



# NORTHWEST CT YMCA

- TORRINGTON • WINSTED • CANAAN
- TORRINGTON YOUTH SERVICE BUREAU
- WINCHESTER YOUTH SERVICE BUREAU
- Y LITERACY VOLUNTEERS

**SAFE  
CONNECTED  
NOW MORE THAN EVER**

**2020 Fall Program Guide**

# NORTHWEST CONNECTICUT YMCA BRANCH INFORMATION & HOURS

## Torrington YMCA

259 Prospect Street, Torrington, CT 06790  
(860) 489-3133

Mon-Fri: 5:30 am - 8:00 pm  
Sat: 7:00 am - 12:00 pm  
Sun: 7:00 am - 12:00 pm

## Winsted YMCA

480 Main Street, Winsted, CT 06098  
(860) 379-0708

Mon-Fri: 5:30 am - 8:00 pm  
Sat: 7:00 am - 12:00 pm  
Sun: 7:00 am - 12:00 pm

## Canaan Family YMCA

77 S. Canaan Road, Canaan, CT 06018  
(860) 824-2790

Opening Sept. 21st  
Mon-Fri: 5:30 am - 8:00 pm  
Sat: 7:00 am - 12:00 pm  
Sun: 7:00 am - 12:00 pm

Holidays Closed: Labor Day & Thanksgiving.

## BRANCH FEATURES

⊘ = TEMPORARILY CLOSED

	TORRINGTON	WINSTED	CANAAN
INDOOR HEATED POOL	✓	✓	
FAMILY SWIM	✓	✓	✓
LAP SWIMMING	✓	✓	✓
ADULT / CHILD PROGRAMS	⊘	⊘	⊘
CARDIO CENTER	✓	✓	✓
CARDIO MEDIA SYSTEM	✓	✓	✓
TREADMILLS	✓	✓	✓
ELLIPTICALS	✓	✓	✓
STEP MACHINES	✓	✓	✓
PROGRAMMABLE BIKES	✓	✓	✓
INDOOR GROUP CYCLING	✓	✓	✓
ROWING MACHINES	✓	✓	✓
STRENGTH CIRCUIT	✓	✓	✓
FREE WEIGHTS	✓	✓	✓
GYMNASIUM	⊘	⊘	
AEROBIC STUDIO	✓	✓	✓
PICKLEBALL	⊘	⊘	
ADULT-USE SAUNA	⊘	⊘	
ADULT-USE STEAM ROOM	⊘		

## FREE GROUP EX CLASSES

	TORRINGTON	WINSTED	CANAAN	LIVE-STREAM
SILVER SNEAKERS	✓	✓	✓	✓
CORE CLASSES	✓	✓	✓	✓
CARDIO CLASSES	✓	✓	✓	✓
INDOOR CYCLING	✓	✓	✓	
STRENGTH CLASS	✓	✓	✓	✓
YOGA	✓	✓		✓
CHAIR YOGA	✓	✓		
BODY SCULPT	✓		✓	
TAI CHI		✓		✓
BALLS, BANDS, BELLS			✓	
HIIT	✓			

VISIT [NWCTY.MOTIONVIBE.COM](http://NWCTY.MOTIONVIBE.COM) FOR A FULL LIST OF CLASSES

## FACILITY USAGE MEMBERSHIP OPTIONS

E.F.T  
Draft

TEEN - Teens between the ages of 13-17	\$23.00
YOUNG ADULT - Young adults ages 18-21 years old	\$26.50
ADULT - Individuals who are 22-64 years old	\$45.50
SENIOR - Individuals who are 65 years and older	\$42.50
SENIOR WEEKDAY LIMITED 5:00 am - 8:00 am AND from 12:00 pm - 2:00 pm	\$23.00
COUPLE SENIOR WEEKDAY LIMITED 5:00 am - 8:00 am AND from 12:00 pm - 2:00 pm	\$34.50
SENIOR PLUS - Includes Unlimited Aquatic Classes	\$55.00
COUPLE - Two individuals living at the same address	\$69.00
FAMILY - Two adults and any children 18 and under and full time students 22 and under living in the same household	\$79.00

### LOCKER & TOWEL

Torrington Men - Locker rental plus daily towels	\$25.00/mo
Womens' Locker Room - Annual Locker rental	starting at \$5.00/mo depending upon branch and availability

**JOINING FEE \*** No Joining Fee for Paid-in-full and draft with 1 yr commitment.  
\$60/ \$35 for no commitment. \*See details

## PROGRAM MEMBERSHIPS

A low cost option for participation in programs ONLY. No facility-use benefits.

