



FIND WHERE YOU BELONG
FIND YOUR FIT
AT THE REGIONAL Y

FALL 2 SESSION
OCT. 23 - DEC. 17

Registration Begins:

Full Members
Sept. 26

All Others
Oct. 10

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.

JOINING IS EASY. Sign up in person or 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	\$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.

PROGRAM/CLASS REFUND AND CREDIT POLICY

- If the Y cancels a program due to insufficient enrollment, you will be given a full refund.
- If a class is cancelled due to the weather, you will be given a credit at the end of the session or a make-up class, if available.
- A participant canceling prior to the first day of the session (not the first day of the class) will receive a full online system credit or refund, less \$20 processing fee.
- A participant canceling after the session begins, whether or not they attended, will receive a pro-rated online system credit or refund, less \$20 processing fee.
- No refund after the third class whether or not participant attended.
- Canceling due to medical reasons will be a pro-rated system credit with written verification from a physician.
- All services expire 1 year from date of purchase. (Personal Training, Private Swim Lessons, etc.)
- All refund/credit requests may take up to 2 weeks to process.

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 for 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

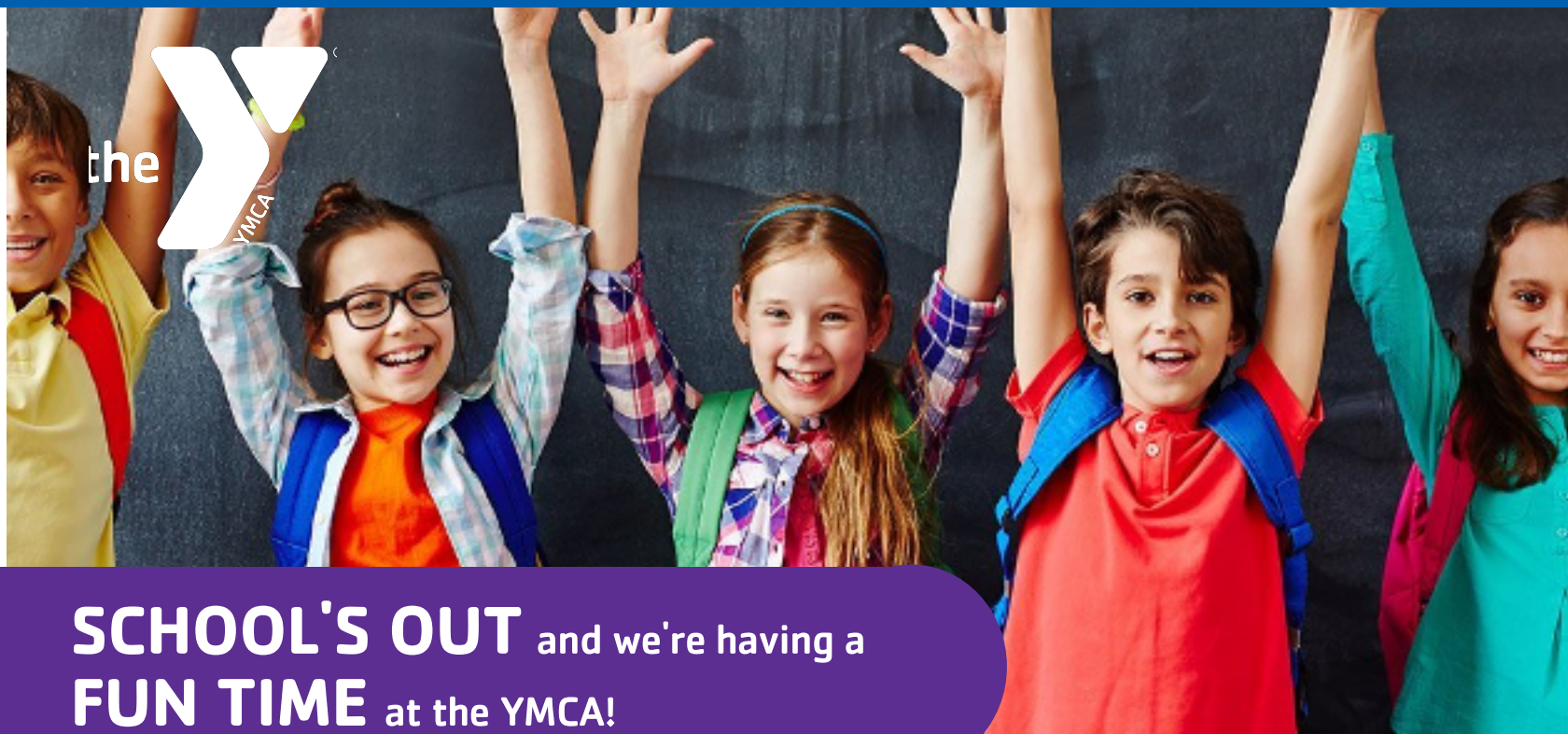
Great orientation for new members or refresher for existing members

