



**SUMMER'S COOLER
AT THE Y.**



**SUMMER SESSION
June 27 - August 21, 2022**

**Registration Begins:
June 13 for Full Members
June 20 for All Others**

**FIND YOUR Y AT
THE REGIONAL Y.
REGIONALYMCA.ORG**

MEMBERSHIP AT THE Y

With the Y, you're not just a member of a facility, you're part of a community. Because the Y is for everyone, we bring together families and friends like no other organization can.

We encourage good health and foster connections with new and old friends through sports, fun and shared interests.

JOINING THE Y IS EASY

Sign up in person at the Y or visit our website at www.regionallymca.org to join online.

Types of Membership:

Wellness Plus: Includes Fitness Membership, Indoor Track (13 yrs+) and Health Center (Must be 18 yrs+ includes Sauna, Steam Room).

Wellness: Includes Fitness Membership, Sauna and Track (13 yrs+).

Non Member: Allows you to register for fee based classes only- does not include other usage of the facility.



OPTIONS

Rates are subject to change with 30 days notice

Category	Joiners Fee	Wellness	Wellness Plus
Family	\$75	\$93 monthly	\$109 monthly
Adult Couple	\$75	\$91 monthly	\$107 monthly
Single Parent Family	\$75	\$80 monthly	\$95 monthly
Adult (27-64)	\$75	\$72 monthly	\$83 monthly
Senior Couple	\$75	\$82 monthly	\$102 monthly
Senior Citizen	\$75	\$62 monthly	\$79 monthly
Young Adult (18-26)	\$75	\$42 monthly	\$49 monthly
Teen (13-17)	\$75	\$40 monthly	N/A

Family: 2 adults & children through 21 years living in the same household.

Family Memberships include FREE Child Watch (babysitting) while you work out!

Adult Couple: 2 adults living in the same household.

Senior Couple: At least one adult must be age 65 and older.

Senior Citizen: Age 65 and older.

Financial Assistance

YMCA memberships and programs are open to everyone. When the costs of our services prevent an individual or family from participating, the YMCA will offer financial assistance, as funds are available, to those who are eligible. See Member Service Desk for more information.

FOR COMPLETE INFORMATION ON PROGRAM DESCRIPTIONS, DAYS/TIMES AND FEES, PLEASE VISIT WWW.REGIONALYMCA.ORG.

Our Mission

The Regional Y is a community service organization committed to building healthy lives through programs that strengthen the spirit, mind and body for all.

Our Focus

Healthy Living

We will continue to improve our community's health & well-being.

Youth Development

We are dedicated to nurturing the potential of every child.

Social Responsibility

The Regional Y will remain committed to giving back and supporting our neighbors.

THE Y.™ FOR A BETTER US.™



Like us on [Facebook](#)



View us on [YouTube](#)



Follow us on [Twitter](#)



Follow us on [Instagram](#)



REGIONAL YMCA OF WESTERN CT SUMMER CAMPS 2022



YMCA Camp Greenknoll (Brookfield)

June 20-Aug 19

RATE \$246 - \$50 per week savings for full family memberships.* (week 3 is \$196; closed July 4th)
\$296 per week all others (week 3 is \$237; closed July 4th)

YMCA Summer Club at Grassy Plain (Bethel)

June 20-Aug 19

RATE \$285 per week (week 3 is \$225; closed July 4th)

Register at REGIONALYMCA.ORG

***YMCA Camp Greenknoll Special Offer:**

Full Family Members - Save \$50 per week at YMCA Camp Greenknoll

If you don't already have a Full Family Membership, join while registering for Camp Greenknoll and the YMCA will waive your Joiner's Fee! That's a \$75 savings!

To become a Family Member please visit www.regionalymca.org



CHILD CARE

Preschool The Y offers a full day and partial day NAEYC Accredited Early Care and Education Program for 3 and 4 year-old preschoolers, enabling parents and family members to go to work knowing their children are in safe, stimulating environments.

School Readiness Grant Program available to Danbury Residents. Tuition based on income and family size. For all others, tuition assistance may be available to qualifying families.

