



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA



**WE ARE MORE
THAN JUST A GYM**

**2019 FALL & WINTER
PROGRAM GUIDE**

HERE FOR YOU

NAUGATUCK YMCA
P: 203.729.9622 F: 203.723.0083
E: naugatuckymca@yahoo.com
W: www.naugatuckymca.org

FACILITY HOURS
Mon-Fri 5:30am-9pm
Saturday 7am-4pm
Sunday (Beginning Nov 10th) 10am-3pm

CHILD WATCH HOURS
** Available by appointment only.
**Must call to schedule 24 hours in advance.
Mon-Fri 9am-12pm/ 5pm-8pm
Sat 8am-11am

PROGRAM REGISTRATION

FALL 1 SESSION

Registration opens Sept 9th—
Programming begins Sept 30th

WINTER 1 SESSION

Registration opens November 4th—
Programming begins November 25th

WINTER 2 SESSION

Registration opens December 23rd—
Programming begins January 20th

LITTLE PAL BASKETBALL

Registration October 1st-15th, 2019

TRIANO-ROSSI YOUTH BOXING

Registration Begins November 1st, 2019

MEMBERSHIP FOR ALL

Open Doors applications are available at the front desk or on our website for scholarship discounts.

Please contact our Membership office for more information.

FAMILY MEMBERSHIPS

- Open/ Family Swim times
- Child Watch Hours
- 15 year olds can participate in Group Fitness Classes
- 12+ year olds can use the Cardio, Life Fitness, Pool and basketball court without a guardian present
- Coming soon! Saturday morning Family workout classes

NEW TEEN MEMBERSHIPS

- Youth 12 years old and up can use the Cardio, Life Fitness, Pool and Basketball courts without guardian supervision.



**WE ARE MORE
THAN JUST A GYM**

HEALTHY LIVING

GROUP EXERCISE CLASSES

EVENING YOGA

Come strengthen the body and relax the mind after a hard days work.

Tuesdays 6:15pm

AERIAL YOGA

Take flight and defy gravity while receiving a total body workout. Aerial Yoga helps to reduce stress on the joints and spine while improving posture, flexibility, and overall body strength.

Saturdays 10:30am

SPINNING

A non-impact, intense class that focuses on building cardiovascular strength and endurance. Taught on a stationary bike, you will climb, sprint, and train hard while listening to incredible music and motivating instructors.

Tuesdays 5:30pm

Thursdays 5:30am & 5:45pm

Saturdays 8:00am

VIRTUAL SPIN

Spin on your own to a video on the TV.

Monday - Friday 12:15pm

Monday 6:30pm & Wednesday 5:30pm

EXTREME POWER PUMP

Looking for a challenge? This class is a cardio and strength class which is a step up from Boot Camp.

Monday 5:30pm

BOOT CAMP

Boot camp class is an energetic and high intensity workout that is always changing. Some boot camp classes use no equipment, while others integrate more equipment. Boot camp focuses on cardio and strengthening exercises such as running, burpees, pushups and more. Whatever workout your instructor has planned, each exercise can be modified and you will be guaranteed a great workout.

Wednesdays 5:30pm



MONDAY MORNING MIX UP & Y FIT

A variety of moves that can build, tone and shape your body. This class focuses on improving endurance, and strength training to tone muscles.

Mondays 5:45am

Wednesdays 5:45am

STRICTLY STRENGTH

A total body strength training session that uses a variety of weights and other strength training equipment. This multi-level class is for anyone who wants to develop muscular strength and endurance. Your workout will challenge every major muscle.

Fridays 5:30am

CARDIO STEP & STRENGTH

This class will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy.

Tuesdays 5:30pm

INSANITY LIVE

A cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of cardio & strength.

Thursdays 5:30pm

HEALTHY LIVING

ACTIVE OLDER ADULT MEMBERSHIPS

Did you know that your insurance company may cover a portion or all of your membership dues?

Check with our Membership staff for more information.

AQUATONE, AQUAFIT & AQUA SAMPLER

Splash your way into shape with a low impact aquatic exercise. A refreshing workout with cardio conditioning and body-toning.