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 certain school days off and during holiday recesses.

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.

Daily Options:

- | | |
|-------------------------------|---------------------|
| • Yom Kippur | September 25 |
| • Brookfield PD Day | October 9 |
| • Brookfield PD Day | November 7 |
| • Holiday Recess | December 27, 28, 29 |
| • Martin Luther King Jr. Day | January 15 |
| • President's Holiday – Day 1 | February 19 |
| • President's Holiday – Day 2 | February 20 |
| • Good Friday | March 29 |

Cost: Member/Family Member:	\$60 per day
Non-Member	\$80 per day

April Vacation Break:

- April 15 – April 19

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
Required:	Registration Form Health Form

SIGN UP ONLINE NOW

or register in person at the
Greenknoll Branch

registration closes 7 days prior
to the start of program

Contact: Sean Turner, School Age Program Director

sturner@regionalyymca.org | 203.775.4444, ext. 103

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



SCHOOL AGE PROGRAM BROOKFIELD

Before & After School Care

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 by program staff directly to their programs, like swim classes.
- Children registered are eligible to receive 50% off YMCA Family Memberships.
- Monday-Friday
 - Before School 7:30AM - 8:30 AM
 - After School 3:00 PM - 6:00 PM
 - Open 7:30 AM - 6:00 PM on days off and most holidays
- We accept Care 4 Kids for all programs.
- Tuition Assistance available to qualifying families.



For more information, contact

Sean Turner at 203.775.4444 x103
sturner@regionalymca.org





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



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 Advanced 9-9:50am Susi	Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow Advanced 9-9:50am Susi
Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow Advanced 10-10:50am Susi	Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow Advanced 10-10:50am Susi
		Non-Impact Water Aerobics 10-11am Aimee	
Cardio & Strength 11-11:50am Randi		Cardio & Strength 11-11:50am Randi	
Deep Water Movement Outdoor pool 12 - 12:50pm Susi		Deep Water Movement Outdoor 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 9am-9:50am Randi	Water Yoga 10am to 10:55am Dan	Toning & Flexibility 9am-9:50am Randi	Water Yoga 10am to 10:55 am Dan
Toning & Flexibility 10am-10:50am Randi	Work the Water 11am-11:50am Susi	Toning & Flexibility 10am-10:50am Randi	Work the Water 11am-11:50am Susi
Work the Water 11-11:50am Susi	Water Yoga 5:30pm-5:55pm Dan	Work the Water 11-11:50am Susi	



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

AQUATICS DIRECTOR CONTACT:

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



GROUP SWIM LESSONS

[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 Discovery: 0-18 months | 30-minute classes

Children work WITH 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.

Water Exploration: 18-36 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.

AQUATICS DIRECTOR CONTACT:

Alexandra Hall-Heron | ahall-heron@regionalmca.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.

	Monday – 7 Weeks Oct. 30 – Dec. 11	Wednesday – 7 Weeks Nov. 1 – Dec. 13
9:00–9:30	Level 1	Level 1
9:35–10:05	Level 2	Level 2
10:10–10:40	Level 3	Level 3
10:45–11:30	Level 4	Level 4
11:30–12:00	Level 1	Level 1

October 23 – December 17 Saturdays – 7 Weeks				
9:00 – 9:45	Level 4	Level 5	Level 6	
9:50 – 10:20	Water Discovery	Level 1 7–12yrs	Level 2 7–12yrs	Level 3
10:25 – 10:55	Level 1	Level 1	Level 2	Level 2
11:00 – 11:30	Water Exploration	Level 1	Level 2	Level 3
11:35 – 12:05	Level 1	Level 1	Level 2	Level 3

Water Discovery/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@regionalmca.org | 203-775-4444- x133

A PLACE FOR ALL

NEW ADAPTIVE SWIM LESSONS



Regional YMCA of Western CT

This program is a parent child class with a small group of children with disabilities. Our goal for each class is to work on and learn new skills as well as participate in a team environment.

