

**Registration Begins:**

**Full Members  
June 3**

**All Others  
June 17**

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

**REGIONALYMCA.ORG**



# DIVE INTO SUMMER

**AT THE REGIONAL Y**

**SUMMER 2024 SESSION  
JULY 1 - AUGUST 18**



# 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 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 school and after school care.

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.

### Additional Benefits:

- We provide care for School Professional Development Days, School Holidays and Early Dismissals. Open 7:30 AM - 6:00 PM on days off and most holidays.
- 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
<b>Deep &amp; Shallow</b> Intermediate 9:00 - 9:50am Sujata	<b>Deep &amp; Shallow</b> Advanced 9:00 - 9:50am Susie	<b>Deep &amp; Shallow</b> Intermediate 9:00 - 9:50am Sujata	<b>Deep &amp; Shallow</b> Advanced 9:00 - 9:50am Susie
<b>Deep Water Motion</b> Advanced 10:00 - 10:50am Sujata	<b>Deep &amp; Shallow</b> Intermediate /Advanced 10:00 - 10:50am Susi	<b>Deep Water Motion</b> Advanced 10:00 - 10:50am Sujata	<b>Deep &amp; Shallow</b> Intermediate /Advanced 10:00 - 10:50am Susie
		<b>Non-Impact</b> <b>Water Aerobics</b> Beginner 10:00 - 11:00am Aimee	
<b>Cardio &amp; Strength</b> Intermediate 11:00 - 11:50am		<b>Cardio &amp; Strength</b> Intermediate 11:00 - 11:50am	
<b>Deep Water Motion</b> Advanced 12:00 - 12:50pm Susie		<b>Deep Water Motion</b> Advanced 12:00 - 12:50pm Susie	
<b>Water Workout</b> Intermediate 6:00 - 6:50pm Shirley	<b>Power Workout</b> Advanced 6:00 - 6:50pm Cathi	<b>Water Workout</b> Intermediate 6:00 - 6:50pm Shirley	<b>Power Workout</b> Advanced 6:00 - 6:50pm Cathi

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

Monday	Tuesday	Wednesday	Thursday
<b>Toning &amp; Flexibility</b> Beginner 9:00 - 9:50am	<b>Water Yoga</b> Beginner 10:00 - 10:55am Kerry	<b>Toning &amp; Flexibility</b> Beginner 9:00 - 9:50am	<b>Water Yoga</b> TBD
<b>Toning &amp; Flexibility</b> Beginner 10:00 - 10:50am	<b>Work the Water</b> Beginner 11:00 - 11:50am Susie	<b>Toning &amp; Flexibility</b> Beginner 10:00 - 10:50am	<b>Work the Water</b> Beginner 11:00 - 11:50am Susie
<b>Work the Water</b> Beginner 11:00 - 11:50am Susie	<b>Water Yoga</b> Beginner 5:30 - 6:30pm Dan	<b>Work the Water</b> 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
<b>Individual Private Lessons</b>		
5 x 30 minute lessons	\$200	\$275
5 x 45 minute lessons	\$250	\$325
<b>Semi-Private (2 people)</b>		
5 x 30 minutes lessons	\$350	\$400
5 x 45 minute lessons	\$375	\$425

### AQUATICS DIRECTOR CONTACT:

Alexandra Hall-Heron | [ahall-heron@regionalmca.org](mailto: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](mailto:ahall-heron@regionalmca.org) | 203-775-4444- x133



# JUMP INTO THE FAST LANE POWER LESSONS

The YMCA offers swim lessons for all ages. It is the YMCA's priority to teach water safety and life-saving skills. Get ready for summer swimming with Power Lessons. Power Lessons focus on consistency, providing 6 classes in 2 weeks. Children develop skills faster and can improve technique each day. Lessons will take place rain or shine. In the event of thunder or lightning, the pool will close for 30 minutes after each detection.

