



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

DISCOVER MORE THAN ONE WAY TO ENERGIZE SESSION 3 PROGRAM OFFERINGS AND INFORMATION



SESSION PROGRAM DATES:
April 23rd - June 10th

MEMBER REGISTRATION:
Begins April 9th

GENERAL REGISTRATION:
Begins April 16th

UPCOMING SPECIAL EVENTS:

Give Local Greater Waterbury

April 24th & 25th. Support the Y during a 36 hour community-wide fundraising event. Give to the Y and help amplify your community impact!

Healthy Kids Day

Sun, April 29th, 12:30 PM - 3:00 PM. **FREE** for the community! Swimming, Rock climbing, yoga and more!

37th Annual Golf Tournament

Tues, July 24th, 2018. Contact Paula for more info: plabonte@waterburymca.org.

Race4Chase 2018

Sat, Aug. 4th. **FREE** youth triathlon training program. Applications available online and at the Front Desk. Due April 14th.

REGISTER NOW FOR YMCA SUMMER CAMP!

YMCA Camp Mataucha Preview Week:

June 25th - June 29th, session one starts July 2nd!

YMCA Camp Oakasha Begins On:

Session one starts June 25th!

Get the kids OUTSIDE this summer - financial assistance available!



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

LIVESTRONG AT THE YMCA | FREE

Do you know a cancer survivor who could benefit from a free 12-week exercise and support program? Someone who needs help getting back to their normal life after treatment? Then this is the program for them! (Survivors may also participate during treatment). Our summer session begins Tues, May 15th. Participants are given structured workouts to follow in a group setting with other survivors, and they are always under the guidance of at least two LIVESTRONG at the YMCA instructors. You'll even get to measure your improvement thanks to our pre and post assessments! To see if this program is a good fit for you, 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

TRIATHLON CLUB

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

Our triathlon club kicked off in March, but it's not too late to join us and have an amazing summer working out and racing with great people. Our outdoor bike rides begin April 24th. We also swim (in the pool and at Lake Quassapaug), run together and have fun social events. Join us for our first Brick workout on Sat, May 5th at Lake Waramaugm followed by a BBQ! You can find out more about our friendly and welcoming multi-sport club by calling Meghan Lennon at 203-754-9622, x155.

Y MASTERS SWIMMING

**Members: \$85 | Non-members: \$115
April 30th – June 22nd**

Whether you are a novice or an elite swimmer, our YMCA's Masters Swimming program can improve your competitive spirit and ensure that you will get in the pool on a weekly basis. There are four coach led practices per week (no obligation to be at all four each week) in designated lanes just for the "Masters." The structured class times will provide you with different workouts with a group of people who love the water. Contact Meghan with any questions at mlennon@waterburymca.org

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

Tuesdays & Fridays: 5:30 AM – 6:30 AM

LEVEL 2 RUNNING PROGRAM

Members: \$75 | Non-members: \$95

***NEW this year!** Train for the 7 mile Litchfield Hills Road race! Goal race is Sunday June 10th, and with a 1PM start time, you can be sure to have a lot of fans cheering you on! Over the course of our 10 week training program, you will feel ready and excited to tackle the Litchfield hills! Program consists of three coach led group runs per week. We incorporate hills and speed work into our training, and we will run the actual race course before race day. All group runs leave from the YMCA front steps. Call or email Meghan for more details! 203.754.9622 X155 mlennon@waterburymca.org.

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

First Run: Mon., April 2nd

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 yearlong 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.

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.

EXERCISE AND SWIM PROGRAM (AGE 60 AND UP)

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

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

Tuesdays & Fridays

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

11:00 AM – 11:45 AM Small Pool

Tuesdays & Thursdays

11:00 AM – 11:55 PM Tai Chi

ACTIVE OLDER ADULTS

Members: Free | AOA Club Pass: \$35

Come join the AOA Club to get a great workout and meet new friends! Classes are designed to put little stress on your joints and are appropriate for all fitness levels.

A chair is optional in all AOA Club classes. Please see website for full schedules online: WaterburyYMCA.org.

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.

WATERBURY BEFORE & AFTER SCHOOL CHILDCARE

Our quality before and after school programs are here for busy Waterbury families. Includes snack, homework assistance and physical activity; transportation offered at some sites. Fall 2018 registration for returning families begins April 16th. New registrations begin May 16th. Email: jknaple@waterburymca.org.

