



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y: So Much More



OUR MISSION:

A character building membership organization, serving the community through programs that enrich the spirit, mind and body.

NAUGATUCK YMCA

284 Church St. Naugatuck CT, 06770
Phone: (203)729-9622 Fax: (203)723-0083
www.naugatuckymca.org

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NAUGATUCK YMCA PROGRAM GUIDE

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Naugatuck YMCA

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06770 PHONE: (203)729-9622
FAX: (203)723-0083

WEBSITE: naugatuckymca.org

REGULAR FACILITY HOURS

MONDAY - FRIDAY	5:30AM - 9PM
SATURDAY	7AM - 4PM
SUNDAY*	10AM - 3PM

*Sunday and holiday times
subject to change.

The Naugatuck YMCA may not be open on all major
holidays. Call or check the website for modified hours.



NAUGATUCK MEMBERSHIP

Membership Categories	Annual	Monthly
Family	\$877	\$71
Couple	\$793	\$64
Adult w/children	\$673	\$54
Older Adult Couple	\$649	\$52
Fitness Center Couple	\$1033	\$84
Fitness Center w/family	\$1057	\$86
Adult	\$541	\$43
Older Adult (62 & up)	\$457	\$36
Young Adult (18 - 22)	\$481	\$38
Men's Fitness Center	\$853	\$69
Older Men's Fitness Center	\$661	\$53
Older Men's FC couple	\$841	\$68
High School	\$200	N/A
Youth	\$118	N/A
Program Members		
Adult	\$64	N/A
Children	\$52	N/A
Adult (7 week)	\$21	N/A

MEMBERSHIP DISCLAIMER

The Naugatuck YMCA reserves the right to change membership fees. All membership fees listed above are subject to change. Contact our front desk or please visit our website at www.naugatuckymca.org to confirm membership fees. A joiner's fee of \$25.00 will be accessed to first months autodraft payments for new members. Returning members pricing may vary.

The Naugatuck YMCA also offers one-day guest passes.

Adult: \$12 Older Adult: \$5 Young Adult: \$8 H.S: \$7
Family: \$18

We also offer one and three month membership packages.
Check our website for more details.

WELCOME

What we have at our YMCA!

The Naugatuck YMCA has much more to offer than any normal gym. At our YMCA we have a number of different classes offered for children and adults, which include: swim lessons, workout classes(Zumba, Latin Dance, Bootcamp etc.), basketball leagues and much more! Look through our 2017 program guide for more information and check our website daily for new updates at www.naugatuckymca.org.



MILITARY MEMBERSHIP

If you are active, retired or a reservist we offer a savings on joining and monthly membership fee.

MEMBERSHIP BENEFITS

Year-round access to the swimming pool.
Basketball courts open for pick up games.
Treadmills, bikes and ellipticals for cardio.
Free weight room and machine weight room.
Men's and women's locker room w/ sauna.
spinning classes.

Racquetball court with balls and racquet's available to members. Must provide own protective eye wear.

Access to free classes ,with discounts for others.

Free Child Watch For Full Members.
AND MUCH MORE!!!

Mission Statement

A character building membership organization, serving the community through programs that enrich the spirit, mind and body.

Refund Policy

Membership is non-refundable. The Naugatuck YMCA's facilities and equipment are heavily used by our members. The Y reserves the right to close areas or the facility for special events, repairs or maintenance. The YMCA also reserves the right to alter schedules as necessary. The Y may close due to inclement weather. No portion of membership will be credited under these circumstances. All other requests for credit must be submitted in writing and will be evaluated on an individual basis.

DAY-USE FOR NON-MEMBERS

Daily users are welcome at the Naugatuck YMCA. Please visit the front desk to fill out and sign a facility use form and waiver. Fees for daily use are listed in the membership disclaimer on page 2 of this guide. All memberships are subject to change.

NEW CLASSES & PROGRAMS

PRE-TEEN/TEEN SPEED, STRENGTH & AGILITY

Weekly training for 10-13 year olds focused 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, or the 'next level' of their sport.

HIGHSCHOOL STRENGTH & AGILITY

Will run every season (Spring, Summer, Fall, Winter) to prepare you for your upcoming sport. Join us in our state of the art facility to maximize your athletic potential.

