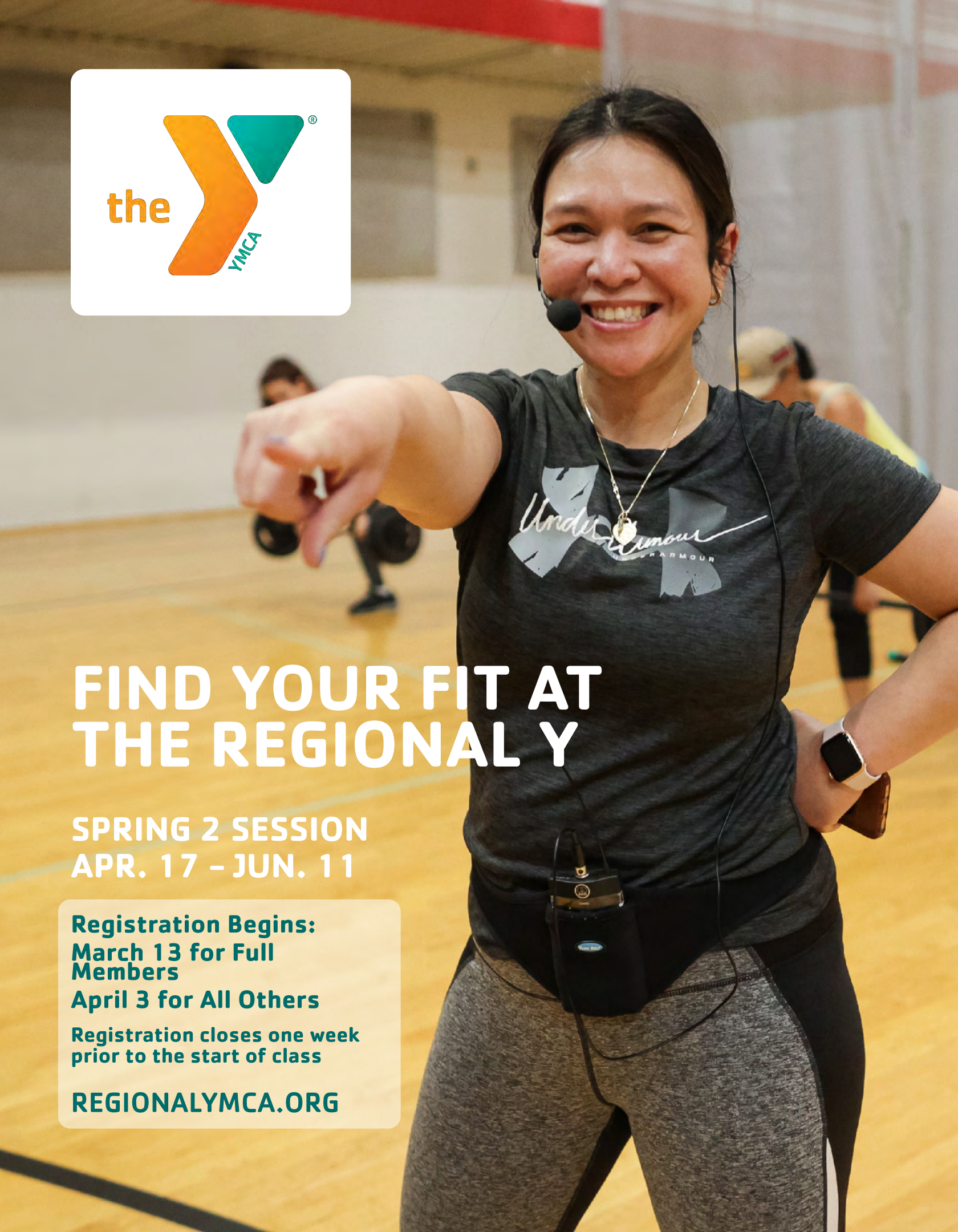


FIND YOUR FIT AT THE REGIONAL Y

SPRING 2 SESSION
APR. 17 – JUN. 11

Registration Begins:
March 13 for Full Members
April 3 for All Others

Registration closes one week prior to the start of class

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

JOINING IS EASY. Sign up in person or online.

SPECIAL OFFER FOR FAMILY MEMBERSHIPS

SAVE $50 off at Camp Greenknoll for each week you register.

Membership must remain active through August 2023.

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	$99 monthly	$119 monthly
* Single Parent Family	$75	$90 monthly	$105 monthly
Adult Couple	$75	$91 monthly	$107 monthly
Adult (27-64)	$75	$77 monthly	$88 monthly
Senior Couple	$75	$87 monthly	$107 monthly
Senior Citizen	$75	$67 monthly	$84 monthly
Young Adult (18-26)	$75	$47 monthly	$54 monthly
Teen (13-17)	$75	$45 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 & programs are open to everyone. When cost prevents 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.

A Family Membership to the Y offers something for everyone:

- State of the art Cardio & Strength Training Rooms
- Pools, gyms and tracks allowing year-round access to improved health
- Priority registration on classes
- Access to convenient locations Nationwide
- FREE group fitness classes offered weekly to enhance your progress
- Drop-in Child Care for your child while you work out
- Special Member Rates provide savings on Y programs
- Special Family Night events held throughout the year
- Parent/Child and Special Needs classes so everyone can participate in the fun
- Ages 13 & up have full access to fitness equipment and group exercises classes
- Ages 10-12 may use the Wellness Center with a parent/guardian present after completing Fitness Express Pass
- Four FREE guest passes per year
- **...and so much more!**

KICKSTART & Tune-Up

No matter how long you've been a member, everyone is allowed one free hour-long session with a certified personal trainer to learn the in-n-outs of the facility and equipment. Followed by our NEW 2 Week Tune Up!

