FALL INTO A HEALTHY ROUTINE

Fall 2019

Sept. 7 – Oct. 27

Member Registration
August 19

Non Member Registration
August 23

REGIONAL YMCA OF WESTERN CONNECTICUT
regionalymca.org

MEMBERSHIP AT THE Y

With the Y, you're not just a member of a facility, you're part of a community. Because the Y is for everyone, we bring together families and friends like no other organization can.

We encourage good health and foster connections with new and old friends through sports, fun and shared interests.

JOINING THE Y IS EASY

Sign up in person at the Y or visit our website at www.regionalymca.org to join 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 at any time

Category	Joiners Fee	Wellness Plus	Wellness	NEW! 20/20 Referral Wellness Plus	NEW! 20/20 Referral Wellness
Family	$75	$107	$91	$87	$74
Adult Couple	$75	$105	$89	$85	$72
Single Parent Family	$75	$93	$78	$75	$63
Adult (27-64)	$75	$81	$70	$65	$57
Senior Couple	$75	$100	$80	$81	$65
Senior Citizen	$75	$77	$60	$62	$49
Young Adult (18-26)	$75	$47	$40	$38	$33
Teen (13-17)	$75		$38		
Youth (Birth-12)			$28		

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 and programs are open to everyone. When the costs of our services prevent 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.

FOR COMPLETE INFORMATION ON PROGRAM DESCRIPTIONS, DAYS/ TIMES AND FEES, PLEASE VISIT WWW.REGIONALYMCA.ORG.

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 our community's health & well-being.

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.

THE Y. ™ FOR A BETTER US.™

Like us on Facebook

View us on YouTube

Follow us on Twitter

Follow us on Instagram

FRIENDS DON'T LET

FRIENDS WORKOUT ALONE

20/20 MEMBER REFERRAL PROGRAM

Refer a family member
or friend who joins the Y
and you
BOTH enjoy
a 20% savings
on membership!

For more information, contact:
Megan Hebert, Member Engagement Director
203.775.4444 x110 mhebert@regionalymca.org

HAVE FUN
GROW TOGETHER

REGISTER ONLINE

FAMILY & YOUTH ENRICHMENT PROGRAMS

Family Programs are a special time for families to have fun and create memories that last a life time.
*All children must be accompanied by an adult during all family programs unless stated.
Call 203.775.4444 to register by Thursday before the program (Pre-Registration required for programs listed below.)

KID'S NIGHT OUT

SUPERHERO NIGHT

Enjoy the night out while your kids have a fun night enjoying a Superhero Hunt, Obstacle Course and making a superhero. Dinner and snack are provided. **Must be potty trained.**

Ages 3-10 years

Friday, September 20 6:00 PM - 9:00 PM

One Child	Full Member: $26	Non-Member: $32
Additional Child	Full Member: $11	Non-Member: $17

SPOOKTACULAR

Enjoy the night out, while your kids have a fun night painting pumpkins, playing Bingo, participating in Mummy Relay Races, Pumpkin Twister, Pin the Stem on the Pumpkin and Monster Freeze Dance. Kids are invited to dress up in their costumes if they would like. Dinner and snack are provided. **Must be potty trained.**

Ages 3-10 years

Friday, October 25 6:00 PM - 9:00 PM

One Child	Full Member: $26	Non-Member: $32
Additional Child	Full Member: $11	Non-Member: $17

FAMILY FUN EVENTS

FAMILY BINGO & PIZZA

Calling all parents, grandparents, aunts, and uncles-join us for Family Bingo! Event includes Bingo, prizes, snacks, pizza and drink. No walk-in registrations for this event. This is a per person event: every child and adult must register.

Ages 2-99

Friday, October 4 6:00 PM - 8:00 PM

Full Member: $8 Non-Member: $10

KID'S DAY OUT

KID'S DAY OUT

Join us for an afternoon filled with games, stories, free play, crafts and more! A snack will be provided and children must be potty trained.

Ages 3-10

Saturday, September 14
Saturday, October 12

12:00 PM - 3:00 PM

Full Member: $20		Non-Member: $30
Additional Child	Full Member: $10	Non-Member: $15

FACES OF ACHIEVMENT

35 Youth Triathletes Race 4 Chase

On Saturday, August 3, thirty-five young triathletes from the Regional YMCA of Western Connecticut competed against kids from around Connecticut in the Race 4 Chase. The kids have been working on swimming, biking, and running with YMCA coaches at the Y every morning for the past 6 weeks in preparation. One young athlete stated, "This was the best day ever!"

Race 4 Chase is held by the CMAK Foundation, in honor of Chase Kowlaski. Chase was one of the 26 people to lose their life on December 12, 2012 in Sandy Hook Elementary School. Another athlete said, "Race 4 Chase helps keep Chase's spirit alive."

MIDDLE SCHOOL MADNESS

The Y is staying open late so middle schoolers can take over! Our facility will be open exclusively to students in grades 5th - 8th.

Activities include swimming, open gym and GaGa Pit. Please pre-register prior to event.

Saturday, September 21
7:00 PM - 9:00 PM

Saturday, October 26
7:00 PM - 9:00 PM

Member: $5
Non-Member: $10

SAFE & CONFIDENT IN THE WATER

Any child under 9 years must be checked in to their class by a parent and picked up on time.

REGISTER ONLINE

Sept 7 – Oct 27

YOUTH SWIM LESSONS

Swim lessons not only keep kids safe in the water, they also **build self-esteem and confidence**.

A variety of class times and levels are available to meet your family's needs including mornings, afternoons and evenings, as well as weekends.

Ask us for a FREE evaluation session so that your child is most successful in our lesson program!

See the swim level descriptions on the following pages to help you register your child in the appropriate level. Please place your child according to his/her ability rather than age. This is crucial to ensure children are placed in the proper level and have a smooth transition. If you have received an evaluation from the previous session, please adhere to the recommendation when registering your child. Feel free to contact us if you have any questions at 203.775.4444.

Private Swim Lessons

Whether you are just starting out or are an experienced swimmer, our instructors will design an individual program and critique your skills to help motivate and achieve your swimming goals.