ADULT CO-ED VOLLEYBALL

Spring & Summer Sessions of Coed Adult Volleyball League are now available! Registration begins in January. All teams are comprised of eight to ten players. Two females must be on the court for each team at all times. A time to unwind, have fun and work the winter blues off.

GOLF CONDITIONING PROGRAM

Prepare your body for golf. You will be assessed in the beginning to find your individual strengths and weaknesses. The program will work on core stability, glute and abdominal strength, hip and shoulder mobility and stability.

Check out our website to stay up-to-date with all new classes, class information and sign up dates!

BIRTHDAY PARTIES

Make your child's birthday a special event at the Naugatuck YMCA. You'll have an opportunity to be active and have fun in a safe environment. Parties include programming and instruction with a YMCA staff member.

- Splish and splash in the pool with an Aquatics Birthday Party.
- Shoot and score while you play basketball and other fun games!
- Invite all of your friends to celebrate your big day! Reserve a room for a pizza party!
- NEW KABOOM PARTY imagination playground

For more information on Birthday Parties contact the front desk at (203)729-9622

DATES TO REMEMBER

JANUARY

Wheel of Fitness Membership Special
Running Club Registration

FEBRUARY

Adult Co-Ed Volleyball League

MARCH

Celtic Night
Preschool Registration
Little Pal Spring League Registration

APRIL

Summer Camp Registration
Healthy Kids Day

MAY

Men's Summer Basketball
League Registration
Annual Dinner

JUNE

Rubber Duck 5k Race
Summer Camp Begins
Before & After School Registration

JULY

Summer Camp Continues Check the website for possible July events

AUGUST

Summer Camp Ends

SEPTEMBER

Membership Special
Leaders Club Registration

OCTOBER

Little Pal Basketball Registration
Youth & Government Registration

NOVEMBER

Men's Basketball League Registration
League Registration

DECEMBER

Home for the Holidays Membership
Special



AQUATICS

YOUTH SWIM

Ages 6 months – 36 months

Parent/Child – Beginner/Intro Level

1:10 class ratio- Our parent and child aquatic program is designed to teach basic water safety skills to children, and teach parents/guardians how to facilitate the learning of those skills during and outside of swim class. Our aquatic team is dedicated to providing a fun and positive environment for the children and parents.

Ages 3-5 years

Pike – Beginner

1:5 class ratio- Child must be comfortable in the water with a swim instructor and independent of a parent for the duration of the class. Pikes adjust to the water and develop independent movement. Instructors teach basic stroke and kicking skills, floating and pool safety.

Eel – Beginner/Intermediate

1:5 class ratio- Children must be able to swim five feet with face in the water with no flotation device. Eels are taught to float, kick and perform progressive arm movements across the pool.

Ray – Intermediate/Advanced

1:5 class ratio- Participants must be able to swim 15 feet with his or her face in the water and no flotation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke, and advanced water safety skills.

Starfish – Intermediate/Advanced

Refining of strokes and rotary breathing while gradually increasing distance. Introduction to alternate kicks (dolphin and breaststroke), deep water diving and safety skills.



Ages 6-12 years

Polliwog – Primary Skills

1:8 class ratio (Beginner swimmer) Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking and arms, gliding from the wall with their faces in the water, and floating.

Guppy – Prerequisite: Polliwog or equivalent.

1:8 class ratio (Advanced beginner) Children must be able to swim 15 yards without flotation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency.

Minnow – Prerequisite: Guppy or equivalent.

1:10 class ratio (Intermediate) Swimmers must be able to swim with proper front crawl and back crawl technique for 25 yards. Minnows will increase their swim endurance while they advance their technique and learn breaststroke movements.

Fish

1:10 class ratio-Participants must be able to complete freestyle and backstroke for a continuous 50 yards, and rudimentary breaststroke for 25 yards. Fish will improve their freestyle and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly.

Flying Fish

1:10 class ratio- Swimmers must be able to complete a continuous 100 yards in freestyle and backstroke, 50 yards of continuous breaststroke, and 25 yards of butterfly.

Shark

1:10 class ratio- Swimmers must be able to complete a continuous 100 yards (with open turns) of freestyle with breathing to both sides, backstroke, and breaststroke. Participants must also be able to swim 50 yards of continuous butterfly with good technique. Sharks will focus on increased endurance, learning flip-turns, racing starts, and introduction to the 200IM (Individual Medley).