Out of School Time With a focus on safety, health, social growth and academic enhancement, Y programs for school age children serve kindergartners through middle schoolers with a variety of program and activity options to explore and develop their interests and talents.

Please inquire about our tuition assistance program.

YMCA Children's Center

Bethel 203.744.4890

Greenknoll Children's Center

Brookfield 203.775.4444, ext. 103

Visit regionalmca.org to find the right program for your child.

PRIVATE OR GROUP SWIM LESSONS AVAILABLE



Conquer Your Fears!

Whether you have a fear of the water or want to work on strokes, we have a class for you! Private and Group Swim lessons available for children and adults 6 months - seniors!

Contact:

Alexandra Hall-Heron, Aquatics Director
ahall-heron@regionalmca.org
203-775-4444- x133

SAFE & CONFIDENT IN THE WATER

Any child under 9 years must be checked in to their class by a parent and picked up on time.



[REGISTER ONLINE](#)

June 27 - Aug. 21



YOUTH SWIM LESSONS

SWIM BASICS – SAFETY AROUND WATER

30 minute class

LEVEL 1 Water Acclimation: No previous experience in swim lessons, must be 100% potty-trained, and independent from parents. Children become independent in the water and develop confidence. Focus is on getting comfortable putting the face in the water and blowing bubbles, and the development of skills such as kicking and scooping. Back float is introduced. Goal is to swim 5 yards without fear or assistance.

Sessions are 2 weeks, Monday–Thursday for 8 classes at designated time.

July 5 - July 14	Mon-Thurs	4:30PM - 5:00PM	Member: \$112	Non Member: \$224 (no class 7/4)
July 5 - July 14	Mon-Thurs	5:30PM - 6:00PM	Member: \$112	Non Member: \$224 (no class 7/4)
July 18 - July 28	Mon-Thurs	4:30PM - 5:00PM	Member: \$128	Non Member: \$256
July 18 - July 28	Mon-Thurs	5:30PM - 6:00PM	Member: \$128	Non Member: \$256

LEVEL 2 Water Movement: Can perform a front/back glide, back float, and swim 5 yards with minimal assistance. Can blow bubbles for 10 seconds. Emphasis is on proper foundation skills including kicking, breathing, and forward movement in water. Treading water is introduced. Children build on self-rescue skills.

Sessions are 2 weeks, Monday–Thursday for 8 classes at designated time.

July 5 - July 14	Mon-Thurs	5:00PM - 5:30PM	Member: \$112	Non Member: \$224 (no class 7/4)
July 18 - July 28	Mon-Thurs	5:00PM - 5:30PM	Member: \$128	Non Member: \$256

LEVEL 3 Water Stamina: Can confidently back float and swim for 10 yards without assistance. Children learn freestyle, backstroke, and intermediate self-rescue skills. Rotary breathing is introduced.

Sessions are 2 weeks, Monday–Thursday for 8 classes at designated time.

July 5 - July 14	Mon-Thurs	6:00PM - 6:30PM	Member: \$112	Non Member: \$224 (no class 7/4)
July 18 - July 28	Mon-Thurs	6:00PM - 6:30PM	Member: \$128	Non Member: \$256

SWIM STROKES – SKILLS SUPPORT HEALTHY LIFESTYLE

45 minute class

LEVEL 4 Stroke Introduction: Builds on Level 3 skills including stroke techniques in freestyle and backstroke combined with endurance training. Reinforces water safety through treading water and elementary backstroke. Breaststroke and butterfly kicks are introduced. The goal is to perform freestyle with rotary breathing and backstroke for 25 yards. Diving

Sessions are 2 weeks, Monday–Thursday for 8 classes at designated time.

August 1 - August 11	Mon-Thurs	4:00PM - 4:45PM	Member: \$144	Non Member: \$288
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LEVEL 5 Stroke Development: Must be able to comfortably swim 25 yards of freestyle and backstroke with correct technique. Strokes are refined with a strong emphasis on proper stroke mechanics. Build endurance in freestyle, backstroke, and complete breaststroke. Complete butterfly is introduced. Reinforce safety through treading water. Diving.

