



# NAUGATUCK YMCA

## Member News Summer 2010

**Summer Membership Special**

Now through August 1<sup>st</sup>!

Pay by the month:

- Adult: \$50
- 1 Adult with Child: \$55
- Couple: \$58
- Family: \$60
- Young/ Older Adult: \$35.00
- High School: \$25
- College & Military: \$35

Must show proof of ID

Summer Session: Mon. June 28<sup>th</sup>- Sat. August 14<sup>th</sup>  
 Fall Session: Starts Monday September 13<sup>th</sup>  
 Fall Registration begins August 23rd

## That Fun Y Thing

**IT'S BACK!!!**  
**AUGUST 20<sup>th</sup>!**

A community event to promote friendly competition and teambuilding!

To register and for information call Joanie or Cathie.

**Naugatuck YMCA  
Nursery School**

**Unique Program for children ages 3-5. Includes swim and gym program, kindergarten readiness with an emphasis on social skills!**

Registration for the 2010-2011 school year is currently being accepted. Spots available in 3 or 4 day morning class (Wed, Thurs, Fri or Tues, Wed, Thurs, Fri 9-11:30am) or 5 day afternoon (Mon-Fri. 12:30-3:00 pm for children who are 4 by Dec 31, 2010. **Register now, spaces are limited!!**

For more information call Miss Lori at 203-729-9622

**Tiny Tot**

Summer Camp for 3 & 4 year olds. New for 2010!!! August 16<sup>th</sup>-20<sup>th</sup> Call Lori for details.

**Dance Camp**

Ages 2 and Up August 16<sup>th</sup>-20<sup>th</sup> Call Stacy for details.

## Summer Fitness Class Schedule

TIME	MON	TUES	WED	THURS	FRI
7:00 am	Cardio Circuit-e	Cardio Circuit-e	Cardio Circuit-e	Cardio Circuit-e	
7:30 am	Aquasize-p		Aquasize-p		
8:00 am		Aquasize-p		Aquasize-p	
8:30 am	Silver Sneakers-e Deep water-p		Silver Sneakers-e Deep water-p		Aquatic Master Class-p
9:00 am				Y Workout-e	
9:15 am		Y Workout-e			Yoga-d
9:30 am	Aquasize-p Yoga-n		Aquasize-p		
9:45 am	Walk it off-o		Walk it off-o		
10:15am		Tai Chi-e			
10:00 am	Arthritis-p	Arthritis-p	Arthritis-p	Arthritis-p	Arthritis-p
5:15 pm		Strength Training- e		Strength Training-e	
5:30 pm	Aquafit-p		Aquafit-p Zumba-e*	Aquafit-p	
6:00 pm	Bootcamp-c	Kickboxing-c			
6:30 pm	Aquasize-p	Aquasize-p	Aquasize-p	Aquasize-p	
7:00 pm		Linedancing-e*			

Summer Session:  
Monday June 28<sup>th</sup>-  
Saturday August 14<sup>th</sup>.

Fall Session starts  
Monday September 13<sup>th</sup>

### SPECIAL NOTES:

e-exercise room  
p-pool  
b-boxing room  
n-nursery  
o-outside  
d-downstairs

**ALL PARTICIPANTS  
MUST REGISTER  
WITH THE FRONT  
DESK EACH  
SESSION.**

(Classes may be cancelled do to low registration- 6 person minimum per class)

**FITNESS CLASS FEES (7 WEEK SESSION): THERE IS A WEEK BREAK IN BETWEEN EACH SESSION FOR MAKE UP!**  
**3 Day Classes: Full Members-free /Program Members \$135**  
**2 Day Classes: Full Members-free/ Program Members \$90**  
**1 Day Class: Full Members -free / Program Members \$45**  
 Drop in \$9.00 per class (Maximum 3 times per session/per class)

### PROGRAMS BY APPOINTMENT (Call to schedule)

Racquetball: full members free/ guest pass \$9  
 Workout Center orientations: (full members only) free  
 Nutrition Counseling: (members only) full \$25, program \$50  
 Fitness Testing: (members only), full \$15, program \$20  
 Personal Training: (members only), full \$25, program \$50

# Linedancing

**New Class!!**

**With Joann Brown**

Tuesday Evenings  
7:00-8:30 pm

June 29<sup>th</sup>-August 17<sup>th</sup>

\$20 Members  
\$55 Program Members  
\$75 Non Members



## Men's Open Summer Basketball League

Season begins June 21<sup>st</sup>  
4 on 4 Format  
Call Joanie for details.



## Young Adult Men's Basketball League

Ages 17-21, 4 on 4 Format, 8 Man Roster, Season begins June 21<sup>st</sup>.  
Call Joanie for details.

