



CELEBRATE YOU AT THE REGIONAL Y

**SPRING 2 2024 SESSION
APRIL 22 - JUNE 16**

Registration Begins:

**Full Members
March 25**

**All Others
April 8**

**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.

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	\$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@regionalmca.org | 203-775-4444 x135



DOWNLOAD THE
REGIONAL YMCA

2024

SUMMER CAMP GUIDE [HERE](#)



FIND YOUR CREATIVE SIDE.
FIND YOUR CAMP.





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.

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

**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

[LEARN MORE](#)





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.

[LEARN MORE](#)

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 Susie	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 Kerry	Toning & Flexibility Beginner 9:00 - 9:50am Randi	Water Yoga TBD
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 to 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@regionalmca.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

SATURDAY (7 weeks) 4/27 - 6/15					
9:00-9:45	LEVEL 6	LEVEL 5	LEVEL 4		
9:50-10:20	LEVEL 1	LEVEL 2 7-12 YEARS	LEVEL 2	WATER DISCOVERY	LEVEL 3
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 Memorial Day Weekend 5/25 & 5/26

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) 4/28 - 6/16			
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 Memorial Day Weekend 5/25 & 5/26



WEDNESDAY (7 weeks) 5/1 - 6/12	
4:30 - 5:00	LEVEL 1
5:05 - 5:35	LEVEL 2
5:40 - 6:10	LEVEL 3
6:15 - 7:00	LEVEL 4

THURSDAY (7 weeks) 5/2 - 6/13	
5:45 - 6:15	LEVEL 1
6:20 - 6:50	LEVEL 2
6:55 - 7:25	LEVEL 3

Contact: Kambelle Trask
 (203) 775-4444 x138
ktrask@regionalmca.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 Avery at 203.775.1077
sbasile@regionalmca.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@regionalmca.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:

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:

May 4: 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@regionalmca.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.

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@regionallymca.org
203-775-4444- x109

MOVING WITH MUSIC EXPLORE THE MAGIC OF MUSIC

Come and join our music classes! We sing, play hand percussion instruments, enjoy rhymes and rhythms and move to music. Every class aims at having children joyfully explore their own musicality. Children of all ages are prepared to become:

TUNEFUL: Be able to sing a tune and use voice accordingly.

BEATFUL: Keep a steady beat and move to the beat.

ARTFUL: Bring out one's emotions when listening to music.

Most importantly, the music classes are for children to have fun as they learn about music by making it.

Class Concert: Last Day of Class

Saturday Mornings

Ages 3-5 years 10:00am - 10:45am

Ages 6-8 years 11:00am - 11:45am

Members \$70

Non-Members \$120

REGISTER



MEET MRS. BARBRA

Mrs. Barbra is a recently retired Music Teacher who has had a remarkable career as Head of Lower School Music for 10 years at Wooster School located in Danbury. Mrs. Barbra was the conductor of ensembles groups and 2 elementary choirs. She is the founder of Wooster Jazz Society, and was the music teacher for 12 years at Coleytown Elementary School in Westport.



Mrs. Barbra has such a passion for music and the magic that is unlocked when discovering new abilities and sounds. She is thrilled to explore the magic at the Regional YMCA while introducing children to the exciting world of music!



YOUTH AND FAMILY EVENTS

KID'S NIGHT OUT

COUNTDOWN TO SUMMER

The countdown to summer is on as we near the end of school. We'll be making a countdown we can use at home. Enjoy a tasty pizza dinner and fun with friends.

Friday, May 17
6- 8:30 PM

REGISTER

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

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, May 18
7-9 PM

AGES
Grades 5-8

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

REGISTER

Contact:

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



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
April 4/25 - 5/30
6pm - 7pm

Saturday Morning
May 5/4 - 6/8
11am-12pm

June Session

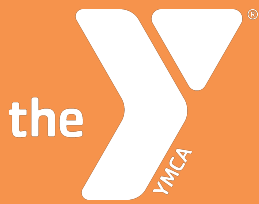
More Information
coming soon.

REGISTER

**AGES:
10-12
COST: \$65**

CONTACT

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



GET SPIKED FOR SUMMER VOLLEYBALL CLINICS FOR ALL AGES!

TEEN VOLLEYBALL CLINIC

7th -9th Grade

Saturday | 10:30 AM - 12:00 PM
April 27th - June 15th

This 7 week clinic will focus on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun esteem-promoting atmosphere. Children will have the opportunity to learn the basic volleyball fundamentals such as underhand serving, setting, hitting, and digging in a non-competitive environment.

VOLLEYBALL CLINIC

15 years & older

Wednesday | 5:30 PM - 7:00 PM
April 24th - June 12th

So, you have skills. Now lets improve those skills! This clinic is designed for players who already have basic skills and are looking to improve and build upon those skills.