ADULT SWIM

- LAP SWIM
- SWIM LESSONS FOR ADULTS AND CHILDREN
- PRIVATE/SEMI PRIVATE SWIM LESSONS
- WATER EXERCISE CLASSES
- FAMILY SWIM
- BIRTHDAY PARTIES FOR KIDS
- AUTISM SWIM CLASS



Aquafit

If you are new to exercise, the water is a great place to start. This class helps you to tone without pain and get some aerobic conditioning in.

Aquasize

This is a great toning workout. Think of it as aerobics in the water.

Aqua Zumba

Combines water with Latin and international music with fun and free energy.



YMCA Aquatics is about water safety, skill development and fun for everyone. At the YMCA, aquatics include swim lessons for all ages, water exercise, lifeguard certification, recreation, fitness and water safety. We have an aquatic program for every skill level and interest. For all class times and pricing visit our website at www.naugatuckymca.org.

ADULT CLASSES

STRENGTH TRAINING BOOT CAMP
XTREME POWER PUMP
MORNING & EVENING YOGA
ZUMBA
KICKBOXING
YMCA WORKOUT
SO YOU THINK YOU CAN
SALSA
SPINNING-5:30 AM AND
NOON CLASSES
INSANITY LIVE
GOLF CONDITIONING
RUNNING CLUB

***All Adult Classes Free for**



RUBBER DUCK 5K ROAD RACE
 June 4th 9:00AM
 3.1 miles on mostly flat fast
 course....on Naugatuck streets
 along the scenic Naugatuck
 River

SMALL GROUP PERSONAL TRAINING

Groups of 2-4 individuals for direct personal training with the YMCA certified personal trainer. It is designed for individuals who would rather have a more personal class with a buddy or two, instead of full group X class training.



CHILD CARE

The YMCA Preschool and Early Learning Center supports children as they develop their social emotional, cognitive, physical and artistic abilities through stories, games, music, group activities, free play, arts & crafts and creative movement. Our Preschool Program promotes healthy living through a variety of gross motor activities such as swimming, karate and yoga. The program is licensed by the State of CT. Department of Public Health.

Contact Ruth Paul Ex:20 rpaul@naugatuckymca.org

PRESCHOOL



BEFORE AND AFTER SCHOOL

Grades K-8: Quality childcare you can depend on. Program includes snack, swim gym, homework help and free time. Bus transportation provided from all area schools.

Before care & sites: 7AM - YMCA, Andrew Ave, Western, Salem and Hillside Schools.

After school care: YMCA, Andrew Ave and Western Schools. Programs run until 6:00PM daily.



School Holiday and Vacation Camp

It's a Holiday and school is out. The Y has a safe and fun program for your children. Gym, swim, crafts, games and fun activities.

Hours:
 8:00AM - 6:00PM

YOUTH CLASSES

Gymnastics

TINY TUMBLERS -

3 - 5 years old

Beginner cartwheels, handstands, forward rolls and straddle rolls.

TUMBLING TIGERS Beginner

5-15yr olds

Learn the proper techniques for cartwheels, handstands, and forward rolls.

FLIPPING FROGS - Advanced Beginner

5-15yr olds

Student should know how to do a cartwheel, handstand and forward roll.

LEADERS CLUB

Teen community service group gives back to the community while fulfilling their high school community service requirements. Naugatuck and Beacon Falls students welcome. Group meets Fourth Monday of the month 6-7.

THE MUSIC HOUSE OPEN MIC NIGHTS

Teens and adults show off their talent.

YOUTH AND GOVERNMENT

High school students takeover the State Capitol.

OPEN Y NIGHTS

We offer both Intermediate school (5th and 6th grade) and Middle School (7th and 8th grade) Open Y nights! Activities include open gym, open swim and many different games! Register online or at the YMCA before the event!

WE BELONG MUSICIANS

Autism Music Therapy

Program offers opportunity to increase attention span, social / emotional growth, and creative expression.

2nd and 4th Monday of the month

DANCE WITH ME 1 - Ballet/Jazz Children will learn the basic steps of movement in Jazz and Ballet. They will learn a routine and perform at the end of the spring session.

3 - 4 years old

14 week program

DANCE WITH ME 2 - Ballet/Jazz

A great introduction of ballet and jazz techniques. They will learn a choreographed routine that will be performed at the end of the spring session.

5 -6 years old

14 Week Program

DANCE WITH ME 3 - Ballet/Jazz Children will learn basic to advanced moves of ballet and jazz. They will learn a routine that will be performed at the end of the spring session.