YOUTH or ADULT Annual Fee: \$40	FAMILY Annual Fee: \$72
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## PAYMENT OPTIONS

### Monthly E.F.T. Draft

Monthly Electronic Funds Transfer Draft is a payment plan that allows a member to pay for a continuous membership in equal monthly payments that are automatically deducted from one's **checking or savings** account for as long as one belongs to the Y. This payment plan does not lock you into a set period of time, but does require 30 days written notice for cancellation.

### Other Payment Plans

Memberships can also be **paid-in-full** at time of application using cash, check, major credit and debit cards. Annual membership payments are non-refundable and non-transferable. In the event that a member does not use his/her membership to the extent that was anticipated, no refunds or credits will be issued.

### Gift Certificates

Gift certificates are available for purchase at the member service desk.

### Guest Pass Fee

Passes purchased within 30 days of joining may be applied to the joining fee of a new membership. Maximum purchase of 6 day passes per year. Children under 13 years old must be accompanied by an adult. Youth (<13 yrs.): \$5  
Teen (13-17): \$8 - Adult (18+): \$11 - Family: \$20

## REFUND POLICY

**Membership fees** may be refunded if you move from the Y's service area or due to medical reasons. Refunds are from the date of notification forward, not retroactive. **Program Fees** will be refunded in the event the Y cancels a class due to insufficient enrollment or facility conflict.

If you wish to **withdraw** from a program the following will apply:

1. All refund requests must be made in writing.
2. If you notify the Y before classes begin, class fee paid less \$10 service charge.
3. If you notify the Y after one class meeting, 75% refund less \$10 service charge.

4. If you notify the Y after two class meetings, 50% refund less \$10 service charge.
5. No refund will be approved after three class meetings.
6. Refunds will not be given to participants who fail to use membership or attend classes.
7. All refunds will be processed through our Business Office.

## FOR SOCIAL RESPONSIBILITY

To Give Back and Provide Support to Our Neighbors.

### MISSION OF THE Y

The mission of the Northwest CT YMCA is to build a healthy spirit, mind and body in both children and adults through programs that foster caring, honesty, respect and responsibility.

### GIVE TO THE Y

With a focus on youth development, healthy living and social responsibility, strengthening communities is our cause. At the Y, we believe that lasting personal and social change happens when we all work together. When you give to the Y, you are funding life-changing programs that help over 10,000 children, adults and families in Northwest CT be healthy, confident, connected and secure. To find out how to give to the Y, inquire at the Membership Services Desk at one of our three branches or at [nwctY.org](http://nwctY.org).

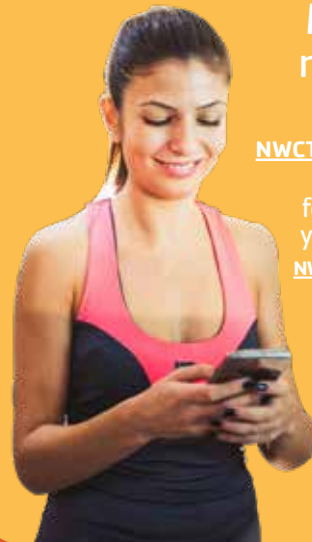
### GET INVOLVED

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To do our important work, the Y relies on support from members, donors, volunteers and community leaders.

### PLANNED GIVING

Many friends of the Y choose to help extend the Y's influence beyond their own lifetimes by sharing some of their personal assets. They accomplish this by making a planned gift to the Y's permanent endowment fund. The endowment fund is a powerful permanent legacy to further the work of the Y. Each year a portion of the endowment fund's income is used to support programs serving children. For information on planned giving please contact Greg Brisco at (860) 489-3133 x116.

**RESERVATIONS ARE REQUIRED** to workout, swim & attend group ex classes.



Make your reservation at

[NWCTY.MOTIONVIBE.COM](http://NWCTY.MOTIONVIBE.COM)

for help setting up your account, visit:

[NWCTY.ORG/MOTIONVIBE](http://NWCTY.ORG/MOTIONVIBE)



## FINANCIAL ASSISTANCE

Financial assistance for Membership and Programs is available to qualifying individuals and families. Awards are determined on a sliding scale using total household income. There are three ways to receive financial assistance:

1. Income based membership application,
2. Y Cares Membership Assurance Program (free 6 month Membership for existing members losing full-time employment)
3. Financial Assistance application. Applications are available at the membership service desk of each branch.