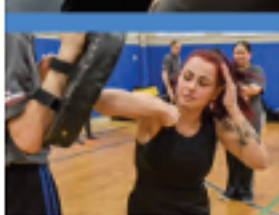
This clinic will focus on passing overhand, passing, setting and hitting.

Registration:

Members	March 25th	\$210
Non-Members	April 8th	\$310

[REGISTER](#)

THE REGIONAL YMCA IS PROUD TO HOST



EMPOWERING WOMEN & GIRLS TO ESCAPE ALIVE!

Jane Doe No More and the professional team at **East Coast Training Systems** are proud to announce FREE self-defense training classes for women and girls ages 12 and over.

Participants learn awareness and prevention tips, escape strategies, and striking techniques designed to disable assailants and enable escape.

There are no pre-requisites for our classes: Escape Alive participants work at their own pace to learn skills and techniques that will work for them, regardless of age, strength, size or prior training.

For more information, email info@janedoenomore.org

Parent/guardian signature is required during the registration process for all participants under the age of 18.

**Give yourself a fighting chance:
Escape Alive.**



UPCOMING CLASS

Sponsored by

**Jane Doe
no more**

**Sunday
April 21, 2024
1:00pm – 5:00pm**

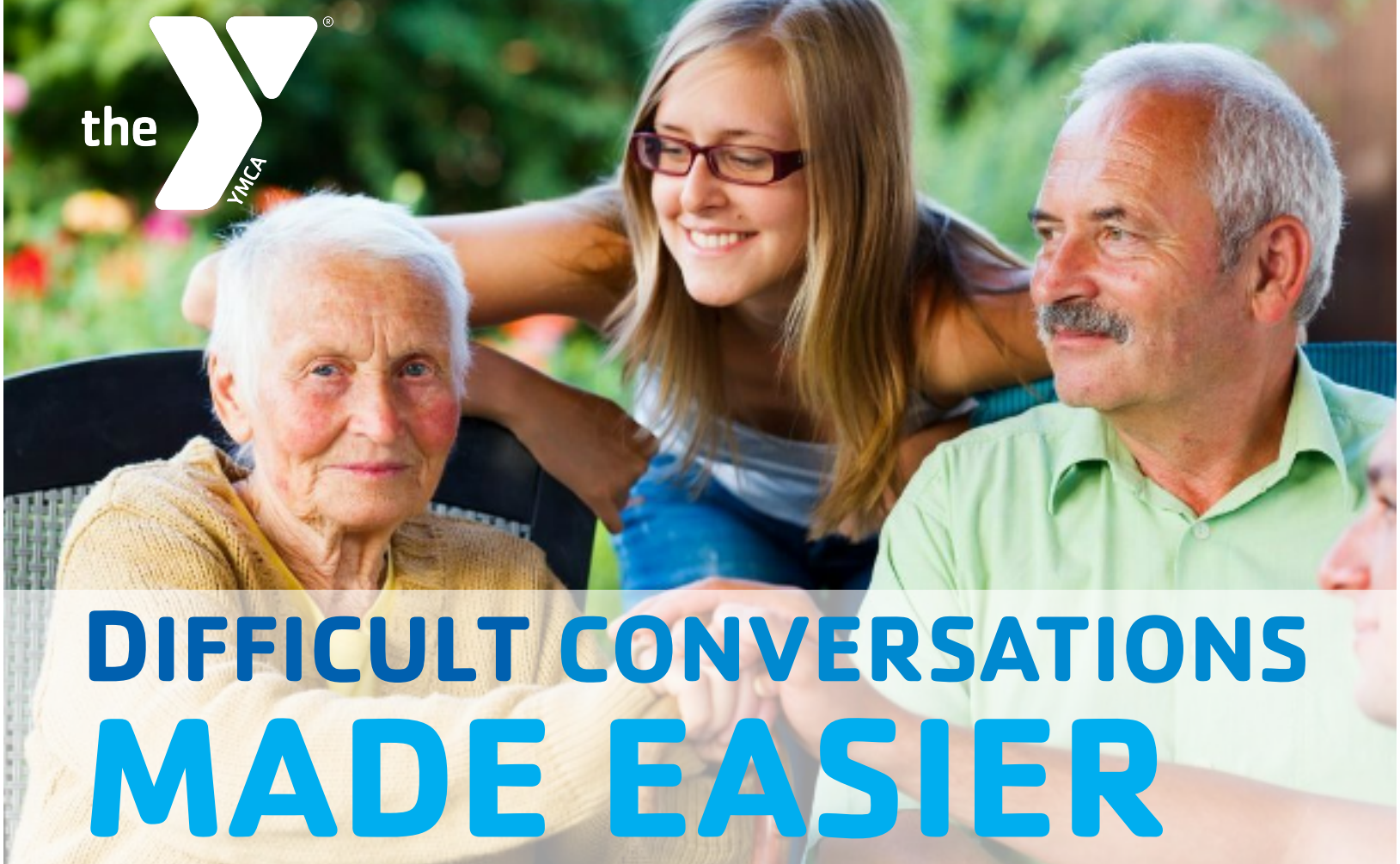
Hosted by
**Regional YMCA
of Western CT**
2 Huckleberry Hill Rd.
Brookfield, CT 06804

