Find out how both you and a friend can SAVE 20% on your membership!
See page 3 for details.

DISCOVER YOUR Y

Fall 2016  September 6 – October 23
Member Registration  Aug. 17
Non Member Registration  Aug. 19

THE Y.™ FOR A BETTER US.™
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

<table>
<thead>
<tr>
<th>Category</th>
<th>Joiners Fee</th>
<th>Wellness Plus</th>
<th>Wellness</th>
<th>NEW! Referral Wellness</th>
<th>NEW! Referral Wellness Plus</th>
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<tbody>
<tr>
<td>Family*/Adult Couple**</td>
<td>$50</td>
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<td>Youth (Birth-12)</td>
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<td></td>
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<td>$22</td>
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</table>

*Family 2 adults & children up to 21 years living in the same household.
**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
EVENTS HAPPENING AT THE Y!

FAMILY ENRICHMENT

Family Nights are a special time for families to have fun and create memories that last a life time. Families can enjoy participation in swimming, basketball, games, crafts, and much more. All children must be accompanied by an adult during all family nights including swimming unless stated. Pre-registration by Thursday before the program is required for the programs listed below; contact the Member Service Desk at 203-775-4444.

Parents Night Out 
Ages 3-12 years*  
September 16th  6:00-9:00 pm  
Leave the kids with us for the evening swimming, games, movie, and snacks (no dinner) while you enjoy your evening out!*Must be potty trained. Takes place in the Kid’s Corner room.  
Cost: Y Member: $20  Non-Member: $25

Middle School Madness
The YMCA is staying open late so middle schoolers can take over! Our facility will be open exclusively to students in our community in grades 5th – 8th. Activities include swimming, open gym, basketball, and volleyball.  
September 17th & October 22nd  7:30-9:30 pm  
Cost: Y Members & Brookfield Residents: $5  Non-Members: $10

Fun with Art
Paint is pretty, chalk is cheerful, markers are marvelous and glitter is glamorous! At this event we will use all of these and more to create unique works of art. Takes place in the Kid’s Corner room.  
September 30th  6:30-7:30 pm  
Cost: Y Member: $8  Non-Member: $16

Spooky Halloween Treats
We will be creating spook-tacular Halloween treats that will be creepy, simple and fun! Takes place in the Kid’s Corner room.  
October 21st  6:30-7:30 pm  
Cost: Y Member: $8  Non-Member: $16

ADULT SPORTS

Men’s 4X4 Basketball
4 v 4 league with an 8 man roster will play on smaller cross courts on Sundays.  
Date: Sundays, September 18 - October 9 (Playoffs October 16th)  Time: From 6:00 to 10:00 pm  
Captains Meeting: 6:30 pm, September 15  
Cost: Member Team $400  *Must be paid in full at time of registration

CAPTAINS MEETING: Captains must come to the meeting or send a representative to it along with rosters and payments. All interested individuals without teams should come to the captains meeting.

ROSTER: Roster must be completed entirely with the name, email address, date of birth, and phone number of each player before they will be accepted. Players must sign the roster before they will be allowed to play. Each team will be given a t-shirt.

LEAGUE MINIMUM: A minimum of 6 teams is required to run the leagues.

CONTACT: Maria Neufeld at 203-775-4444 x109 or mneufeld@regionalymca.org

Open Gym Basketball  
Tuesdays & Thursday evenings from 8-10pm. For members only.

Indoor Soccer  
Wednesday evenings from 8-10 pm. Free to members, $5 for non-members.

5K Training  
We are offering a 7 week run/walk training program. This training is open to anyone training for any 5K race.  
Sept. 12th - Oct. 24th  Mondays  5:00-6:00pm  Meet in the Greenknoll Branch Lobby  
Fee: $25 per person (proceeds go to our Annual Support Campaign)
Open to Members and Non-Members  Sign up at the Member Service Desk

Help raise funds for our YMCA while you run or walk a 5K!