Individual Private (one person)	Member	Non-Member		Semi-Private (2 people)	Member	Non-Member		Tri-Private (3 people)	Member	Non-Member
30 Minute Lesson	$50	$65		30 Minute Lesson	$80	$95		30 Minute Lesson	$110	$125
30 Minute Lessons – 5 Pack	$200	$250		30 Minute Lessons – 5 Pack	$350	$400		30 Minute Lesson – 5 Pack	$400	$450
45 Minute Lessons – 5 Pack	$225	$275		45 Minute Lessons – 5 Pack	$375	$425		45 Minute Lesson – 5 Pack	$425	$475

SWIM STARTERS – PARENT & CHILD

30 minute class

Mon - Fri 7 classes
Member: $88 Non-Member: $175

Sat & Sun 8 classes
Member: $100 Non-Member: $200

Water Discovery

6-18 months

This class offers an introduction to the aquatic environment for infants. Toddlers and parents work on independent skills, including body control and balance. Parents learn basic water safety and have a positive and fun experience with their children.

Wed. 9:30AM – 10:00 AM
Sat. 9:00AM – 9:30 AM

Water Exploration

19-36 months

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.

Thurs. 9:30 AM - 10:00 AM
Sat. 9:35 AM - 10:05 AM

Special Needs Swim

Sunday FUNday

Age 5-8 years

This program is a small group class for children with disabilities. Participants will be taught water safety, different strokes and developmentally appropriate skills in the water. While working with instructors, this program aims to increase students comfort level in the water as well as increase their independence. A BACKGROUND INFORMATION FORM MUST BE FILLED OUT AT THE FRONT DESK PRIOR TO THE START OF CLASS.

8 weeks Sun 11:00 AM - 11:30AM

Member: $100 Non Member: $200

SAFE & CONFIDENT IN THE WATER

YOUTH SWIM LESSONS

Any child under 9 years must be checked in to their class by a parent and picked up on time.

REGISTER ONLINE

Sept 7 – Oct 27

NEW for Saturday classes!

We have a new system for Saturday morning classes. All children will be evaluated on the first day of class to properly place each child in their appropriate swim level according to their swimming ability.

Lessons will begin immediately following the swim testing.

REGISTER YOUR CHILD IN ONE OF THE FOLLOWING TIME SLOTS:

LEVEL 1 / LEVEL 2 / LEVEL 3

(see level description on next pages)

Saturday	9:00 AM - 9:30 AM	25 spaces	Member: $100	Non-Member: $200
	10:25 AM - 10:55 AM	25 spaces	Member: $100	Non-Member: $200
	11:00 AM - 11:30 AM	25 spaces	Member: $100	Non-Member: $200

LEVEL 4 / LEVEL 5 / LEVEL 6

(see level description on next pages)

Saturday	9:35 AM - 10:20 AM	36 spaces	Member: $120	Non-Member: $256

SAFE & CONFIDENT IN THE WATER

Any child under 9 years must be checked in to their class by a parent and picked up on time.

REGISTER ONLINE

Sept 7 – Oct 27

YOUTH SWIM LESSONS

SWIM BASICS – SAFETY AROUND WATER
30 minute class

LEVEL 1 Water Acclimation:

Children must be 100% potty trained and independent from a parent. No minimal or previous experience in swim lessons. Children become independent in the water, build confidence and focus on the skills of the basic freestyle stroke such as kicking and pulling, comfort putting their face in the water and blowing bubbles. Goal is to swim 5 yards without fear or assistance. Safety self-recue skills are introduced.

1 CLASS PER WEEK

Mon. - Fri.	7 weeks	Member:$88	Non Member:$175
Sun.	8 weeks	Member:$100	Non Member:$200

Age 3-6 years

Mon.	9:00	AM -	9:30	AM
Mon.	9:30	AM -	10:00	AM
Mon.	5:00	PM –	5:30	PM
Tues.	9:00	AM -	9:30	AM
Tues.	4:30	PM –	5:00	PM
Wed.	9:00	AM –	9:30	AM
Wed.	5:00	PM –	5:30	PM
Thurs.	9:00	AM –	9:30	AM
Thurs.	4:30	PM –	5:00	PM
Sun.	9:30	AM -	10:00	AM

Age 7-13 years For children who are older with minimal or no previous experience in swim lessons.

Sun.	9:00	AM -	9:30	AM

3 WEEK POWER LESSONS
2 classes per week
Member: $90 Non Member: $192

9/10 - 9/26	Tues. & Thurs.	5:00 PM – 5:30 PM
10/1 - 10/17	Tues. & Thurs.	5:00 PM – 5:30 PM

LEVEL 2 Water Movement:

Can perform a front glide and swim 5 yards without assistance. Can blow bubbles for 10 seconds. Emphasis is on stroke development for freestyle and forward movement in water. Basic self-rescue skills performed independently.

1 CLASS PER WEEK

Wed.	7 weeks	Member:$88	Non Member:$175
Sun.	8 weeks	Member:$100	Non Member:$200

Age 3-6 years	Wed.	5:30	PM –	6:00	PM
Age 7-13 years	Sun.	9:30	AM -	10:00	AM

3 WEEK POWER LESSONS
2 classes per week
Member: $90 Non Member: $192

9/10 - 9/26	Tues. & Thurs.	5:30 PM – 6:00 PM
10/1 - 10/17	Tues. & Thurs.	5:30 PM – 6:00 PM

LEVEL 3 Water Stamina:

Can confidently swim freestyle with rotary breathing for 10 yards. Children refine their freestyle and complete backstroke. Elementary backstroke is introduced. Treading water and develops intermediate self-rescue skills at longer distances. Introduce Diving.

1 CLASS PER WEEK

Mon.	7 weeks	Member:$88	Non Member:$175
Sun.	8 weeks	Member:$100	Non Member:$200

Age 3-6 years	Mon.	5:30	PM –	6:00	PM
Age 7-13 years	Sun.	10:35	AM -	11:05	AM

3 WEEK POWER LESSONS
2 classes per week
Member: $90 Non Member: $192

9/10 - 9/26	Tues. & Thurs.	6:00 PM – 6:30 PM
10/1 - 10/17	Tues. & Thurs.	6:00 PM – 6:30 PM

SAFE & CONFIDENT IN THE WATER

Any child under 9 years must be checked in to their class by a parent and picked up on time.

REGISTER ONLINE

Sept 7 – Oct 27

YOUTH SWIM LESSONS

SWIM STROKES – SKILLS SUPPORT HEALTHY LIFESTYLE
45 minute class

LEVEL 4 Stroke Introduction:

Introduces basic stroke technique in freestyle and backstroke with endurance and reinforces water safety through treading water and elementary backstroke. Breaststroke kick is introduced. Complete freestyle and backstroke for 25 yards. Diving.

