

REGIONAL YMCA OF WESTERN CT

# SPRING 2025 PROGRAM GUIDE

**SESSION DATES**

**APRIL 21 - JUNE 15**

**REGISTRATION BEGINS**

**MEMBER: MARCH 24**

**NON-MEMBER: APRIL 7**

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

[WWW.REGIONALLYMCA.ORG](http://WWW.REGIONALLYMCA.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
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: up to 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!



# UPDATED POLICY

We have updated our refund policies to better serve our members!

## Refund Policies by Program

\*In order to submit a request for a refund, you must contact the director of your program.

- If a class is canceled by the YMCA for weather or other circumstances, a credit for the missed class will be issued at the end of the session.
- Refund requests can take up to 2 weeks to process

### Youth Sports & Swim Lessons, 7 – 8 Week Sessions

Notification 7+ days before the 1st class	Full refund
Notification less than 7 days before the first class through the completion of the 1st class	75% Refund
Notification before the 3rd class	50% Refund
After 3rd class	No Refund

### Specialty Programs (i.e. Fitness Express Pass, Big 4, etc.)

Notification 7+ days before the 1st class	Full refund
Notification less than 7 days before the first class	50% Refund
Notification after 1st class	No Refund

### Personal Training & Private Swim Lessons

No refunds                                      Sessions expire 1 year from purchase date

### Special One Time Events

No Refunds

Refunds for **all other programs** are at the discretion of the program's director.



# 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](mailto:loconnor@regionalmca.org) | 203-775-4444 x135



# REGIONAL YMCA 2025 SUMMER CAMP GUIDE

**CLICK HERE**

**OR SCAN TO DOWNLOAD**



**Registration is open** and filling quickly. **Secure your spots ASAP** for THE BEST SUMMER EVER!





# 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.

ENROLLMENT  
FOR 25-26  
SCHOOL YEAR  
WILL BEGIN ON  
APRIL 14

### For more information, contact:

Sean Turner, Childcare Director at 203.775.4444 x103  
sturner@regionalymca.org



[LEARN MORE](#)



# CHILD CARE BETHEL-DANBURY

## YMCA Children's Center

57 Grassy Plain Street, Bethel, CT 06801

### 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 7:30 AM-5:30 PM  
Before School 7:30 AM-9:00 AM  
After School 3:00 PM-5:30 PM

### HIGHLIGHTS

Care 4 Kids Assistance is accepted for ALL programs  
Tuition assistance is available for qualifying families



**LEARN MORE**

Register in person at the YMCA Children's center.  
Call ahead to verify availability.

For more information, contact:  
Wendy Cobelli at 203.744.4890

# A SAFE PLACE FOR LITTLE ONES

## SPECIALTY SUMMER PROGRAMS 2025

**AGES: 2 – 4 YEARS OLD**

\* toilet training not required

These camps are great for tiny campers 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**

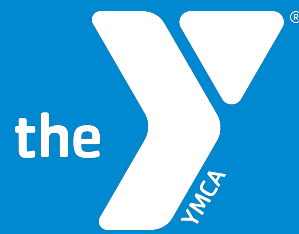
**PLACE: HUISKING ROOM, YMCA BUILDING**

**DATES: 9 Weeks, June 17 – Aug 14**

Each week follows an new and exciting theme for fun learning and exploration!

Space is limited to 12 children.

**RESERVE YOUR SPOT TODAY!**



**MEMBER** \$120/week  
**NON-MEMBER** \$180/week

## School Year Toddler Options TOT TIME AT THE Y!

**Now – June**                      **Ages 2–4 years**

**Monday – Thursday (Now – June) 9:30 AM – 11:30 AM**

**Location:** Regional YMCA, Huisiking Room

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.

**4 days option:** Monday – Thursday

Members: \$320 per month | Non-Members: \$400 per month

**2 day option:** Tuesday & Thursday or Monday & Wednesday

Members: \$200 per month | Non-Members: \$240 per month

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



Register for both programs here!

