



REGIONAL YMCA OF WESTERN CT

FALL 2024 PROGRAM GUIDE

SESSION DATES

OCTOBER 28 - DECEMBER 22

REGISTRATION BEGINS

MEMBER: SEPTEMBER 30

NON-MEMBER: OCTOBER 14

***REGISTRATION CLOSES ONE WEEK
PRIOR TO THE START OF CLASSES**

WWW.REGIONALYMCA.ORG

Important Note

Please remember that the Regional YMCA's policy is that children under the age of 13 years MUST be accompanied by a parent/guardian when participating in a youth class, and a parent/guardian MUST be present for the duration of the class. This does not include special drop-off events.

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.

Single Parent Family: 1 adult & 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 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.
- Then, a 30-minute 2-Week Tune-Up meeting with the 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



CHILD CARE BETHEL-DANBURY

[LEARN MORE](#)

Preschool

The Y offers a full day and partial day NAEYC Accredited Early Care and Education Program for 3-5 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 is available to Danbury residents. Tuition is based on income and family size. This program is also for 3-5 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 YMCA Children's Center.
- Please call ahead to verify availability.

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

For more information, contact
Wendy Cobelli at 203.744.4890



SCHOOL AGE PROGRAM BROOKFIELD

Before & 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 (children attending from other towns must have their own transportation to the program). 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@regionalyymca.org

[LEARN MORE](#)





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NURTURING POTENTIAL

TOT TIME AT THE Y!

2 - 4 year olds

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



September 3 - June 27

Monday - Thursday

9:30 AM - 11:30 AM

Location: Regional YMCA, Huisking Room

2 day option: Tuesday & Thursday or Monday & Wednesday
Members: \$200 per month | Non-Members: \$240 per month

4 days option: Monday - Thursday
Members: \$300 per month | Non-Members: \$400 per month

Class follows the Brookfield Public School schedule and is closed when the schools are closed for scheduled days off and snow days.

We are still accepting registrations!

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

**CLICK OR SCAN
TO REGISTER**





WATER EXERCISE

SCHEDULES

Registration is Required for All Water Aerobics Classes

\$20 Registration Fee - 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
	Strength & Toning Intermediate 11:00 – 11:55am Janet	Non-Impact Beginner 10:00 – 11:00am Aimee	Strength & Toning Intermediate 11:00 – 11:55am Janet
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

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

Monday	Tuesday	Wednesday	Thursday
Toning & Flexibility Beginner 9:00 – 9:50am Randi	Flexibility & Strength Beginner 10:00 – 10:55am Janet	Toning & Flexibility Beginner 9:00 – 9:50am Randi	Flexibility & Strength Beginner 10:00 – 10:55am Janet
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	



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



JUST ADD WATER

Fall Swim Lessons Are Here!

The Regional YMCA of Western Connecticut, located in Brookfield, welcomes you to a friendly community where your little ones can splash and explore the water! Join our Fall Session and allow your kids to explore new skills. The YMCA offers swim lessons for all ages. Swimming is a great life skill. It is the YMCA's priority to teach water safety and life saving skills.

Saturday Mornings

9:00am-12:05pm

9:00am	L4	L5	L6	
9:50am	L1	L2 (7-12 years)	L3	
10:25am	L1	L2		Water Discovery
11:00am	L1 (7-12 years)	L2	L3	Water Exploration
11:35am	L1	L2	L3	

Sunday Mornings

10:25am-12:05pm

10:25am	L1
11:00am	L2
11:35am	L3

Can the student respond to verbal cues and jump on land?

NOT YET WATER DISCOVERY/ EXPLORATION

Will the student go underwater voluntarily?

NOT YET LEVEL 1

Can the student do a front and back float on his or her own?

NOT YET LEVEL 2

Can the student swim 15 yards Freestyle or Backstroke

NOT YET LEVEL 3

Can the student swim 25 yards of Breaststroke?

NOT YET LEVEL 4

Can the student swim Butterfly?

NOT YET LEVEL 5

Can the student swim freestyle, backstroke, breaststroke and Butterfly across the pool and back?

NOT YET Level 6

PRICING

Parent/Child & Beginner (30 minute class):

- Members - \$140
- Non-Members - \$280

Advanced (45 minute class):

- Members - \$154
- Non-Members - \$308



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



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





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:

November 1st - 3rd

November 1: 4:00 PM - 7:00 PM

November 2: 9:00 AM - 6:00 PM

November 3: 9:00 AM - 6:00 PM

December 27th -29th

December 27: 4:00 PM -7:00 PM

December 28: 9:00 AM - 6:00 PM

December 29: 9:00 AM - 6:00 PM

January 17th -19th

January 17: 4:00 AM-7:00 PM

January 18: 9:00 AM - 6:00 PM

January 19: 9:00 AM-6:00 PM

RE-CERTIFICATION COURSE DATES

Must have a current life-guarding 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:

November 2: 9:00 AM - 6:00 PM

December 28: 9:00 AM- 6:00 PM

January 18: 9:00 AM - 6:00 PM

NEW CLASSES EVERY MONTH - MORE DATES TO BE ANNOUNCED

What will you need?