1 CLASS PER WEEK

Mon. - Fri.	7 weeks	Member:$105	Non Member:$224
Sat. & Sun.	8 weeks	Member:$120	Non Member:$256

Wed.	5:30	PM –	6:15	PM
Sun.	10:00	AM –	10:45	AM

3 WEEK POWER LESSONS
2 classes per week
Member: $90 Non Member: $192

9/9 - 9/26	Mon. & Thurs.	5:00 PM – 5:45 PM
9/30 - 10/17	Mon. & Thurs.	5:00 PM – 5:45 PM

LEVEL 5 Stroke Development:

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 and backstroke and complete breaststroke. Introduce butterfly. Reinforce safety through treading water and sidestroke. Diving.

1 CLASS PER WEEK
Member: $105 Non Member: $224

Mon.	6:15	PM –	7:00	PM

3 WEEK POWER LESSONS
2 classes per week
Member: $90 Non Member: $192

9/9 - 9/26	Mon. & Thurs.	5:45 PM – 6:15 PM
9/30 - 10/17	Mon. & Thurs.	5:45 PM – 6:15 PM

LEVEL 6 Stroke Mechanics:

Refine stroke technique on all major competitive strokes. Swimmers must be able to complete a minimum of 50 yards of freestyle, backstroke and breaststroke with proper technique. Complete butterfly. Flip turns are introduced. Diving.

1 CLASS PER WEEK
Member: $105 Non Member: $224

Wed.	7:00	PM –	7:45	PM

3 WEEK POWER LESSONS
2 classes per week
Member: $90 Non Member: $192

9/9 - 9/26	Mon. & Thurs.	6:30 PM – 7:15 PM
9/30 - 10/17	Mon. & Thurs.	6:30 PM – 7:15 PM

Stroke & Turn "Pre-Team": 60 minutes

This level compliments the skills practiced in a swim team setting. Swimmers must be at a Level 5 to qualify for this class. Emphasis is placed on mastery of all strokes, flip turns and racing starts. A strong focus is placed on building endurance with proper stroke techniques and mechanics.

Mon. 7:00 PM – 8:00 PM Member: $120 Non Member: $245

Stroke & Turn II: 60 minutes

This class is all about youth fitness! It's great for those who want to continue swimming without having to join swim team. Swimmers must have already taken stroke and turn to qualify for this class. We introduce new types of water exercise and more dry land. Emphasis is also placed on mastery of all strokes, flip turns and racing starts.

Sat. 10:15 AM – 11:15 AM Member: $136 Non Member: $280

SAFE & CONFIDENT IN THE WATER

REGISTER ONLINE

Sept 7 – Oct 27

DIVING

Introduction to Diving

Introductory program to the fun and exciting world of diving. Will work with an experienced certified coach on the one meter diving board to learn basic skills and dives. Classes held at the indoor main pool. Open to ages 8 and up.

7 weeks
Wed 5:00 PM – 6:00 PM

Full Member: $132 Non Member: $196

Advanced Diving

Advanced program for experienced divers to work with an certified coach on the one meter diving board to perfect their skills and add to their routine . Classes held at the indoor main pool. Open to ages 8 and up.

7 weeks
Wed 6:00 PM - 7:30PM

Member: $144 Non Member: $208

SWIM TEAM / COMPETITIVE SWIMMING

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 Basile at 203.775.1077 or sbasile@regionalymca.org.

All new swimmers must complete a skills evaluation.

Special Needs Swim Team

All participants must be able to swim, as the program will be in water 6 feet deep.

Practice Times: Tues. 6:00 PM - 6:45 PM
Location: YDAC

Monthly Fee: $40 Swimmers must be Y members

Contact Jason Paige for more information at 203.775.1077 or jpaige@regionalymca.org.

CONFIDENCE WITH EVERY STROKE

REGISTER ONLINE

Sept 7 – Oct 27

ADULT WATER ACTIVITIES

Private Swim Lessons

Whether you are just starting out or are an experienced swimmer, our instructors will design an individual program and critique your skills to help motivate and achieve your swimming goals.

Individual Private (one person)	Member	Non-Member		Semi-Private (2 people)	Member	Non-Member		Tri-Private (3 people)	Member	Non-Member
30 Minute Lesson	$50	$65		30 Minute Lesson	$80	$95		30 Minute Lesson	$110	$125
30 Minute Lessons – 5 Pack	$200	$250		30 Minute Lessons – 5 Pack	$350	$400		30 Minute Lesson – 5 Pack	$400	$450
45 Minute Lessons – 5 Pack	$225	$275		45 Minute Lessons – 5 Pack	$375	$425		45 Minute Lesson – 5 Pack	$425	$475

Water Safety for Adults (Adult Beginner)

45 Minutes

This program offers a safe environment to learn to swim. Participants will begin with water exploration activities to improve comfort levels in the water, will learn basic swimming skills and expand knowledge of water safety.

8 weeks
Tues. 7:15 PM - 8:00 PM

Full Member: $144 Non Member: $208

Adult Intermediate Swim

45 Minutes

Swimmers will expand their knowledge of swimming; you will build upon stroke technique and endurance.

8 weeks
Thurs. 7:15 PM - 8:00 PM

Full Member: $144 Non Member: $208

HydroRiding

A cycling class in the pool. A challenging cardiovascular and total body workout. Excellent for rehabilitative effects and a low impact form of exercise. WATER SHOES AND BATHING SUIT REQUIRED. Meets 6 weeks.

Fri. 6:00AM - 6:45 AM

Full Member: $72

Masters Swim

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 Jason Paige at jpaige@regionalymca.org.
May participate in any/all sessions of the month.

Practice Times: Tues / Thurs 10:30 AM - 11:30 AM
Location: YDAC

Full Member: $20 monthly fee

GET IN THE GAME

Any child under 9 years must be checked in to their class by a parent and picked up on time.

REGISTER ONLINE

Sept 7 – Oct 27

YOUTH PROGRAMS

PARENT & CHILD

1,2,3, GO Crawling—30 months

In this semi-structured class, the child and their grown up will be making friends and bonding over circle time, music, and free play. This class is a great start to your Y experience with your child.

Thurs. 10:30 AM - 11:15 AM
Full Member: $56 Non Member: $84

Gym Jammin' Juniors 18 months - 3 years

Kids play games that include jumping, climbing, and working with hoops, ball, and other gym equipment. There will be emphasis on developing hand eye coordination and large motor skills, following directions, and social interaction. Parent child class.