Sessions are 2 weeks, Monday–Thursday for 8 classes at designated time.

August 1 - August 11	Mon-Thurs	5:00PM - 5:45PM	Member: \$144	Non Member: \$288
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LEVEL 6 Stroke Mechanics: Refine stroke technique on all major competitive strokes. Swimmers must be able to complete a minimum of 50 yards Freestyle, backstroke and breast stroke using proper technique. Complete butterfly. Flip turns are introduced. Diving.

Sessions are 2 weeks, Monday–Thursday for 8 classes at designated time.

August 1 - August 11	Mon-Thurs	6:00PM - 6:45PM	Member: \$144	Non Member: \$288
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SAFE & CONFIDENT IN THE WATER

Any child under 9 years must be checked in to their class by a parent and picked up on time.



[REGISTER ONLINE](#)

June 27 - Aug. 21

SWIM TEAM / COMPETITIVE SWIMMING

Mako Swim Team

The Mako Swim Team is the Regional YMCA's competitive swimming program for swimmers 6 years and above. The program is led by a professional coaching staff and is supported by a strong volunteer group. The program offers opportunities for young swimmers, teenagers and adults to develop friendships, in addition to improving their swimming skills. Members of the Mako program are provided with a positive structure that enhances physical conditioning along with good sportsmanship, leadership skills, discipline, responsibility, honesty and respect.

For more information about the Mako Swim Team please visit www.makoswim.org or contact Sarah Basile at 203.775.1077 or sbasile@regionalmca.org.

All new swimmers must complete a skills evaluation.



GREENKNOLL GATORS CAMP SWIM TEAM

The Greenknoll Gators Camp Swim Team is a great way to get involved with swimming without having to give up something else! It's also an opportunity for YMCA campers to strengthen their swimming skills in a fun environment. Each week, swimmers work on developing stroke techniques and water safety in a fun environment.

The Gators Swim Team is part of the Stateline Swim League and is led by members of the Mako Swim Club coaching staff. The program runs in the outdoor pool.

SESSIONS: Gator Season June 20 - July 28th* (closed 7/4)

AGES: 6 - 16 years (children must have completed Kindergarten)

Can swim 25 yards without stopping

HOURS: Monday - Thursday from 4:00 PM - 5:00 PM

FEES: \$125 Full session payment due at time of registration.

Master Card, Discover, Amex, Visa, and debit cards accepted for your convenience.

REGISTRATION OPENS: April 25 Full Family Member

May 2 All others

AMERICAN RED CROSS COURSES



Blended Learning Full Course 2 Year Certification

Class Fee: \$400 (includes online portion)

June 24 - June 26
MUST ATTEND ALL THREE DAYS

Friday, 6/24 4-8pm

Saturday 6/25 2-7pm

Sunday 6/26 4-7pm

For more information, contact **Alexandra Hall-Heron**
203.775.4444 x133 or ahall-heron@regionalmca.org

Lifeguard Certification

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent drownings.

Prerequisites:

Swim 300 Yards CONTINUOUSLY (NO STOPPING)

Tread water for 2 minutes using only the legs.

Complete a timed event within 1 minute, 40 seconds. (Goggles Not Allowed)

Surface dive, feet first or head first, to a depth of 7-10 feet to retrieve a 10-pound object.

Return to surface and swim 20 yards to return to the starting point with both hands holding the object

To successfully complete the Lifeguarding courses, the participant must:

- o Be 15 years old on or before the final scheduled session.
- o Attend the entire course and participate in all class sessions.
- o Actively participate in all course activities & assignments.
- o Demonstrate competency in all required skills.

Red Cross Babysitting Course

The primary purpose of the American Red Cross Babysitter's Training course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants.

This training will help participants to develop leadership skills; learn how to develop a babysitting business; keep themselves and others safe; help children behave; and learn about basic child care and basic first aid.

This training is designed for youths ages 11 to 15.



For dates and times, contact:
Alexandra Hall-Heron 203.775.4444, ext. 133
or ahall-heron@regionalmca.org


TEENS AND TWEENS

Any child under 9 years must be checked in to their class by a parent and picked up on time.



