



FIND YOUR CENTER

AT THE REGIONAL Y

SPRING 1 2024 SESSION
FEB. 19 – APR. 14

Registration Begins:

Full Members
Jan. 22

All Others
Feb. 5

**Registration closes one week
prior to the start of class**

REGIONALYMCA.ORG

WEATHER DELAY & CLOSING POLICY

The closure of Regional YMCA facilities will be dependent upon weather conditions and facility accessibility. The YMCA will monitor weather conditions to determine if YMCA facilities will close, delay opening or close early.

FACILITIES & PROGRAMS:

- All YMCA classes will be cancelled until 9:00am if Brookfield Public Schools are delayed or closed.
- Mid-morning, afternoon and evening classes will be evaluated and communicated through e-mail.

In the event the Regional YMCA closes or delays opening, this is the protocol:

- You will be e-mailed (please give your e-mail address to the front desk, if you have not done so)
- Information will be posted on Facebook and the Y's Mobile App
- The phone message at each facility will be changed with opening/closing information

CHILD CARE

If your child is a participant at either the Children's Center at Grassy Plain in Bethel or the Greenknoll School Age Program in Brookfield, please refer to the Parent Handbook for the policy and instructions related to weather delays and closings.

Updates will also be distributed via the methods listed above.

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





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.

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.

SPECIAL OFFER FOR FAMILY MEMBERSHIPS

SAVE \$50 off at Camp Greenknoll for each week when you register by March 1.

Membership must remain active through August 2024.

OPTIONS

Rates are subject to change with 30 days notice

Category	Joiners Fee	Wellness	Wellness Plus
* Family	\$75	\$105 monthly	\$125 monthly
* Single Parent Family	\$75	\$93 monthly	\$108 monthly
Adult Couple	\$75	\$97 monthly	\$113 monthly
Adult (27-64)	\$75	\$80 monthly	\$93 monthly
Senior Couple	\$75	\$87 monthly	\$107 monthly
Senior Citizen	\$75	\$70 monthly	\$85 monthly
Young Adult (18-26)	\$75	\$50 monthly	\$57 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



DOWNLOAD THE
REGIONAL YMCA

2024

SUMMER CAMP GUIDE [HERE](#)



FIND YOUR CREATIVE SIDE.
FIND YOUR CAMP.



Family Memberships **SAVE \$50** off Camp for each week
when you register by March 1, 2024.



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

Registration is required for all Water Aerobics Classes.

\$20 Registration Fee for Member. Spaces are Limited.

Classes highlighted in yellow are open to Non-Members

\$60 Registration Fee for Non-Members.

Main Pool - **subject to change without notice**

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

Therapy Pool - **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday
Toning & Flexibility Beginner 9:00 - 9:50am Randi	Water Yoga Beginner 10:00 - 10:55am Dan	Toning & Flexibility Beginner 9:00 - 9:50am Randi	Water Yoga Beginner 10:00 - 10:55 am Dan
Toning & Flexibility Beginner 10:00 - 10:50am Randi	Work the Water Beginner 11:00 - 11:50am Susie	Toning & Flexibility Beginner 10:00 - 10:50am Randi	Work the Water Beginner 11:00 - 11:50am Susie
Work the Water Beginner 11:00 - 11:50am Susie	Water Yoga Beginner 5:30 - 6:30pm Dan	Work the Water Beginner 11:00 - 11:50am Susie	



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



GROUP SWIM LESSONS

REGISTER

SATURDAY (7 weeks) 2/24 - 4/14				
9:00-9:45	LEVEL 6	LEVEL 5	LEVEL 4	
9:50-10:20	LEVEL 1	LEVEL 2 7-12 YEARS	LEVEL 3	WATER DISCOVERY
10:25-10:55	LEVEL 1 7-12 YEARS	LEVEL 1	LEVEL 2	LEVEL 3
11:00-11:30	LEVEL 1	LEVEL 2	LEVEL 3	WATER EXPLORATION
11:35-12:05	LEVEL 1	LEVEL 1	LEVEL 2	LEVEL 3

No Class Easter Weekend 3/30 & 3/31

Parent Child (30 minutes)	
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

SUNDAY (7 weeks) 2/25-2/18			
9:00-9:45	LEVEL 5	LEVEL 4	LEVEL 6
9:50-10:20	LEVEL 1	LEVEL 3	LEVEL 2
10:25-10:55	LEVEL 2 7-12 YEARS	LEVEL 1	LEVEL 3
11:00-11:30	LEVEL 1 7-12 YEARS	WATER DISCOVERY	LEVEL 2
11:35-12:05	LEVEL 3	WATER EXPLORATION	LEVEL 1

No Class Easter Weekend 3/30 & 3/31

MONDAY (7 weeks) 2/26 - 4/8	
4:30 - 5:00	LEVEL 1
5:05 - 5:35	LEVEL 2

WEDNESDAY (7 weeks) 2/28 - 4/10	
4:30 - 5:00	LEVEL 1
5:05 - 5:35	LEVEL 2
5:40 - 6:10	LEVEL 3
6:15 - 7:00	LEVEL 4



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 Avery at 203.775.1077
sbasile@regionallymca.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@regionallymca.org.