## Y CARES MEMBERSHIP ASSURANCE PROGRAM

Y members who have had an active Y membership in good standing for the past six months and lose their full-time employment are eligible for the Y Cares Membership Assurance Program, which grants them a free membership for up to 6 months. For more information please contact Sharon Zordan at (860) 489-3133 ext. 101.

## AGE POLICY

In all areas of the YMCA, children under 13 need to be supervised by an adult (18+) unless in a YMCA program. **Must be 13 years of age and older to enter and use the Fitness Center.**

## Joining Fee\*

This one-time \$60 fee (\$35 Young Adult) is for all new members and members who allow their membership to expire for a 60-day period. **There will be NO joining fee for paid-in-full and monthly E.F.T. draft memberships when you register for a minimum 1 year.**

## TORRINGTON YOUTH SERVICE BUREAU

The TYSB has goals to assist young people and their families through difficult life experiences; to help improve the quality of life of our constituents; to facilitate families in conflict resolution; to assist families involved in the juvenile justice system; to increase awareness of substance abuse to young people; to keep children safe and to enhance our communities, the Torrington Youth Service Bureau provides services to the youth of Torrington, Harwinton, Burlington, Litchfield and Goshen, as well as, Summer Youth Employment for youth of Northwest CT. For more information call 860-496-0356.

## WINCHESTER YOUTH SERVICE BUREAU

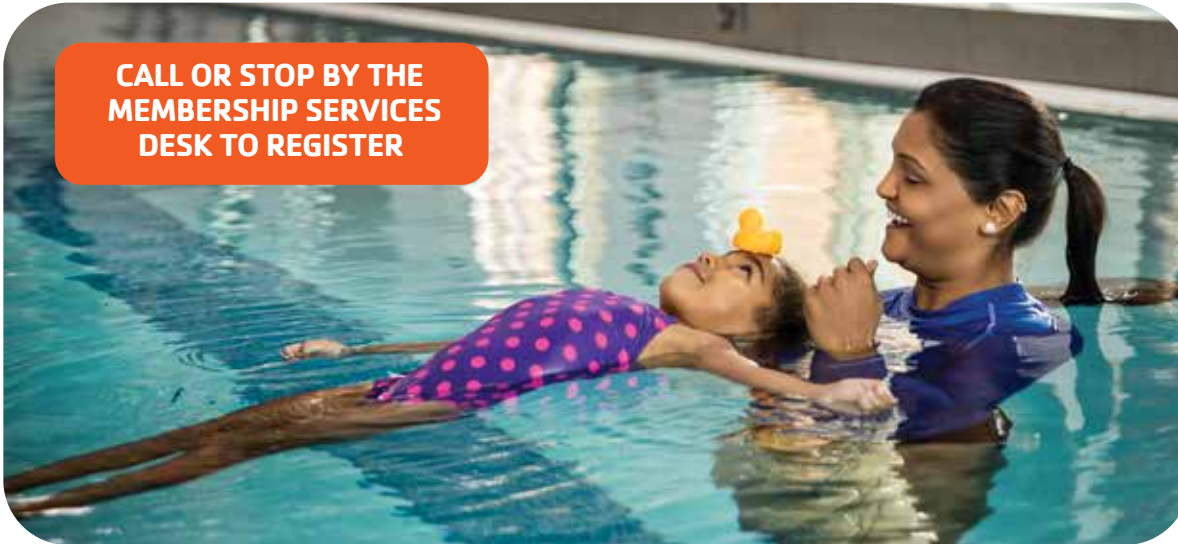
The WYSB has been serving the children and families of the Winchester/Winsted area and surrounding communities for over 35 years. Currently serving over 600 children, we strive to make our area a better place for all families through programs and counseling. WYSB services include art therapy, counseling & case management, therapeutic recreation, as well as, our therapeutic day camp, Rising Star Camp. For more information on the WYSB please call (860) 379-0708 x211.



Session Starts September 8th  
Register at the Y's Membership Services Desk. A receipt must be provided for all purchases.