Join the YMCA 5K Team!  
The Y will be creating a team to take part in the Brookfield Halloween 5K Event on October 30. Join us for a great way to have fun and raise funds for our YMCA Annual Support Campaign. Team members are encouraged to wear costumes for the race! Free t-shirt to all who sign up. Kids’ 1K and Adult 5K races.
For more information pick up a flyer at the Member Service Desk or go to www.firstgiving.com/regionalymcaofwesternct/2016runforthey.
BETTER TOGETHER

20/20 MEMBER REFERRAL PROGRAM

STRENGTHENING OUR COMMUNITY TOGETHER

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@regionalyymca.org
KICKSTART

FITNESS MEANS SOMETHING DIFFERENT TO EVERYONE. LET US HELP FIND WHAT IT MEANS TO YOU.

- Free 1-hour session with certified Personal Trainer
- For the beginner to the advanced exerciser
- Open to new and existing members
- To book a Kickstart, connect with the Member Service Desk or contact Kent at 203.775.4444 ext. 148
Private Swim Lessons
One-on-One instruction by experienced instructors. Perfect for beginner through advanced. Register at the front desk.

<table>
<thead>
<tr>
<th>Individual (one person)</th>
<th>Members</th>
<th>Non-Members</th>
<th>Semi-Private (2 people)</th>
<th>Members</th>
<th>Non-Members</th>
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</thead>
<tbody>
<tr>
<td>30 Minute Private Lesson</td>
<td>$50</td>
<td>$65</td>
<td>30 Minute Semi-Private Lesson</td>
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<td>30 Minute Private Lessons – 5 Pack</td>
<td>$200</td>
<td>$250</td>
<td>30 Minute Semi-Private Lessons – 5 Pack</td>
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<td>$400</td>
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<td>45 Minute Private Lessons – 5 Pack</td>
<td>$225</td>
<td>$275</td>
<td>45 Minute Semi-Private Lessons – 5 Pack</td>
<td>$375</td>
<td>$425</td>
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</table>

Goldfish (S.N.A.P.)
Customized aquatic program for children with special needs: develop water safety/swimming skills, focuses on developing self-confidence and self-esteem. (Parental Participation Optional)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Y Member</th>
<th>Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat.</td>
<td>10:00 AM – 10:45 AM</td>
<td>$89</td>
<td>$178</td>
</tr>
<tr>
<td>Sat.</td>
<td>11:45 AM – 12:30 PM</td>
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</table>

**PARENT & CHILD**
30 Minutes, 1x per week

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues – Sun</td>
<td>7 weeks</td>
<td>$72</td>
<td>$144</td>
</tr>
</tbody>
</table>

**Shrimp**
6-18 months
Introduction to the aquatic environment and bonding time for parent and 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. 9:30 AM – 10:00 AM
Fri. 9:00 AM – 9:30 AM
Sat. 9:00 AM – 9:30 AM

**Perch**
19-36 months
Children work with and without their parents as they continue to put the skills of kicking, pulling and blowing bubbles together to form basic strokes.

Thurs 11:00 AM – 11:30 AM
Fri. 9:30 AM – 10:00 AM
Sat. 9:30 AM – 10:00 AM
Sun. 9:00 AM – 9:30 AM

**PRESCHOOL**
30 Minutes, 1x per week

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Member</th>
<th>Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>6 weeks</td>
<td>$58</td>
<td>$116</td>
</tr>
<tr>
<td>Tues – Sun</td>
<td>7 weeks</td>
<td>$72</td>
<td>$144</td>
</tr>
</tbody>
</table>

**Pike**
For children with minimal or no previous experience in swim lessons. Children become independent in the water, build confidence and focus on the skills of the basic freestyle stroke, kicking skills, and comfort with holding the face in the water while blowing bubbles and swimming.

Mon. 9:30 AM – 10:00 AM
Mon. 10:00 AM – 10:30 AM
Mon. 4:30 PM – 5:00 PM
Mon. 5:00 PM – 5:30 PM
Tues. 10:00 AM – 10:30 AM
Tues. 11:30 AM – 12:00 PM
Thurs. 9:30 AM – 10:00 AM
Thurs. 10:00 AM – 10:30 AM
Thurs. 5:00 PM – 5:30 PM
Sat. 8:30 AM – 9:00 AM
Sat. 9:15 AM – 9:45 AM
Sat. 10:00 AM – 10:30 AM
Sat. 10:30 AM – 11:00 AM
Sat. 11:00 AM – 11:30 AM
Sat. 12:00 PM – 12:30 PM
Sat. 12:15 PM – 12:45 PM
Sun. 9:30 AM – 10:00 AM
Sun. 10:30 AM – 11:00 AM

**Eel**
Can perform a front glide and swim 5 yards without any instructional flotation device on their front or back, can also blow bubbles for 10 seconds. Emphasis is on stroke development and endurance while putting the skills learned to develop rotary breathing in freestyle and backstroke for 10 yards.