FOR MORE INFORMATION, CONTACT:

Kariana Cicerone

Director of Youth, Family and Teen Programs

kcicerone@regionalyymca.org | 203.775.4444 x109





# WATER EXERCISE

**REGISTER**

Water exercise classes at the Y provide a low-impact, full-body workout that’s easy on the joints while still delivering excellent cardiovascular and strength benefits. These classes are held twice a week and are designed for participants of all fitness levels. Whether you’re looking to improve your strength, endurance, or flexibility, water exercise offers a fun and effective way to stay active. For detailed class descriptions, please visit our website.

## MAIN POOL

### Beginner Classes

- Non-Impact Water Aerobics (FREE)
  - Wednesdays Only, 10:00 AM - 11:00 AM (Gary)

### Intermediate Classes

- Cardio & Strength
  - Mondays & Wednesdays, 11:00 AM - 11:50 AM (Randi)
- Deep & Shallow
  - Mondays & Wednesdays, 9:00 AM - 9:50 AM (Sujata)
- Strength & Toning
  - Tuesdays & Thursdays, 11:00 AM - 11:55 AM (Janet)
- Water Workout
  - **Mondays & Wednesdays, 6:00 PM - 6:50 PM (Shirley)**

### Advanced Classes

- Deep & Shallow
  - Tuesdays & Thursdays, 9:00 AM - 9:50 AM (Susie)
  - Tuesdays & Thursdays, 10:00 AM - 10:50 AM (Susie)
- Deep Water Motion
  - Mondays & Wednesdays, 10:00 AM - 10:50 AM (Sujata)
  - **Mondays & Wednesdays, 12:00 PM - 12:50 PM (Susie)**
- Power Workout
  - **Tuesdays & Thursdays, 6:00 PM - 6:50 PM (Cathi)**

## SHALLOW POOL

### Beginner Classes

- Barre Below
  - Tuesdays & Thursdays, 9:00 AM - 9:50 AM (Stacey)
- Flexibility & Strength
  - Tuesdays & Thursdays, 10:00 AM - 10:55 AM (Stacey)
- Toning & Flexibility
  - Mondays & Wednesdays, 9:00 AM - 9:50 AM (Randi)
  - Mondays & Wednesdays, 10:00 AM - 10:50 AM (Randi)
- Water Yoga
  - Tuesdays Only, 5:30 PM - 6:30 PM (Dan)
- Work the Water
  - Mondays & Wednesdays, 11:00 AM - 11:50 AM (Susie)
  - Tuesdays & Thursdays, 11:00 AM - 11:50 AM (Susie)

## SESSION INFO

### Spring 2 Session

April 21 - June 15

7 weeks

## REGISTRATION

Register online or at the front desk

Registration opens at 8:00 AM

Members: March 24

Non-Members: April 7

## PRICING

Members: \$20 per session

**Non-Members: \$60 per session  
(classes highlighted in yellow)**

**SCAN TO REGISTER**





# 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



# 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 9:00 AM-12:05 PM

9:00 AM	L4	L5	L6	
9:50 AM	L1	L2	L3	
10:25 AM	L1	L2		Water Discovery
11:00 AM	L1	L2	L3	Water Exploration
11:35 AM	L1	L2	L3	

## Sunday Mornings 10:25 PM-12:05 PM

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

## Thursday Evenings 5:30 PM-8:00 PM

5:30 PM	L1
6:05 PM	L2
6:40 PM	L3
7:15 PM	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 (April 21 - June 15 | 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
<b>Individual Private Lessons</b>		
5 x 30 minute lessons	\$210	\$275
5 x 45 minute lessons	\$250	\$325
<b>Semi-Private (2 people)</b>		
5 x 30 minutes lessons	\$360	\$410
5 x 45 minute lessons	\$385	\$435

### AQUATICS DIRECTOR CONTACT:

Alexandra Hall-Heron | [ahall-heron@regionalmca.org](mailto: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](http://www.makoswim.org) or

**Contact:** Sarah Avery at 203.775.1077  
[sbasile@regionalmca.org](mailto: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](mailto:lsuter@regionalmca.org)**.