Mondays 8:30am, 5:30pm* & 6:30pm*

Tuesdays 8:00am & 6:30pm

Wednesdays 8:30am & 5:30pm*

Thursdays 8:00am, 5:30pm* & 6:30pm

Fridays 9am

(*indicates volunteer led classes)

WARM WATER EXERCISE

Get your body moving in this peer led class in the pool.

Mon, Tues, Wed & Fri 10:00am

Thursdays 9:30am

SILVER SNEAKERS CARDIO

Have fun and move to music through a variety of exercises designed to increase muscular strength and range of movement. Hand held weights, elastics with handles, and a ball are used for resistance. A chair is used for standing and/or seated support.

Mondays & Wednesdays 8:30am

ENHANCED FITNESS

Enhance® Fitness is a community-based fitness & arthritis management program. Consisting of low-impact exercises, classes are safe and challenging for adults of all ages and fitness levels. Focuses on cardiovascular endurance, strength, balance, and flexibility.

Mondays, Wednesdays & Fridays 9:30am

Y WORKOUT

Increase your cardiovascular & muscle endurance with non-impact exercises combined with an upper body workout using weights & resistance bands. For beginners & older adults.

Tuesdays & Thursdays 9:30am

Saturdays 8:30am



AQUA STEP

Step up and down in this pool workout step class. Working with an instructor, you get a great cardio and leg workout in the pool.

Wednesdays 6:30pm

CHAIR YOGA WITH WEIGHTS

Yoga is known to increase flexibility, improve endurance and reduce stress. Guided poses and focus on controlled, mindful breathing will help participants find balance.

Tuesdays 8:30am

MINDFUL MORNING YOGA

A gentle yoga class focusing on being mindful with our bodies as we learn basic yoga postures and breathing techniques. Great for beginners or for those who need a refreshing Monday morning pick me up.

Mondays 9:30am

MIXED LEVEL YOGA

Increase strength, flexibility and balance through yoga. Classes will include breathing techniques and modifications to suit different needs. All levels welcome.

Fridays 9:30am

YOUTH DEVELOPMENT

YMCA PRESCHOOL PROGRAM

The YMCA Preschool is a NAEYC accredited and state licensed program that creates a comfortable, safe, nurturing, and secure environment that allows each child to develop his/her sense of self.

We build their self-esteem, sense of belonging, and a sense of accomplishment while promoting the physical, social, emotional, and intellectual development appropriate to each child's age and development.

Our program is an official CACFP site and offers daily breakfast, lunch, and afternoon snack.

The Naugatuck YMCA Preschool program operates from 7 a.m. to 6 p.m. at our Church Street location.

The program is open to children ages 3 years to 5 years old. Children must be 3 years old by December 31.

We are full day, full year School Readiness program. Tuition is based on a sliding scale for all families.



BEFORE & AFTER SCHOOL

We serve the community by providing proven, safe, quality childcare for all children ages 5 through 12 enrolled in one of the Naugatuck schools. The program creates a comfortable, secure environment that allows each child to develop his/her sense of self-esteem, sense of belonging, and a sense of accomplishment.

This program permits children to choose some of their daily activities. It is designed to be a comprehensive childcare program based upon the fundamental factor of positive child development relative to physical, social and emotional growth. This before and after school program is for grades K-8 (age 12). It is fully licensed by the State of CT. Bus transportation is provided to and from the schools.

The student must have a membership to the Naugatuck YMCA

Before care	Mon-Fri	7:00a.m. until school begins
After care	Mon-Fri	Dismissal until 6:00 p.m.

VACATION DAYS & HOLIDAY CHILD CARE

School vacations and Holiday care are available for an additional fee and run from 7:00 a.m. until 6:00 p.m.

Quality care at a reasonable cost. We are a participating Care 4 kids provider. Financial assistance available for those who qualify.

Bus transportation provided for the local schools.

We accept continuous enrollment on a space available basis.

YOUTH DEVELOPMENT

GYMNASTICS

TINY TUMBLERS

Beginners learn the proper techniques for cartwheels, handstands, forward rolls, and straddle rolls.

Ages 3 & 4

Monday Nights 5:30pm

7 Week Sessions

TUMBLING TIGERS (BEGINNER)

Learn the proper techniques for cartwheels, headstands, and forward rolls. Introduced to round offs, bridge back overs, and balance beam.

