



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRINGING FAMILIES TOGETHER

2015 FALL/WINTER PROGRAM GUIDE
NAUGATUCK YMCA



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GENERAL

MONDAY-FRIDAY 5:30 A.M.-9:00 P.M.
SATURDAY 7:00 A.M.- 4:00 P.M.
SUNDAY: CLOSED *

POOL

MONDAY-FRIDAY 5:30 A.M-8:30 P.M.
SATURDAY 7:00 A.M.-2:30 P.M.

BE SURE TO CHECK OUR WEBSITE FOR
DETAILED POOL SCHEDULE

SUNDAY OPENING*

WE WILL BE OPENING OUR Y ON
SUNDAYS STARTING OCTOBER 4TH
10:00 A.M.-3:00P.M. POOL WILL CLOSE
AT 2:30 P.M.

*SUBJECNGE. CHECK WEBSITE FOR
DETAILS.

GIVE THE GIFT OF HEALTH THIS YEAR!

- BUY YOUR FRIENDS &
FAMILY GIFT CARDS TO OUR
YMCA!

- MEMBERSHIPS, PROGRAMS
AND MUCH MORE!

- CALL OR CHECK OUT OUR
WEBSITE FOR MORE DETAILS

Contact the YMCA

284 Church Street
Naugatuck, Ct. 06770

Phone: 203-729-9622

Email: naugatuckymca@yahoo.com

www.naugatuckymca.org

Like us on **FACEBOOK**

Follow us on **Twitter @naugatuckymca**

CHARACTER DEVELOPMENT

Through the programs and
services offered we demonstrate
the values of Caring, Honesty,
Respect and Responsibility.

The YMCA of Naugatuck serves
all people regardless of age,
gender, race, color, national
origin, religion, ethnicity or
disability. ALL ARE WELCOME!

Upcoming Events

LITTLE PAL BASKETBALL SIGN-UP/REGISTRATION DATES

Thursday October 1st 6:00-8:00 P.M.
Saturday October 3rd 10:00-2:00 P.M.
Tuesday October 6th 6:00-8:00 P.M.

Open to Boys and Girls ages 7-13

Must be 7 years old by 12/31/15 or 13 prior to 12/31/15

OCTOBER MEMBERSHIP SPECIAL

Join during the month of October on our EZ PAY Program and receive a 12.5% discount and NO ACTIVATION FEE.

COMIC BOOK SHOW SATURDAY, DECEMBER 5TH

FREE MONTHLY

Autism Spectrum

Parents and caregivers of children on the spectrum are NOT alone.

Group meets twice a month on Mondays from 6:00-8:00pm. The group offers social support, keynote speakers and social group for children.

Bereavement Group

Facilitated by bereavement specialist Pastor Danielle Pavin

This support group is specially designed to assist in the grieving process for anyone experiencing the death of a loved one. The group's goal is to provide education, support and healing throughout your journey of adjustment. Meets 2nd Tuesday of the Month.

PRE-AUCTION WINE TASTING AND APPETIZERS AT JESSE CAMILLE'S SEPTEMBER 16th 5:30 P.M.-7:00 P.M.

Help us hit it out of the park !! Bring a gift (minimum retail value of \$25.00) For the Annual Auction on November 5th

TAKE ME OUT TO THE BALLGAME 13TH ANNUAL AUCTION

NOVEMBER 5TH
5:30-10:00 P.M.

Crystal Room

98 School Street , Naugatuck

\$450.00 Table of 10 \$50.00 per person

SUPPORT GROUPS

Grandparents Raising Grandchildren

Sponsored by Western CT. Area on Aging

Are you raising your grandchildren?

This is a great support group for you and your grandchildren.

Once a month families get together for dinner at the Y. After dinner the children either go swimming or play in the child watch room while grandparents share stories and concerns with others in similar family situations. Membership and respite care are included in this grant program.

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.

Meets 2nd Wednesday of the Month at 1:00P.M.

ADULT HEALTH & FITNESS CLASSES*

WARM WATER EXERCISE

Beneficial for individuals with arthritis. Enrollment is limited and all participants must be full members to attend.
Monday-Friday 10:30-11:30 A.M.

AQUASIZE

Aerobics in the water.
Monday-Thursday 8:00-9:00 A.M.
Monday & Wednesday 9:30-10:30 A.M.
Monday-Friday 6:30-7:30 P.M.

DEEP WATER

A challenging conditioning & toning class using water exercise equipment in the deep end.
Monday & Wednesday 9:00-9:30 A.M.

AQUATIC MASTER CLASS

Aquatic Circuit & Interval Training for the intermediate to advance participants.
Friday 9:00-10:30 A.M.

AQUAFIT

Aerobic conditioning and toning without pain.
Monday & Wednesday & Thursday 5:30-6:30 P.M.