# PRESCHOOL AQUATICS

CALL OR STOP BY THE  
MEMBERSHIP SERVICES  
DESK TO REGISTER



## PIKE (PRESCHOOL LEVEL I)

**Ages 3-5 Years.** This class is designed to introduce a preschooler to the swimming program. Kicking, comfortability and confidence will be introduced and worked on. The use of instructional flotation belts (bubbles), water safety, and familiarity of the water will be introduced. This class is for the child who has not been enrolled in a Pike class.

**Torrington:** Mon 5:00 pm • Wed 10:30 am • Sat 9:30 am  
**Winsted:** Sat 9:00 am

## EEL (PRESCHOOL LEVEL II)

**Ages 3-5 Years.** This is for the child who should have kicking skills, and swims comfortably with the assistance of a personal flotation belts (bubbles). This child does not fear the water and is comfortable floating on his/her back with or without assistance.

**Torrington:** Mon 5:00 • Wed 10:30 am • Sat 9:30 am  
**Winsted:** Sat 9:35 am



## RAY (PRESCHOOL LEVEL III)

**Ages 3-5 Years.** This level is for the preschooler who is able to swim the width of the pool using rhythmic breathing and can float on his/her back without the use of equipment or assistance.

**Torrington:** Wed 11:00 am • Sat 9:30 am  
**Winsted:** Sat 9:35 am

## STARFISH (PRESCHOOL LEVEL IV)

**Ages 3-5 Years.** This level is for the preschooler, who is still a beginner swimmer but one who can swim front crawl and backstroke. In order to be considered an advanced beginner, the swimmer should demonstrate endurance and comfort in the water. In this class participants will refine their diving and safety skills.

**Torrington:** Sat 9:30 am  
**Winsted:** Sat 9:35 am

### Placement in youth swim classes

are based on your child's current swimming ability. Our instructors will evaluate your child's skills to ensure that they match the skills required for each level. Contact our aquatics staff to schedule an evaluation:

**Torrington** (860) 489-3133 x 142  
**Winsted** (860) 379-0708 x 212

## PROGRAM FEES

Preschool = 30 Minutes • 1 Class a Week

**Fees for classes are now paid on a monthly basis with one of our drafting options.** See page 3.

**Facility Member: \$24/mo • Program Member: \$48/mo**

Above are the prices for all programs on this page unless otherwise specified.

## PRIVATE SWIM LESSONS

Extra attention and special scheduling are some of the special touches of private lessons. Classes are one-on-one and utilize the same teaching techniques as group lessons. Also available in Semi-Private Lesson which consist of 2-3 kids. Four 30 minute lessons. To schedule contact:

**Torrington**  
(860) 489-3133 x142

**Winsted**  
(860) 379-0708 x212

**Semi-Private Fee:**  
Facility Member \$74/Child  
Program Member \$92/Child

**Private Fee:**  
Facility Member \$95/Child  
Program Member \$118/Child

\*Does not qualify for other multi-day/multi-child discounts.



# YOUTH AQUATICS



CALL OR STOP BY THE  
MEMBERSHIP SERVICES  
DESK TO REGISTER

## POLLIWOG (YOUTH LEVEL I)

**Ages 6-12 Years.** Entry-level class for youth who are new to the water. This class is an instructional swimming class with the use of personal flotation belts (bubbles), barbells, and kickboards. Emphasis is on the flutter kick on back and front, along with the paddle stroke and finning.

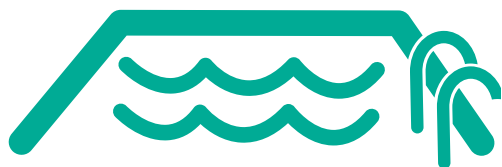
**Torrington:** Mon 5:35 pm • Tue 5:00 pm  
• Wed 4:20 pm • Sat 10:15 am

**Winsted:** Sat 10:10 am

## POLLIWOG II (YOUTH LEVEL II)

**Ages 6-12 Years.** This class teaches the front, back, and side paddle stroke using the length of the pool with proper form and endurance. Children must be comfortable in deep water while putting their face in to progress to guppy.