Ages 5-15

Monday Nights 6:00pm

7 Week Sessions

FLIPPING FROGS (ADVANCED BEGINNER)

Students should know how to do a cartwheel, handstand and forward rolls. Will advance to begin working on cartwheels and handstands on the balance beam.

Ages 5-15

Monday Nights 6:45pm

7 Week Sessions



DANCE

DANCE WITH ME 1

A great introduction to ballet and jazz while dance steps and music while learning the basic steps of these forms of dance.

Ages 3 & 4

Monday Nights, September 30th 5:30-6pm

7 Week Session



DANCE WITH ME 2

For beginner and intermediate dancers. Children will learn steps for ballet and jazz. They will also listen to all types of music that is appropriate for their age level.

Ages 5 & 6

Monday Nights, September 30th 6:10-7pm

7 Week Session

DANCE WITH ME 3

For the beginner, intermediate and advanced dancer. The children will learn a combination of steps from beginner to more advanced for ballet and jazz.

Ages 7+

Monday Nights, September 30th 7:10-8pm

7 Week Session

YOUTH DEVELOPMENT

LITTLE BALLERS BASKETBALL **SKILLS, DRILLS & FUN!**

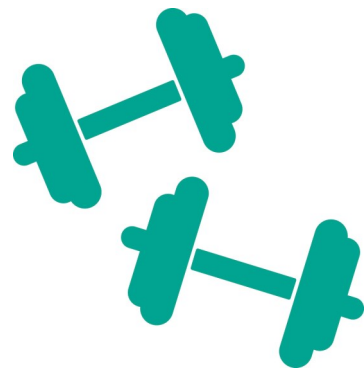
Girls and Boys ages 5-9 years old. Participants will learn the basic rules and fundamentals of the game. Players will practice dribbling, passing, shooting, learn the rules of the game, and most of all HAVE FUN! ***LIMITED ENROLLMENT***

Ages 5-9

Begins: Thursday Sept 19th

5-7 year olds 6:15-7pm (lower hoops)/ 8-9 year olds 7-7:45pm

6 Week Session



YOUTH STRENGTH & AGILITY CLASS

Weekly training that focuses on developing athletic skills through age appropriate strength training exercises, agility drills and speed work. Training will be focusing on continued learning and conditioning for the participant to get ready for an upcoming season, first time tryouts, and/ or "next level" of their sport.

Ages 7-14

Begins: Tuesday October 1st

7-9 year olds 6pm/ 10-14 year olds 7pm

7 Week Session

LITTLE PAL BASKETBALL LEAGUE

Winter Basketball League with practices 1 night per week & 1 game per week on Saturdays.

7/8 Boys, Jr Boys (9-10 yo), Sr Boys (11-13 yo)

Jr Girls (7-9 yo), Sr Girls (10-13 yo)

Sr Girls games are on Thursday nights at Hillside.

Ages 7-13 * (13 prior to Dec 31, 2019)

League Runs December—March*

Practices begin in November

*** REGISTRATION BEGINS OCT 1st-15th**

*** LIMITED ENROLLMENT**



TRIANO-ROSSI YOUTH BOXING PROGRAM

Kids learn the fundamentals of boxing, discipline, and good sportsmanship as they benefit both mentally and physically. They gain a sense of self confidence and self control.

Program ends with the Golden Gloves Boxing Tournament in April.

Ages 5-13

Wednesday Nights 5-6pm

December 4th —April 4, 2020

*** REGISTRATION BEGINS NOVEMBER 1st**

*** LIMITED ENROLLMENT**



YOUTH DEVELOPMENT

TINY TOTS SPORTS PROGRAM

TINY TOTS SOCCER

Tiny Tots Soccer is an instructional class which will develop the player's motor & basic soccer skills. Skills such as dribbling, shooting, & passing will be taught through fun interactive games.

Ages 3-5

Begins: Saturday, September 21st - 9:30-10:15am

7 Week Session

TINY TOTS SPORTS MIX

Tiny Tots Sports Mix will introduce each player to a different sport or motor skill each week. The focus is to have fun while learning different skills. Some sports include tee-ball, kickball, soccer, basketball, and more.

Ages 3-5

Begins: Saturday, September 21st - 10:30-11:15am

7 Week Session

TINY TOTS BASKETBALL

Tiny Tots Basketball will introduce each player to the game of basketball. Learn the basic skills, fundamentals, teamwork, & sportsmanship through play.

