

YMCA
HOURS OF
OPERATION



Summer Facility Hours

July 5th-September 3rd, 2011

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

Sundays Closed

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

Hours subject to change.

Call for availability!

Upcoming Y Fundraisers & Events

WATCH FOR THE FOLLOWING...

SUMMER RAFFLE

THAT FUN Y THING AUGUST 2011

COMEDY NIGHT SEPTEMBER 2011

LADIES NIGHT FALL 2011

ANNUAL LIVE + SILENT AUCTION
NOVEMBER 2011



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

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



NAUGATUCK YMCA

Member News **SUMMER** 2011

Summer Session: Mon. June 28th- Sat. August 14th

Fall Session: September 12- October 29th

Fall Registration begins August 22nd

That Fun Y Thing Friday, August 19th!

*A community event to promote
friendly competition and
teambuilding!*

To register or for information call Joanie or Cathie.

Naui Open Water Scuba Diving Course

Run by Poseidon Divers

Starting in June- 7 week session-Tuesday Nights 6-9pm

Cost: \$400 Members, \$420 NonMembers. Includes 6 classes at the Y, 2 days Fresh and Salt Water dives (use of open water gear for those 2 days), text books, worksheets and DVD, rental use of all scuba equipment, fitting for equipment at dive shop Essex.

Summer MEMBERSHIP SPECIAL

Now through August 1st!

Adults: \$50

1 Adult with Child: \$55

Couple: \$58

Family: \$60

Young/Older Adult: \$35

High School: \$25

College & Military: \$35

Pay by
the
month!

Must show
photo ID

Naugatuck YMCA Summer Camp

8 Weekly Sessions July 5th-August 26th

The Naugatuck YMCA's summer camp is designed to provide children 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.

Part time camp is also available. Call Karen Lineweber for details. 203-729-9622

YMCA Nursery School

Unique Program for children ages 3-5.

Registration for the 2011-2012 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 12:30-3pm) for children who are 4 by Dec. 31, 2011.

Register now, spaces are limited!

Includes swim and gym program and kindergarten readiness with an emphasis on social skills!

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

All classes are subject to cancellation due to low enrollment/ summer scheduling.

Summer Fitness Schedule

ALL PARTICIPANTS MUST REGISTER WITH THE FRONT DESK EACH SESSION
* THESE CLASSES REQUIRE ADDITIONAL FEE

Summer Session:
Mon June 27th-
Sat Aug 14th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am	SilverSneakers® Cardio Circuit-e	SilverSneakers® Cardio Circuit-e	SilverSneakers® Cardio Circuit-e	SilverSneakers® Cardio Circuit-e	
7:30 am	Aquasize-p		Aquasize-p		
8:00 am		Aquasize-p		Aquasize-p	
8:30 am	SilverSneakers® Muscular Strength & Range of Movement Deep Water-p		SilverSneakers® Muscular Strength & Range of Movement Deep water-p		
9:00 am	Aquasize-p		Aquasize-p		
9:15 am		Y Workout-e		Y Workout-e	Yoga-d
9:30 am	Gentle Yoga-e				
9:45 am	Walk it off-o		Walk it off-o		
10:15am		Tai Chi-e			
10:00 am	Warm Water Exercise-p	Warm Water Exercise-p	Warm Water Exercise-p	Warm Water Exercise-p	Warm Water Exercise-p
5:00 pm			Zumba Gold-e*		
5:15 pm		Strength Training- e		Strength Training-e	
5:30 pm	Aquafit-p Bootcamp-e		Aquafit-p	Aquafit-p	
6:00 pm		Kickboxing-e	Zumba-e*	Tai Boxing-e*	
6:30 pm	Aquasize-p	Aquasize-p	Aquasize-p	Aquasize-p	
7:15 pm				Linedancing-e*	

FITNESS CLASS FEES (7 WEEK SESSION); THERE IS A WEEK BREAK IN BETWEEN EACH SESSIONS 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



Men's Open Summer Basketball League
For ages 18 and older
Season begins June 20th
4 on 4 Format
Call Joanie for details.