Sat. 9:30 AM - 10:15 AM
Full Member: $64 Non Member: $96

INTRO TO PRESCHOOL

Terrific Two's & Three's 2-3 years

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

Wed. 9:15 AM - 11:15 AM
Full Member: $78 Non Member: $90

Fri. 9:15 AM - 11:15 AM
Full Member: $78 Non Member: $90

Wed. & Fri. 9:15 AM - 11:15 AM
Full Member: $155 Non Member: $180

Just for Two's 2 years

Just for Two's is for tots to play, socialize, and grow with others their same age. Enjoy arts and crafts, story time, playtime, and more!

Thurs. 9:15 AM - 10:45 AM
Full Member: $70 Non Member: $80

WEDNESDAY AFTERNOON ADVENTURES

Age 3-5 years

Join us for some fun adventures! Games, songs, stories, crafts, and free play will all be a part of these fun-filled classes.
Sign up for one adventure or all of them!

Wed. 12:30 PM - 2:00 PM

Full Member: $12 ea. class Non Member: $15 ea. class

You Should Be In The Circus (October 2)

The circus is in town and needs performers! Will you walk a tightrope, tame a lion, or become a clown? We will make an awesome craft and then play some circus games.

Little Builders (October 9)

Do you enjoy building with LEGO"S or blocks? Have you ever tried building with sugar cubes or marshmallow? Come spend the after noon building with different items. Bring your imagination and build what you like.

Princesses and Knights (October 16)

Hear ye! Hear ye! All knights, princesses and royal folk are hereby summoned, by order of the YMCA, to the castle courtyard for an afternoon of medieval merriment.

September 18

Wacky Robots (October 23)

The robots are falling apart and have gone completely wacky! What will they do next? It's up to you to build a new robot that can take charge and get the other robots back in line. What will your robot look like and what can it do?

Monsters, Ghosts & Goblins (October 30)

Your are sure to have a howlin' good time as we celebrate and get ready for Halloween. You will create a bewitching craft project, dance the Monster mash, and play some spooktacular games.

SOCCER

All Star Soccer 3-5 years

This program is designed to teach children the basics of soccer. Controlling the ball, dribbling, passing, and shooting will be covered through fun games that keep everyone moving. This class is great for coordination and self-esteem. The main objective is to have fun.

Sat. 9:30 AM - 10:15 AM
Full Member: $72 Non Member: $112

GET IN THE GAME

Any child under 9 years must be checked in to their class by a parent and picked up on time.

REGISTER ONLINE

Sept 7 – Oct 27

YOUTH PROGRAMS

BASKETBALL

Lil' Pint Basketball — 4-5 years

This program is designed to teach children the basics of basketball in a fun and exciting way. Dribbling, passing, and shooting will be covered through fun games that keep everyone moving. This class is great for coordination and self -esteem. The main objective is to have fun.

Sat. 10:30 AM - 11:15 AM
Full Member: $72 Non Member: $112

Youth Basketball — 6-8 years

The Y's Youth Basketball program teaches boys & girls the fundamentals of the game, including dribbling, shooting, catching and passing, all the while having fun in a low key, non-pressure atmosphere.

Fri. 5:30 PM - 6:15 PM
Full Member: $63 Non Member: $98

Sat. 11:15 AM - 12:00 PM
Full Member: $72 Non Member: $112

Pre Teen Basketball — 9-12 years

Improve ball skills, focus on teamwork, rules, team strategy, run drills & play practice games.

Fri. 6:15PM - 7:00 PM
Full Member: $63 Non Member: $98

Sat. 12:00 AM - 12:45 PM
Full Member: $72 Non Member: $112

YMCA Personal Basketball Training

Age: Grade 3-12

The Regional YMCA is offering private and semiprivate basketball sessions for players in grades 3-12. Drills will be done according to players' abilities and will increase as players' skills become more proficient. Training sessions with a qualified YMCA basketball trainer will take place during open gym time upon availability. Each training session is 1 hour.

Contact Maria Neufeld to register:
203.775.4444 ext 109 or mneufeld@regionalymca.org

1 on 1 Private Training	Full Member: $60	Non Member: $75
1 on 1 Private Training 5Pack	Full Member: $250	Non Member: $325

GYMNASTICS

Gymnastics Level 1

This class will teach students the skills needed for gymnastic floor and beam routines while working to improve core strength and flexibility. Students MUST meet age specification.

Age 3-5 yrs Sat. 10:15 AM—11:00 AM
Full Member: $72 Non Member: $112

Age 5-10 yrs Thurs. 5:30 PM—6:15 PM
Full Member: $63 Non Member: $98

Sat. 11:15 AM—12:00 PM
Full Member: $72 Non Member: $112

Gymnastics Level 2 — 6 years & up

This class will teach students the skills needed for gymnastic floor and beam routines while working to improve core strength and flexibility. The following requirements MUST be met: meet age specification, be recommended by the instructor, or has taken previous gymnastics classes.

Thurs. 6:15 PM – 7:00 PM
Full Member: $63 Non Member: $98

MARTIAL ARTS

Tae Kwon Do – All Belts — 6 years and up

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 Evaluation. No uniform is required; wear comfortable clothes.

Mon/Wed 7:00 – 8:00 PM

Member: $112 Non Member: $168

TEENS

NEW

CrossFun for Teens

13 - 16 years

Youth strength and conditioning for all levels of fitness. Focus will be on building cardio and muscular endurance as well as working on proper form and technic in a fun setting. Modifications will be provided as needed.

Tues. 4:30 PM - 5:15 PM

Full Member: $63 Non Member: $98

FITNESS EXPRESS PASS

Students will work with a certified Personal Trainer to understand proper use of equipment (strength and cardio), correct form when using weights and strength equipment as well as learn proper etiquette for the Wellness Center. This small group program will create an interactive setting in which students can ask questions and receive personal attention and direction to ensure a safe workout environment. Successful completion of the program will grant access (with parental supervision) to the Weight and Cardio Rooms.

WHO 10 - 12 years old

WHEN Thursdays, 5:00pm beginning September 12th
Saturdays, 10:00am beginning September 21st

PRICE Members $65

FOR MORE INFOMATION, CONTACT
Lisa O'Connor, Program Coordinator
203 775 4444 x 135
loconnor@regionalymca.org

REGIONAL YMCA OF WESTERN CONNECTICUT
regionalymca.org

ACHIEVERS
(High School)

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! Achievers meet Wednesday after school. There are also weekend college visits.

Cost: $25/month

For more information, please contact Bill McNamara at 203-794-1413 or wmcnamara@regionalymca.org.