- Trainers review your training history and guide you to programs that align with your interests
- Trainers steer you in the direction of your goals
- You will learn how to properly and safely use equipment to suit your individual needs
- NEW....a 30-minute 2 Week Tune Up meeting with trainer

Great orientation for new members or refresher for existing members

Book a session at the front desk or contact:

Lisa O'Connor
Wellness Director
loconnor@regionalymca.org | 203-775-4444 x135

SCHOOL'S OUT and we're having a FUN TIME at the YMCA!

The Regional YMCA Schools Out Fun Time program provides days filled with activities, and is a great way for kids to stay active and have fun in a safe environment during April Recess.

Each vacation day consists of arts and crafts, physical activities in the gym or outdoors, snack, and swimming at the Y (swimming is included with most days off).

Space is limited to 20 children.

Good Friday: **April 7th**

Cost: Member/Family Member: $100 for the day
Non-Member $150 for the day

April Vacation Break: **April 10 – April 14**

Cost: Member/Family Member: $246 for the week
Non-Member $296 for the week

Ages: 5-12 years old

Hours: 8:30am - 5:30pm

Location: Greenknoll Branch

SIGN UP ONLINE

or register in person at the Greenknoll Branch

Contact: Sean Turner, School Age Program Director
sturner@regionalymca.org | 203.775.4444, ext. 103

Regional YMCA of Western CT, Greenknoll Branch, 2 Huckleberry Hill Rd, Brookfield, CT 06804

REGIONAL YMCA OF WESTERN CT
SUMMER CAMPS 2023

SCAN TO REGISTER

Registration Opens:

Member: January 3
Non-Member: January 23

YMCA Camp Greenknoll (Brookfield) SPECIAL OFFER*

***FULL FAMILY MEMBER RATE: $256 per week – a $50 per week savings at Camp Greenknoll**

A Full Family Membership must be active at the time of camp registration and remain active through the end of August to qualify for the full discount. **To become a Family Member please visit regionalymca.org**

NON-MEMBER RATE: $306 per week

CONTACT: Sean Turner 203.775.4444, ext. 103 sturner@regionalymca.org

YMCA Summer Club at Grassy Plain (Bethel)

WEEKLY RATE: $290 per week

CONTACT: Debbie D'Ostilio 203.744.4890 ddostilio@regionalymca.org

regionalymca.org

YMCA CAMP GREENKNOLL

the YMCA

JOIN THE CAMP GREENKNOLL TEAM

I AM A FUTURE TEAM MEMBER

I AM

- OPEN TO WORKING WITH EVERYONE
- EAGER TO LEARN
- A TEAM PLAYER

I WANT

- TO FEEL VALUED AND RESPECTED
- TO BE A ROLE MODEL
- TO FORGE MEANINGFUL RELATIONSHIPS
- TO WORK OUTSIDE
- TO GAIN NEW SKILLS AND BUILD MY RESUME

IT'S MORE THAN JUST A JOB, IT'S A PURPOSE!

CLICK TO APPLY

I NEED TO HELP MAKE THE WORLD A BETTER PLACE FOR ALL

To learn more, contact
Sean Turner, Camp Director
sturner@regionalymca.org or
203.775.4444 x103

CHILD CARE
BETHEL - DANBURY

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.

Danbury School Readiness

School Readiness Grant Program available to Danbury Residents. Tuition based on income and family size. This program is also for 3 and 4 year-olds.

Out of School Time - Before & After School Care

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. Serving Bethel and some Danbury schools.

HOURS

Monday-Friday 7:30am-5:30pm / Before School 7:30am-9:00am / After School 3:00pm-5:30pm

- We accept Care 4 Kids for all programs.
- Tuition assistance available to qualifying families.
- Register in person at the Children's Center.
- Please call ahead to verify availability.

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

For more information, contact
Wendy Cobelli at 203.744.4890

SCHOOL AGE PROGRAM BROOKFIELD

Before and After School Care – Brookfield

Our School Age Program is a state licensed program for children entering Kindergarten through 12 years old who attend Brookfield Public Schools. We provide before and after school care in addition to care for Staff Development Days and School Holidays. Each day after school, children will receive help with their homework, a healthy snack and ample time for physical play and creative play. Please call ahead to verify if there is space available for your child this session.

- Want to add YMCA Classes? Save yourself the hassle of drop off and pick up.
- School age participants are brought directly to their programs like swim classes by program staff.
- Children registered are eligible to receive 50% off YMCA Family Memberships.
- Monday-Friday Before School 7:30 AM - 8:30 AM, After School 3:00 PM - 6:00 PM.
- Open 7:30 AM - 6:00 PM on days off and most holidays.

Regional YMCA of Western CT
2 Huckleberry Hill Road, Brookfield, CT 06804

For more information, contact
Sean Turner at 203.775.4444 x103

WATER EXERCISE

SCHEDULES

Main Pool - Registration is required for all Water Aerobics Classes.
$20 Registration Fee- Spaces are Limited

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

Therapy Pool **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday
Toning & Flexibility 10-10:50am Randi	**Water Yoga** 10am to 10:50am Dan	**Toning & Flexibility** 10-10:50am Randi	**Water Yoga** 10am to 10:50am Dan
Work the Water 11-11:50am Susi	**Work the Water** 11-11:50am Susi	**Work the Water** 11-11:50am Susi	**Work the Water** 11-11:45am Susi
Work the Water 12-12:50 pm Sujata	**Water Yoga** 5:30pm -6:30pm Aimee	**Work the Water** 12-12:50 pm Sujata	

Space is limited.

