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.

Tuesday	7:00 PM – 8:00 PM
AND Thursday	7:00 PM – 8:00 PM

RED CROSS LIFEGUARDING CLASS

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

Classes begin September 18th and run for 11 weeks. A schedule with exact class times are available at sign up. Attendance for all classes is mandatory, no exceptions!

Day/Time: Tuesdays, 5:30 PM – 8:30 PM
Pre-course: Sept. 18th 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 September 25, 2018. Participants must be pre-registered by September 4, 2018.

BARRACUDA 2018-2019 WINTER SWIM TEAM

The season runs from Sept. – end of Feb. This is an age group swim team. USA swim meets and YMCA duel swim meets are part of the program. Practice groups are based on swimmers ability. High School Girls ONLY. May register in Nov.

Tryouts: Sept. 11th 5:00 PM – 6:00 PM and Sept. 12th 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. 17th

Senior Level: \$1,000/season, **Junior Level:** \$780/season, **Age Group:** \$650/season, **Brass:** \$500/season, **High School Swimmers:** \$550/season* (must be participating in High School swim team.)

EXERCISE & SWIM PROGRAM (AGE 60 AND UP)

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

Tuesdays & Fridays

Small Pool 11:00 AM – 11:45 AM

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 organizations, 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 adubois@waterburryymca.org for more information.

HALLOWEEN CARNIVAL AT CAMP MATAUCHA

Wednesday, October 24th, 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.

BONFIRE YOGA | FREE FOR ALL

Enjoy yoga by firelight in a beautiful waterfront setting throughout October at YMCA Camp Mataucha. 270 Smith Pond Road in Watertown. Bring bug spray and light sweatshirt for cool evenings.

Thursdays 7:00 PM – 8:00 PM

BIRTHDAY PARTIES!

PARTIES AT THE OUTDOOR CENTER AT CAMP MATAUCHA

Did you know the Y has fun and affordable birthday party options for members and non-members? Parties range in price from \$250 – \$275 for 3 hours of birthday fun at the Outdoor Center. Call us to reserve your party today! Use our pavilions and field as a place to host your child's birthday party. Each theme has its own pavilion and comes with staff that assist participants in the specialty area.

Families Can Enjoy:

- Rock Climbing Birthday Party
- Archery Birthday Party
- Boating Birthday Party
- Or create your own theme

POOL 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 1–3 PM, Saturdays only. For more information contact Patti at 203.754.9622 x112.

YOUTH SPORTS PARTIES

Members: \$150 | Non-members: \$175

Sports themed birthday parties for kids 2–12 years old. Price includes 1 hour of gym time and 45 minutes in the party room. Max. 25 people. Parties start with 30 min. of open play, and then transition into group games. Contact Dazure at 203-754-9622 x 162 for details.