Mon. 10:30 AM – 11:00 AM
Mon. 5:30 PM – 6:00 PM
Tues. 10:30 AM – 11:00 AM
Wed. 10:00 AM – 10:30 AM
Wed. 6:00 PM – 6:30 PM
Thurs. 10:30 AM – 11:00 AM
Thurs. 4:30 PM – 5:00 PM
Mon. 9:15 AM – 9:45 AM
Sat. 9:45 AM – 10:15 AM
Sat. 10:00 AM – 10:30 AM
Sat. 11:30 AM – 12:00 PM
Sat. 12:00 PM – 12:30 PM
Sun. 8:30 AM – 9:00 AM
Sun. 10:00 AM – 10:30 AM

**Ray**
Can confidently swim freestyle with rotary breathing and backstroke for 10 yards. Children refine their freestyle and backstroke, and are introduced to breaststroke and elementary backstroke.

Tues. 11:00 AM – 11:30 AM
Tues. 6:30 PM – 7:15 PM
Sat. 9:45AM – 10:15AM
Sat. 10:15 AM - 10:45 AM
Sun. 11:00AM – 11:30AM
Sun. 12:00 PM – 12:30 PM
**SCHOOL AGE** 45 Minutes, 1x per week

<table>
<thead>
<tr>
<th>Mon</th>
<th>6 weeks</th>
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<tbody>
<tr>
<td>Tues - Sun</td>
<td>7 weeks</td>
<td>Member: $89</td>
<td>Non Member: $178</td>
</tr>
</tbody>
</table>

**Guppy**
Beginning front crawl with overarm recovery. Child is able to swim 25yds on front and back in horizontal position.

Tues. 5:00 PM – 5:45 PM  
Wed. 5:00 PM – 5:45 PM  
Wed. 6:30 PM – 7:15 PM  
Thurs. 5:30 PM – 6:15 PM  
Sat. 9:15 AM – 10:00 AM  
Sat. 10:15 AM – 11:00 AM  
Sat. 11:15 AM – 12:00 PM  
Sat. 12:00 PM – 12:45 PM  
Sun. 12:45 PM – 1:30 PM

**Fish**
Using good form, swimmers must be able to complete minimum of 50 yds of backstroke & freestyle with rotary breathing. Builds a stronger understanding of breaststroke, flip turns & diving.

Mon. 6:00 PM – 6:45 PM  
Sat. 10:15 AM – 11:00 AM  
Sat. 10:30 AM – 11:15 AM  
Sat. 11:15 AM – 12:00 PM  
Sun. 2:45 PM – 3:30 PM

**Stroke & Turn**
This level compliments the skills practiced in a swim team setting. Swimmers must be at a Fish level to qualify for this class. Emphasis is placed on mastery of all strokes, turns and diving. A strong focus is placed on building endurance with proper stroke techniques.

Member: $101  
Non Member: $202

Thurs. 7:00 PM – 8:00 PM  
Sat. 9:00 AM – 10:00 AM  
Sat. 11:15 AM – 12:15 PM  
Sun. 3:30 PM – 4:30 PM

**Minnow**
Must be able to comfortably swim 25 yards of freestyle using rotary breathing and swim 25 yards of backstroke. Strokes are refined with a strong emphasis on proper stroke mechanics. Minnows build endurance in all strokes including freestyle, backstroke, breaststroke, elementary backstroke and side stroke.