Fee:

Members only

$20 per session.

MASTERS SWIM TEAM

The Masters Swim program offers an organized swimming workout for swimmers of all ability levels. Practices focus on stroke development as well as fitness in a fun and supportive environment. No previous competitive swimming experience is required. For more info contact **Lucy Suter at lsuter@regionalymca.org.**

Practices are Mon/ Tues / Thurs 10:00AM - 11:00AM | Location: YDAC | Full Member: $60/month

PRIVATE SWIM LESSONS
INDIVIDUAL OR SMALL GROUP

LEARN A NEW LIFE SKILL!

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 are available for children and adults 6 months - Seniors!

	Member Price	Non-Member Price
Individual Private Lessons		
5 x 30 minute lessons	$200	$275
5 x 45 minute lessons	$250	$325
Semi-Private (2 people)		
5 x 30 minutes lessons	$350	$400
5 x 45 minute lessons	$375	$425
Tri - Private (3 people)		
5 x 45 minute lessons	$450	$500

AQUATICS DIRECTOR CONTACT:
Alexandra Hall-Heron | ahall-heron@regionalymca.org | 203-775-4444- x133

GROUP SWIM LESSONS DESCRIPTIONS

REGISTER

Below are descriptions of skill taught in each level with suggested ages. In levels 1-3, we offer separate classes for toddlers and school age children.

Use the chart on the next page to find class days and times that fit in your schedule.

Water Exploration: 0-36 months | 30-minute classes

Children work with and without their parents to master the skills of kicking, pulling and blowing bubbles together to form basic stroke and body position. Fundamental safety and aquatic skills are also introduced. SWIM DIAPERS REQUIRED.

LEVEL 1 Water Acclimation: 3-6 yrs and separate classes for 7-12 yrs | 30-minute classes

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.

LEVEL 2 Water Movement: 3-6 yrs and separate classes for 7-12 yrs | 30-minute classes

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.

LEVEL 3 Water Stamina: 5-6 yrs | 30-minute classes

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

LEVEL 4 Stroke Introduction: 45-minute classes

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

LEVEL 5 Stroke Development: 45-minute classes

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.

LEVEL 6 Stroke Mechanics: 45-minute classes

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.

Water Exploration		Level 1-3 (30 minutes)		Level 4-6 (45 minutes)	
	7 classes		7 classes		7 classes
Member:	$140	Member:	$140	Member:	$154
Non-Member:	$280	Non-Member:	$280	Non-Member:	$308

AQUATICS DIRECTOR CONTACT:

Alexandra Hall-Heron | ahall-heron@regionalymca.org | 203-775-4444- x133

SWIM LESSON CLASS SCHEDULES

Use this chart to find class days and times that fit in with your schedule. Find level descriptions and ranges on the previous page.

Apr. 25-Jun. 5 Tuesday - 7 Weeks	
9:00-9:30	Level 1
9:35-10:05	Level 2
10:10-10:40	Level 3

Apr. 27-Jun. 7 Thursday - 7 Weeks	
4:30 - 5:00	Level 2
5:00 - 5:30	Level 1
5:30 - 6:00	Level 3

Apr. 28-Jun. 8 Friday 7 Weeks	
10:00 - 10:45	Level 4
11:00 - 11:30	Level 1
11:35 - 12:05	Level 2

April 22 - June 10	Saturday 7 Weeks			
9:00 - 9:30	Level 2	Level 1	Level 3	
9:35 - 10:05	Level 2 7-12yrs	Level 1 7-12yrs	Level 3	
10:10 - 10:40	Level 1	Water Exploration	Level 3	
10:45 - 11:15	Level 1	Level 2	Level 2 7-12yrs	Diving 10:45-11:30
11:20 - 12:05	Level 5	Level 4	Level 6	Stroke and Turn

April 23 - June 11	Sunday 7 Weeks		
9:00 - 9:30	Level 4	Level 6	Level 5
9:35 - 10:05	Level 1	Level 2	Water Exploration
10:10 - 10:40	Level 3	Level 2 7-12yrs	Level 1 7-12yrs
10:45 - 11:15	Level 2	Level 1	Level 3
11:20 - 12:05	Level 3	Level 1	Level 2

Water Exploration
7 classes
Member: $140
Non-Member: $280

Level 1-3 (30 minutes)
7 classes
Member: $140
Non-Member: $280

Level 4-6 (45 minutes)
7 classes
Member: $154
Non-Member: $308

AQUATICS DIRECTOR CONTACT:

Alexandra Hall-Heron | ahall-heron@regionalymca.org | 203-775-4444- x133

POWER LESSONS

POWER LESSONS TAKE PLACE MON-THURS FOR 2 WEEKS

REGISTER

May 22 - June 22 **Members: $140** **Non-members: $280**

5:00 - 5:30	5:30 - 6:00	6:00 - 6:30	5:00 - 5:45	6:00 - 6:45
Level 1	**Level 2**	**Level 3**	**Level 4**	**Level 5**
Intro to swimming - goal is to teach comfort and confidence in the water along with intro to: scoops, kicks, bubbles, and back float. - Should show comfort and confidence in the water - General Safety and pool etiquette - 3 bobs with head submerged - Entrance and exit independently - Back float Assisted 10 seconds (relaxed) - Should not cling to instructor - Intro to treading (assisted and learning movement) - Jump holding the instructor's HAND - Blowing bubbles through nose or mouth (face is getting wet) - Scoops and kicks simultaneously (assisted)	Learning to swim - goal is to get kids moving forward. Swimmers should be swimming independently for short distances and intro to swimming on their back which will set them up for level 3. - Independent back float 10 seconds - General safety and pool etiquette - 10 bobs - Independent jump with face submerged - Grab dive toy from shallow end of pool - Blast off and swim to and from flags independently - Incorporate breathing during independent swim - Kick with equipment independently to cone and back to wall (on front and back) - Front and back blast offs (independent) - Kicks on back w/ equipment to the cone and back (independently) - Backstroke arm introduction - Jump in the deep end (submerged/ go under) - Explore deep water - Tread 30 seconds	Swimming - students will learn stamina and develop their freestyle and backstroke techniques. Students should progress by swimming to the deep end (assisted). Students should be challenged by trying to swim further and further past the cone unassisted (the cone is minimum we should be aiming for 1 length of the pool.) - Safety - Back float independently - Freestyle to the cone - Rings off the shallow end - Jump in deep end and swim to the wall - Intro to side breathing - Kneeling dive - Tread water for 1 minute	Etiquette - Students should now be swimming independently. They will continue progressing with their stamina, but they will now be introduced to swimming etiquette: circle swimming, 10 second start (independent) and warm up. Students will also learn breaststroke and the intro to dolphin kick. - 50 freestyle - Freestyle with Side breathing - 50 backstroke - 25 breaststroke - 2-minute tread - 25 dolphin kick - Standing dive - Swimming etiquette	Butterfly - students will continue their goal for stamina and continue the practice of swim etiquette. They will mainly learn butterfly. Butterfly is a challenging stroke pushing kids to strengthen their core muscles and learn the rhythm when incorporating arms and legs. - 100 freestyle - 100 backstroke - 50 breaststroke - 25 butterfly - Standing dive with intro to blocks

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

DIVING CLINIC
LEARNING TO DIVE

Diving can be scary and takes time to learn.
Join the YMCA for a diving clinic!

Summer is right around the corner! Diving clinics can help kids of all ages. Come brush up on techniques, learn the basics, and advance your skills.

Diving Clinic will cover; sitting, kneeling, standing, and proper swim team dives.

REGISTER

Diving Clinics Are Held Every Month!

AVAILABLE DATES:	AVAILABLE TIMES:
March 25	10:00am - 10:30am
April 22	10:30am - 11:00am
May 20	
June 3	

Students must be able to swim 25 yards confidently.

Registration: Open Enrollment!

Members:	$15
Non-Members:	$30

Contact

Alex Hall-Heron

Aquatics Director
(203)775-4444 x 138
ahall-heron@regionalymca.org

COMPETITIVE SWIM | WATER POLO

Mako Swim Team

TheMako Swim Team is the Regional YMCA's competitive swimming program forswimmers 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
sbasile@regionalymca.org

All new swimmers must complete a skills evaluation.

Water Polo League

The RYWC Water Polo League is a co-ed league designed to provide basic skills and understanding of the sport in a recreational format. Sessions will consist of skill work and game play that harness all the fun and dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate kids to swim and stay fit. Two sessions, for ages 11 - 13 years and for14 years and over.

Location: YDAC

Runs: Tuesdays April 18th- June 13th

Session 1: 7:00-7:45 PM age11-13 years
Session 2: 7:45-8:30 PM age14-18 years

Member: $90 Single Session
Non-Member: $200 Single Session

Drop in fee: Member: $20 Non-member $40

Contact: Jason Paige, Senior Aquatic Director
203-775-1077 | jpaige@regionalymca.org

HOPPY EASTER!

Join us for a good time! It's an Easter egg hunt like you've never seen before. We fill our pool with plastic eggs so you can splash, float and hunt for eggs. Enjoy time with the Easter Bunny and photos in the lobby while you're waiting for your turn to hunt! Earn Tickets while collecting eggs to get a prize of your choosing!

MEMBERS ONLY EVENT

1 -2 PM | Ages 3-6 yrs | Heated Pool
2-3 PM | Ages 7-9 yrs | Shallow End of Main Pool
3-3:45 | Free Swim And Wibit Fun!

$15 PER FAMILY
2 Guests per Family (additional $5)

Register in person at the front desk or contact:
Alex Hall-Heron | ahall-heron@regionalymca.org | 203.775.4444 ext. 133

MOVIE NIGHT AT THE POOL

Hop in the pool for AQUAMARINE!

Come enjoy a movie in the heated pool. Relax on floats provided by the Y and a movie classic POPCORN!

April 14th - 4:30PM - 6:30PM

Registration:

Members:	March 14	$5 per ticket
Non - Members:	April 1	$10 per ticket

Movie will start Promptly at 5pm.

Register in person at the front desk or contact:
Alex Hall-Heron | ahall-heron@regionalymca.org
203.775.4444 ext. 133

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

REGISTER

CERTIFICATION COURSE SESSIONS:

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.

Must attend all dates/times listed in the session.

COST: $400 per person

AGES: Open to everyone 15 years+

March 17th - 19th
Mar 17: 4pm-7pm
Mar 18: 9am-6pm
Mar 19: 9am-6pm

April 14th - 16th
Apr 14: 12pm-4pm
Apr 15: 9am-1pm
Apr 16: 9am-1pm

May 12th - 14th
May 12: 4pm-7pm
May 13: 9am-1pm
May 14: 9am-1pm

June 9th - 11th
June 9: 4pm-7pm
June 10: 9am-1pm
June 11: 9am-1pm

RE-CERTIFICATION COURSE DATES

Must have a current lifeguarding certificate or one that expired within 45 days. Must pass the Online Lifeguard test, must bring Hip pack with Adult and Pediatric masks (hip packs available onsite for $25), swim 300 yards of free and/or breaststroke, surface dive to a depth of 7-10 feet, return to the surface with a 10-pound object, swim 20 yards back to the starting point, and tread water without the use of arms for 2 minutes.