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





# AMERICAN RED CROSS LIFEGUARD CERTIFICATION

**REGISTER**

## BLENDING LEARNING COURSE:

**\*NEW CLASSES EVERY MONTH – MORE DATES TO BE ANNOUNCED\***

The primary purpose of the course is to provide entry-level lifeguard participants with the knowledge and skills to prevent drownings. This course contains an ONLINE portion 7 hours of online learning, and in person skills learning.

Prerequisite Swim Test: Swim 150 Yards CONTINUOUSLY (NO STOPPING), tread water for 2 minutes ( using only legs) then swim another 50 yards., 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:

**March 28th - 30th**

March 28: 4:00 PM – 7:00 PM

March 29 : 9:00 AM – 6:00 PM

March 30 : 9:00 AM – 6:00 PM

**April 25th - 27th**

April 25: 4:00 PM–7:00 PM

April 26: 9:00 PM – 6:00 PM

April 27: 9:00 PM–6:00 PM

**May 9th - 11th**

May 9: 4:00 pm – 7:00pm

May 10: 9am – 6pm

May 11: 9am – 6pm

**June 6th– 8th**

June 6: 4:00pm–6:00pm

June 7: 9am – 6:00pm

June 8: 9am – 6:00pm

## RE-CERTIFICATION COURSE DATES

Must have a current life-guarding certificate or one that expired within 30 days. Must complete the online portion prior to first day of class.

Must pass prerequisite Swim test:

**COST:** \$175 per person

## COURSE DATES:

March 29: 9:00 AM– 6:00 PM

April 26: 9:00 AM – 6:00 PM

May 10: 9:00 AM – 6:00 PM

June 7: 9:00AM – 6:00PM

### What will you need?

- Swimsuit
- Towel
- Goggles
- Pool shoes
- Snack

**SCAN TO REGISTER:**



## AQUATICS DIRECTOR CONTACT:

Alexandra Hall-Heron | [ahall-heron@regionalmca.org](mailto: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.

## SESSION DATES

### APRIL 21 - JUNE 15

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

## 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



## 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 PM

Member:            \$77  
Non-Member:        \$154

## 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.

Location            STUDIO  
Open to ages 5+.

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

Member:            \$112  
Non-Member:        \$189



## Contact:

**Kariana Cicerone, Youth Director**  
kcicerone@regionalmca.org  
203-775-4444- x109



# SPECIAL EVENTS FOR KIDS!

Contact:

**Kariana Cicerone**

**kcicerone@regionallymca.org**

**203-775-4444- x109**

## 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!

**April 11 > Movie Night**

**May 16 > Canvas Paint Night**

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!

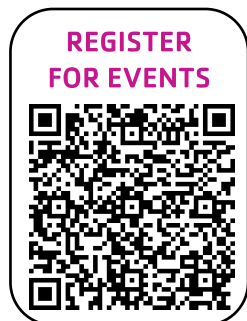
**April 12**

**June 17**

Time: 7 - 9 PM

Grades: 5 - 8

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



### 2025 Youth Special Events

#### Healthy Kids Day, 4/27 12-3 PM

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 6/14/2025

#### July - August |Summer Break

#### September

Kid's Night Out 9/19/2025

Middle School Madness 9/20/2025

#### October - Trunk or Treat Friday, 10/17/2025

Kid's Night Out 10/10/2025

Middle School Madness 10/11/2025

#### November

Kid's Night Out 11/7/2025

Middle School Madness 11/8/2025





**SPACE IS LIMITED!**  
**Scan or Click to Reserve a Spot Now!**

# Fitness Express Pass

## FUN, FRIENDS, FITNESS.

**FOR KIDS AGES 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.

**March 29- May 2**  
**Saturdays | 11:00 AM-12:00 PM**

**April 2- May 7**  
**Wednesdays | 6:00-7:00 PM**

**Members: \$75 for 6 classes**

Looking ahead to future sessions...

