



WINTER WONDERLAND 2019 AT THE NAUGATUCK YMCA

KABOOM! OPEN GYM

Need Something FUN to do during break? Join Us!
Thurs Dec 27th & Fri Dec 28th 9am-11am

Come and enjoy our imagination playground installation in the gymnasium. Your children will use their imaginations to build creations of their dreams. They will make new friends and use team work to create new ideas while having FUN!

\$5 Per Family / Children 2-13 years old

Drop in at any time during open hours.

- Parents must remain in the gymnasium with their children at all times.



BIRTHDAY PARTIES



COME CELEBRATE WITH US!

Parties on Saturdays
Choices include: The Pool, Imagination Playground & Gymnastics

YOUTH FITNESS PROGRAMS

GYMNASTICS - Monday nights Ages 3-18 years old beginning **January 7th (7 weeks)**

MUSIC & MOVEMENT - Wed nights 6-6:45pm Ages 3-6 yo beginning Jan 9th **(7 weeks)**

STRENGTH & AGILITY - Tuesday nights Ages 7-9 & 10-14 years old beginning **Jan 8th 6pm & 7pm (7 weeks) *Pre-registration**

DANCE - New Sessions of Dance 1, 2 & 3 Monday Nights beginning **January 7th (14 weeks & Recital in April)**

CAREGIVER & CHILD PROGRAMS

MUSIC & MOVEMENT (Ages 18 months-3 years old) This class offers young music lovers a chance to move to the beat, learn familiar songs & spend some quality time with their grown up.

Wed 10:15-11am Starting Jan 9th (7 weeks)

NO SCHOOL, NO PROBLEM

Need a safe and fun place for your child to go during Christmas break, Martin Luther King Day and February break? We are the place for you! School's Out Camp is held on the days when school is *not* in session.

ROOKIES SOCCER



This program is designed for boys & girls 6-8 years old who have never played or have little experience playing soccer. The basic skills: dribbling, passing, shooting skills will be taught and reinforced through game play while having FUN.

Registration begins at the end of January



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AQUATICS

Ages - Infants to seniors can learn to swim.

Classes are offered Friday Nights & Saturday Mornings.

Next Session Begins January 11, 2019



JOIN US FOR OPEN SWIM THROUGHOUT THE WEEK

SWIM CLINICS

December 26, 27 & 28th - 4:30pm



LIFE GUARD CERTIFICATION CLASS

December 27, 28 & 29 or
February 16, 17 & 18
from 10 am - 5pm

Participants must be 15 years old
Email Joe at

healthandsafetytrainingct@gmail.com

12 WEEK WINTER WEIGHT LOSS CHALLENGE STARTING JAN 7, 2019

Did you know that 3 out of 4 people who make a New Year's resolution don't stick with it longer than 6 days. Is that you? Not this year! Join the YMCA's Winter Weight Loss Challenge and get the support you need to change not only your spirit, but mind and body!

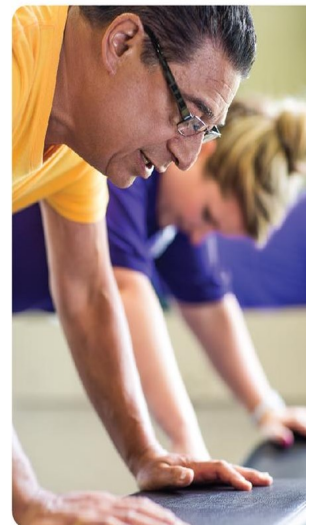
THE PROGRAM WILL INCLUDE:

- Free initial evaluation
- Weekly personal training sessions (Continue for a discounted rate after the challenge.)
- Exercise and visit tracking
- Closed Facebook support group to encourage and share progress
- Winner chosen by % of body weight lost

PRIZES:

- 1st 1 year membership with 3 months of personal training. (\$1000 value)
- 2nd 3 month membership with 1 month of personal training. (\$350 value)
- 3rd YMCA swag gift bag and a Free 3 month membership to the YMCA. (\$200 value)

Join as an individual or with a partner for a discounted rate.



ADULT CO-ED VOLLEYBALL - OPEN GYM



Adults 18+ can come and join us in the gym every Sunday morning from 10-12pm for Open Gym Volleyball. Enjoy a competitive game & make new friends while having some fun! \$5 Drop in fee per player

Sundays 10am-12pm

TIME FOR ME



JANUARY 12, 2019 / 6-9pm

\$10 Entrance Fee

The YMCA will be closed to the public, but open just for YOU. Try out a new class—enjoy Spin, Yoga, Water Aerobics, Volleyball and the Cardio & Strength rooms will be open too.

Wine tasting & healthy treats will be available.

We will have a succulent garden class for \$10 and chair massages also for \$10

Treat yourself and your girlfriends to a nice night out while supporting your neighborhood YMCA.

284 CHURCH ST NAUGATUCK CT—203-729-9622—www.naugatuckymca.org