**Torrington:** Mon 5:35 pm • Wed 4:20 pm  
• Sat 10:50 am



## GUPPY (YOUTH LEVEL III)

**Ages 6-12 Years.** Children entering this level should be able to swim a beginner crawl stroke (paddle stroke) continuously for one length of the pool while putting their face in the water. Skills to work on will include: front crawl with rhythmic breathing, introduction of backstroke and kneeling dives.

**Torrington:** Tue 5:00 pm • Sat 10:15 am

**Winsted:** Sat 10:10 am

## MINNOW (YOUTH LEVEL IV)

**Ages 6-12 Years.** Successful completion of Guppy is required to enter this level. This class is designed for the swimmer who can swim 25 yards of front crawl with rhythmic breathing. The class focuses on increased endurance, stroke refinement, front crawl with rotary breathing while introducing breaststroke, sidestroke, & standing dives.

**Torrington:** Tue 5:45 pm • Wed 5:05 pm  
• Sat 10:15 am

**Winsted:** Sat 10:10 am

## FISH (YOUTH LEVEL V)

**Ages 6-12 Years.** This class is designed for the swimmer who can swim 50 yards of front crawl stroke and 50 yards of back crawl stroke. This class focuses on breaststroke, dolphin kick, and elementary backstroke, along with safety skills and underwater swimming. Successful completion of Minnow is required to enter this level.

**Torrington:** Wed 5:05 pm • Sat 10:50 am

**Winsted:** Sat 10:55 am



Session Starts September 8th

Register at the Y's Membership Services Desk. A receipt must be provided for all purchases.

## PROGRAM FEES

Youth = 40 minutes • 1 Class a Week

**Fees for classes are now paid on a monthly basis with one of our drafting options.** See page 3.

**Facility Member: \$24/mo • Program Member: \$48/mo**

Above are the prices for all programs on this page unless otherwise specified.

## FLYING FISH (YOUTH LEVEL VI)

**Ages 6-12 Years.** This class focuses on the introduction to the butterfly and perfecting the breaststroke while introducing open turns. A swimmer in this class should be able to complete 200 yards of front crawl, 50 yards of breaststroke kick and dolphin kick. Children entering this level must have successfully completed the fish level.

**Torrington:** Wed 5:05 pm • Sat 10:50 am

**Winsted:** Sat 10:55 am

## SHARK (YOUTH LEVEL VII)

**Ages 6-12 Years.** Successful completion of Flying Fish is required to enter this level. The swimmer in this class must be able to complete a 200 yd individual medley. All strokes will be reviewed and competitive swimming strokes will be introduced. This class focuses on perfecting the butterfly, sidestroke, starts, and flip turns.

**Torrington:** Tue 5:45 pm • Sat 10:50 am

**Winsted:** Sat 10:55 am

## PORPOISE CLUB - ENDURANCE TRAINING

**Ages 12 & Up.** This club is for youth who want to participate in aquatic activities and have completed swimming lessons. Consist of fitness swimming, stroke refinement and aquatic games.\*For those 12 and up, they can assist teaching Saturday morning swimming lessons. 40 minutes.

**Torrington:** Saturdays 10:50 am



# NINJA TRAINING CENTER

YNINJA.ORG

## CORONAVIRUS UPDATE



**The health and safety** of you and your children has always been our priority, but we are ramping up our efforts and will have cleaning between each class. We ask you and your child to please wear a mask into the building, and that you socially distance yourself from other parents. At this time, please limit one parent per family. Shoes worn in the Ninja Center must not be worn in the building. Bring them in a bag.



## LIL' NINJAS

Ages 4-6 Years.

Little ones will feel like real ninja warriors while building great foundation skills. Coaches will focus on teaching fundamentals for climbing, running, swinging, balance and hanging. This is a real adventure class. 45 Minutes.

**Torrington:** Fri 5:20 pm • Sat 11 am

**Monthly Draft Fees:** Facility: \$35  
Program: \$50

## NINJA JUNIORS

Ages 6-12 Years.

**Level 1:** Your young beginner ninja will focus on the basics of Balance, Jumping, Climbing, Rolling, Swinging, Vaulting, Grip, and Footwork in this 60 minute class. A warm-up will help improve endurance and strength in body weight exercises. Each class will introduce new challenges. Class concludes with a run through a course of learned obstacles.