## Mid-Day Lessons: Outdoor Pool

### SESSION 1:

June 18 - June 27

Tuesday - Thursday

Level 1 - 12:00 - 12:30pm

Level 2 - 12:35 - 1:05pm

Level 3 - 1:10 - 1:40pm

### SESSION 2:

July 9 - July 18

Tuesday - Thursday

Level 1 - 12:00 - 12:30pm

Level 2 - 12:35 - 1:05pm

Level 3 - 1:10 - 1:40pm

### SESSION 3:

July 23 - August 1

Tuesday - Thursday

Level 1 - 12:00 - 12:30pm

Level 2 - 12:35 - 1:05pm

Level 3 - 1:10 - 1:40pm

## Evening Lessons: Main Pool

### SESSION 1:

June 18 - June 27

Tuesday - Thursday

Level 3 - 4:30 - 5:00pm

Level 1 - 5:05 - 5:35pm

Level 2 - 5:40 - 6:10pm

Level 2 - 6:15 - 6:45pm

Level 4 - 6:50 - 7:35pm

### SESSION 2:

July 9 - July 18

Tuesday - Thursday

Level 3 - 4:30 - 5:00pm

Level 1 - 5:05 - 5:35pm

Level 2 - 5:40 - 6:10pm

Level 2 - 6:15 - 6:45pm

Level 4 - 6:50 - 7:35pm

### SESSION 3:

July 23 - August 1

Tuesday - Thursday

Level 3 - 4:30 - 5:00pm

Level 1 - 5:05 - 5:35pm

Level 2 - 5:40 - 6:10pm

Level 2 - 6:15 - 6:45pm

Level 4 - 6:50 - 7:35pm

## Registration:

### SESSION 1:

Member May 6  
Non-Member May 20

### SESSION 2&3:

Member June 3  
Non-Member June 17

## Price:

### LEVEL 1-3:

Member \$120  
Non-Member \$240

### LEVEL 4:

Member \$132  
Non-Member \$264



## 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. 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.

**Try Out Dates in August!**  
**CONTACT COACH SARAH AVERY**  
**FOR DATES & TIMES**

**8 YEARS OLD AND UNDER:**

Must be able to complete 25-yard freestyle and a 25-yard kick on your back.

**9 AND 10 YEARS OLD:**

Must be able to complete 50-yard freestyle and a 25-yard backstroke.

**11 YEARS OLD AND OLDER:**

Must be able to complete 50-yard freestyle and backstroke and attempt breaststroke and butterfly.

Try out / swim evaluation must be scheduled with Coach Sarah Avery



For more information about the Mako Swim Team please visit [www.makoswim.org](http://www.makoswim.org).

**Contact: Coach Sarah Avery at**  
203.775.1077 | [sbasile@regionalyymca.org](mailto:sbasile@regionalyymca.org)



# A SAFE PLACE FOR LITTLE ONES

2-HOURS OF EXPLORATION  
3-DAYS A WEEK

SPECIALTY SUMMER PROGRAMS 2024

AGES:

2 - 4 YEARS OLD

\* toilet training not required



REGISTER TODAY

These programs are great for little ones who might not be quite ready for a full camp experience but are ready to start slow! Each will have a different theme for weekly learning and activities.

DAYS: TUESDAY, WEDNESDAY & THURSDAY

TIME: 9:30 - 11:30 AM

PLACE: ANNEX BUILDING

THEMES:

- HAPPY CAMPERS | JUNE 25-27
- NO CLASS | WEEK OF JULY 4
- SUPERHERO ACADEMY | JUL 9-11
- MINI CHEFS | JUL 16 -18
- SUMMER SAFARI | JUL 23 - 25
- CREATIVE ARTIST | JUL 30 - AUG 1
- UNDER THE SEA | AUG 6 -8

Space is limited to 12 children. For program descriptions visit our website or call Kariana for details!