- Swimsuit
- Towel
- Goggles
- Pool shoes

SCAN TO REGISTER:



AQUATICS DIRECTOR CONTACT:

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



YOUTH SPORTS FOR FALL

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

VOLLEYBALL

Saturday Mornings
Greenknoll Gymnasium

Late Fall session: Nov 2 - Dec 21

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.

Grades 7 - 9 | 9:00 AM - 10:30 AM
\$210 Members, \$310 Non-members



TAE KWON DO

Monday and Thursday
Greenknoll Studio

Late Fall session: Nov 2 - Dec 21

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.

Ages: 5+ | 6:15 PM - 7 PM
\$112 Members, \$189 Non-members

SPORTS CONTACT: Kariana Cicerone
kcicerone@regionallymca.org

GET IN THE GAME!



YOUTH SPORTS

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

SPORTS SPECTACULAR

Saturday Afternoons
Greenknoll Gymnasium

Fall 2 Session: Nov 2 - Dec 21

This program is an introduction to a variety of 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.

Ages 4 & 5 | 12:30 PM - 1:15 PM
\$77 Members, \$144 Non-members

Ages 6 & 7 | 1:30 PM - 2:30 PM
\$80 Members, \$160 Non-members

ADAPTIVE SPORTS

Saturday Mornings
Greenknoll Gymnasium

Late Fall session: Nov 2 - Dec 21

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

Ages 5 - 12 | 10:45 - 11:45 AM
\$98 1st child, \$70 Additional siblings

BASKETBALL

Saturday Mornings
Greenknoll Gymnasium

Fall 2 Session: Nov 2 - Dec 21

Children will have fun learning the skills and drills of basketball including shoots, dribbling, passing and rules of play.

Any child under the age of 13 must be accompanied by a parent/guardian to a youth class and a parent/guardian must be present for the duration of the class.

Ages 2 & 3 | 9:30 AM - 10:15 AM
*Ages 2 & 3 - Parent & Me
\$77 Members, \$144 Non-members

Ages 4 & 5 | 10:30 AM - 11:15 AM
\$77 Members, \$144 Non-members

Ages 6 & 7 | 11:30 AM - 12:30 PM
\$80 Members, \$160 Non-members



SPORTS CONTACT: Kariana Cicerone
kcicerone@regionalmca.org

YOUTH AND FAMILY EVENTS

KID'S NIGHT OUT

Friday, Nov. 8

6- 8:30 PM

TURKEY HUNT

We're going on a Turkey hunt around the Y. Fun with friends and a pizza dinner.



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

REGISTER

MIDDLE SCHOOL MADNESS

Saturday, Nov. 9

7-9 PM

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.

AGES

Grades 5-8

COST:

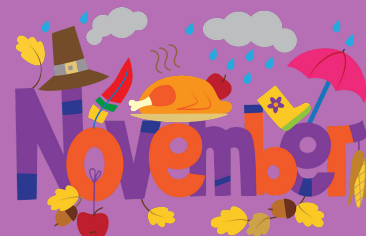
Member:\$15

Non-Member:\$25

REGISTER

Contact:

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





SPACE IS LIMITED!
Reserve a Spot Now!