Ages 4-6

Begins: Saturday, September 21st - 11:30am-12:15pm

7 Week Session



MUSIC & MOVEMENT

Children will laugh and play while having FUN moving their bodies and creating their own music. They will explore movement and dance, while singing songs, using rhythm sticks, and participating in games based on music.

Ages 3-6

Begins: Thursday Nights, October 3rd 6:00-6:45pm

7 Week Session

KIDS ON THE MOVE

Keep your kids active after school in this fitness program at Western, Hillside, & Cross Street Schools. Taught by an instructor kids play games to stay physically fit while having fun. 7 week session

WESTERN SCHOOL—TBA

HILLSIDE SCHOOL—Tuesdays, Sept 24th-Nov 12th—3:00-4:30pm

CROSS STREET SCHOOL—Thursdays, Sept 26th-Nov 21st—3:00-4:30pm

There are no classes on early dismissals, or non-school days. There are no make-up classes.

YOUTH DEVELOPMENT

STRONG SWIMMERS = CONFIDENT KIDS



The Y Swim Program is participant-centered, emphasizing learning - not passing or failing. Each developmental level is divided into five components which include personal safety, personal growth, stroke development, water games & rescue. It is not uncommon for a child to repeat any given level.

Our swim lessons are specifically tailored to the child's age, swimming ability, level of physical development and confidence in the water. The participant will advance in the program as they become more skilled in the water.

Swim Starters

Accompanied by a guardian infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. Parents learn about water safety, drowning prevention and the importance of supervision.

Ages 6 months – 36 months
7 Week Sessions

A/ Water Discovery

Introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B/ Water Exploration

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.



Swim Basics

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

1. Swim, float, swim – sequencing front glide, roll, back float, roll, front glide, and exit
2. Jump, push, turn, grab

Ages 3-5 years old
7 Week Sessions

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. This stage lays the foundation that allows for student's future progress in swimming.

2/Water Movement

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.

3/ Water Stamina

Students learn how to swim to safely 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.

YOUTH DEVELOPMENT

Swim Strokes

4/Stroke Introduction

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

5/Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6/Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

Ages 3-12+ years old

7 Week Session

Private Swim Lessons

Private and Semi-Private lessons are offered at the YMCA. Private lessons give youth the opportunity to build their skills one on one with our instructors.

Lessons are 30 minutes long and can be purchased at the front desk.

Classes are scheduled cooperatively based on the instructor and swimmer's schedule. Contact the Y to schedule today.



Teen/ Adult:

This class is for teens and adults who have not had swimming lessons before or who are not comfortable in the water. Basic swimming skills and personal water safety skills are taught.

Ages 13+

OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.

Please remain in the designated waiting area to view your child in class.

CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

KAREN LINEWEBER'S RETIREMENT PARTY



Farewell to Karen after 20 years of service at the YMCA.

PARTY WITH US!

Thursday October 3rd, 5pm at Jessie Camille's

Tickets: \$10 – Available at the YMCA's Front Desk or at the Event



284 CHURCH STREET NAUGATUCK CT 203-729-9622 www.naugatucymca.org

CO-ED VOLLEYBALL OPEN GYM



Adults 18+ can come and join us in the gym every Sunday morning from 10am-12pm for Open Gym Volleyball. Enjoy a competitive game & make new friends while having some fun!

Members are Free.

Non-Members are welcome - \$5 Drop in fee per player

Sundays 10am-12pm

Beginning Nov 10th



CELEBRATE WITH US



BIRTHDAY PARTIES AT THE NAUGATUCK YMCA

POOL PARTIES

1 HOUR IN THE POOL
1.5 HOURS IN THE
PARTY ROOM



GYMNASTICS

45 MINUTES OF CLASS
1.5 HOURS IN THE PARTY ROOM



BASKETBALL PARTY

(April-October)

45 MINUTES IN THE GYM

1.5 HOURS IN THE PARTY ROOM



**IMAGINATION
PLAYGROUND**

1 HOUR WITH THE
IMAGINATION PLAYGROUND
PIECES
1.5 HOURS IN THE PARTY
ROOM



DODGE BALL PARTY

(April-October)
45 MINUTES IN THE GYM
1.5 HOURS IN THE PARTY ROOM

RESERVE YOUR PARTY TODAY!!!