**May 10 - June 14, Saturdays | 11 AM - 12 PM**

**June 21 - July 27, Saturdays | 11 AM - 12 PM**



### CONTACT

**Sam Godino, Wellness Coordinator**  
sgodino@regionalymca.org  
203.775.4444 x137

# Big 4 Fundamentals with Harley

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

**Ages: 13 years and older**

**April 26 - May 17**  
**Saturdays 11 AM - 12 PM**

**Members: \$100**  
**Non-Members \$150**

**What you will learn:**

- Each week is dedicated to one lift
- Participants will learn technique and practice
- **Great follow up program to Fitness Express Pass**

**Contact:**  
**Sam Godino** Wellness Coordinator  
203-775-4444 ext. 137  
sgodino@regionallymca.org

**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)

5:00 PM – 7:00 PM

at YMCA 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)

5:30 PM – 7:30 PM

at YMCA Office in Danbury

Call for more information on meeting days.

Cost: \$25/month

### Contact:

**Bill McNamara,**

**Teen Leadership Programs**

**[wmcnamara@regionallymca.org](mailto:wmcnamara@regionallymca.org)**

**203-740-3432, ext. 252**



# 36/12 FITNESS CHALLENGE

Workout 36 times in 12 weeks!

June 2 – August 24

Just \$5

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

For any questions contact:

**LISA O'CONNOR**

**Wellness Director**

loconnor@regionalyymca.org  
or call 203.775.4444 x135

**REGIONAL YMCA OF WESTERN CONNECTICUT**  
2 HUCKLEBERRY HILL ROAD, BROOKFIELD, CT 06804  
203.775.4444 • **REGIONALYMCA.ORG**

# UNRACKED

with **Sam**

**Start Date**  
**May 27**

Ready to build strength and test your limits? Join our 6 week Spring powerlifting program designed for male and female members 16 and older looking to improve their squat, bench, and deadlift.

- **Initial Strength Test** – Find your maximum rep on squat, bench, and deadlift.
- **Custom Training Programs** – Trainer-designed workouts sent out every 1-2 weeks.
- **Final Re-Assessment** – See how much you've improved by the end of the program.
- **Competition** – Prizes for participants who show the most improvement in each of their lifts

Push yourself, track your progress, and get even stronger this spring!



**\$65**  
**Members only**

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SERVE. SET. SPIKE!

## Adult Volleyball Clinic

Wednesdays | Apr 23 – Jun 11

5:30 – 7 PM

Ages: 15 +

Get in the game and amp up your skills in this beginner to advanced volleyball clinic hosted by long time coach Ed G.

Fees:

\$210 members • \$310 nonmembers



Register  
here!

REGIONAL YMCA OF  
WESTERN CT



# 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](mailto:ahall-heron@regionalymca.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 \$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:  
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sgodino@regionalyymca.org or  
call 203.775.4444 x137





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FOR SOCIAL RESPONSIBILITY

# BECOME MORE ACTIVE AND EMPOWERED

Falls Prevention and Osteoporosis Event at the YMCA

## Understand Your Risk

Each year, one in three older adults aged 65 and older experiences a fall, and people who fall once are two to three times more likely to fall again. Join us for the evidence-based workshop followed by a **FREE BALANCE ASSESSMENT** to understand your risk. Open to the Community. Registration required.

