



**NEW YEAR,
NEW YOU!**

REGIONAL YMCA OF WESTERN CT

WINTER 2025 PROGRAM GUIDE

SESSION DATES

JANUARY 6 - FEBRUARY 23

REGISTRATION BEGINS

MEMBER: DECEMBER 9

NON-MEMBER: DECEMBER 16

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

WWW.REGIONALYMCA.ORG

Regional YMCA

WEATHER DELAY & CLOSING POLICY

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

FACILITIES & PROGRAMS:

- All YMCA classes will be cancelled until 9:00am if Brookfield Public Schools are delayed or closed.

Mid-morning, afternoon and evening classes will be evaluated and communicated through e-mail.

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

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

CHILD CARE

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

Updates will also be distributed via the methods listed above.

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 (30-64)	\$75	\$80 monthly	\$93 monthly
Senior Couple	\$75	\$87 monthly	\$107 monthly
Senior Citizen	\$75	\$70 monthly	\$85 monthly
Young Adult (18-29)	\$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 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

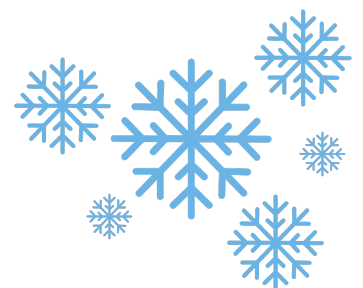
Great orientation for new members or refresher for existing members.

Book a session at the front desk or contact:

Lisa O'Connor

Wellness Director

loconnor@regionalmca.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@regionalymca.org

[LEARN MORE](#)





WATER EXERCISE

REGISTER

Registration is Required for All Water Aerobics Classes

Spaces Are Limited | Members: \$20 | **Non-Members: \$60**

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 TBD	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	Barre Below - NEW Beginner 9:00 – 9:50am Stacey	Toning & Flexibility Beginner 9:00 – 9:50am Randi	Barre Below - NEW Beginner 9:00 – 9:50am Stacey
Toning & Flexibility Beginner 10:00 – 10:50am Randi	Flexibility & Strength Beginner 10:00 – 10:55am Janet	Toning & Flexibility Beginner 10:00 – 10:50am Randi	Flexibility & Strength Beginner 10:00 – 10:55am Janet
Work the Water Beginner 11:00 – 11:50am Susie	Work the Water Beginner 11:00 – 11:50am Susie	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		



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!

The Regional YMCA welcomes you to a friendly community where your little ones can splash and explore the water and 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	L3	
10:25am	L1	L2		Water Discovery
11:00am	L1	L2	L3	Water Exploration
11:35am	L1	L2	L3	

Sunday Mornings

10:25am-12:05pm

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

Thursday Evenings

5:30pm-8:00pm

5:30pm	L1
6:05pm	L2
6:40pm	L3
7:15pm	L4

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 (Jan. 6, 2025 – Feb. 23, 2025 | 7 weeks)

Parent/Child & Beginner
(30 minute class):

- Members - \$154
- Non-Members - \$294

Advanced
(45 minute class):

- Members - \$168
- 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:

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

***NEW CLASSES
EVERY MONTH -
MORE DATES TO
BE ANNOUNCED***

- What will you need?
- Swimsuit
 - Towel
 - Goggles
 - Pool shoes
 - Snack

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:

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

SCAN TO REGISTER:



AQUATICS DIRECTOR CONTACT:

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



Click or Scan to Register



YOUTH PROGRAMMING

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

ALL CHILDREN AGES 12 & UNDER MUST BE ACCOMPANIED BY A PARENT AT ALL TIMES WHEN IN THE FACILITY

TAE KWON DO

Students learn controlled self-defense techniques, kicks, punches, and more while advancing through belt ranks. Participants will have an opportunity for Belt Advancement Evaluations.

No uniform is required; wear comfortable clothes. Note: Uniforms can be purchased from the instructor for \$45.

Location STUDIO

Open to ages 5+.

Mon & Thurs 6:30 PM - 7:15 PM

Member: \$128

Non-Member: \$216

TEEN VOLLEYBALL CLINIC

This clinic will focus on teaching the values of good sportsmanship, team work, goal setting and skill development. Teens will have the opportunity to learn the fundamental basics of volleyball such as underhand serving, setting, hitting, and digging -- all in a non-competitive environment.

Location Gymnasium

Open to grades 7-9.

Saturday 9:15 AM - 10:30 AM

Member: \$210

Non-Member: \$310

Contact:

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

YOUTH BASKETBALL

This 7 week session will provide athletes with the basics of basketball. Coaches will focus on improving skills, hand-eye coordination and confidence!