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





GUARD

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:

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:

Feb 24: 9am-6pm

May 4: 9am-6 pm

Mar 23: 9am-6pm

June 8: 9am-6pm

Apr 6: 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



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 8 week 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:	\$238
Non-Member:	\$244



PRIVATE BASKETBALL TRAINING

- 1 hour session - \$50
- 5 pack of 1 hour sessions - \$225
- To schedule a private session, please call or email Kariana.

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:	\$112
Non-Member:	\$189



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



YOUTH AND FAMILY EVENTS

[REGISTER](#)

KID'S NIGHT OUT

BOARD GAMES

All the fun classics plus some new novelties at this fun night! Enjoy a tasty pizza dinner and fun with friends.

Friday, February 23
6- 8:30 PM

SUPERHERO TRAINING

Children can dress as their favorite superhero to play games in the gym. Enjoy a tasty pizza dinner and fun with friends.

Friday, March 22
6- 8:30 PM

SPACE IS LIMITED TO 20 CHILDREN.

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

Registration fees non-refundable

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, February 24
7-9 PM

Saturday, March 23
7-9 PM

AGES
Grades 5-8

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



FUN FRIENDS FITNESS

Fitness Express Pass



Exercise is so important to a healthy life. Why not get your kids involved and teach them the right way while they're young. Let them know that *exercise can be fun!*

In this class, students will work with a member of our Fitness Staff to understand the proper use of both strength and cardio equipment, the correct form when using weights and strength equipment, and learn proper etiquette for the Wellness Center. After successfully completing the program, kids will be granted access (with parental supervision) to the Weight and Cardio Rooms.

Thursday night
February 2/15 - 3/21
6-7pm

Saturday morning
March 3/9 - 4/13
11am - 12pm

AGES:
10-12
COST: \$65

CONTACT

Nate Stenabaugh, Wellness Coordinator
nstenabaugh@regionalymca.org | 203.775.4444 x137

**Register
Here**



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

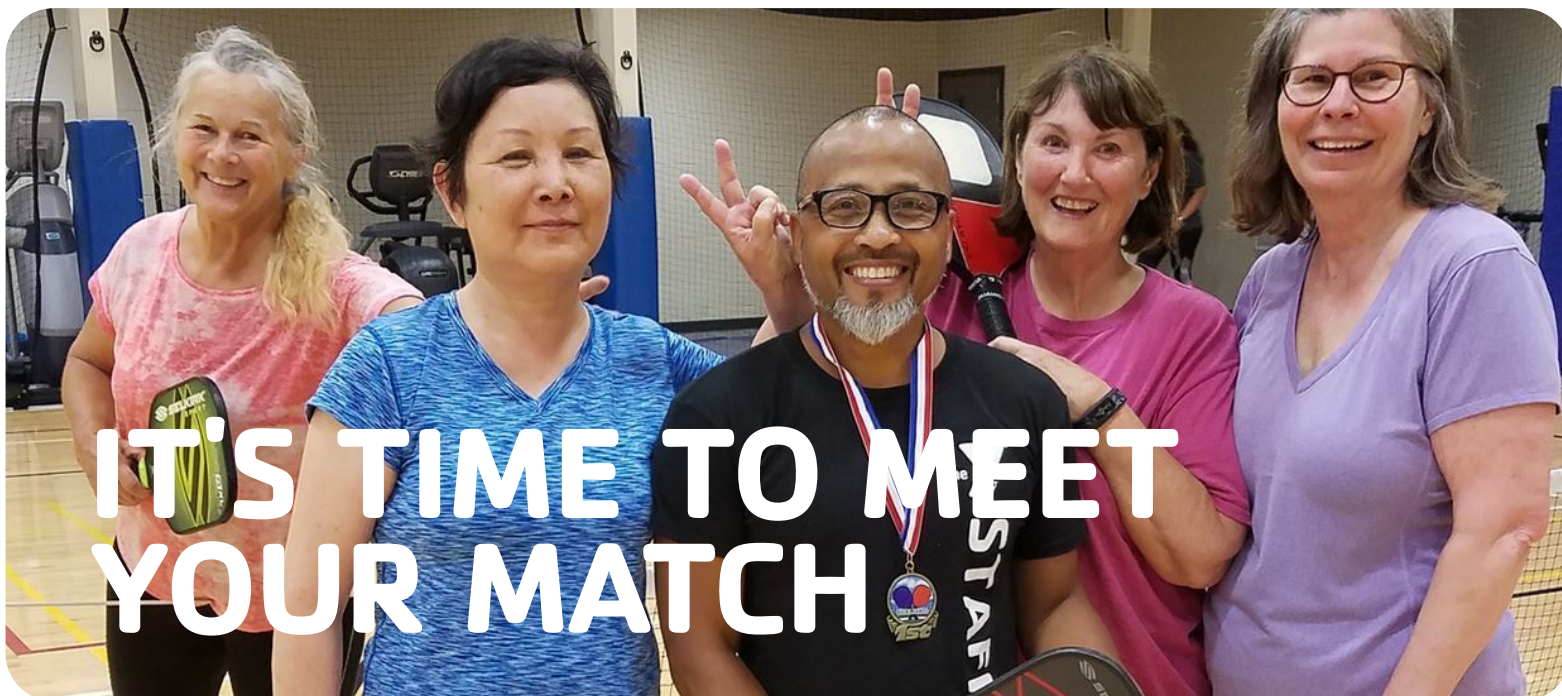
Contact:

Bill McNamara,

Teen Leadership Programs

wmcnamara@regionalymca.org

203-740-3432, ext. 252



Pickleball Clinics REGIONAL YMCA OF WESTERN CT

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 12:45–2:45

Advanced Sessions:

January 29 + 31
[REGISTER HERE](#)

Beginner Sessions:

Feb 5 + 7
[REGISTER HERE](#)

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



First Fridays!

You are invited to attend all of our First Friday Social events.

Each month, the topic or activity will change. We always welcome your suggestions for activities and topics.

FREE TO ALL WHO ARE INTERESTED! Adults only.

First Friday of each month at 1:00 pm in the Y's Huisking Room.

REGISTER FOR FIRST FRIDAYS HERE

Join us **Friday, February 2nd** for an afternoon of CARD GAMES.

February is Heart Health Month and social activities are proven to keep heart disease at bay. So, head on over for some fun and do your heart some good.



Join us **Friday, March 1**, as we try our LUCK at Pictionary!

Wear green and be Irish for the day. We'll also enjoy some Irish Soda Bread.

For more information, please contact:

Lisa O'Connor, Wellness Director
203.775.4444 ext 13

Regional YMCA of Western Connecticut

2 Huckleberry Hill Road, Brookfield, CT 06804

203 775 4444 • regionallymca.org



HEALTHY HEART, LOW PRESSURE

Blood Pressure Self-Monitoring

Do you have high blood pressure?

Visit us on Thursdays 12:00PM - 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.

FREE TO MEMBERS
\$25 For Non Members



For more information:

Lisa O'Connor, Wellness Director at
loconnor@regionalymca.org or 203-775-4444, ext 135



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 for registration online, by phone and walk-in 24 hours before it is scheduled.

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

Contact with questions, or to sign up:

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

	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



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@regionalmca.org
203-775-4444 x135

Contact:

Nate Stenabaugh
nstenabaugh@regionalmca.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

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



IMAGINE

THE IMPACT YOU CAN MAKE

ANNUAL CAMPAIGN

REGIONAL YMCA OF WESTERN CT

ANNUAL SUPPORT CAMPAIGN

IMAGINE The Difference You Can Make:

By contributing to the Regional YMCA's Annual Campaign, you're contributing to the futures of countless individuals and families and ensuring access to the Y for ALL. Every donated dollar goes directly to financial assistance and helps someone in need.

IMAGINE What Your Gift Can Do:

Every dollar contributed has an enormous effect on the individuals and families served by the Regional Y. Your gift helps:

- Provide a child in need with a summer of adventure.
- Struggling parents afford a safe and stable place for after-school care.
- Keep our senior neighbors healthy, active and engaged with others.
- Ensure that families are able to spend quality time together being healthy and active.

Together, let's **IMAGINE** a brighter future. Together, we can build a healthier, stronger, and more vibrant community where every member can thrive.

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

COMPLETE TO GIVE BY MAIL

Name	
Address	
Phone	
Email	

**CLICK TO
GIVE ONLINE**

**SCAN TO GIVE
ON MOBILE**



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