CHASE SCHOOL: 2:30 PM – 6:00 PM

Services Chase, Rotella & Hopeville – 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 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 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 for returning families begins April 16th. New family registrations begin May 16th. For more information, please contact our Outdoor Center Program Director, Laura at lmurphy@waterburymca.org.

JUDSON SCHOOL :

7:00 AM – 8:45 AM & 3:00 PM – 5:30 PM

Services Judson - before & after school

TRUMBULL SCHOOL:

7:00 AM – 8:45 AM & 3:00 PM – 5:30 PM

Services Trumbull – before & after school

POLK SCHOOL:

7:00 AM – 8:45 AM & 3:00 PM – 5:30 PM

Services Polk- before & after school

YOUTH SPORTS

SPORTS SPECTACULAR

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

• Day/Time: Sat, 9:30 AM – 10:00 AM

• Age: 2-3 yrs with an adult partner

• Fee: \$45 (**FREE** 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.

- Time: 10:15 AM – 11:00 AM
- Age: 3 yr old w/adult partner
- Fee: \$45 (**FREE** 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** 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** 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.

- Day/Time: Tues/Thurs, 5:00 PM – 6:00 PM
- Fee: \$45 (**FREE** 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

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
Thursday	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
	5:30 PM – 6:00 PM
Wednesday	4:00 PM – 4:30 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
Thursday	6:00 PM – 6:40 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
Wednesday	5:10 PM – 5:50 PM
Thursday	4:00 PM – 4:40 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
Wednesday	4:30 PM – 5:10 PM
Thursday	4:40 PM – 5:20 PM
	5:20 PM – 6:00 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
	6:00 PM – 6:40 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.

Tuesday	6:00 PM – 6:40 PM
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	4:40 PM – 5:20 PM
	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

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

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

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

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

BARRACUDA SUMMER SWIM TEAM IMPORTANT DATES & TIMES:

New Swimmer Tryouts:

Tues, April 24th 5:30 PM - 6:30 PM
Wed, April 25th 5:30 PM - 6:30 PM

Returning Swimmer Registration:

Mon, April 30th 5:00 PM - 7:00 PM
Practice begins for all Week of April 30th

FEES Returning Swimmers:

Senior Level \$650/season
Junior \$525/season
Age Group \$400/season
Brass \$325/season

FEES New Swimmers:

Senior Level \$425/season
Junior \$350/season
Age Group \$275/season
Brass \$225/season

YMCA SUMMER CAMPS

YMCA CAMP MATAUCHA

Camp Mataucha serves children from Waterbury, Watertown, Middlebury, Southbury, Prospect, Naugatuck, Thomaston, Wolcott, Woodbury, Bethlehem, Plymouth, and other surrounding areas. Traditional day camp includes swimming, boating, archery, arts & crafts, group games, low and high ropes, climbing tower, sports, nature, and more! Specialty camps focus on fishing, aquatic activities, mountain biking, survival, performing arts, and social media.

2018 Session Dates:

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

**There will be camp on Wed, July 4th.*

Annual Volunteer Clean-Up

April 14th, 2018 8:00 AM - 12:00 PM
at YMCA Camp Mataucha.

Open House at YMCA Camp Mataucha

May 12th 1:00 PM - 4:00 PM
June 10th 1:00 PM - 4:00 PM

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

YMCA CAMP OAKASHA

Camp Oakasha is happy to celebrate its 22nd Anniversary of quality traditional day camp programming, and serves over 130 children a day from families of Southbury, Middlebury, Woodbury, Oxford, Beacon Falls and surrounding areas. Activities include swimming, boating, archery, climbing tower, arts & crafts, nature, sports, low ropes and much more! One week sessions start June 25th.

Annual Volunteer Clean-Up

Sat, May 5th 9:00 PM - 12:00 PM

Open House at YMCA Camp Oakasha

May 22nd 4:00 PM - 6:00 PM
June 2nd 10:00 AM - 12:00 PM
June 6th 4:00 PM - 6:00 PM

SUMMER SUNSHINE

Program runs June 25th - August 17th and is held at Chase School in Waterbury. Enjoy field trips and weekly swim lessons. Breakfast, lunch and afternoon snack provided. Registration open! Email: jkanaple@waterburymca.org.

**Transportation is not provided.*

Regular Hours 8:00 AM - 5:00 PM: \$155/week
Extended Hours 7:00 AM - 6:00 PM: \$170/week

BIRTHDAY PARTIES!

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
- Swimming Birthday Party
- Or create your own theme

HEALTHY KIDS DAY

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