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# Summer Pool Schedule June 21-August 14, 2010

TIME	MON	TUES	WED	THURS	FRI	SAI
6:00-8:00	ADULT	ADULT	ADULT	ADULT	ADULT	Opens 7Am-ADULT
7:30-8:30	Aquasize	ADULT	Aquasize	ADULT	ADULT	ADULT
8:00-8:30	Auasize	AQUASIZE	Aquasize	AQUASIZE	ADULT	ADULT
8:30-9:00	Deep H20	AQUASIZE	Deep H20	AQUASIZE	Aquatic Master	ADULT-Lessons
9:00-9:30	Aquasize	PARENT CHILD PIKE /-EEL/-RAY -1 LANE	Aquasize	PARENT CHILD / PIKE /-EEL/-RAY /1 LANE	Aquatic Master	PARENT CHILD-PIKE/ EEL
9:30-10:00	Aquasize	POLIWOOG, GUPPY,FISH MINNOW,-1 LANE	Aquasize	POLIWOOG, GUPPY,FISH MINNOW,-1 LANE	Aquatic Master	Polliwog, Guppy, Minnow- No lap
10:00-11:00	Warm Water Ex NO LAP	Warm Water Ex NO LAP	Warm Water Ex NO LAP	Warm Water Ex NO LAP	Warm Water Ex NO LAP	10:15 FISH, POLLIWOOG, FL (FL-FISH-SHARK)
11:00-12:00	CAMP- 3 LANES	CAMP- 3 LANES	CAMP- 3 LANES	CAMP- 3 LANES	CAMP- 3 LANES	11:00 - Pike, Eel, Ray -No Lap
12:00-12:30	ADULT/ FAMILY	ADULT/ FAMILY	ADULT/ FAMILY	ADULT /FAMILY	ADULT/ FAMILY	11:30-2:30: FAMILY
12:30-4:00	CAMP-1 LANE	CAMP--1 LANE	CAMP--1 LANE	POOL CLOSED 12:30-2:30 OPEN SWIM 2:30-4:00	CAMP-1 LANE	
3:30-4:30	OPEN	4:00-(2)PIKE	OPEN	4:15 GUPPY /MIN-FISH POLLIWOOG/ NO LAP	OPEN	
4:30-5:00	OPEN	RAY//EEL/ Starfish No lap	OPEN	Swim lessons cont	OPEN	
5:00-5:30	OPEN	5:00-Polliwog/ Guppy/Minnow No Lap	OPEN	PIKE/EEL/RAY- NO LAP	PARENT/ CHILD Ray-Starfish	
5:30-6:00	Aquafit	5:45-6:30 / Fish/ FL-Fish/Shark/ NO LAP	Aquafit	Aquafit	EEL/PIKE/Polliwog/NO LAP	
6:00-6:30	Aquafit		Aquafit	Aquafit	Guppy, Minnow Fish-Flfish	
6:30-7:00	AQUASIZE	AQUASIZE	AQUASIZE	AQUASIZE	6:45 Family	
7:00-7:30	AQUASIZE	AQUASIZE	AQUASIZE	AQUASIZE	Family	
7:30-8:00	FAMILY	ADULT /Scuba	FAMILY	ADULT		

## Summer "Refresher" Competitive Swim Clinic

Sunday, August 15  
1:00-3:00 PM  
Fee: \$30

\*Must be a Swim Team Member ages 6-14 years.

## Summer Swim Lessons

Swim lessons run in sessions, choose from once a week for 7 weeks or twice a week for 3 ½ weeks.

See pool schedule for availability.

## SCUBA



Start Date: When minimum enrollment is reached.

Total Cost: \$390.00

Poscidon Divers will conduct a Scuba Divers Course. With successful completion, a certification will be issued through NAUI (National Association of Underwater Instructors).

The course will be six weeks in duration. Classroom and pool sessions will be held at the Naugatuck YMCA on Tuesdays from 6PM to 9PM. Students must be at least 12 years old to participate. All students under the age of 18 years old must have a parent present to the first session to sign paperwork. A medical history information form must be completed as part of the application process. Students must have or purchase their own mask, fins, snorkel, wet suit boots, and mouthpiece for regulators. Students must visit the sponsoring dive shop once, either before or during the course. One weekend will be required for open water training dives. All course materials and scuba equipment will be provided by the dive shop. The dive shop we will be using is: Divers Cove, 7 Essex Plaza, Essex, CT

\*No Refunds after the 3<sup>rd</sup> week. If someone is unable to complete the class, they will be rescheduled into a new class at no charge.



**YMCA  
Hours of  
Operation**

**Summer Facility Hours**

**June 1-September 11, 2010**

Monday-Friday 5:30am-8:30pm

Saturdays\* 7:00am-3:00pm

Sundays Closed

**Pool Hours**

Monday-Friday 6:00 am-8:00 pm

Saturdays\* 7:00 am-2:30 pm

\* Saturdays are subject to change based on participation and attendance.

**Hours subject to change.  
Call for availability!**

**Naugatuck YMCA  
Summer Camp**

The Naugatuck YMCA's summer camp is designed to provide your child ages 5-11 with a variety of new experiences and opportunities to interact positively with others. The program strives to provide appropriate activities for a variety of ages and interests. Camp is licensed by the State of Connecticut and conducted in a supervised and safe environment. Each week will feature a themed activity, swim, crafts, games and a field trip.

The YMCA has an Open Door policy for those who qualify.

Reduced rates are based on family income.



**It's Fun to  
camp at the  
YMCA!**

**8 Weekly  
Sessions  
June 21-  
August 13  
Choose  
your  
weeks!**



Part time Camp is also available.  
Call Karen Lineweber for more  
information: 203-729-9622



**NAUGATUCK YMCA  
284 Church St.  
Naugatuck, CT 06770  
203-729-9622  
www.naugatuckymca.org**

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Return Service Requested

Vision Statement: Your community leader for family resources.  
Mission Statement: The YMCA, a character building membership association, serves the community by providing programs that enrich the spirit, mind and body.