MEMBER \$100/week  
NON-MEMBER \$150/week

KARIANA CICERONE,  
YOUTH, TEEN & FAMILY PROGRAMS  
203.775.4444 X109  
KCICERONE@REGIONALYMCA.ORG

REGIONAL YMCA OF WESTERN CT | 203.775.4444 |  
REGIONALYMCA.ORG

# NEW CLASSES COMING FALL 2024 YOUTH SPORTS

## **Soccer** Saturdays on the Camp Greenknoll Field

### **Age Groups:**

**2 & 3 years (parent/child class) 9:00am - 9:45am**

**4 & 5 years 10:00am - 10:45am**

**6 & 7 years 11:00am - 12:00pm**

This program is designed for children ages 2-7 who will have fun learning the basics of outdoor soccer and being part of a team. Players will rotate through skill instruction, drills, and game, staying constantly active as they learn this fun sport!

## **Sports Spectacular**

**Age Groups:**      **4 & 5 years**      **Saturdays 12:30pm - 1:15pm**      **Camp Greenknoll Field**  
                         **6 & 7 years**      **Saturdays 1:30pm - 2:30pm**      **Camp Greenknoll Field**

This program is an introduction to sports such as soccer, football, t-ball, baseball, field hockey and camp games. This class will focus on skill building and sportsmanship while trying a new sport each week.

## **Basketball** Saturdays - Greenknoll Gym

**Age Groups:**      **2 & 3 years (parent & child class) 9:30am - 10:15am**  
                         **4 & 5 years 10:30am - 11:15am**  
                         **6 & 7 years 11:30am - 12:30pm**

Children will have fun learning basketball skills and drills: shooting, dribbling, passing and rules of play.



## **Tae Kwon Do**

**All Ages Mon & Thurs 6:15pm - 7:00pm**  
**Greenknoll Studio**

Students learn controlled self-defense techniques, kicks, punches, and more while advancing through belt ranks. No uniform is required; wear comfortable clothes.

Note: Uniforms can be purchased from the instructor for \$45. Participants will have an opportunity for Belt Advancement Evaluations.

## **Volleyball**

**Grades 7-9 Saturdays 9:00am - 10:30am**  
**Greenknoll Gym**

This clinic focuses on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun esteem-promoting atmosphere, while learning the basic volleyball fundamentals such as underhand serving, setting, hitting, and digging in a non-competitive environment.

**CONTACT:** Kariana Cicerone | [kcicerone@regionallymca.com](mailto:kcicerone@regionallymca.com) | 203.775.4444 x109



# FUN FRIENDS FITNESS

## Fitness Express Pass Regional YMCA of Western CT

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.

**Dates: Saturdays**  
**July 6 – August 10**  
**11 am – 12 pm**

**REGISTER**

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

### CONTACT

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



# SPEED BOOST

Enhancing Speed and Agility in Youth Athletes

Speed Boost is a 4 week program designed for young athletes looking to enhance their athletic performance. Crafted by an experienced coach, this program focuses on building speed, agility and explosiveness while focusing on techniques and practice.

**STARTING ON JUNE 24TH**

**WHO:** ATHLETES 13+

**DAYS:** TUESDAY AND THURSDAY

**TIME:** 12:00 PM - 1:00 PM

**COST:** MEMBERS: \$150 NON-MEMBERS: \$225

Free T-Shirt &  
Water Bottle

**REGISTER**

**CONTACT:** Nate Stenabaugh | [nstenabaugh@regionalmca.org](mailto:nstenabaugh@regionalmca.org) | 203.775.4444 x137

*First Friday!*

**JULY 12**

\* a week later due to the holiday

*First Friday!*

**AUGUST 2**

**ICE CREAM SOCIAL AND  
AN AFTERNOON OF  
TRIVIA**

**Friday, July 12th  
1:00pm in Huisking Room**

**BEAT THE HEAT AND  
JOIN US FOR A MOVIE  
AND POPCORN!**

**When you register you  
will have the chance to  
vote on what movie we  
will watch.**

**Friday, August 2nd  
1:00pm in Huisking Room**

**REGISTER HERE**

**FREE TO ALL WHO ARE INTERESTED! (ADULTS ONLY)**

**Please register in advance if you plan to attend so we can plan accordingly  
and so you can vote on the movie for August.**