Location GYM

Saturdays

- Ages 2 & 3 * Parent & Me | 9:30 AM - 10:15 AM
- Ages 4 & 5 | 10:30 AM - 11:15 AM
- Ages 6 & 7 | 11:30 AM - 12:15 AM

Member: \$77

Non-Member: \$154

ADAPTIVE SPORTS

Special Needs Gymnastics

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.

Location Gymnasium

Open to ages 5-12

Saturdays 10:45 AM- 11:45 AM

Member: \$98 *discount for additional siblings

Non-Member: \$98 *discount for additional siblings

GYM GAMES

Bringing it back to the basics with classic gym games and new ones too! We'll try things like kickball, Captain's coming, 10-second tag and even gaga ball.

Location GYM

Saturdays

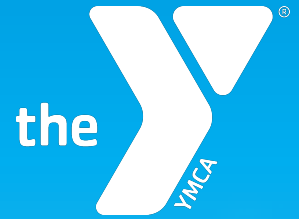
- Ages 4 & 5 | 12:30 PM - 1:15 PM
- Ages 5 & 6 | 1:30 PM - 2:15 PM

Member: \$77

Non-Member: \$154

SPECIAL EVENTS

FOR KIDS



Kids' Night Out

Drop your kid's off for an evening of fun and friends at the Y! Each event follows a fun theme. Registration includes a pizza dinner!

January 24 > Board Game Palooza

February 21 > Gym Games

Time: 6 - 8:30 PM

Ages: 3 - 10 *toilet training required

Cost per child: \$20 Members
\$30 Non-members

Middle School Madness

The Y is staying open late exclusively for children in grades 5-8. Come for open gym and swim!

January 25

February 22

Time: 7 - 9 PM

Grades: 5 - 8

Cost per child: \$15 Members
\$25 Non-members

2025 Youth Special Events	
January	
Kid's Night Out	1/24/2025
Middle School Madness	1/25/2025
February	
Kid's Night Out	2/21/2025
Middle School Madness	2/22/2025
March	
Kid's Night Out	3/14/2025
Middle School Madness	3/15/2025
April - Healthy Kid's Day TBD	
Kid's Night Out	4/11/2025
Middle School Madness	4/12/2025
May	
Kid's Night Out	5/16/2025
Middle School Madness	5/17/2025
June	
Kid's Night Out	6/13/2025
Middle School Madness	6/13/2025
July - August Summer Break	
September	
Kid's Night Out	9/19/2025
Middle School Madness	9/20/2025
October - Trunk or Treat Friday, 10/24/2025	
Kid's Night Out	10/10/2025
Middle School Madness	10/11/2025
November	
Kid's Night Out	11/7/2025
Middle School Madness	11/8/2024

For more information, contact:
Kariana Cicerone 203.775.4444 x 109
kcicerone@regionalyymca.org



Click or Scan Here to Register



SPACE IS LIMITED!
Scan or Click to 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

January 11 - February 15
Saturdays | 11:00am-12:00pm

February 12- March 19
Wednesdays | 6:00-7:00pm

Members: \$75 for 6 classes



CONTACT

Sam Godino, Wellness Coordinator
sgodino@regionalmca.org
203.775.4444 x137



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Strong Healthy Empowered

GIRL POWER Strength Program

Girls ages 13-15 are invited to join this 6 week strength program led by Personal Trainer SUSAN.

Each week, girls will learn and progress through the basics of strength training as they learn how to safely use machines, equipment and body weight to build **STRENGTH** and **CONFIDENCE**.

For more information contact:
Sam Godino, Wellness Coordinator
203.775.4444 ext 137
sgodino@regionalyymca.org

WHEN: Thursdays from
3:00-4:00pm

January 16, 2025 -
February 20, 2025

LIMITED SPOTS
AVAILABLE

Members \$120

Non-Members \$180

REGISTER



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@regionalyymca.org

203-740-3432, ext. 252



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMIT **to** FIT

A NEW YEAR'S MEMBER CHALLENGE

- 1** Commit to a Fitness Tier at the Front Desk for \$10.

CASUAL	ADVANCED	ULTIMATE
2-3 DAYS PER WEEK	4-5 DAYS PER WEEK	6-7 DAYS PER WEEK
- 2** Come to the Y and exercise for at least 30 minutes from January 13- March 23. Try to reach your committed days each week!
- 3** Each time you reach your goal your name will be entered into the prize drawings! Don't worry, we can track everything for you!
- 4** If you complete all 10 weeks, you get additional entries put in according to your tier:

CASUAL	ADVANCED	ULTIMATE
2 entries	4 entries	6 entries



IN JUST 4 EASY STEPS GET FIT & RECEIVE A CHANCE TO WIN PRIZES!