YOUTH AND GOVERNMENT
(High School)

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 from October – March.

Brookfield - Greenknoll Branch
Tuesdays 5:00pm – 7:00pm

Danbury - ESCAPE to the Arts
Wednesdays 5:00pm – 7:00pm

Cost: $25/month

For more information, please contact Bill McNamara at 203-794-1413 or wmcnamara@regionalymca.org.

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA SURVIVOR CHALLENGE

September 2nd - 29th

Are you ready for a challenge? Take this incentive to keep your workouts consistent and fun. The final participants standing will be entered to win 3 half-hour personal training sessions! Half an hour of exercise is worth one point – stay in survivor mode and earn weekly point requirements. Survive the challenge!

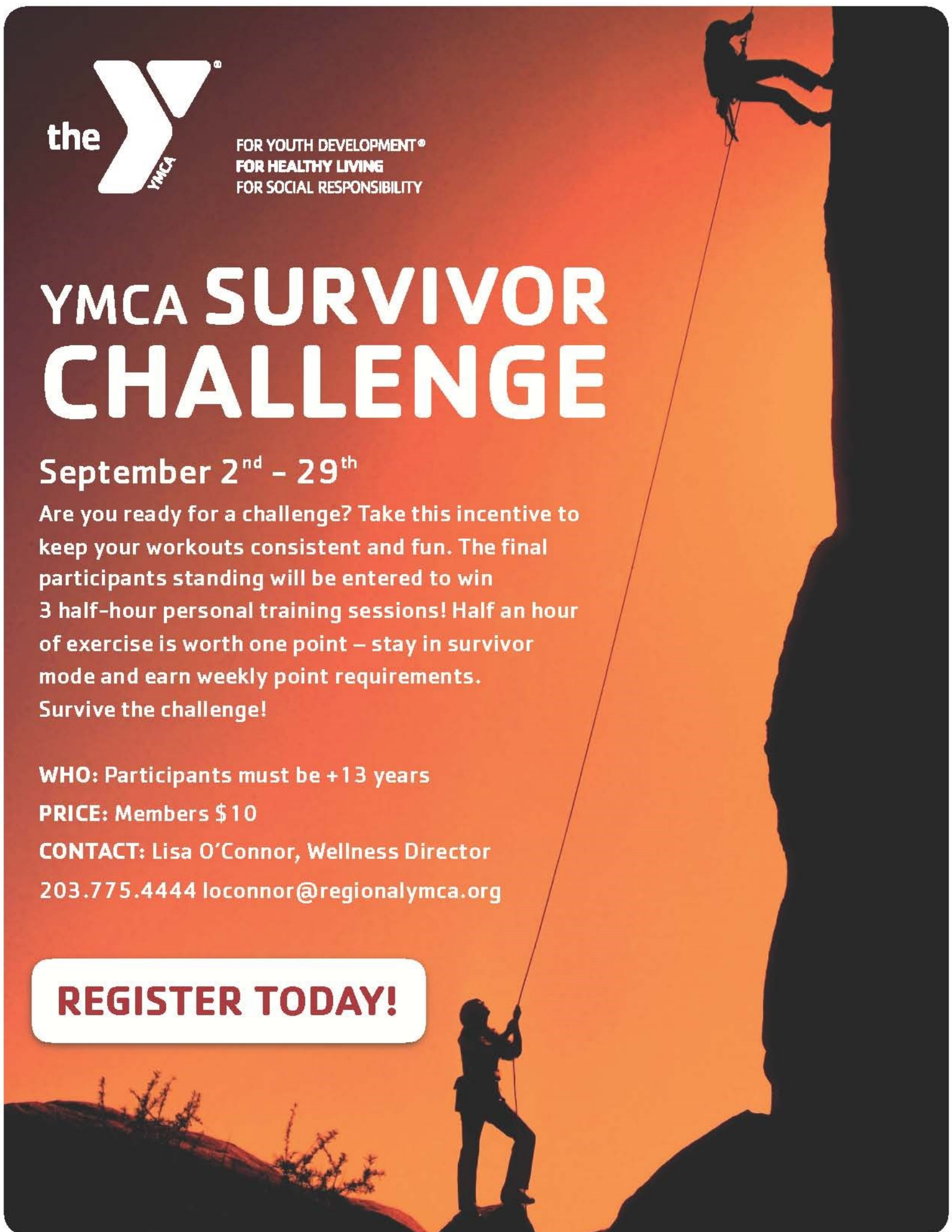
WHO: Participants must be +13 years

PRICE: Members $10

CONTACT: Lisa O'Connor, Wellness Director

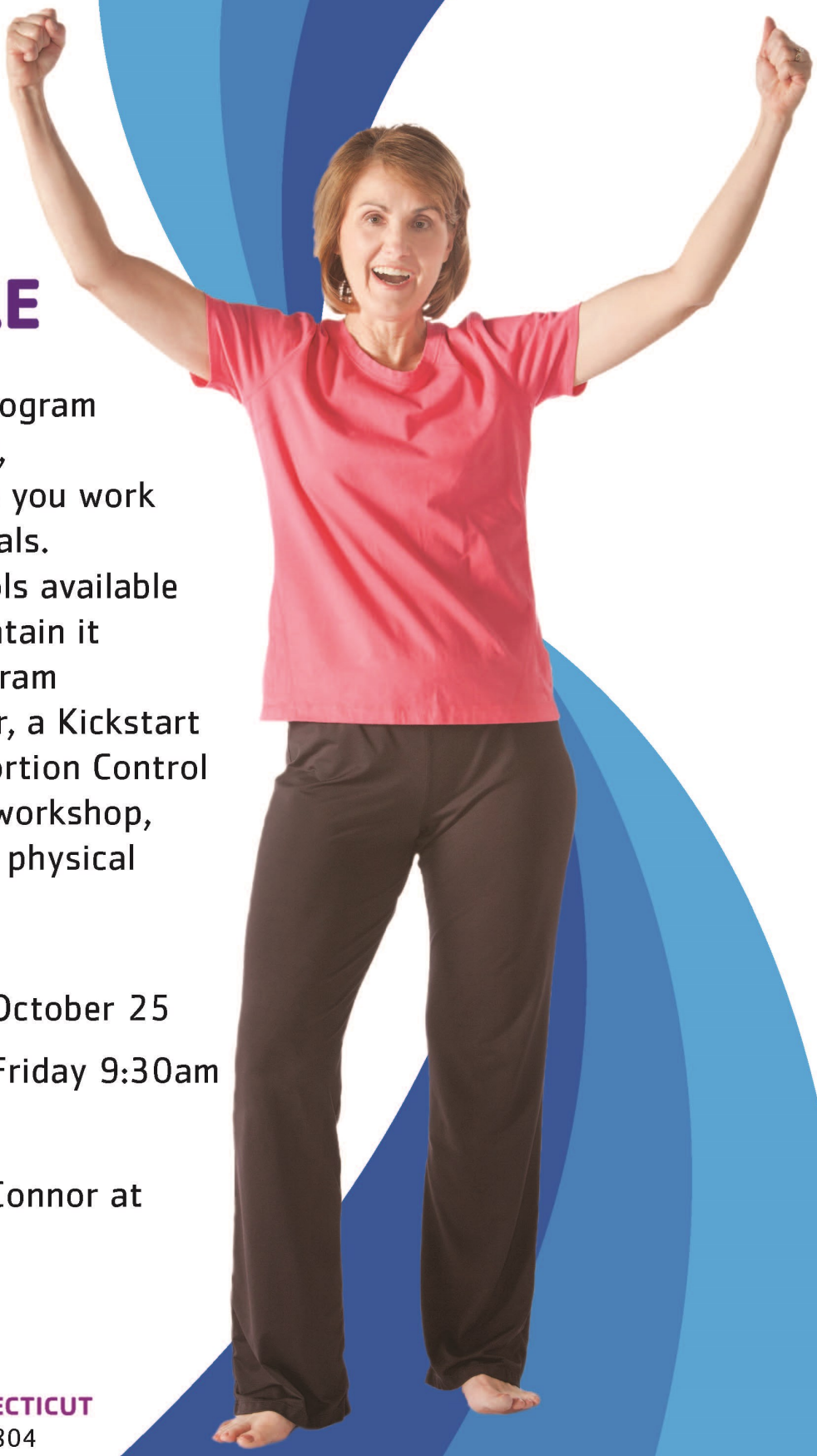
203.775.4444 loconnor@regionalymca.org

REGISTER TODAY!



the YMCA

MISSION
SLIM POSSIBLE



Mission Slim Possible is a program designed to provide support, education and motivation as you work towards your weight loss goals. Become educated on the tools available to help lose weight and maintain it long term. This 6-week program includes a grocery store tour, a Kickstart orientation, a Calorie and Portion Control workshop, a My Fitness Pal workshop, weekly weigh ins and weekly physical activity goals.

SESSION September 16 – October 25

WHEN Monday 7:15pm or Friday 9:30am

PRICE $65 for Members

REGISTER Contact Lisa O'Connor at 203.775.4444 ext. 136 or loconnor@regionalymca.org

REGIONAL YMCA OF WESTERN CONNECTICUT
2 Huckleberry Hill Rd. Brookfield, CT 06804
www.regionalymca.org

FEEL HEALTHIER
BE STRONGER

REGISTER ONLINE

Sept 7 – Oct 27

ADULT PROGRAMS

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

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 online for registration at 5:00am the day before it is scheduled. Phone and walk-in registration opens at 7:30am the day before a scheduled class.

Full Member: Free Non Member: N/A

Women on Weights
WOW...Free weight program designed for women, by women. Class meets twice a week for 6 weeks. Contact Debbie Nichols for start date at 203.775.4444 ext 136.

Mon & Fri 10:15 AM - 11:00 AM

Full Member: $144

HydroRiding
A cycling class in the pool. A challenging cardiovascular and total body workout. Excellent for rehabilitative effects and a low impact form of exercise. WATER SHOES AND BATHING SUIT REQUIRED. Meets 6 weeks.

Fri. 6:00AM - 6:45 AM