STRENGTH TRAINING

Learn the basics of strength training.
Tuesday 5:30-6:30 P.M.

BOOT CAMP

High energy cardio with old school calisthenics. A fun fitness challenge.
Monday 5:30-6:30 P.M.

EXTREME POWER PUMP

A cardio and strength class which is a step up from Boot Camp.
Thursday 5:30-6:30 P.M.

MINDFUL MONDAY MORNING YOGA

Learn the basics yoga postures and breathing techniques.
Monday 9:30-10:30 A.M.

FRIDAY MORNING MIXED LEVEL YOGA

Increase strength, flexibility, and balance through yoga.
Friday 9:30-10:45 A.M.

EVENING YOGA

Strengthen the body and relax your mind after a hard day of work.
Tuesday 6:15-7:30 P.M.

ZUMBA GOLD

Mixed level Zumba class.
Friday 8:00-8:45 A.M.

KICKBOXING

Challenging cardiovascular and full body workout. Class combines martial arts, boxing and dance.
Wednesday 5:30-6:30 P.M.

YMCA WORKOUT

Non impact choreography combined with upper body workout using weights.
Tuesday and Thursday 9:30-10:30 a.m.
Saturday 8:30-9:30 A.M.

LATIN DANCE LESSONS

Salsa, Bachata, Merenge, Chacha
Tuesday 6:30-7:30 P.M.
\$15.00 members \$40.00 program members
\$70.00 non-members

CARDIO BOXING CLASS

Rigorous cardio, strength, and motivation taught by Sensei Troy Bond Sr.
Friday 5:30-6:30 P.M.

PRE-NATAL YOGA

Strengthen, relax and get fit.
Yoga Instructor Amanda Dondelinger
Monday 7:15-8:15 P.M.

SILVER SNEAKERS

Variety of exercises designed to increase muscular strength and range of motion. Hand held weights, elastic tubing w/handles and balls are used for resistance. A chair is used for seated and standing support. 8:30-9:30 A.M.
Monday & Wednesdays- Cardio circuit
Tuesday & Thursday-Basic

ENHANCE FITNESS

Arthritis management program that consists of low impact exercise classes that are safe for older adults of all fitness levels. Focus is on increasing cardiovascular endurance, strength, balance, and flexibility which can help reduce arthritis symptoms. Each participant will be given an initial assessment. After 16 weeks a follow up evaluation will show the progress that has been made.
Monday, Wednesday & Friday 9:30-10:15 A.M.

SENIOR WORKOUT

WCAAA and CT Community Foundation grant funded program. Registered individuals over 60 can use the YMCA. Registration forms are available at the front desk. A \$2.00 donation per visit is asked to help sustain this program.
Monday-Friday 5:30 A.M.-1:30 P.M.
5:30 P.M.-7:30 P.M.

COFFEE HOUR

Join your friends & make new ones. Coffee, tea provided bring a snack or sandwich.
Tuesday 9:00-10:00 A.M.
Thursday 11:30 a.m.-12:30 P.M.
Friday 10:30-12:00 A.M.

*Class and Program Prices are subject to change. For up-to-date class pricing and information, go to our website, www.naugatuckymca.org.

YOUTH, SWIM & CHILDCARE*

SWIM

PARENT/CHILD

6 months to 3 years

Members:\$60.00

SKIPPERS

3

-5 year olds:4 levels: Pike, Eel, Ray and Starfish.

Members:\$60.00

PRO-

GRESSIVE SWIM

6-14

year olds: 6 levels: Polliwogs ,Guppy, Minnow, Fish, Flying Fish and Shark

Members: \$60.00 Program Members \$80.00

PRESCHOOL PROGRAMS

PRESCHOOL

Full, Part Time spaces available. Free childcare for those who qualify.

Contact Ruth Paul for more information

TOT DANCE CLASS

Creative

dance class for you and your 2 yr old Monday

5:00 -5:25 P.M. 14 week program

Members: \$105.00

TINY TUM-

BLERS

Ages 3-5

Gymnastics- Beginner cartwheels, handstands,

forward rolls and straddle rolls. Thursday

6:00p.m.-6:30 P.M.

Mem-

bers:\$42.00

DANCE

WITH ME 1

Ages 3-4

Ballet/Jazz

Monday 5:30

-6:00 P.M. 14 week program . Members

\$105.00

TEENS

THE MUSIC HOUSE OPEN MIC NIGHT

Teens and adults show off their talent. 2nd

Thursday of the month 6:30 9:00 P.M.

Email : sbeck@naugatuckymca.org

YOUTH AND GOVERNMENT

High School Students takeover the State Capitol.

Email sbeck@naugatuckymca.org for more info.