YMCA SUMMER POOL SCHEDULE

July 5, 2011-September 3, 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-8:00	ADULT	ADULT	ADULT	ADULT	ADULT	OPEN AT 7:00AM ADULT
7:30-8:30	AQUASIZE	ADULT	AQUASIZE	ADULT	ADULT	ADULT
8:00-8:30	AQUASIZE	AQUASIZE	AQUASIZE	AQUASIZE	ADULT	ADULT
8:30-9:00	DEEP H2O	AQUASIZE	DEEP H2O	AQUASIZE	ADULT	ADULT LESSONS-8:15AM
9:00-9:30	AQUASIZE	SWIM LESSONS PARENT/CHILD PIKE/EEL/RAY 1 LANE AVAILABLE	AQUASIZE	SWIM LESSONS PARENT/CHILD PIKE/EEL/RAY 1 LANE AVAILABLE	ADULT	SWIM LESSONS PARENT/CHILD/PIKE/EEL NO LAP
9:30-10:00	AQUASIZE	SWIM LESSONS POLLWOG/GUPPY/ FISH/MINNOW 1 LANE AVAILABLE	AQUASIZE	SWIM LESSONS POLLWOG/GUPPY/ FISH/MINNOW 1 LANE AVAILABLE	SWIM LESSONS PARENT/CHILD	SWIM LESSONS POLLWOG/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	SWIM LESSONS 10:15 FISH/POLLWOG/FL FISH/SHARK NO LAP
11:00-12:00	CAMP- 3 LANES	CAMP- 3 LANES	CAMP- 3 LANES	CAMP- 3 LANES	CAMP- 3 LANES	SWIM LESSONS PIKE/EEL/RAY NO LAP
12:00-12:30	ADULT/FAMILY	ADULT/ FAMILY	ADULT / FAMILY	ADULT /FAMILY	ADULT/ FAMILY	11:30-2:00- 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	
4:00-4:30	OPEN	SWIM LESSONS PIKE NO LAP	OPEN	SWIM LESSONS 4:15 GUPPY/MINNOW/FISH/ POLLWOG NO LAP	OPEN	
4:30-5:00	OPEN	SWIM LESSONS RAY/EEL/STARFISH NO LAP	OPEN	SWIM LESSONS CONTINUED GUPPY/MINNOW/FISH/ POLLWOG NO LAP	OPEN	
5:00-5:30	OPEN	SWIM LESSONS POLLWOG/GUPPY/ MINNOW NO LAP	OPEN	SWIM LESSONS PIKE/EEL/RAY NO LAP	SWIM LESSONS PARENT/CHILD/RAY/ STARFISH NO LAP	
5:30-6:00	AQUAFIT FAMILY	SWIM LESSONS 5:45 FISH/FL FISH/ SHARKS NO LAP	AQUAFIT FAMILY	AQUAFIT FAMILY	SWIM LESSONS EEL/PIKE/POLLWOG NO LAP	
6:00-6:30	AQUAFIT FAMILY	SWIM LESSONS CONTINUED FISH/FL FISH/ SHARKS NO LAP	AQUAFIT FAMILY	AQUAFIT FAMILY	SWIM LESSONS GUPPY/MINNOW/FISH/FL FISH NO LAP	
6:30-7:00	FAMILY	AQUASIZE	FAMILY	AQUASIZE	6:45 FAMILY	
7:00-7:30	FAMILY	AQUASIZE	FAMILY	AQUASIZE	FAMILY	
7:30-8:00	FAMILY	ADULT /SCUBA	FAMILY	FAMILY	FAMILY	

There is no lap swim ONLY if it says no lap
Children are allowed in pool during Open and Family times ONLY
This schedule is subject to change.