Full Member: $72

Tae Kwon Do – All Belts
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 Evaluation.
No uniform is required; wear comfortable clothes.

Mon/Wed 7:00 – 8:00 PM

Member: $112 Non Member: $168

IN THE GYM

Pickleball (Open to all ages)
Some pickleball experience necessary.
NO INSTRUCTION PROVIDED

Mon – Wed – Thurs 12:30 PM - 2:30 PM
Tues 12:30PM - 2:30 PM (1/2 Gym)
Sun 6:45AM - 8:45AM

Full Member: Free Non Member: $10

Volleyball
Mon. Wed. Fri. 7:00 AM - 8:30 AM
Wed. 7:00PM - 9:00PM (1/2 Gym)

Full Member: Free

Open Gym Basketball
15+ years
For members only.
Tues & Thurs. 8:00 PM - 10:00 PM

FEEL HEALTHIER
BE STRONGER

REGISTER ONLINE

Sept 7 – Oct 27

ADULT PROGRAMS

PERSONAL TRAINING

Our Certified Personal Trainers will design an individualized exercise and strength program to meet your personal needs. Whether you are looking to take your workout to the next level, or to try something new, our qualified staff will help you meet your goals.

Package Includes: FREE consultation & assessment, program tailored to suit your needs, proper form & technique cueing, injury prevention tips, proper warm-up/cool-down, personal attention, encouragement and motivation, offer basic nutrition info.

30 Minute Session		60 Minute Session	
1 session	$35	1 session	$70
4 sessions	$140	4 sessions	$280
8 sessions	$280	8 sessions	$560
12 sessions	$378**	12 sessions	$756**

**10% discount on packages of 12 or more.

For more information or to schedule your first session, contact Lisa O'Connor at 203.775.4444 ext. 135 or loconnor@regionalymca.org

KICKSTART

Are you new to our Y, or do you just need a refresher on the cardio and strength training equipment?

Sign up for a Kickstart session and receive a
FREE 1-hour session with a certified personal trainer

For the intermediate to advanced exerciser.

Open to new members and existing members looking to take that next step.

To book a session, speak with one of our trainers or contact Lisa O'Connor at 203.775.4444 ext. 135
or loconnor@regionalymca.org.

Mission Slim Possible

Mission Slim Possible is a program designed to provide support, education and motivation as you work towards your weight loss goals. Become educated on the tools available to help lose weight and maintain it long term. This 6 week program includes a grocery store tour, a Kickstart orientation, a Calorie and Portion Control workshop, a My Fitness Pal workshop, weekly weigh ins and weekly physical activity goals. For more information, contact Lisa O'Connor at 203.775.4444 ext. 135 or loconnor@regionalymca.org.