Mar 18 & 19: 9am-6pm
Apr 15 & 16: 9am-6pm
May 13 & 14: 9am-6pm
June 10 & 11: 9am-6pm

COST: $175 per person

AGES: Open to everyone 15 years+

What will you need?
- Swimsuit
- Towel
- Goggles
- Pool shoes
- Snack
- CPR mask & Fanny Pack (recert only)

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

YOUTH PROGRAMMING

REGISTER

REGISTRATION FOR YOUTH SPORTS CLASSES WILL CLOSE 5 DAYS PRIOR TO THE START OF CLASS. CLASSES ARE SUBJECT TO CHANGE BASED ON ENROLLMENT NUMBERS.

TAE KWON DO

Students learn controlled self-defense techniques, kicks, punches, and more while advancing through belt ranks.

Note: Uniforms can be purchased from the instructor for $45. Participants will have an opportunity for Belt Advancement Evaluations. No uniform is required; wear comfortable clothes.

Location	STUDIO

Open to all ages.

Mon & Thurs	6:30 PM - 7:15 PM
Member:	$128
Non-Member:	$216

NEW YOUTH DANCE CLASS

This class will provide tiny dancers with the basics of the art in a multitude of dance areas. It will focus on learning studio class etiquette and socializing with peers. No uniform is required – comfortable clothes and foot wear are a must.

All dance levels are welcome.

Location	STUDIO
Ages	3-9 years
Tues	4:45 – 5:45 PM
Member:	$96
Non-Member:	$160

YOUTH BASKETBALL

This 7 week session will provide athletes with the basics of basketball. Coaches will focus on improving skills, hand-eye coordination and confidence!

Location	GYM
Ages	5-9 years
Mon & Wed	4 -5 PM
Member:	$119
Non-Member:	$203

PRIVATE BASKETBALL TRAINING

1 hour session - $50

5 pack of 1 hour sessions - $225

To schedule a private session, please call or email Kariana.

Contact:

Kariana Cicerone, Youth, Teen & Family
kcicerone@regionalymca.org
203-775-4444- x109

YOUTH AND FAMILY EVENTS

REGISTER

KID'S NIGHT OUT

NINJA WARRIOR!

Do you have what it takes to be a ninja warrior? Challenge yourself and your skills on an obstacle course. Pizza dinner is provided.

Friday, April 21
6- 8:30 PM

BOARD GAME PALOOZA PARTY!

Board games galore! Traditional games like checkers and Candyland or the newest craze like Don't Break The Ice and pop It battles. Pizza dinner is provided.

Friday, May 12
6- 8:30 PM

AGES: 3-10 years
(Must be potty trained)

COST: Member:
$25 first child
$15 per additional sibling

Non-Member:
$45 first child
$25 per additional sibling

Contact:

Kariana Cicerone, Youth, Teen & Family
kcicerone@regionalymca.org
203-775-4444- x109

MIDDLE SCHOOL MADNESS

The Y is staying open late so middle schoolers can take over! Our facility will be open exclusively to students in grades 5th - 8th. Activities include swimming, open gym, GaGa Pit and snack bar.

Please pre-register prior to event.

Saturday, April 22
7-9 PM

Saturday, May 13
7-9 PM

AGES
Grades 5-8

COST:

Member:$15

Non-Member:$25

READY SET SPIKE

TEEN VOLLEYBALL CLINIC

This YMCA Volleyball Clinic for 7th & 8th grade girls and boys will focus on skill development for athletes looking to play in high school. Students will have an opportunity to learn the basic volleyball fundamentals: passing, overhand passing, setting, hitting and serving, as well as basic volleyball positions and team play. Learn under the wings of former collegiate athletes and former high school coaches.

REGISTER

Clinic Dates:
April 22 - June 17 (no class April 29)
Saturdays 10:30am - 12:00pm

Location:
Greenknoll Branch

Ages:
Open to Grades 7 - 9 (Co-Ed)

Fee:
Member: $210
Non-Member: $ 350

Contact: **Alex Hall-Heron** , Aquatics Director
ahall-heron@regionalymca.org | 203.775.4444 ext. 133

TEEN LEADERSHIP

(Open to Middle School and High School Students in the Greater Danbury Area

ACHIEVERS

This program helps you to raise your academic standards, develop a positive sense of self, build character, explore diverse college and career options and learn from role models who may inspire you. Learn job readiness skills and/or prepare for the college application process. Learn resume writing, interview skills, and financial literacy and planning skills. We will be involved in individual college mentoring, youth leadership development and community family engagement. This program will help give you the tools you need to achieve what you want in your future! There are also weekend college visits.

Achievers will meet Tuesdays & Thursdays (flexible)

5:00PM – 7:00PM

at YMCA Corporate Office in Danbury

Cost: $25/month

Contact:

Bill McNamara,
Youth & Teen Leadership Programs
wmcnamara@regionalymca.org
203-740-3432, ext. 252

TEEN STRONG

A FREE STRENGTH & CONDITIONING CLASS

WHAT TO EXPECT:

This class is designed to build and sharpen athletic fundamentals such as strength, conditioning, speed and agility, with a focus on injury prevention. This is a great class for all ability levels as we will cater to each person's strengths and weaknesses.