[REGISTER ONLINE](#)

June 27 - Aug. 21

A photograph showing four teenagers in a gym. One is holding a blue medicine ball, another is holding a yellow and black medicine ball. They appear to be in a training session. The background shows gym equipment like a red resistance band and a rack of dumbbells.

JUMP THROW SPRINT



YOUTH ATHLETE FITNESS CLUB

Athletes need to be strong and powerful. This club will focus strictly on the power aspect of athletics. Agility, change of direction, reaction time/elusiveness, speed and explosiveness will be the primary components of this club. Participants will throw medicine balls, jump on boxes, use agility ladders, push sleds, work on sprint mechanics, play partner elusiveness games and more!

***Available weeks:** June 28, July 5, July 12, July 19, July 26, August 2

Cost: \$75 per week (Member)
\$125 per week (Non-Member)

For more information, contact

Nate Stenabaugh at
nstenabaugh@regionalymca.org or
203.775.4444 x137.

**Tuesday -
Friday**

10:30 AM-12:30 PM

Your choice of 6 weeks.
Choose one week or all 6!

REGISTER TODAY!

REGIONAL YMCA OF WESTERN CONNECTICUT
2 Huckleberry Hill Road, Brookfield, CT 06804
203.775.4444 • regionalymca.org

TEENS AND TWEENS

Any child under 9 years must be checked in to their class by a parent and picked up on time.



[REGISTER ONLINE](#)

June 27 - Aug. 21



FUN FRIENDS FITNESS

**New
TIME**

Fitness Express Pass

Students will work with a certified Personal Trainer to understand proper use of equipment (strength and cardio), correct form when using weights and strength equipment and learn proper etiquette for the Wellness Center. Successful completion of the program will grant access (with parental supervision) to the Weight and Cardio Rooms.

AGES: 10-12
COST: \$60
June 20-24
4:00 - 5:00 pm



LISA, O'CONNOR, WELLNESS DIRECTOR
REGIONAL YMCA OF WESTERN CT
2 Huckleberry Hill Road, Brookfield, CT 06804
203.775.4444 x135 • regionalyymca.org



36/12 FITNESS CHALLENGE

Workout 36 times in 12 weeks!

June 6 - August 28

Just \$5

- Open to Y members only
- Workout must be done at the YMCA and must be at least 30 minutes
- Earn a maximum of one dot per day
- Scan in at the Front Desk each time you workout and pick up your dot
- Place your dot next to your name on the Challenge boards in the hall

For any questions contact:

LISA O'CONNOR, WELLNESS DIRECTOR

loconnor@regionalmca.org

or call 203.775.4444 x135

REGIONAL YMCA OF WESTERN CONNECTICUT
2 HUCKLEBERRY HILL ROAD, BROOKFIELD, CT 06804
203.775.4444 • REGIONALYMCA.ORG

FEEL HEALTHIER BE STRONGER



REGISTER ONLINE

June 27 - Aug. 21

ADULT PROGRAMS

SPINNING

Available to Full Members Only. AND IT'S FREE! For people of all fitness levels. See website or get a schedule from the Member Services Desk. Reservations are taken 24 hours prior to class. **ONLINE REGISTRATION POLICY: All classes will be available online for registration at 8:00am the day before it is scheduled. Phone and walk-in registration opens at 8:00am the day before a scheduled class.**

Full Member: Free

Non Member: N/A

GROUP EXERCISE

Available to Full Members Only. AND IT'S FREE! We have the class for you! Whether you like to step, dance, tone or kick, our group fitness classes are sure to get you motivated week after week. Please visit our website or Member Services Desk for the current schedules.

Full Member: Free

Non Member: N/A

Private Swim Lessons

Whether you are just starting out or are an experienced swimmer, our instructors will design an individual program and critique your skills to help motivate and achieve your swimming goals.