Begins September 16
Mon. 7:15 PM
Fri. 9:30AM

Full Member: $65

Meditation

Join Michael Rosenbaum, master meditator, and experience the wonderful benefits that meditation creates in your life. It has been scientifically shown that meditating only 15 minutes a day for two months, remaps the brain to create a greater sense of happiness and overall relaxed response to stresses in your life. It also significantly boosts the immune system! For beginners and experienced meditators. Located in the Greenknoll Studio.
For more information, contact Lisa O'Connor at 203.775.4444 ext.135 or loconnor@regionalymca.org.

Begins September 8
Sun. 1:30 PM - 2:30 PM
Full Member: $75 Non Member: $125

Aging Mastery Program

Popular 10 week program featuring local expert speakers in the areas of gratitude, finance, advance directives, sleep, relationships, community engagement, nutrition, exercise, fall prevention, & medication management. Program offers graduation week 11.

Please contact Debbie Nichols at 203.775.4444 ext 136 for locations and start dates.

Registration: FREE

MEASURABLE PROGRESS UNLIMITED SUPPORT

YMCA Diabetes Prevention Program
Regional YMCA of Western Connecticut

NEW CLASSES

Forming in New Milford, Danbury, and Brookfield

Change is tough...we can help. The Regional YMCA of Western Connecticut's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease.

In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and three sessions every other week during the first six months followed by 6 monthly sessions in the second six months.

To see if you qualify or for additional information, contact:
Lisa O'Connor at 203.775.4444 x 135 or loconnor@regionalymca.org

The YMCA's Diabetes Prevention Program is a CDC-approved curriculum and part of the CDC-led National Diabetes Prevention Program.

HEALTHY LIFESTYLES

HEALTHY LIVING PROGRAMS

A NEW BEGINNING

Cancer Recovery Wellness Program. Meet with Kerry Swift, ACSM Cancer Exerciser Trainer, for 12 weeks to learn to exercise at a level that's right for you, the cancer patient or survivor. A doctor's clearance is required if the patient is in active treatment or has recently completed active treatment.

Contact Debbie Nichols at
203-775-4444, ext. 136 to start.

Full Member: $180

WELLNESS COACHING

Wellness Coaching offers members the opportunities to problem solve and break through barriers in order to achieve personal goals. One-on-one support from a trained and certified Wellness Coach will not only help you work toward your personal goals, but also help you discover your best self. Sessions can be tailored to weight loss, and is ideal for participants who have completed the YMCA's Diabetes Prevention Program.

Full Member:	(3) 45 minute sessions	$95
Non-Member:	(3) 45 minutes sessions	$115

For more information, contact Lisa O'Connor
203.775.4444 ext. 135 loconnor@regionalymca.org

NUTRITION COUNSELING

With Registered Dietitian
Nutrition Counseling provides an in-depth analysis for anyone looking to make changes to their daily diet in order to improve overall health and well-being. Packages include a complete Nutrition Consultation and dietary analysis. Food plans are personalized for you to achieve a healthier lifestyle. Nutrition counseling is available for weight loss, vegetarian lifestyles and sports nutrition. In addition, the Registered Dietitian can support chronic disease management, including diabetes, low sodium, gastrointestinal issues, osteopenia and osteoporosis.

To learn more or create your own package, contact
Lisa O'Connor at 203.775.4444 x135
or loconnor@regionalymca.org.

Members:	
60 minute session	
(1) session	$70
(3) sessions	$175
(5) sessions	$275

Non-Members:	
60 minute session	
(1) session	$98
(3) sessions	$245
(5) sessions	$385

BLOOD PRESSURE SELF-MONITORING

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

REGISTRATION REQUIRED.
YMCA membership not required.

On-going enrollment.

For details and pricing, please contact Debbie Nichols at 203.775.4444 ext. 136 or dnichols@regionalymca.org

DIABETES PREVENTION PROGRAM

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.
Change is tough - we can help.

Program Features:

- 25 sessions delivered over the course of one year
- Led by a trained Lifestyle Coach
- A group that offers motivation and support

NEW CLASSES FORMING IN
Brookfield
Danbury
New Milford

For more information, please contact
Lisa O'Connor, Program Coordinator
203.775.4444 ext. 135
loconnor@regionalymca.org

CREATING WORKS OF ART

REGISTER ONLINE

Sept 7 – Oct 27

YOUTH ART PROGRAMS (AT ESCAPE TO THE ARTS)

Mom & Tot Time — 2-4 years

Spend quality creative time with your toddler exploring painting, drawing, cutting, gluing, & constructing together. Your little artist will have tons of fun creating adorable art with you as their paint partner in crime!

Tues. 11:00 AM – 11:45 AM
Full Member: $95 Non Member: $110

Little Artists — 4-7 years

Explore painting, drawing, cutting and gluing, clay sculpture & constructing with fun materials. Your little artist will have tons of fun creating and learning while building a foundation of artistic skills. Supplies included.

Thurs. 4:00 PM - 5:00PM
Full Member: $100 Non Member: $120

Drawing & Painting I — 7-9 years

Beginner level students are introduced to color theory, mixing, basic drawing/painting techniques with colored pencil, oil pastels, watercolors & acrylics. Learn about famous artists & create your own masterpieces. Supplies included.

Thurs. 6:30 PM – 8:00 PM
Full Member: $125 Non Member: $145

Pottery — 8-13 years

Learn the basics of clay, including hand building, and throwing on the pottery wheel. Create bowls, vases and dishes which are then fired and glazed. Supplies included.

Thurs. 4:30PM - 6:00PM
Full Member: $135 Non Member: $155

Cartooning — 8-13 years

Develop your own characters or draw known ones. Learn how to draw different facial features, expressions, body poses & movements, as well as coloring, inking, story boarding and more.

Mon. 6:30PM - 8:00PM
Full Member: $125 Non Member: $145

Drawing & Painting II — 10-14 years

Learn color theory, color mixing, & basic drawing/painting techniques with colored pencils, oil pastels, watercolors & acrylics. Work primarily from photographs. Art history incorporated into painting assignments. Supplies included.

Fri. 6:00PM - 8:00PM
Full Member: $145 Non Member: $170

Acting Fun

Ages 6-8 years

A fun acting class for young stars. We'll pick a theme, make props and stage a mini show. Fun for all who love to be creative.

7 Thursdays
5:45 PM - 6:45 PM

Full Member: $100
Non Member: $120

NEW

Ages 9-12 years

A fun acting class for young stars. Create a script, make props, add some costumes and makeup and we have a show. Creative, imaginative, fun in a positive atmosphere for young students.