Registration will be
available beginning
March 21, 2024 at
janedoenomore.org.

**Jane Doe
no more**

in partnership with:





DIFFICULT CONVERSATIONS MADE EASIER

Family Wellness Presentation
YOUR LIFE. YOUR LEGACY.

REGIONAL YMCA OF WESTERN CT
Thursday, April 18 | 1:00pm
Free and open to the public



Most of us plan for important life events, such as weddings, our children's education and retirement. But few of us prepare for the inevitable. *Your Life, Your Legacy* is an informative conversation on protecting our loved ones, addressing the importance of making your final arrangements in advance and the steps it will take to do so. This session provides you with information on planning as well as resources for learning more. Follow up meetings will be available upon request.

Led by Kelly Coughlin, Funeral Director/ Family Service Counselor at Green Funeral Home, Danbury.



Register in person, by phone 203-775-4444 or
online at regionalmca.org

QUESTIONS? Contact Lisa O'Connor, Wellness Director 203-775-4444 x135 or
loconnor@regionalmca.org

**REGIONAL YMCA OF WESTERN CT | 2 HUCKLEBERRY HILL RD. BROOKFIELD
203-775-4444 | REGIONALYMCA.ORG**



First Fridays!

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

Each month, the topic or activity will change. We 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. Light refreshments will be served.

[REGISTER](#)

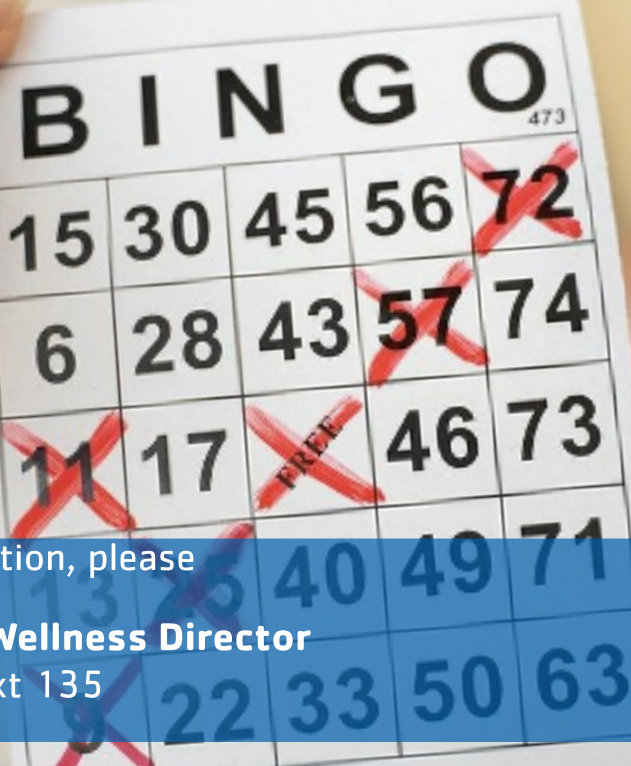
Join us Friday, May 3rd for a friendly **SCRABBLE** Tournament. Multiple games will be set up for a friendly competition.

Join us Friday, June 7 for a friendly round of **BINGO**.

For more information, please contact:

Lisa O'Connor, Wellness Director

203.775.4444 ext 135





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO SUMMER!

This low-key, 8-week community challenge will keep you motivated through the spring season! Spring into Summer is the perfect follow up program to Lose to Win. Learn and bond with others as you complete NEW weekly challenges and activities, attend workshops focusing on Strength and Technique and Special Events.

WHEN

April 29 - June 23

WHO

Members interested in expanding their fitness routine and knowledge.

PRICE

\$75 per person

REGISTER

CONTACT

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



REGIONAL YMCA OF WESTERN CT



36/12 FITNESS CHALLENGE

Workout 36 times in 12 weeks!