While working with an instructor, this program aims to increase the student and parents comfort level in the water as well as increase their independence.

A background form must be filled out at the front desk prior to start of class.

Sunday Nov 5

Sunday Dec 3

Sunday Dec 17

7-12 years 10am -10:45am

3-6 years 11am - 11:45am

Member \$75

Non-Member \$150



Contact

Alex Hall-Heron

Aquatics Director

(203)775-4444 x 138

ahall-heron@regionalyymca.org



COMPETITIVE SWIM – A NEW SPORT TO EXPLORE!

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
sbasile@regionalymca.org

All new swimmers must complete a skills evaluation.

If you're looking for
FUN, FRIENDSHIPS, AND FOCUS
consider becoming a **MAKO!**



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





AMERICAN RED CROSS LIFEGUARD CERTIFICATION

REGISTER

CERTIFICATION COURSE SESSIONS:

The primary purpose of the 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.

Must attend all dates/times listed in the session.

COST: \$400 per person

AGES: Open to everyone 15 years+

COURSE DATES:

October 6th - 8th

Oct 6: 4pm-7pm

Oct 7: 9am-6pm

Oct 8: 9am-6pm

November 10th-12th

Nov 10: 4pm -7pm

Nov 11: 9am -6pm

Nov 12: 9am -6pm

January 12th - 14th

Jan 12: 4pm-7pm

Jan 13: 9am-6pm

Jan 14: 9am-6pm

February 23rd -25th

Feb 23: 4pm -7pm

Feb 24: 9am -6pm

Feb 25: 9am -6pm

March 22nd - 24th

Mar 22: 4pm-7pm

Mar 23: 9am-6pm

Mar 24: 9am-6pm

April 5th-7th

Apr 5: 4pm -7pm

Apr 6: 9am -6pm

Apr 7: 9am -6pm

May 3rd - 5th

May 3: 4pm-7pm

May 4: 9am-6pm

May 5: 9am-6pm

June 7th-9th

Jun 7: 4pm -7pm

Jun 8: 9am -6pm

Jun 9: 9am -6pm

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.

COST: \$175 per person

AGES: Open to everyone 15 years+

COURSE DATES:

Oct 7: 9am-6 pm Mar 23: 9am-6pm

Nov 11: 9am-6pm Apr 6: 9am-6pm

Jan 13: 9am-6pm May 4: 9am-6 pm

Feb 24: 9am-6pm June 8: 9am-6pm

What will you need?

- Swimsuit
- Towel
- Goggles
- Pool shoes
- Snack
- CPR mask & Fanny Pack (recert only)



AQUATICS DIRECTOR CONTACT:

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



BE THE FUTURE

Learn to be a Swim Instructor

This NEW Program is designed to mentor and train instructor candidates to teach the fundamentals of swimming to various ages groups and skill levels, including parent and child aquatics.

Each class will focus on; the basic learning styles, tips and tricks, equipment used in swim lessons, analyzing strokes, communicating effectively with students, parents, and staff members.

Prerequisites

Candidates must be able to complete 25 yards of the following:

- Freestyle
- Backstroke
- Breaststroke (competitive and elementary)
- Sidestroke
- Tread water for 5 minutes

Class will run Saturdays November 4 to December 16

10:00am-11:30am

Classroom and in- water learning (bathing suit required)

Registration:

Member	Sept 25
Non-Member	Oct 9
Member	\$120
Non-Member	\$240

REGIONAL YMCA OF WESTERN CONNECTICUT
2 Huckleberry Hill Road • 203-775-4444 x133 •
ahall-heron@regionalyymca.org





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.