A 30 MINUTE WORKOUT AT THE Y COULD BE...

- Aerobics Class
- Rowing
- Basketball
- Swimming
- Yoga
- Cycling
- Weight Lifting
- Walking
- Zumba
- Circuit Training
- Running
- And More!

Registration opens
December 9

*FIRST 50 MEMBERS TO SIGN UP RECEIVE A FREE T-SHIRT!

[**REGISTER HERE**](#)

REGIONAL YMCA OF WESTERN CT • 2 HUCKLEBERRY HILL ROAD, BROOKFIELD, CT, 06804
LISA O'CONNOR, WELLNESS DIRECTOR • LOCONNOR@REGIONALYMCA.ORG • (203) 775-4444 x135



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Big 4 Fundamentals with Harley

4-Week Class focused on learning the fundamentals of Deadlift, Back Squat, Bench Press and Overhead Press

Feb 19 – March 10

Wednesdays 5:30–6:30pm

Members: \$100

Non-Members \$150

What you will learn:

- Each week is dedicated to one lift
- Participants will learn technique and practice
- Must be at least 13 to register
- **Great follow up program to Fitness Express Pass**

Contact:

Sam Godino Wellness Coordinator
203-775-4444 ext. 137
sgodino@regionalymca.org

REGISTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARE YOU AT RISK?

Diabetes Prevention Program by REGIONAL YMCA OF WESTERN CT

Pre-diabetes is a potentially reversible condition that, when ignored, often leads to Type II diabetes. More than 1 in 3 Americans has prediabetes. Nine out of 10 people with prediabetes don't even know they have it.

The YMCA's Diabetes Prevention Program helps adults at high risk for developing type 2 diabetes reduce their risk for developing the disease by taking steps that will **reduce their overall health & well-being.**

Research from the National Institutes of Health has shown that programs like ours can reduce the number of new cases of type 2 diabetes by 58%, and 71% in adults over the age of 60.

If you are over the age of 65, Medicare may cover the cost of the program if you are eligible.

NEW VIRTUAL SESSION FORMING :
Thursday January 30th, 2025 at 10:00 am

For more information, Contact Lisa O'Connor, Director Evidence Based Health Initiatives
203-775-4444 x135 | loconnor@regionallyma.org | regionallymca.org



DO YOU HAVE HIGH BLOOD PRESSURE?

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@regionalymca.org | (203) 775-4444 x135

Office Hours are held:

- Tues from 5pm -7pm
- Thurs from 12pm -2pm or by appointment.

Monthly Nutrition Seminars:

- 2nd Tuesdays @ 6pm
- 3rd Thursday @ 1pm

**CLICK HERE
OR SCAN TO
REGISTER**



IMPROVE YOUR STRENGTH, MOBILITY AND BALANCE!



Program Session: Jan 7 – Jun 19

Days: Tuesday & Thursday

Time: 10:30 AM – 11:30 AM

Cost: \$75 for Members/ \$150 Non-Members



Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function to prevent falls.

It is designed for older adults and people with balance difficulties.

No prior experience with Tai Chi is needed.

- You will learn the movements over 24 weeks in classes held twice a week.
- Classes are taught by trained instructors in a supportive environment.
- This program can accommodate individuals who need some assistance with walking, such as use of a cane.



To register, contact:
Debbie Nichols, Physical Director
203.775.4444 x 136
dnichols@regionalyymca.org



REGIONAL YMCA OF WESTERN CONNECTICUT
2 Huckleberry Hill Rd Brookfield, CT 06804

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



****New Pricing in effect
January 1, 2025 ****

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 \$152
8 30-minute sessions \$304
12 30-minute sessions \$410

4 60-minute sessions \$300
8 60-minute sessions \$600
12 60-minute sessions \$810

****Returning clients will receive 1 free session regardless of package length. EXCLUDES Sales, KickStart Special and Initial purchase of personal training.**



For any questions contact:
Sam Godino, WELLNESS Coordinator
sgodino@regionalymca.org or call
203.775.4444 x137



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



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@regionalyymca.org

(203) 775-4444 x135



COFFEE TALKS

Grab your favorite cup of coffee and join our Wellness Director, Lisa O'Connor, for a **casual** and friendly **virtual conversation** on the **First Tuesday of every month at 10:30 AM.**

Each month, we'll explore a different topic focused on enhancing your well-being. It's a chance to connect, share, and engage in meaningful discussions. Active participation is encouraged, and all are welcome to join!