This program is designed and run by YMCA Personal Trainers, ensuring your teen will receive hands on coaching/training while maximizing their potential while receiving elite-level training during the class.

MONDAYS & THURSDAYS

5:30 PM - 6:15 PM

MEMBERS: FREE

Contact:

Nate Stenabaugh, Wellness Director
nstenabaugh@regionalymca.org
203-775-4444 x137

FUN FRIENDS FITNESS

(For Teens)
Fitness Express Pass

Students will work with a member of our Fitness Staff 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.

CHOOSE YOUR SESSION!
5 week program

March:	**Starting on 3/21/23**
April 10 – April 14	
May:	**Starting on 5/9/23**
June:	**Starting on 6/16/23**

REGISTER

Age: 10-12

Cost: $65

CONTACT

Nate Stenabaugh, Wellness Coordinator
203-775-4444 x137
nstenabaugh@regionalymca.org

SPRING INTO SUMMER!

This low-key, 8-week competition will keep you motivated through the spring season! Spring into Summer is the perfect follow up program to Lose to Win. Compete against others as you earn points by competing in NEW weekly challenges and activities, attending workshops focusing on Strength and Technique and Special Events.

WHEN

April 24 - June 18

WHO

Individuals or
Teams of 3

Form your own team or get placed with new friends.

PRICE

$55 per person

CONTACT

Nate Stenabaugh, Wellness Coordinator
203-775-4444 x137
nstenabaugh@regionalymca.org

REGISTER

IMPROVE YOUR STRENGTH & MOBILITY

FLOW CHI FUSION

Focus for this class is on stretching, mindfulness, breathing, balance, coordination, and relaxation.

This class will be offered as a remote program through ZOOM.

Registration opens March 3

Thursdays March 23 – May 12

9:00am–9:50am

Members: $60
Non-members: $120

REGISTER HERE

Contact:
Debbie Nichols
dnichols@regionalymca.org | 203.775.4444 x136

ADULT FITNESS

SCHEDULES

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 5:00AM 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 OR GROUP SWIM LESSONS AVAILABLE

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: $250	Non-Member: $325
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: $450	Non-Member: $500

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.

FOR THE LOVE OF THE GAME
PICKLEBALL

New to the Game? Or do you just need a little more coaching? Join us for an opportunity to build your skills, while playing with friends and a certified Pickleball Instructor who will provide coaching and support while you play. It's the best of both worlds.

FRIDAYS, 12:30–2:30 PM
$80 PER SESSION

REGISTER

Session: 3/17, 3/24, 3/31, 4/7

- Must be able to attend all 4 classes per session
- Reserved for Members ONLY

CONTACT

Lisa O'Connor | loconnor@regionalymca.org | 203.775.4444 x135

PICKLEBALL CLINICS

The Pickleball craze is back at the Y!

INSTRUCTOR: Martin Schneider - Level One Certified Pickleball Instructor through IPTPA (International Pickleball Teaching Professional Association)

MONDAYS + WEDNESDAYS 12:30–2:30

Beginner Sessions:
March 13 + 15
March 27 + 29

Advanced Sessions:
March 20 + 22
April 3 + 5

FEE:

- $80 PER SESSION
- 2 CLASSES PER SESSION
- MUST BE ABLE TO ATTEND BOTH CLASSES

REGISTER

CONTACT

Lisa O'Connor | loconnor@regionalymca.org | 203.775.4444 x135

TRY SGPT!

SMALL GROUP PERSONAL TRAINING

Small Group Personal Training gives you the benefits of having a personal trainer AND the togetherness of group exercise. You can select who you participate with or we can help you jump in with a group.

- Minimum of 3 people
- Maximum of 5 people
- 45-minute sessions
- Designed by trained professionals
- Tailored workouts to meet your needs

FEES

Members only opportunity:

(1) 45-minute session $20 per person

(8) 45-minute sessions $160 per person

To create a **SGPT** session contact Lisa or Nate:

Contact:

Lisa O'Connor, Wellness Director
loconnor@regionalymca.org
203-775-4444 x135

Contact:

Nate Stenabaugh
nstenabaugh@regionalymca.org
203-775-4444 x137

PERSONAL TRAINING

Why Try Personal Training?

- Stay motivated and committed to exercise
- Rev up a stale exercise with fresh approaches to your workout
- Reduce the risk of injury by learning proper techniques
- Break out of a plateau and challenge yourself
- Set and achieve short-term and long-term goals, personalized to you
- Enhance your overall health and quality of life

PRICING:
(4) 30-minute sessions $148
(8) 30-minute sessions $296
(12) 30-minute sessions $399

(4) 60-minute sessions $296
(8) 60-minute sessions $592
(12) 60-minute sessions $799

For any questions contact:
LISA O'CONNOR, WELLNESS DIRECTOR
loconnor@regionalymca.org
or call 203.775.4444 x135

WELLNESS COACHING

WHAT IS WELLNESS COACHING?

Wellness Coaching offers members the opportunities 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 goal 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

Member: (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

IT'S GOAL TIME

START HERE WITH GPS: GOALS, PLANS, SUPPORT

GOALS

LET THIS BE THE YEAR YOU MEET YOUR GOALS. CREATE PERSONALIZED, ACHIEVEABLE GOALS THAT LEAD TO A HEALTHY LIFESTYLE

PLANS

GOALS ARE SET, HOW WILL YOU GET THERE? CREATE AN INDIVIDUALIZED PLAN TO HELP YOU SUCCEED.