TOT TIME AT THE Y

This class is designed as a stepping-stone into preschool. We will focus on skills such as socializing with peers, participating in classroom activities, like-crafts, stories and exploring the environment. Please bring a (labeled) nut-free snack and a drink each class.

Location	ANNEX (bottom floor of medical building next to the Y, 60 Old New Milford Rd, Brookfield)
Ages	2-3 years
Tues & Thurs	10:00 AM - 12:00 PM
Member:	\$252
Non-Member:	\$288

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

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 as well as learn proper etiquette for the Wellness Center. Successful completion of the program will grant access (with parental supervision) to the Weight and Cardio Rooms. 5 week program. Single Parent family or Family Membership required.

Contact	NATE STENABAUGH
Ages	10-12 years
Sat	10:00 AM - 11:00 PM
Member:	\$75
Non-Member:	\$105

YOUTH BASKETBALL

This 8 week session will provide athletes with the basics of basketball. Coaches will focus on improving skills, hand-eye coordination and confidence!

Location	GYM
Ages	5-7 years
Tues	4:30 PM -5:30 PM
Member:	\$96
Non-Member:	\$160

SPECIAL NEEDS BASKETBALL

This class will strive to help young children improve gross motor skills, celebrate what your child CAN do, improve social and language skills, learn to play with purpose and develop skills for future participation in sports. All children must participate with a parent or guardian.

Location	GYM
Ages	5-12 years
Sat	10:30 AM -11:30 AM
Member:	\$98
Additional Sibling:	\$70

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

HALLOWEEN BASH

Celebrate Halloween us with! Come in costume and play Halloween themed games. Pizza dinner is provided

Friday, October 20

6- 8:30 PM

TURKEY HUNT

Children are invited to dress in their favorite pajamas as we play games, make crafts, enjoy a tasty dinner and end the night with a favorite movie.

Friday, November 10

6- 8:30 PM

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

COST: Member:	Non-Member:
\$25 first child	\$40 first child
\$10 per additional sibling	\$20 per additional sibling

Contact:

Kariana Cicerone, Youth, Teen & Family
kcicerone@regionalmca.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, October 14

7-9 PM

Saturday, November 11

7-9 PM

AGES
Grades 5-8

COST:
Member:\$15
Non-Member:\$25



NEW CRAZE FOR KIDS

YOUTH PICKLEBALL

Ages 10 –14

It's never too early to get started! Clinics just for kids led by a certified Pickleball Instructor.

SATURDAYS, 10:30AM –12:00PM
LOCATED IN THE GYMNASIUM

CALL OR CLICK TO REGISTER

- Beginner Clinic: Oct 14 + 21
- Advanced Beginner: Oct 28 + Nov 4

CONTACT

Lisa O'Connor

loconnor@regionalymca.org
203.775.4444 x135

FEE:

- **MEMBERS**
\$75 PER SESSION
- **NON-MEMBERS:**
\$105 PER SESSION
- **2 CLASSES PER SESSION**
- **MUST BE ABLE TO ATTEND BOTH CLASSES**

REGIONAL YMCA OF WESTERN CONNECTICUT
2 HUCKLEBERRY HILL ROAD, BROOKFIELD, CT 06804
regionalymca.org | 203.775.4444



TEEN LEADERSHIP

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

YOUTH AND GOVERNMENT

Interested in the law and how government works? If you had the power to change laws in Connecticut, what would you do? Write legislative bills, practice debating and public speaking, and participate in a youth-led government process. The program wraps up with a State Legislative Convention at the State House in Hartford where 300 high school students debate their bills.

Youth & Government will meet

Wednesdays & Fridays (flexible)

5:30PM – 7:30PM

at YMCA Corporate Office in Danbury

Call for more information on meeting days.

Cost: \$25/month

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,
Teen Leadership Programs
wmcnamara@regionalymca.org
203-740-3432, ext. 252



FUN, FRIENDS, FITNESS

FITNESS EXPRESS PASS

REGISTER

WHAT TO EXPECT:

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.

5 week program. Single Parent family or Family Membership required.

Session 1

starts Oct. 4

Wednesdays 4:30-5:30pm

Session 2

starts Nov. 4

Saturdays 10:00-11:00am

Member: \$65

Contact:

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

GOLF FIT



This 4-week program will give you helpful exercises, mobility tips and exercise routine ideas all geared towards improving your game.