Individual Private

1 x 30 min Lesson	Member: \$50	Non-Member: \$65
5 X 30 min Lessons	Member: \$200	Non-Member: \$250
5 X 45 min Lessons	Member: \$225	Non-Member: \$275

Semi-Private (2 people)

5 X 30 min Lessons	Member: \$350	Non-Member: \$400
5 X 45 min Lessons	Member: \$375	Non-Member: \$425

Tri-Private (3 people)

5 X 45 min Lessons	Member: \$425	Non-Member: \$475
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Register in person for private lessons; days and times for lessons are set up directly with the instructor. For more information, contact the Aquatics Department at 203.775.4444 ext. 133.

**FEEL HEALTHIER
BE STRONGER**



REGISTER ONLINE

June 27 - Aug. 21

WATER EXERCISE SCHEDULE

Effective June 27, 2022

Main Pool - NO Classes Friday

Monday	Tuesday	Wednesday	Thursday
Deep Water Motion Advanced 10-10:50 am Sujata	Deep & Shallow 9-9:50am Susi	Deep Water Motion Advanced 10-10:50 am Sujata	Deep & Shallow 9-9:50am Susi
Cardio & Strength 11-11:50am Randi	Deep & Shallow 10-10:50am Susi	Non-Impact Water Aerobics 10-11am Aimee	Deep & Shallow 10-10:50am Susi
Deep Water Outdoor Pool 12- 12:50pm Susi		Cardio & Strength 11-11:50am Randi	
Power Workout 6:00-6:50pm Cathi		Deep Water Outdoor Pool 12- 12:50pm Susi	
		Power Workout 6:00-6:50pm Cathi	

subject to change without notice

Monday	Tuesday	Wednesday	Thursday
Motion in the Water 9-9:50am Sujata	Work the Water 11-11:50am Susi	Motion in the Water 9-9:50am Sujata	Work the Water 11-11:45am Susi
Toning & Flexibility 10-10:50am Randi	Water Yoga 5:30-6:25 and 6:30 - 7:25pm Aimee	Toning & Flexibility 10-10:50am Randi	

Registration is required for all Water Aerobics Classes.
Spaces are limited. \$20 per session

FEEL HEALTHIER BE STRONGER



REGISTER ONLINE

June 27 - Aug. 21

Complete 155 Miles in 24 days!

REGISTER AT REGIONALYMCA.ORG

Cycle alongside some of the greatest athletes in the world during the Tour de France. Challenge yourself to complete 155 miles in 24 days! Complete and be eligible for prizes! Be sure to sign in the Tour de YMCA binder located in the cycling room to get credit.

Track your own miles and record them in the binder.

REGIONAL YMCA OF WESTERN CT
2 HUCKLEBERRY HILL RD, BROOKFIELD

CONTACT: Debbie Nichols | 203-775-4444 x136 | dnichols@regionalmca.org

ENTRY
\$5



TOUR de YMCA
July 1 - 31

GOT HIGH BLOOD PRESSURE?

LEARN HOW TO MANAGE YOUR BLOOD PRESSURE

The Y designed the **Blood Pressure Self-Monitoring program** to help adults with hypertension lower and manage their blood pressure.

During this **four-month** program participants will:

- Receive a free blood pressure cuff
- Learn how to measure and record their blood pressure
- Attend four personalized consultations per month
- Attend monthly nutrition education seminars to develop healthier eating habits

Don't wait until it is too late. Take control today!

CONTACT LISA TO ENROLL

Ask how you may qualify to participate for free!

SCAN
HERE



REGIONAL YMCA OF WESTERN CT
Lisa O'Connor,
Wellness Director
203-775-4444 x135

FEEL HEALTHIER
BE STRONGER



REGISTER ONLINE

June 27 - Aug. 21



CENTER YOURSELF

YOGA AT TARRYWILE PARK

JUNE 1 - AUGUST 31, 2022
Wednesdays at 9 AM

Achieve a greater understanding of your body and your physical capabilities.

Weather permitting. Class cancellations will be posted on Facebook.

CONTACT: Debbie Nichols,
dnichols@regionalmca.org



CENTER YOURSELF

Enhance[®]Fitness

16 Weeks
June 20-October 12

Join us to improve your balance through participating in an evidence-based program, which fosters improved health and well-being in participants.