**Torrington:** Mon 4:00 pm • Mon 5:20 pm  
• Tues 5:00 pm • Wed 6:00 pm • Fri 4:00 pm  
• Fri 6:30 pm • Sat 8:30 am • Sat 9:50 am  
**Monthly Draft Fees:** Facility: \$40  
Program: \$60

**Level 2:** Our level 2 classes for your young ninja will take place in a faster paced class environment. Level 2 ninjas are progressing more quickly through skills and obstacles with increasing levels of difficulty. Must complete at least one Level 1 class to participate in this class.

**Torrington:** Tues 6:30 pm  
**Monthly Draft Fees:** Facility: \$40  
Program: \$60



CALL OR STOP BY THE  
MEMBERSHIP SERVICES  
DESK TO REGISTER

## NINJA WARRIORS

Ages 13-18 Years.

**Level 1:** Level 1 teen ninja warriors will focus on basic skills and overcoming obstacles. In this 60 minutes class your ninja will receive 30 minutes of coaching through obstacles after completing a 10 minute warm up with focus on strength and endurance and have 20 minutes of open gym time at the end.

**Torrington:** Wed 4:00 pm  
**Monthly Draft Fees:** Facility: \$40  
Program: \$60

## WINSTED PROGRAMS



### BEGINNER YOUTH KARATE

**Ages 5-8 Years.** Boys and girls learn self-discipline, self-confidence, and build self esteem through the unification of the mind, body, and spirit. This progressive karate program increases their skills week by week. 60 minutes.

**Saturdays 10:00**

**Monthly Draft Fee:** Facility Member: \$25;  
Program Member: \$50

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MEMBERSHIP SERVICES  
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### ADVANCED KARATE

**Ages 9 & Up.** Participants will develop character and self confidence while learning discipline, stretching, fitness, balance and coordination - the foundation needed for proper self-defense training. This program is fun-filled martial arts program intended for children with at least 1 year of karate experience. 60 minutes.

**Saturdays 11:00 am**

**Monthly Draft Fee:** Facility Member: \$25;  
Program Member: \$50

## CANAAN PROGRAMS

### OUTDOOR PERSONAL TRAINING

No matter what your health and wellness goals, our nationally certified personal coaches will help you get into the best shape of your life. Coaches will guide you through a safe, effective and efficient session to feeling great and staying strong. From strength training, flexibility, mobility, and cardiovascular sessions, we offer a wide variety of programs to assist our members. • Individual packages available for 60 minutes and 30 minute sessions.

**Canaan:** Call (860) 824-2790

CALL OR STOP BY THE  
MEMBERSHIP SERVICES  
DESK TO REGISTER



Session Starts September 8th

Register at the Y's Membership Services Desk. A receipt must be provided for all purchases.

## ADULT AQUATICS



### LEARN-TO-SWIM/STROKE CLINIC

Ages 13 & up. Whether you're looking to learn to swim or simply improve on your stroke and skills you already have, this is the perfect class to accomplish your goals. Instructors work with small groups to help participants become more comfortable in the water.

**Torrington:** Wednesdays 6:00 pm

**Monthly Draft Fee:** Facility Member: \$23.50  
Program Member: \$47

### ADULT PRIVATE & SEMI PRIVATE SWIM LESSONS

Extra attention and special scheduling are some of the special touches of private lessons. Classes are one-on-one and utilize the same teaching techniques as group lessons. Semi private lessons are for 2-3 adults or parent-child who wish to take lessons together.

To schedule contact:

**Torrington:** (860) 489-3133 x 142

### AQUACISE WATER FITNESS

Structured hour long water fitness class for adults with aerobic, strength building & endurance components. This fitness class uses low-stress water resistance for a stimulating and safe workout. Water walking will also be incorporated.

	Monthly Facility Member Fee	Monthly Program Member Fee
<b>Torrington:</b>		
Mondays 9:15 am	\$15	\$25
Tuesdays 9:15 am	\$15	\$25
Tuesdays 6:30 pm	\$15	\$25
Wednesdays 9:15 am	\$15	\$25
Thursdays 9:15 am	\$15	\$25
Thursdays 6:30 pm	\$15	\$25
Fridays 9:15 am	\$15	\$25
<b>Winsted:</b>		
Mondays 9:00 am	\$15	\$25
Wednesdays 9:00 am	\$15	\$25
Fridays 9:00 am	\$15	\$25



# TEAM SPORTS

## LASERS SWIM TEAM

REGISTER ONLINE @  
[nwctYsports.org](http://nwctYsports.org)

A competitive swimming program for children ages 6-18 which focuses on instructional training & competition in YMCA swim meets. Season starts September 14th and runs through Mid-Feb.