Fitness Express Pass

FUN FRIENDS FITNESS

FOR KIDS AGE 10-12

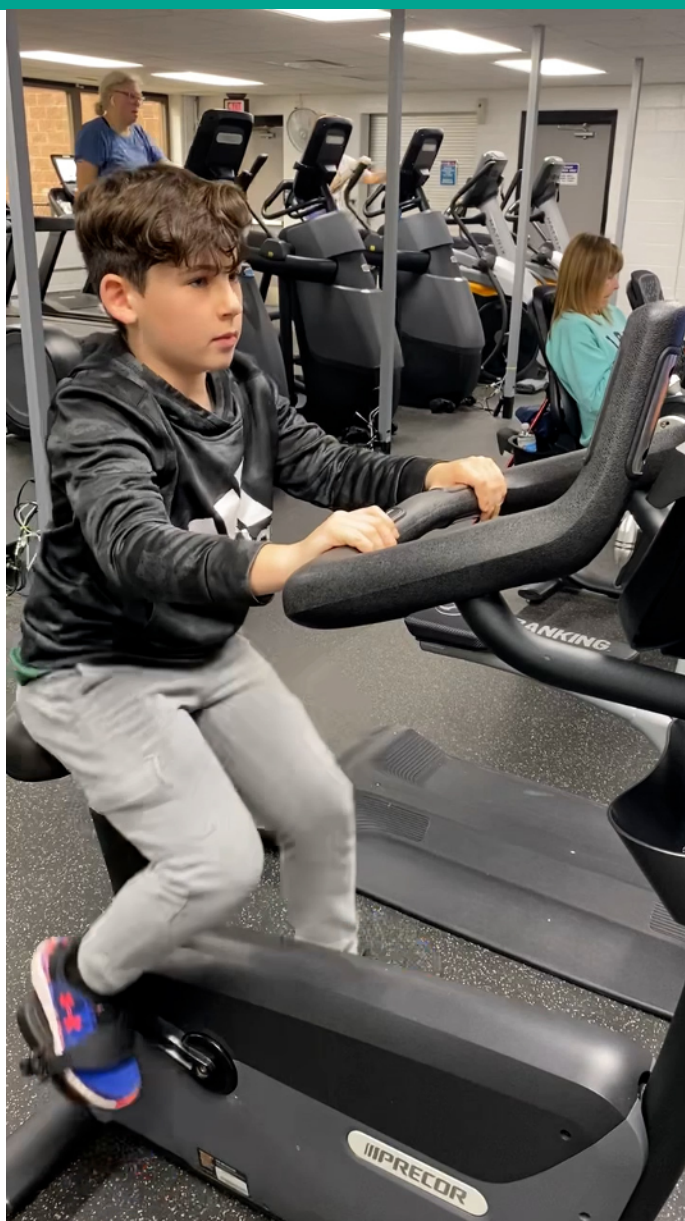
Exercise is so important to a healthy life. Why not get your kids involved and teach them the right way while they're young. Let them know that *exercise can be fun!*

In this class, students ages 10-12 years 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.

**Thursdays
November 7 -
December 19**

6:00pm - 7:00pm

Members: \$65 for 6 classes



CONTACT

Lisa O'Connor, Wellness Director
loconnor@regionalyymca.org
203.775.4444 x135



TEEN LEADERSHIP

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

ACHIEVERS

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

Achievers will meet Tuesdays & Thursdays (flexible)

5:00PM – 7:00PM

at YMCA Corporate Office in Danbury

Cost: \$25/month

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

Contact:

Bill McNamara,

Teen Leadership Programs

wmcnamara@regionallymca.org

203-740-3432, ext. 252



DISCOVER WHAT YOU CAN ACHIEVE

Outdoor Adventure Day

REGIONAL YMCA OF WESTERN CONNECTICUT

Challenge yourself, your family and friends with an exciting adventure on our Outdoor Climbing Tower and Zipline. Reserve a one-hour timeslot to soar down the 80 yard zipline and climb the 35 foot tower located on our Camp Greenknoll Campus.

**Saturday, September 21 or
Saturday, October 26**

12:00pm – 3:00 pm Camp Greenknoll Campus

- Open to 10 participants per hour
- Please register each person participating
- Open to ages 6 and older
- Max weight 250 lbs

\$15.00 Member

\$25.00 Non-member

**SCAN QR CODE
TO REGISTER**



Questions, contact:

Bill McNamara

wmcnamara@regionalyymca.org | 203.775.4444 x252

9/2/2024



November First Friday!

MUSIC BINGO

**FREE
EVENT
WITH
LIVEDJ**

FRIDAY NOVEMBER 1ST

1:00 PM

**G
18**



Put your musical knowledge to the test at Music Bingo. The DJ will play a song and you will mark your Bingo card by song title.

The more the merrier - bring friends! Open to members and non-members.

Register Online or with the Front Desk!

 203-775-4444

Regional YMCA of Western CT

Contact: Lisa O'Connor loconnor@regionalyymca.org 203.775.4444 x 135



TURKEY TRI

Ironman Challenge

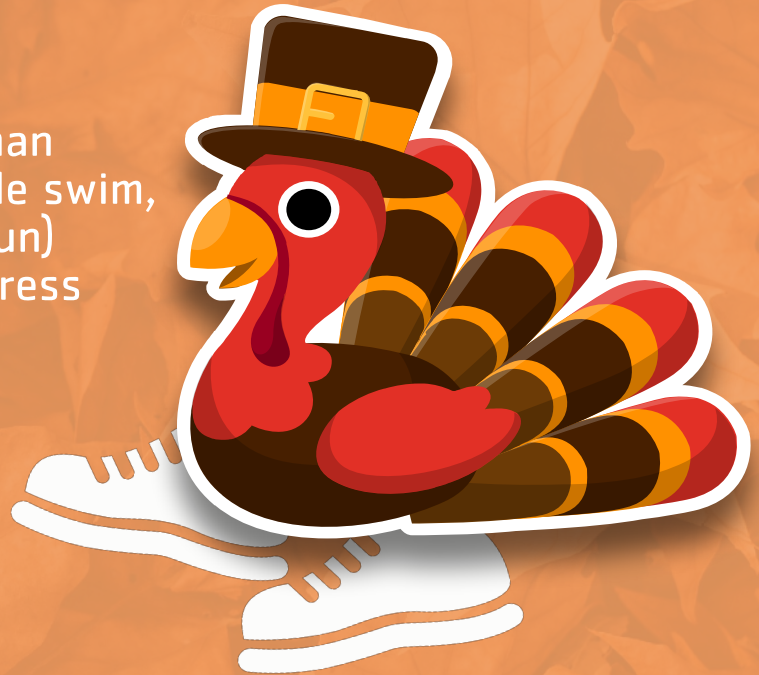
The Turkey Tri covers the distance of an Ironman Triathlon over 30 days.