SUPPORT

3 INDIVIDUAL MEETINGS TO PROVIDE SUPPORT, GUIDANCE AND ACCOUNTABILITY TO HELP YOU STAY THE COURSE.

WHERE CAN WE TAKE YOU?

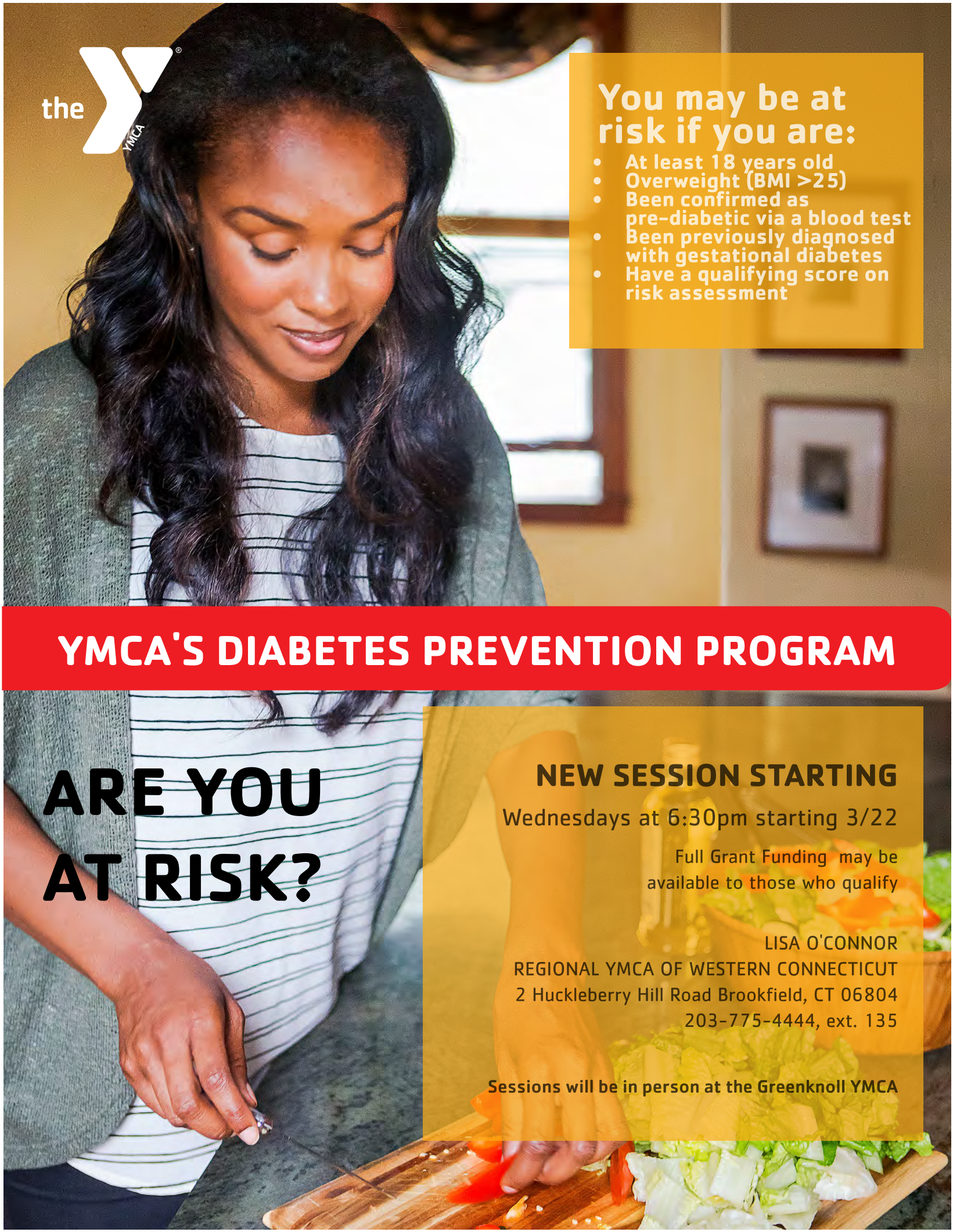
Lisa O'Connor, Wellness Director and Certified Health Educator and WellCoach will guide you through the process of creating new habits through successful goal setting and planning. This opportunity to work one on one with Lisa will set you on the path to creating sustainable lifestyle changes.