7+ years old

14 Week Program



RACE 4 CHASE YOUTH TRIATHOLON PROGRAM A youth program aimed to provide kids ages 6-12 with a safe, healthy non-competitive environment to discover the sport of triathlon. For more information on this FREE 6 week summer program contact Catherine or Karen

For more information on youth classes please visit our website at www.naugatuckymca.org

YOUTH CLASSES

Speed, Strength & Agility

In our new state of the art facility be ready for the upcoming season (Spring, Summer, Fall, Winter) Middle school class- 10-13 years old. High School 14-18 years old. Prepare for your upcoming sport. Join us in our state of the art facility to maximize your athletic potential.

Triano-Rossi Golden Gloves Boxing Program

CO-ED program ages 5-13
Wednesdays 5:00-6:00pm.
December-April

Registration begins in November. 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. The program ends with the Golden Gloves Boxing Tournament.

KIDS ON THE MOVE

Afterschool physical activity program at Western, Andrew and Hillside Schools.

YOUTH BASKETBALL **Spring Basketball Co-Ed**

4 on 4 League Sign ups start March 2017 Ages 11-13 AND GRADUATING WINTER LITTLE PAL PLAYERS.

WINTER LITTLE PAL

Sign ups are October 2nd-14th 2017



For more information contact our Sports and Rec Director Catherine Proto (203) 729-9622 X 14



CAMPS

SUMMER CAMP

Summer is growing season at YMCA Vacation Sensation Camp. Kids develop core values, learn new skills, make new friends, and have loads of fun in the process. It's where kids grow as much on the inside as they're growing on the outside.

Part and Full time is available. Lunch provided daily. Weekly fun field trips.

Information and sign-up is available for Vacation Sensation at our front desk and online.

For more information on the Summer Camp Programs contact Sherri Beck at sbeck@naugatuckymca.org

New this Summer

Specialty Camps

Go to www.nauagtuckymca.org for more information on our specialty camps!



SUPPORT GROUPS

All support groups are FREE! Membership not required

The Autism Spectrum Caregiver Support Group

Parents and caregivers of children on the spectrum are NOT alone. Group meets twice a month on Mondays from 6:00-8:00 pm. The group offers social support, keynote speakers and social group for children.

LGBTQ SUPPORT GROUP

Parent support group for youth in the LGBTQ community. Join us in a safe, non-judgemental environment the THIRD Monday of each month.

LIVESTRONG AT THE YMCA

Focus on the person-Not the disease. FREE 12 week program meets Monday and Wednesday from 1:00 PM.-2:30 PM.

Build muscle mass and strength. Increase flexibility and strength. Improve confidence and self-esteem. Space is limited.

CARING FOR THE CAREGIVER

Facilitator trained by the Alzheimer's Association

This group provides a supportive environment that will enhance your understanding of Alzheimer's disease by providing education and a safe place to share your journey with people who know what you are going through.

GRANDPARENTS RAISING GRANDCHILDREN

Sponsored by Western Ct. Area Agency on Aging
Support group for grandparents that are raising grandchildren
group meets once a month for dinner at the Y. After dinner children go swimming while Grandparents share stories and concerns with others in similar family situations. Membership and respite care are included in this grant program.

SENIOR CLASSES

SILVER SNEAKERS/SILVER & FIT

SilverSneakers is a fitness program for seniors provided to you at no cost by your health care plan. With SilverSneakers, you have a fitness membership with free access to all basic YMCA amenities including SilverSneakers classes and assistance from a designated staff member. We are a Muscular Strength and Range of Motion(MSROM) certified center.

SilverSneakers is a nationwide program, so you can take classes and work out when you are traveling. SilverSneakers members may use any participating location in the nation. Have fun and move to music through a variety of exercises designed to increase muscular strength and range of movement. Hand held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for standing and/or seated support.

CLASSES INCLUDE

SENIOR WORKOUT
ENHANCE FITNESS
COFFEE HOUR
ZUMBA GOLD
AQUAFIT
AQUASIZE
YMCA WORKOUT
WARM WATER EXERCISE
CHAIR EXERCISE

& MORE!!

Continue to check the website for class information, including class start times and registration periods.



For more information on Health & Wellness Programs contact Darnell Brown at DBrown@naugatuckymca.org