BENEFITS:

- Enhanced balance
- Enhanced flexibility and strength
- Healthier, more confident you

WHEN:

- Mondays at 10:30 AM
- Wednesdays & Fridays at 9:00 AM

COST:

- YMCA Members and Non-Members \$50

To register for Enhance Fitness contact:
Debbie Nichols, Physical Director
dnichols@regionalmca.org



You may be at risk if you are:

- At least 18 years old
- Overweight (BMI >25)
- Been confirmed as pre-diabetic via a blood test
- Been previously diagnosed with gestational diabetes
- Have a qualifying score on risk assessment

YMCA'S DIABETES PREVENTION PROGRAM

ARE YOU AT RISK?

NEW IN PERSON SESSIONS

Tuesday June 21 6:30pm

Full Grant Funding available to Danbury Residents at risk for developing Type 2 Diabetes.

LISA O'CONNOR
REGIONAL YMCA OF WESTERN CONNECTICUT
2 Huckleberry Hill Road Brookfield, CT 06804
203-775-4444, ext. 135



KICKSTART

Just joined? Been a member for a while? No matter how long you've been a Y Member, everyone is allowed one free hour-long session with a certified Personal Trainer to learn the ins-n-outs of the facility and equipment.

- 1-hour session with a certified Personal Trainer
- Learn how to properly and safely use all equipment to suit your individual needs
- Great orientation for new members or refresher for existing members
- Work on strength, tone, power, burn, core and flexibility
- To book a session, speak with the Front Desk or contact Lisa at 203.775.4444 ext. 135 or loconnor@regionalymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



JUMP BACK INTO PROGRESS

Personal Training at the YMCA

NEW CLIENTS ONE TIME SPECIAL

\$99 for (4) 30 min sessions or
\$199 for (4) 60 min sessions!

To Get Started Contact:

Lisa O'Connor, Wellness Director

loconnor@regionalyymca.org | 203.775.4444 ext 135

**RSVP
NOW**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS COACHING



Wellness Coaching offers members the opportunities to problem solve and break through barriers in order to achieve personal goals. One on one support from a trained and certified Wellness Coach will not only help you work toward your personal goals but also help you discover your best self. Sessions can be tailored to weight loss, and is ideal for participants who have completed the YMCA's Diabetes Prevention Program.

WELLNESS COACHING FEES

Members: (3) 45 minute sessions \$95 ; **Non Members:** (3) 45 minute sessions \$115

certified  wellcoach®



ABOUT LISA O'CONNOR

Lisa has been a certified wellcoach® since 2014. Lisa has a Bachelor's degree in Community Health from WCSU and is a Certified Health Education Specialist through National Commission on Health Education and Credentialing (NCHEC). She works one on one with members as well as with groups of members working toward a common goal. If you are looking for a new approach to achieving your best self, contact Lisa for more information.

To schedule an appointment call Lisa at 203.775.4444 x 135



ANNUAL SUPPORT CAMPAIGN

The Regional Y is dedicated to being Brookfield–Danbury’s premier community resource, providing a safe, nurturing and secure space for all its members. From tackling the achievement gap to teaching healthy habits for a lifetime, everything the Y does is in service of building a stronger community.

Now, more than ever, your support is critical to:

Sustain the Y

Ensure we remain strong and well positioned to respond to the crisis and emerge stronger than ever.

Strengthen the Foundations of Our Community For All

Ensure access for all to critical YMCA programs and services.

When you donate to the Y, you’re supporting programs and services that help strengthen our community. Every gift matters, because every child, every family, and every neighbor matters.

Click Give Today below or donate on VENMO! @RegionalYMCA

Together, we’re building a stronger, healthier community.

GIVE TODAY to help sustain the Regional YMCA!



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

REGIONAL YMCA OF WESTERN CONNECTICUT

regionallymca.org

Our Mission

The Regional Y is a community service organization committed to building healthy lives through programs that strengthen the spirit, mind and body for all.

Greenknoll Branch YMCA
2 Huckleberry Hill Road
Brookfield, CT 06804
203 775 4444

YMCA Children's Center
57 Grassy Plain Street
Bethel, CT 06801
203 744 4890

Corporate Office
293 Main Street
Danbury, CT 06810
203 740 3432