FEE

$75 for 3 Sessions

Reserved for Members Only

CONTACT LISA O'CONNOR | loconnor@regionalymca.org | 203-775-4444 ext 135



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 SESSION STARTING

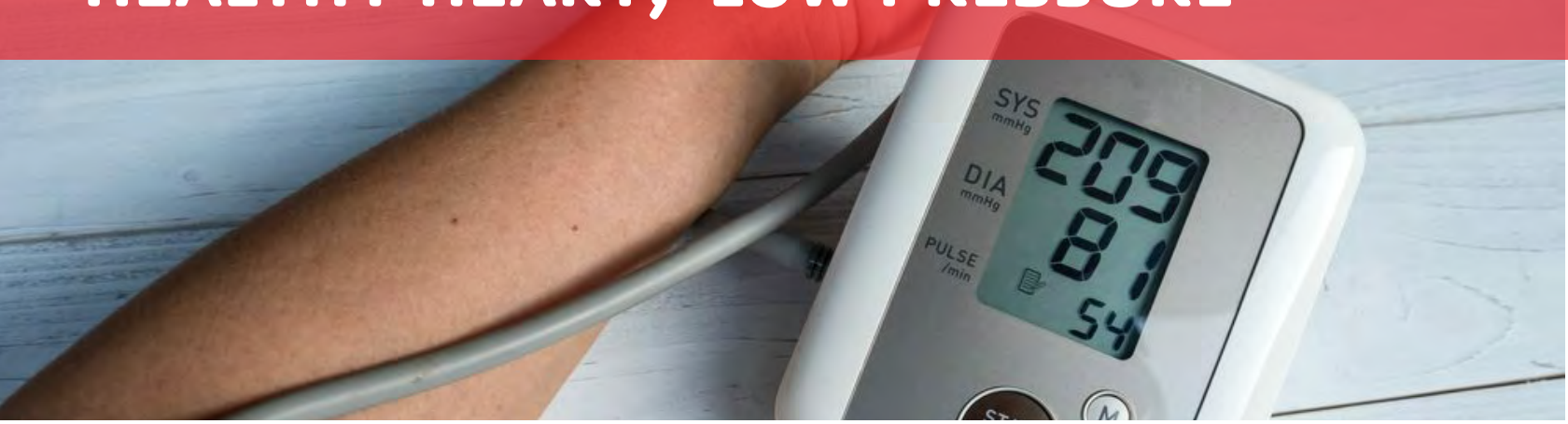
Wednesdays at 6:30pm starting 3/22

Full Grant Funding may be available to those who qualify

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

Sessions will be in person at the Greenknoll YMCA

HEALTHY HEART, LOW PRESSURE



Do you have high blood pressure?

Visit us on Fridays 11:00AM - 2:00PM in the lobby to get checked and learn more.

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

For more information:
Lisa O'Connor
Wellness Director at
loconnor@regionalymca.org
203-775-4444, ext 135

OUTDOOR SPORTS CLUB

LET THE ADVENTURES BEGIN!

If you have a love of outdoor sports and activities and are looking to share your enthusiasm with other like-minded Y members, then this group is for you.

This member-led group has lots of potential for fun, fitness, friendship and adventure!

Members: Free

Contact:

Lisa O'Connor, Wellness Director
loconnor@regionalymca.org
203-775-4444 x135

BIRTHDAY PARTIES

Celebrate at the Regional Y
where all your party desires happen!

Little Pool Palooza

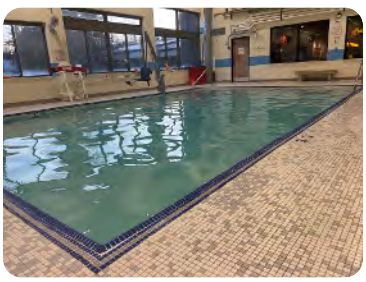
Enjoy celebrating in our therapy pool! Perfect for all ages, 3ft of water means endless fun.

Includes up to 20 guests, 1 hour of swimming, 1 hour in the party area, 2 lifeguards and a party host. Any non-swimmer guests must have a life vest and an adult in the water. Life vests are available at the Y.

Deposit: $100 non-refundable. Due 3 weeks prior to party date.

Member: $350

Non- Member: $450



Splash & Dive

Guests have access to our Main Pool (3ft-12ft deep) and our Diving Blocks/Board.

Includes 20 guests, 1 hour of swimming, 1 hour in the party area, 3 lifeguards and a party host. All guests under 6 must be accompanied in the water by an adult. Non-swimmer guests must have a life vest and an adult in the water. Life vests are available at the Y.

Deposit: $100 non-refundable. Due 3 weeks prior to party date.

Member: $350

Non- Member: $450

Additional Guest: $10 each

Splash, Slide & Dive

Party with the WIBIT! Guests have access to the Main Pool (3ft-12ft), diving board and blocks, and the WIBIT (balance beam climbing and slide obstacle course).

Includes 20 guests, 1 hour of swimming, 1 hour in the party area, 3 lifeguards and a party host. Any guests under 6 must be accompanied in the water by an adult. Non-swimmer guests must have a Life vest and adult in the water

Deposit: $100 non-refundable. Due 3 weeks prior to party date.

Member: $450

Non-member: $550

Additional Guest: $10 each

Contact:
Alex Hall-Heron, Aquatics Director
ahallheron@regionalymca.org 203-775-4444 x133

ANNUAL SUPPORT CAMPAIGN

The Regional Y is dedicated to being the Greater Danbury area'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. !

Our donors are committed to building a community in which members achieve greater health, create connections and give back to their neighbors.

When you donate to the Regional YMCA, you're doing your part to strengthen our community - and a strong community is good for everyone.

I WANT TO ENSURE THE Y IS AVAILABLE TO ALL IN OUR COMMUNITY

Every donated dollar goes directly to financial assistance and subsidized programs and helps someone in need, whether it's a youth, adult, senior or individual with diverse abilities.

COMPLETE TO GIVE BY MAIL

Name	
Address	
Phone	
Email	

SCAN TO GIVE ON MOBILE

CLICK TO GIVE ONLINE

Payment Method:

- ☐ Enclosed is my check (payable to Regional YMCA) for $_____
- ☐ Debit/Credit Card:

  Acct. Number _____

  Exp Date _____Security Code _____ Gift Amount $_____
- ☐ I/we wish to remain anonymous
- ☐ My company has a matching gift program. Company Name _____

REGIONAL YMCA OF WESTERN CONNECTICUT

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 the health & well-being of our community.

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.

REGISTER AT REGIONALYMCA.ORG

GREENKNOLL BRANCH
2 Huckleberry Hill Road
Brookfield, CT 06804
203.775.4444

YMCA CHILDREN'S CENTER
57 Grassy Plain Street
Bethel, CT 06801
203.744.4890

the YMCA®