OPEN Y NIGHTS

Activities include open gym, open swim, and games. Tickets must be purchased before event for \$7.00:

ELEMENTARY SCHOOL OPEN Y NIGHTS

MID-

and 8th graders Dates TBA

IN-

INTERMEDIATE SCHOOL OPEN Y NIGHTS

5th and 6th graders Dates TBA

YOUTH

DANCE WITH ME 2

5 -6 year olds Ballet/Jazz

Monday 6:10-7:00 P.M. 14 week program

Members:\$140.00 Program Members: \$155.00

DANCE WITH ME 3

7

and up- Ballet/Jazz

Mon-

day 7:10-8:00 P.M. 14 week program

Members: \$140.00 Program Members:\$155.00

TUMBLING TIGERS

Be-

ginners -Learn the proper techniques for cartwheels, handstands, and forward rolls

Thursday

6:30-7:15 P.M.

Mem-

bers:\$45.00 Program Members \$60.00

FLIPPING FROGS

Advanced beginner. Student should know how

to do a cartwheel, handstand and forward roll.

Thursday 7:15-8:00 P.M.

Members \$50.00 Program Members \$65.00

INVITATION ONLY

For the gymnast who has mastered most or all the skills in the previous classes.

Friday 6 :00P.M.

Member:\$71.00 Program Member:\$95.00

KARATE

8-18 year olds Tang Soo Doo

Develop skills and self confidence.

Monday 4:30-5:30 P.M.

Member \$30.00 Program Member \$42.00

BEFORE AND AFTER SCHOOL CARE

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

Be-

Before Care sites: Andrew Ave & Western

YMCA -Salem and Hillside Schools 7:00 A.M.

Afterschool program sites: Andrew Ave,

Western and the YMCA. Program runs until

5:45 P.M. daily.

Email sbeck@naugatuckymca.org for more info.

SCHOOL HOLIDAY AND VACATION

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.

8:00 A.M.-6:00 P.M.

Email sbeck@naugatuckymca.org for more info.

\$220k +

**IN FINANCIAL ASSISTANCE
HELPED MORE THAN 450 PEOPLE
BENEFIT FROM Y MEMBERSHIPS
AND PROGRAMS**

YOUTH

We started in the pre-school program in 2011 with our first son Hallock, who is now a second grader. Our daughter Caroline graduated from the program and our littlest Kenny, is there now.

Our family has struggled, as many in our town do. My husband has been fighting cancer since September 2011. We've had three frustrating relapses with this last one giving him a 25% chance of survival, but we pray, never give up and we're still here today!

All the help we've received from God, and supporters gives our family hope. The YMCA especially has directly supported the needs of our family and children. Every time I step into the Y I feel a sense of family. It's this comfort that makes the Y such a special place. The love this pre-school program shows goes above and beyond what would be expected and we want to send out our heartfelt THANK YOU to so many.

The Yocker Family

FAMILY

Over the last 120 years, the very definition of family has changed. We now have single parents, grandparents raising grandchildren and adult children living and caring for their parents. No matter what your family composition looks like, the Y can offer you a place to come together.

The Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community.

Programming not only focuses on family time but can also provide respite for weary caregivers by offering free childwatch while they work on their own health and wellness.

Our goal is for every family to build stronger bonds, achieve a greater work/life balance, and become more engaged within the community.



GIVING

Our members and friends call us THEIR Y. Their stories make up our 120 year history. We call them OUR greatest resource—the hundreds of people who work alongside us and support our work to help our neighbors learn, grow and thrive.

With programs from A to Z—aquatics to advocacy, dance classes to disease prevention, open mic to Open Doors—we don't just strengthen individuals, we strengthen our community.

Yet there is so much more we can do.

Our community faces new challenges that create a greater need for the work that we do. Fortunately, where some see obstacles, we see work opportunities for our members, volunteers, staff and generous donors like you to make a difference. No other organization can impact as many people as powerfully as we do everyday.

When you give to the Naugatuck YMCA, 100% of your gift will be used to make a meaningful, enduring impact right in your own community. Whether its to our capital campaign, our annual support campaign or our planned giving program, in short, you continue to strengthen our community and move us all forward.

COMMITMENT

I believe it is important to give back to the community and by volunteering at the Y, I got to spend time with my kids (who were enrolled in the pre-school program), help other children learn about water safety and swimming and help our community.

As much as I have given in terms of time over the last 5 or so years, I have been re-paid through my experiences. I made new friends. Got to watch children learn and grow. I was able to spend time in the water and exercise but most importantly we became part of the community through my volunteering at the Y.

Vince DeLeon, Parent, Volunteer



248
caring people
volunteered more than 6,200 hours.

NAUGATUCK YMCA
Bringing Families Together

Naugatuck YMCA
Treasure the Y Capital Campaign

Donor _____
Address _____
City _____
State _____ **ZIP** _____
Phone() _____
E-Mail _____
Signature _____

Vision Statement

Your Community Leader For Family Resources

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.

284 Church St
Naugatuck CT, 06770
(203)729-9622
www.naugatuckymca.org