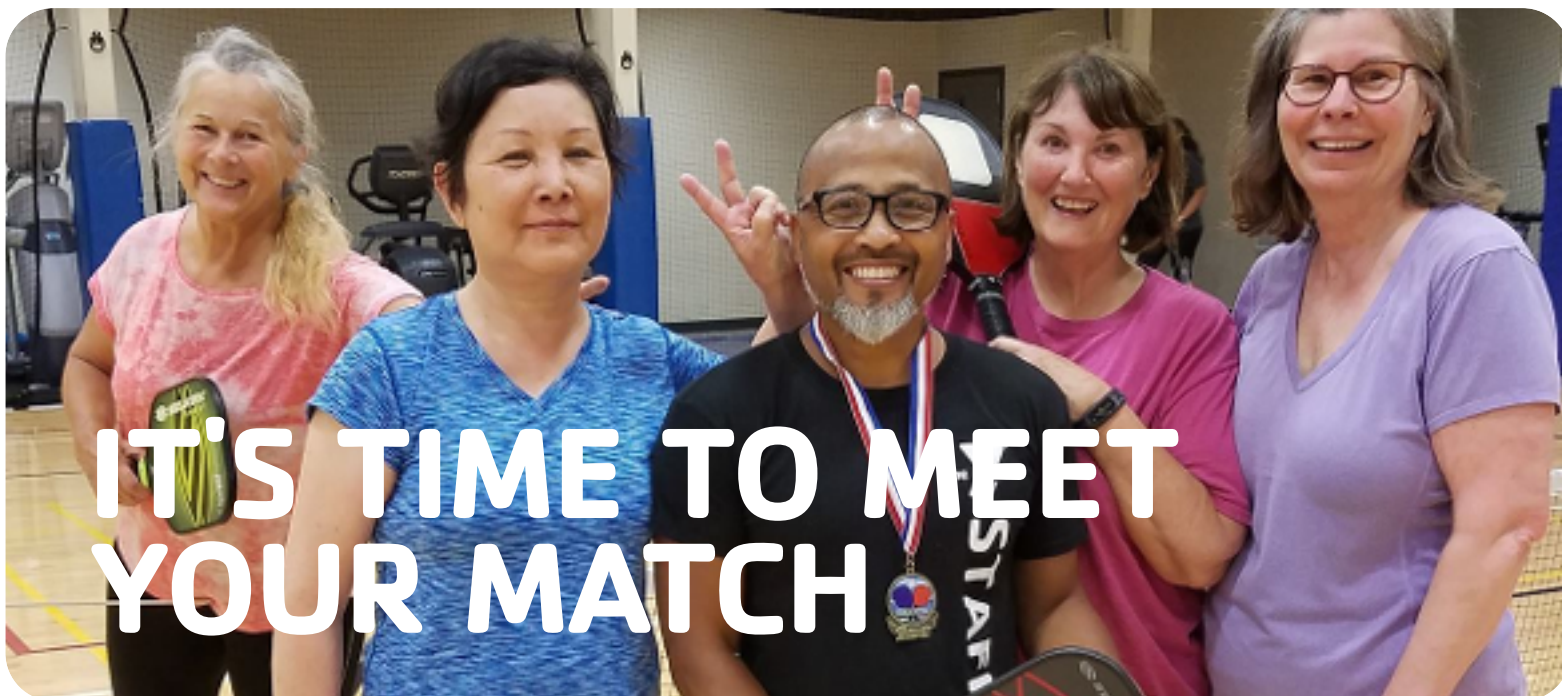
October 31 – November 30

**Tuesdays and Thursdays
12:00 PM – 1:00 PM**

**Cost:
\$75 (members)
\$125 (non-members)**

**Contact Nate Stenabaugh for more information or to register
nstenabaugh@regionalymca.org | 203.775.4444 x137**

www.regionalymca.org



Pickleball Clinics REGIONAL YMCA OF WESTERN CT

[REGISTER](#)

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:

October 23 + 25

Advanced Sessions:

October 16 + 18

October 30 + Nov 1

FEE:

- MEMBERS: \$100 PER SESSION
- NON MEMBERS: \$140 PER SESSION
- 2 CLASSES PER SESSION
- MUST BE ABLE TO ATTEND BOTH CLASSES

CONTACT

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



REDUCE THE PAIN OF ARTHRITIS

Walk with Ease Regional YMCA of Western CT



The Arthritis Foundation's Walk With Ease Program is a 6-week community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program is led by a trained instructor and includes a guidebook and a walking schedule to get you safely moving toward better health.