**WHEN:** Thursday May 15th at 1:00pm

**PRESENTED BY:**



## THIS PROGRAM IS OFFERED AT:

**Regional YMCA of Western CT**  
2 Huckleberry Hill Road,  
Brookfield, CT

### CONTACT:

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

[REGISTER HERE](#)



# 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 5 PM - 7 PM
- Thurs. from 12 PM - 2 PM  
or by appointment.

Monthly Nutrition Seminars:

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

**CLICK HERE OR  
SCAN TO REGISTER**





# 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.

**CLICK HERE  
TO ENROLL**



**OR SCAN  
TO ENROLL**

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

**Lisa O'Connor**

Wellness Director

[loconnor@regionalmca.org](mailto:loconnor@regionalmca.org)

(203) 775-4444 x135



# COFFEE TALKS

## COFFEE. CONVERSATION. CONNECTION.

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: May 6 and June 3)

**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@regionalyymca.org

[REGISTER HERE](#)



# First Friday!

## MAY 2

## MAY FIRST FRIDAY!

Friday, May 2 • 1:00 PM

MINI GOLF OUTING at GOLF RANCH

### This program includes:

- 1 round of mini golf
- Private space for gathering after playing
- Light lunch of sandwiches, fruit, and water provided

**COST: \$10**

Please register in advance so that we can plan accordingly. Refunds will not be granted to those who cancel within 48 hours of the event, since we have to provide a head count. **ADULTS ONLY.**

**LET'S GO  
ON A FIELD  
TRIP!**

**REGISTER HERE**

For more information, please contact:

**Lisa O'Connor, Wellness Director**  
(203) 775-4444 x135

**Regional YMCA of Western Connecticut**  
2 Huckleberry Hill Road, Brookfield, CT, 06804  
(203) 775-4444 • regionalymca.org



**First Friday!**



# MUSIC BINGO

**is back!!**

**FREE  
EVENT  
WITH  
LIVEDJ**

**FRIDAY JUNE 6TH**

**G  
18**

**1:00 PM**



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.

\*Pre-registration is required.

Register Online or with the Front Desk!

 203-775-4444

**Regional YMCA of Western CT**

Contact: Lisa O'Connor [loconnor@regionalyymca.org](mailto:loconnor@regionalyymca.org) 203.775.4444 x 135



# BIRTHDAY PARTIES

**Celebrate your birthday with a splash at the Regional YMCA!**

**PARTY TIMES: SATURDAYS OR SUNDAYS FROM 4:30 - 6:30 PM**

## WHAT'S INCLUDED?

- 1 hour of swimming (private after hours pool access just for your party!)
- 1 hour of celebration time in our party area
- 2-3 lifeguards and a party host
- Up to 20 guests

### Little Pool Palooza

Enjoy your pool party in our shallow pool! This option is perfect for swimmers of all ages, 3 FT of water means endless fun for everyone!

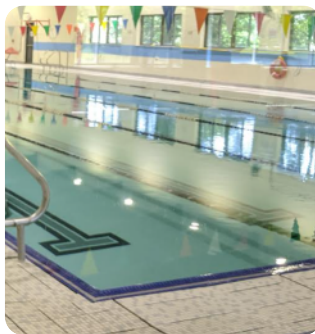
Cost  
\$350 for Members  
\$450 for Non-members



### Splash & Dive

Dive into fun! Guests can splash around in our Main Pool (ranging from 3 - 12 ft) and take a plunge from our diving blocks and board.

Cost  
\$350 for Members  
\$450 for Non-members



### Splash, Slide & Dive

Make a splash and conquer the WIBIT! Guests can enjoy the main pool, take a leap off the diving board and blocks and challenge themselves on the epic WIBIT obstacle course with a balance beam and super fun slide!

Cost  
\$450 for Members  
\$550 for Non-members



### Please note:

- Parties must be paid in full at the time of booking
- Any non-swimmer must wear a life vest, the Y does have life vests to loan to guests
- Any non-swimmer or swimmer under the age of 6 must be accompanied by an adult in the pool.

## Book your party today!

Contact: Alex Hall-Heron, Aquatics Director  
Ahall-heron@ regionalymca.org  
203.775.4444 x 133



# 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	

**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