June 3 – August 25

Just \$5

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

REGISTER

For any questions contact:

LISA O'CONNOR

Wellness Director

loconnor@regionalymca.org
or call 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:** MAY 20TH - JUNE 28TH (6 WEEKS)
DAYS: MONDAYS & WEDNESDAYS AT 2:00 PM
FRIDAYS AT 11:00 AM
COST: \$75 MEMBERS, \$125 NON-MEMBERS
LOCATION: STILL RIVER GREENWAY IN BROOKFIELD.
PARK AT THE ENTRANCE CLOSEST TO THE POLICE STATION.

First
25 people to
register get
free YMCA
Gift!

REGISTER

Lisa O'Connor

Director of Evidence Based Health Initiatives
loconnor@regionalyymca.org | 203-775-4444 x135

Program Developed by:



MOVE THE NEEDLE

LOSE 10-POUNDS IN 10 WEEKS

Experts say a healthy rate to lose weight is half a pound to 2 pounds a week. With simple lifestyle changes, this can be accomplished. Are you up for it?

With support from Y staff, weekly weigh ins, and resources, you can make small changes that can help move the scale for good.

WHEN

Wednesdays at 10:30 am beginning June 5th

Tuesdays at 6:30pm beginning June 3rd

COST

Full Members \$75

Non Members: \$125

Y SUPPORT

- Weekly weigh ins
- Weekly meetings with guided discussion
- Led by Wellness Director, Lisa O'Connor
- Set Weight Loss and Healthy Living Goals
- Support of group and Staff

Call the front desk or register online.

REGISTER ONLINE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGIONAL YMCA OF WESTERN CONNECTICUT
2 Huckleberry Hill Road, Brookfield, CT 06804
203.775.4444 • regionalyymca.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@regionalyymca.org or 203-775-4444, ext 135



FOR YOUTH DEVELOPMENT®
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DIABETES PREVENTION PROGRAM

Pre-diabetes is a potentially reversible condition that, when ignored, often leads to Type II diabetes. The Regional YMCA offers a yearlong program to support you as you make lifestyle changes to reduce your risk. Please attend one of the information sessions being offered to learn more about qualification, enrollment and upcoming classes.

Learn about grant funding available for this program or if you are covered by Medicare.

INFORMATION SESSIONS

Tues. April 23, 6:30pm (via ZOOM)

Thurs. April 25, 12:00pm (at the YMCA)

Anyone who attends an information session will be entered into a raffle for a \$50 Amazon gift card

For More Information:

Lisa O'Connor, Wellness Director
Regional YMCA of Western CT



ARE YOU AT RISK?

**Diabetes Prevention
Program REGIONAL YMCA
OF WESTERN CT**

REGISTER ONLINE

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

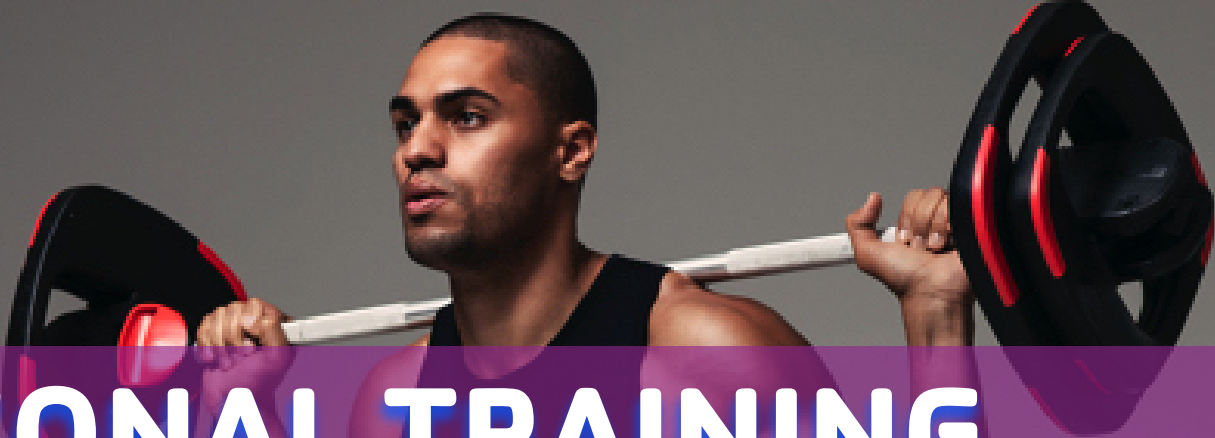
Non Member: N/A

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

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

PRICING:

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:

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

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

PICKLEBALL

The Regional YMCA is excited to celebrate one of the fastest growing sports... PICKLEBALL!

We're excited to offer opportunities to learn and grow in the game.

Click to learn more about our Pickleball offerings.

[LEARN MORE](#)



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@regionalyymca.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 shallow 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@regionalmca.org
(203) 775-4444 x135



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