There will be a **mandatory ZOOM Parent meeting at 6pm on Wed Sept 9th** to discuss the program and answer questions about the season. All parents are required to attend. The season begins September 14th and runs through mid-February. Visit [nwctYsports.org](http://nwctYsports.org) to register.

### Level Age Groups and Practice Days :

**Bronze Level:** Ages 6-11. With a strong focus on technique, these beginning competitors will also start to build endurance. Practice Mon, Wed & Fri 5:00-6:00 pm.

**Silver Level:** Ages 9 & over. While working on stroke refinement, these swimmers will increase their endurance and practice time.  
Practice Tue 5:00-6:00 pm & Wed 6:00-7:00 pm, Thur 5:00-6:00 pm & Fri 6:00-7:00 pm.

**Gold Level:** Ages 11 & over. At the Gold level, the focus shifts to training for longer events, while continuing to improve technique and introduce strength training.  
Practice Mon, Tue 6:00-7:30 pm, Thurs 6:00-8:00 & Fri 7:00-8:00 pm.

**Senior Level:** Ages 13 & over. Senior participation takes advantage of the greater time commitment to master advanced skills, as well as include significant strength training.  
Practice Mon-Fri 3:00-5:00 pm

Contact [Dave Steel](mailto:Dave Steel) at: (860) 379-0708 x212 for more info.



### SPRINGBOARD DIVING

Winsted Y Diving is for all levels of participants, beginner to experienced. 1 hour sessions.

**Winsted:** Sat 10:00 am

**Monthly Draft Fee:** Facility member \$25  
Program member \$50



## TORRINGTON YOUTH PROGRAMS

### YOUTH BASKETBALL SKILLS & DRILLS

**Ages 6 to 13 Years.**

Participants develop skills such as dribbling, passing and shooting. More importantly, this program encourages youth to explore the game of basketball in a fun and stimulating environment. 45 minutes.

**6-9 year olds** - Mondays 6:00 pm

**10-13 year olds** - Mondays 7:00 pm

**Monthly Draft Fee:** Facility Member: \$25;  
Program Member: \$50



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### VOLLEYBALL DEVELOPMENTAL PROGRAM

**Developmental Clinics:** \$85 Members; \$99 General Public  
Ages 10-14. A beginner program with emphasis on developing and building fundamental skills. Instructional volleyball 60 minute sessions held once per week in 8 week sessions. Starts September 20th

**Torrington:** Sunday 10 am

For more Volleyball information and to register go to [nwctYsports.org](http://nwctYsports.org).



# ADULT PROGRAMS

CALL OR STOP BY THE MEMBERSHIP SERVICES DESK TO REGISTER



## SUSPENSION TRAINING

Get moving and stay moving with our new suspension training program, which makes use of a piece of equipment that uses movements with your own bodyweight. Our certified trainers have you moving non-stop through a variety of different techniques and use of equipment!  
45 minutes per class.

Meets twice per week.  
Monthly Draft Fee: Facility Member: \$ 32.50;  
Program Member \$ 65

**Torrington:**  
(860) 489-3133 x 135

**Winsted:**  
(860) 379-0708 x 203



## ONE-ON-ONE PERSONAL TRAINING

No matter what your health and wellness goals, our nationally certified personal coaches will help you get into the best shape of your life. Coaches will guide you through a safe, effective and efficient session to feeling great and staying strong. From strength training, flexibility, mobility, cardiovascular sessions and yoga, we offer a wide variety of programs to assist our members. Individual packages available for 60 minutes and 30 minute sessions.

Ask about our FREE 15 minute fitness assessment.

**Torrington:**  
(860) 489-3133 x135

**Winsted:**  
(860) 379-0708 x203



## 1-ON-1 BOXING

Learn proper punching technique and build your endurance, strength and speed. Sessions will utilize focus mitt drills, heavy bags and bodyweight and core exercises. Intensity can be modified to suit any individual's fitness and skill level. 30 min or 60 min sessions available.

**Torrington:** Call (860) 489-3133 x135 for appointment.



## LIFEGUARD CERTIFICATION

This is an American Red Cross blended learning course that includes ASHI CPR/Basic First Aid/Emergency Oxygen certification with course materials and e-learnings.