For more information, please contact:  
**Lisa O'Connor, Wellness Director**  
203.775.4444 ext 135

**Regional YMCA of Western Connecticut**  
2 Huckleberry Hill Road, Brookfield, CT 06804  
203 775 4444 • [regionallymca.org](http://regionallymca.org)





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY EATING & MANAGING DIABETES

Join us Thursday, June 20th at 1:00pm for an engaging workshop with Candelaria Alday on Healthy Eating and Managing Diabetes. Learn valuable tips and discover more about the Danbury Farmers' Market. Don't miss this chance to boost your health and well-being.

## ABOUT THE PRESENTER:

Candelaria is a graduate student at the University of Connecticut, pursuing her Master's degree in Personalized Nutrition. Her passion for nutrition was ignited during her undergraduate studies at UCONN, where she completed a community nutrition internship and gained valuable experience at the Danbury Farmers' Market. These formative experiences inspired her to become a registered dietitian, with the goal of helping individuals lead healthier lives and prevent chronic diseases.



THURSDAY, JUNE 20TH, 1:00 PM  
REGIONAL YMCA  
2 HUCKLEBERRY HILL ROAD  
BROOKFIELD, CT 06804

[REGISTER HERE](#)

CITYCENTER DANBURY



COMMUNITY COLLABORATIVE

For more information, Contact Lisa O'Connor, Director Evidence Based Health Initiatives

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



# Disrupt Aging in Your Community

Join us for a free presentation

Let's change the conversation on aging! This presentation challenges individuals of all ages to examine aging trends and the importance of building equity in longevity. Discover what healthy aging means to you, and explore opportunities to combat ageism and live your best life.

July 18, 2024

1:00pm-2:00pm

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

For more information, visit [aarp.org/nearyou](https://aarp.org/nearyou) or [aarp.org/ct](https://aarp.org/ct)  
Regional YMCA Contact is:

**Lisa O'Connor, Wellness Director**

Director Evidence Based Health Initiatives

Regional YMCA of Western CT

[loconnor@regionalyymca.org](mailto:loconnor@regionalyymca.org) | 203.775.4444 ext.135 | Fax: 1.888.974.0262

[f](#) /AARPCT [✉](#) @AARPCT



REGISTER HERE





# REDUCE THE PAIN OF ARTHRITIS

[REGISTER HERE](#)

## Walk with Ease: Self Guided Regional YMCA of Western CT

The Arthritis Foundation's Walk With Ease Program is a 6-week 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 self guided**, meaning you can walk at anytime that fits your schedule. You will receive the support and guidance of staff via weekly emails, as well as a program guide. The option to walk with others is always available.

### Program Details: Pledge to complete 3 walks per week

**DATE:** JUNE 10TH - JULY 21ST (6 WEEKS)

**COST:** \$25 MEMBERS, \$45 Non Members

REGISTER HERE or visit us at [www.regionallymca.org](http://www.regionallymca.org)

#### Lisa O'Connor

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

Program Developed by:





# 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



REGISTER HERE

**For more information:**

**Lisa O'Connor, Wellness Director at  
loconnor@regionalyymca.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@regionalmca.org](mailto:ahall-heron@regionalmca.org) | 203-775-4444- x133

	Member Price	Non-Member Price
<b>Individual Private Lessons</b>		
5 x 30 minute lessons	\$200	\$275
5 x 45 minute lessons	\$250	\$325
<b>Semi-Private (2 people)</b>		
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:

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

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**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](mailto: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.

Amount to be paid at time of booking:

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.

Amount to be paid at time of booking:

Member: \$350

Non- Member: \$450

Additional Guest: \$10 each



**CONTACT ALEX HALL-HERON**  
AQUATICS DIRECTOR

[ahall-heron@regionalmca.org](mailto: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