DATES: November 1 -30

FEE: \$10, finishers receive Y swag

DETAILS:

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



REGISTRATION REQUIRED.

REGISTER

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HO HO HOLD YOUR WEIGHT

Holiday Fitness Incentive
REGIONAL YMCA OF WESTERN CT

NOVEMBER 4 – JANUARY 12

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

All participants receive an exclusive holiday t-shirt and a chance to earn other prizes throughout the 10 weeks. (*Please indicate size at registration. Sizes will not be guaranteed with registration after Oct. 28th)

REGISTER AND RECORD

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

WEEKLY WEIGH-INS

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

MAINTAIN OR LOSE AND WIN

- Hold your weight within 2-pounds of your starting weight.
- Enjoy a Healthy Holiday Spirit, Mind, and Body.
- Get support all through the holidays!

CONTACT

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

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





the

YMCA



First Friday!
GINGERBREAD HOUSE
Decorating Party

Get into the holiday spirit with a Gingerbread House Decorating Party! Gather your friends at the YMCA's First Friday for holiday fun and laughs. We will also host an ugly sweater contest!

Save the Date!

FRIDAY DECEMBER 6TH

1:00 PM



Register Online or with the Front Desk!

Regional YMCA of Western CT

Contact: Lisa O'Connor loconnor@regionalyymca.org 203.775.4444 x 135



BUILDING CONNECTIONS

The **Phone a Friend Program** is designed to provide regular, friendly phone calls to individuals who are feeling isolated or lonely. Our goal is to offer a comforting voice and a listening ear to help alleviate feelings of loneliness and build meaningful connections.

Join Us: If you or someone you know could benefit from a friendly phone call, please reach out to Lisa O'Connor (info below) or scan the QR code and fill out the Google Form to learn more and enroll in the Phone a Friend Program. Together, we can make a difference in reducing loneliness and building a stronger, more connected community.

**SCAN HERE
TO ENROLL**



For more information about this program, feel free to contact:

Lisa O'Connor

Wellness Director

loconnor@regionalmca.org

(203) 775-4444 x135



DO YOU HAVE HIGH BLOOD PRESSURE?

Do you have high blood pressure? Take back control with the Y's Blood Pressure Self-Monitoring Program (BPSM).

Blood Pressure Self-Monitoring Program

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

PROGRAMS INCLUDED:

- Weekly 1:1 Private Coaching and Consultation
- Monthly Nutrition Education Seminars

COST:

- Members: \$25 for the 4-month program
- Non-Members: \$50 for the 4-month program

For more information about this program, please contact:

LISA O'CONNOR, WELLNESS DIRECTOR

loconnor@regionalmca.org | (203) 775-4444 x135



REGISTER

A new session is forming on Thursday, September 5th.

Office Hours are held on Thursdays from 12-2pm, or by appointment.

Nutrition Seminars are held on the 3rd Thursday of each month at 1pm.



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 | 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

Lisa O'Connor, Wellness Director

loconnor@regionalmca.org
203-775-4444 x135

POOL BIRTHDAY PARTIES

**Celebrate at the Regional Y...
Where all of 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.

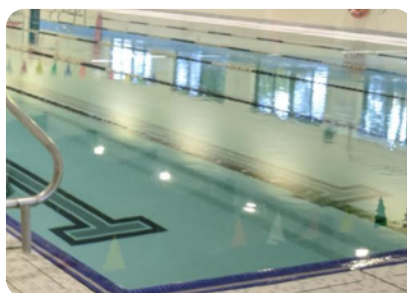
Includes 20 guests, 1 hour of swimming, 1 hour in the party area, 3 lifeguards and a party host. All guests under 6 must be accompanied in the water by an adult. Non-swimmer guests must have a life vest and an adult in the water. Life vests are available at the Y.

Amount to be paid at time of booking:

Member: \$350

Non- Member: \$450

Additional Guest: \$10 each



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

Amount to be paid at time of booking:

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