Program Details: Join us for 3 walks per week

DATE: SEPTEMBER 25 - NOVEMBER 3 (6 WEEKS)
DAYS: MONDAYS & WEDNESDAYS AT 2:00 PM
FRIDAYS AT 11:00 AM
COST: \$25 MEMBERS, \$50 NON-MEMBERS
LOCATION: STILL RIVER GREENWAY IN BROOKFIELD.
PARK AT THE ENTRANCE CLOSEST TO THE POLICE STATION.



To Register, visit regionallymca.org, scan the QR code or call 203-775-4444.

Lisa O'Connor

Director of Evidence Based Health Initiatives
Regional YMCA of Western Connecticut
2 Huckleberry Hill Road, Brookfield CT 06804
loconnor@regionallymca.org | 203-775-4444 x135

Program Developed by:



TURKEY TRI

Ironman Challenge

REGIONAL YMCA OF WESTERN CT



The Turkey Tri covers the distance of an Ironman Triathlon over 30 days.

DATES: November 1 -30

FEE: \$10, finishers receive Y swag

DETAILS:

- Cover the distance of an Ironman Triathlon over 30 days (2.4 mile swim, 112 mile bike, and 26.2 mile run)
- Tracking binder to record progress
- Weekly progress updates
- Stay motivated as you kick off the holidays!
-

REGISTRATION REQUIRED.

- Register **ONLINE** or at the front desk.

REGISTER



Contact Lisa O'Connor, Wellness Director
loconnor@regionalymca.org



REGISTER

HO HO HOLD YOUR WEIGHT

Holiday Fitness Incentive

REGIONAL YMCA OF WESTERN CT

NOVEMBER 5 – JANUARY 13

This 10- week holiday weight maintenance program will help you avoid unwanted holiday weight gain! It will provide accountability, support and motivation with weekly weigh-ins, weekly support and Pop Challenges!

All participants receive an exclusive holiday t-shirt and a chance to earn up to \$15 off Lose to Win 2024 when you maintain or lose weight during the program. (*Please indicate size at registration. Sizes will not be guaranteed with registration after November 5th.)

REGISTER AND RECORD

- Register ONLINE or at the Membership Desk.
- Cost is \$25 to participate and includes exclusive holiday t-shirt.

WEEKLY WEIGH-INS

- Stop by the Wellness Desk, step on the scale record your weight.
- Register your weight each week.

MAINTAIN OR LOSE AND WIN

- Hold your weight within 2-pounds of your starting weight.
- Enjoy a Healthy Holiday Spirit, Mind, and Body.
- Earn up to \$15 off Lose to Win 2024!

CONTACT

Lisa O'Connor, Wellness Director

loconnor@regionalymca.org | 203-775-4444 x135

REGIONAL YMCA OF WESTERN CT | regionalymca.org
2 Huckleberry Hill Road Brookfield CT • 203-775-4444





GET PERSONAL

Custom Strength Training Routine



Freshen up your routine!

WHAT YOU GET:

6-week program written by a certified Personal Trainer specific to your goals, experience and injury history.

COST: Member's Only
\$75

STEPS:

1. Meet with Y Personal Trainer
2. Discuss your goals, previous exercise history, injury history, etc.
3. Trainer creates a custom routine to meet your needs
4. Meet with trainer to review your new routine
5. Have fun and get results

CONTACT:

Nate Stenabaugh, Wellness Coordinator
nstenabaugh@regionalmca.org | ext. 137

REGISTER ONLINE

REGIONAL YMCA OF WESTERN CT | regionalmca.org | 203-775-4444



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
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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.



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@regionalmca.org

or call 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



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@regionalmca.org | 203-775-4444 ext 135

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@regionalmca.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@regionalmca.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

ahall-heron@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