**Entry Requirements:** Must be 16 years of age or older and pass a physical competency test consisting of swimming 400 yards, treading water for 2 minutes using legs only, feet first surface dive to 10 feet, underwater swim from 15 feet, and having the ability to follow verbal instructions.

**Must attend all classes: October 3rd & 4th, 10th & 11th**  
Fee: Member: \$300, General Public: \$325  
Register at [register.nwcty.org](http://register.nwcty.org)

## CPR/AED AND FIRST AID TRAINING COURSE

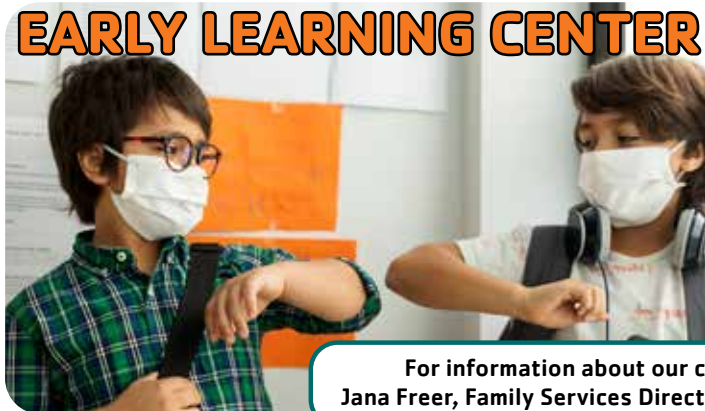
This is an American Red Cross blended learning course that includes ASHI CPR/AED and Basic First Aid certification with course materials and e-learnings.

**October 3rd**  
Fee: \$105  
Register at [register.nwcty.org](http://register.nwcty.org)



Session Starts September 8th  
Register at the Y's Membership Services Desk. A receipt must be provided for all purchases.

## EARLY LEARNING CENTER – TORRINGTON



For information about our childcare program contact:  
Jana Freer, Family Services Director, at (860) 489-3133 ext. 125

### 6 Weeks-12 Years

The Y is the National Leader in Child Care. Our state licensed and NAEYC accredited program brings out the best in children. The Y provides safe, reliable, and convenient child care in a stimulating environment. Our teachers incorporate the Y's core values: caring, honesty, respect, and responsibility in daily lessons.

Children who are enrolled in Childcare and are Program Members receive 50% off all YMCA Programs. Children who are enrolled in Childcare and are Facility Members receive 10% off all YMCA Programs.

#### PRESCHOOL

Children in our preschool program benefit from large and small group activities, allowing them to express their creativity and build their social skills while developing literacy, math and science concepts. Children also build and explore their physical strengths in our gym and on our playground.

Our preschool is led by a Connecticut certified teacher who possesses many years of experience. Children are assessed continually, and guided toward developmental benchmarks.

#### INFANT / TODDLER

Our highly skilled and caring staff provide early care and education for children 6 weeks – 3 years. We provide your child with a program that focuses on each child's developmental level.

Through a variety of daily activities, each child will have an opportunity to explore his or her environment while building a solid skill set for later learning.

Each infant is assigned a primary caregiver responsible for all daily activities, feedings, etc. Children are kept on their own unique schedules and we work closely with parents to foster new skills and reach developmental milestones.

The Toddler program consists of developmentally appropriate daily activities for two-year-olds, such as circle time, outside time, art and sensory time. Toddlers learn through play and teacher-directed projects.



## Y STUDENT SUPPORT CENTER

- HOMEWORK
- SPORTS
- SCIENCE
- SWIM
- CRAFTS

### ENROLL NOW!

Our Torrington YSSC is offering the solution to your school-year schedule. We offer before & after school care, as well as distance & hybrid learning programs for children 5 - 12 yrs old. The schedule of the day will vary to accommodate specific distance learning schedules, and will include enrichment activities such as outdoor play, games in the gym, swimming, art and science activities in the classroom.\*

We believe our center will provide a learning environment that will encourage greater engagement, promote positive social connections and increase the student's sense of belonging, all of which can be lost in a virtual learning experience.

Scheduled school half days are also included with the program.

**For more information** please contact our Child & Family Services Director, Jana Freer:  
(860) 489-3133 ext. 125

\*These activities are subject to change due to COVID-19 restrictions.