7 Tuesdays
5:45 PM - 6:45 PM

Full Member: $100
Non Member: $120

Take It Apart

Ages 10-14 years

Let's find out what's inside of the electronics we use every day. We'll take apart TV's, remote controls, computers, toys and more. Once we hack apart these electronics, we'll learn how to create new circuits and prototypes with many different materials, including solder, conductive thread and paint. Design and Engineering are explored in this unique and fun circuitry class.

All abilities welcome.

For more information, contact Bill or Joan at 203.794.1413

7 Wednesdays 6:00 PM – 8:00 PM

Full Member: $110 Non-Member: $140

CREATE, LEARN AND INSPIRE

REGISTER ONLINE

Sept 7 – Oct 27

TEEN & ADULT ART PROGRAMS (AT ESCAPE TO THE ARTS)

Drawing & Painting Teens — 13-19 years

Learn color theory, color mixing, basic drawing and painting techniques with colored pencils, oil pastels, watercolors and acrylics. Work primarily from photographs. Art history is incorporated into artwork. Supplies Not included.

Wed. 6:30 PM –8:30 PM
Full Member: $130 Non Member: $160

Watercolor — 18+ years

Learn watercolor techniques and develop your own painting style through this creative and relaxed class. All ability levels welcome. Supplies not included.

Tues. 10:30 AM - 12:30 PM
Full Member: $130 Non Member: $160

Pottery Wheel — 14 years - Adult

Learn the basics of clay and throwing on the pottery wheel. Create bowls, vases and dishes which are then fired and glazed. Supplies ARE included.

Thurs. 6:30 PM - 8:30 PM
Full Member: $145 Non Member: $170

Oil Painting — Age 18+

Learn the fine art of painting with oils, as well as drawing, under-painting, color mixing, composition and more. Develop ways to view & critique your work. Supplies not included.

Thurs. 6:30 PM –8:30 PM
Full Member: $130 Non Member: $160

Photography - Sharpening Your Vision — Age 18+

This class will discuss equipment & post processing, however, the primary focus will be on developing the photographer's "eye" - the way a photographer interprets the world around them & translating that vision into the finished photograph. Students are requested to bring in a portfolio of their work if they have one, (prints, 8x10 to 11x14 or online). Must have their own camera or smartphone.

Thurs. 6:00PM - 8:00PM
Full Member: $130 Non Member: $160

Acting Scenes for Teens

NEW

Ages 13-16 years

Explore the world up on the stage. Work on scenes, monologues and skits. Be creative and imaginative creating your story while developing self-esteem in the process. No experience necessary. A final performance will be presented.

7 Tuesdays 7:00 PM - 8:00 PM
Full Member: $100 Non Member: $120

BUILDING LEADERS

TEEN LEADERSHIP DEVELOPMENT (AT ESCAPE TO THE ARTS)

ACHIEVERS (High School)

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! Achievers meet Wednesday after school. There are also weekend college visits.

Cost: $25/month **For more information, please call 203-794-1413**

YOUTH AND GOVERNMENT (High School)

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 meets Wednesdays evenings from October – March, from 5:00pm – 7:00pm.

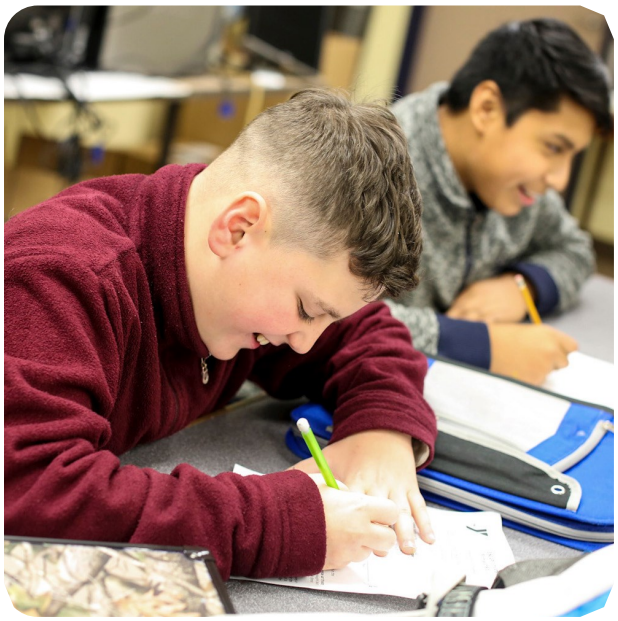
Cost: $25/month **For more information, please call 203-794-1413**

CHILD CARE

Preschool The Y offers quality full day and partial-day child care for infants through preschoolers, enabling parents and family members to go to work knowing their children are in safe, stimulating environments.

Before & After School

With a focus on safety, health, social growth and academic enhancement, Y afterschool programs serve kindergartners through middle schoolers with a variety of programmatic and activity options to explore and develop their interests and talents.



YMCA Children's Center, Bethel

203 744 4890

Greenknoll Children's Center, Brookfield

203 775 2840

Visit **regionalymca.org** to find the right program for your child.

LIFE HAPPENS...

THE YMCA HELPS

Your Support Matters

At the Y, strengthening community is our cause.

Even in a wonderful community like ours, there are many challenges our neighbors face. But when challenges arise, the Y – and donors like you – provides solutions.

Did you know that each year, the Y supports more than 19,000 people in the Greater Danbury area with programs that teach, connect, nourish and encourage? We're here to help everyone be the best they can be. The Regional YMCA ensures that everyone, regardless of age, income or background, has the opportunity to thrive and that no one is turned away for an inability to pay.

Thanks to our donors, the Y provides over $500,000 every year in financial assistance for community members to participate in our programs that reach all ages and walks of life. Whether it is helping to provide a week of summer camp to a child who would not normally be able to afford to attend, providing a membership to a family during hard times, or enabling a child with life-saving swim lessons, every dollar that is donated to the Y goes to a greater cause.

Together, we're building a stronger, healthier community.

Give today

Every Gift Makes A Difference!

REGIONAL YMCA OF WESTERN CT **ANNUAL CAMPAIGN**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

REGIONAL YMCA OF WESTERN CONNECTICUT

regionalymca.org

Greenknoll Branch
2 Huckleberry Hill Road
Brookfield, CT 06804
203 775 4444

YMCA ESCAPE to the Arts
293 Main Street
Danbury, CT 06810
203 794 1413

YMCA Children's Center
57 Grassy Plain Street
Bethel, CT 06801
203 744 4890

Corporate Office
293 Main Street
Danbury, CT 06810
203 740 3432