WHEN: First Tuesday of every month at 10:30 AM
(Upcoming dates: Jan 7, Feb 4, Mar 4)

WHERE: Zoom – Register to receive the link

REGISTER: Online or call

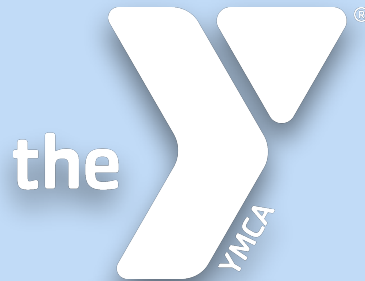
OPEN TO ALL! Feel free to invite a friend!

FOR MORE INFORMATION CONTACT:

Lisa O'Connor, Wellness Director

203.775.4444 ext.135 | loconnor@regionalmca.org

REGISTER HERE



First Friday!

JANUARY 10**



JANUARY FIRST FRIDAY!
Let's Kick off the New Year!

Come on in and warm up with some friendly rounds of Pictionary!

Join us Friday January 10th, for warm festive beverages, and delicious treats. Feel free to bring a friend.

FREE TO ALL WHO ARE INTERESTED! Adults only

Friday January 10th at 1:00 pm in the Huisking Room.

****PLEASE NOTE: We are meeting a week later due to the holidays.**



REGISTER HERE



For more information, please contact:
Lisa O'Connor, Wellness Director
203.775.4444 ext 13

Regional YMCA of Western Connecticut
2 Huckleberry Hill Road, Brookfield, CT 06804
203 775 4444 • regionalyymca.org

FIRST FRIDAY

Friday February 7

the



TRIVIA

FIRST FRIDAY SOCIAL EVENT

Join us for an afternoon of TRIVIA and fun!

WHEN: Friday, February 7th at 1:00pm

FREE TO ALL WHO ARE INTERESTED! Adults only.

Anyone who wears **RED** will be entered into a drawing for a RAFFLE PRIZE.

Contact Lisa O'Connor at
203.775.4444 ext.135
loconnor@regionalmca.org

REGISTER HERE



First Friday!

MARCH 7TH

MARCH FIRST FRIDAY!

You are invited to attend our First Friday Social events. Each month, the topic or activity will change. We welcome your suggestions for activities and topics.

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

Light refreshments will be served, including some Irish Soda Bread.

FREE TO ALL WHO ARE INTERESTED! Adults only.

Friday, March 7th in the Husking Room at 1:00pm

REGISTER HERE

For more information, please contact:

Lisa O'Connor, Wellness Director
203.775.4444 ext 135

Regional YMCA of Western Connecticut
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203 775 4444 • regionalyymca.org

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.

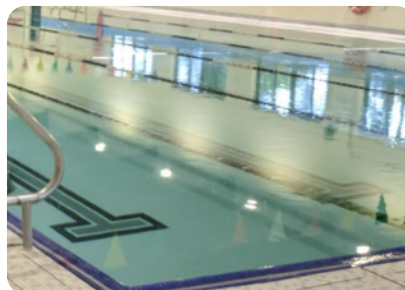
Includes 20 guests, 1 hour of swimming, 1 hour in the party area, 3 lifeguards and a party host. All guests under 6 must be accompanied in the water by an adult. Non-swimmer guests must have a life vest and an adult in the water. Life vests are available at the Y.

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



ANNUAL SUPPORT CAMPAIGN

CHANGE SOMEONE'S TOMORROW, TODAY

At the Y, support means neighbors helping neighbors. Whenever we see a neighbor who needs support, the Y stands ready to help with open arms and caring hearts.

Did you know that the Regional Y receives requests daily for financial assistance?

The Y is dedicated to helping everyone in need, whether it's individuals and families striving for a healthier lifestyle, seeking safe and nurturing childcare, or those requiring support to manage chronic diseases.

But we can't do it alone. We need compassionate neighbors like you to join us.

Your Dues Operate the Facility. Your Gift Changes Lives.

The YMCA is a non-profit community service organization dedicated to serving our community. Membership dues keep the facility running, but the Annual Support Campaign ensures that our members and neighbors have access to the Y and its programs, regardless of their financial situation.

100% of Annual Support donations directly benefit people at our YMCA. In 2023, over \$311,000 in financial aid was distributed for membership and program fees, giving everyone the chance to be part of our YMCA.

Please consider making a gift. Your support could **CHANGE SOMEONE'S TOMORROW, TODAY!**

COMPLETE TO GIVE BY MAIL

Name	
Address	
Phone	
Email	



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