Tues. 7:00 PM – 7:45 PM  
Thurs. 5:45 PM – 6:30 PM  
Sat. 9:15 AM – 10:00 AM  
Sat. 10:15 AM – 11:00 AM  
Sat. 11:00 AM – 11:45 AM  
Sat. 11:15 AM – 12:00 PM  
Sun. 1:30 PM – 2:15 PM

**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 Peggy Regan at 203-775-4444 ext. 124.

All new swimmers must complete a skills evaluation $25
# YOUTH SPORTS

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<th>Mon</th>
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<th>60 min</th>
<th>Member: $48</th>
<th>Non Member: $96</th>
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<tbody>
<tr>
<td>Tues - Sun</td>
<td>7 weeks</td>
<td>45 min</td>
<td>Member: $50</td>
<td>Non Member: $96</td>
<td>60 min</td>
<td>Member: $56</td>
<td>Non Member: $112</td>
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## PARENT & CHILD

### 1,2,3 GO
Adults and toddlers will sing, bounce, balance, tumble and play parachute games.

**Thurs. 10:30 AM – 11:15 AM**

### Totnastics
This interactive parent-child gymnastics class will introduce your little tot to the world of gymnastics and engage social skills and body awareness essential to a growing mind and body.

**Sat. 9:30 AM – 10:15 AM**

### Tiny Tot Sports
Children will learn the fundamentals of the sport, team work and sportsmanship. Parents and their children are able to work on these concepts in a non-competitive learning environment.

**Sat. 9:30 AM – 10:15 AM**

## PRESCHOOL & TODDLER

### Terrific Two's and Three's
2-3 years
We will focus on skills such as socializing with peers, participating in classroom activities, such as crafts, stories and exploring the environment.

**Fri. 9:30 AM – 10:30 AM**

### Painting Pals
2-6 years
Children will explore their creativity by creating works of art while experimenting with various art forms. Each week the art project will align with a story, game, and songs.

**Thurs. 9:30 AM – 10:30 AM**

### Soccer Stars
3-5 years
This is a great introduction to the sport of soccer through simple concepts and basic rules of the sport.

**Sat. 10:30 AM – 11:15 AM**

### Afternoon Fitness Fun
2-4 years
Kids will enjoy an hour of fun fitness games and activities and then cool down with a new story each week. Please bring a nutritious, nut-free snack and water bottle each week.

**Tues. 1:00 PM – 2:00 PM**

### Creative Movement & Dance
3-6 years
This program blends the magic of imagination with movement and the underlying principles of dance. Children will use scarves, bean bags, ribbons and more as they are introduced to dance elements and movement fundamentals.

**Fri. 5:15 PM – 6:00 PM**

### Kindernastics
4-5 years
Introduce your preschooler to gymnastics to learn the rudimentary skills of the sport including forward rolls, handstands, & more!

**Sat. 10:25 AM – 11:10 AM**

## NEW! Wednesday Afternoon Adventures

### Farm Life
3-5 years
Come join us for an afternoon of fun on the farm. We will make a cool animal craft, read a story, and play some games.

**Wed. 9/21**
**12:30 PM – 1:30 PM**

### Planes, Trains and Cars
3-5 years
We will explore cars, airplanes, truck, boats, and more as we play games, read a story, sing songs, and create our own ways to get from one place to another.

**Wed. 10/12**
**12:30 PM – 1:30 PM**

## NEW! Friday Night Fun

### Fun with Art
3-6 years
Paint is pretty, chalk is cheerful, markers are marvelous and glitter is glamorous! At this event we will use all of these and more to create unique works of art.

**Fri. 9/30**
**6:30 PM – 7:30 PM**

### Spooky Halloween Treats
3-6 years
We will creating spook-tacular Halloween treats that will be creepy, simple and fun!

**Fri. 10/21**
**6:30 PM – 7:30 PM**
YOUTH & TEEN

Youth Basketball
Fundamentals such as dribbling, passing, and shooting.
Fri. 4:30 PM – 5:15 PM
Sat. 11:30 AM – 12:15 PM

Pre Teen Basketball
Improve ball skills, focus on teamwork, rules, team strategy, run drills & play practice games.
Fri. 5:30-6:15PM

Teen Basketball
Improve ball skills, focus on teamwork, rules, and team strategy while running drills and playing practice games.
Fri 6:30 PM – 7:15 PM

Youth Gymnastics
Students learn gymnastic floor and beam skills while working to improve core strength and flexibility. Students MUST meet age specification or be recommended by an instructor.
Sat. 11:15 AM - 12:00 PM  5-8 years
Thurs. 4:30 PM – 5:15 PM  6-9 years

Intermediate Gymnastics
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 or be recommended by an instructor. Must have taken previous gymnastics classes.
Thurs. 5:15 PM – 6:00 PM

Fitness Express Pass
Students participate in a self-guided course to learn proper lifting technique, machine use & weight room etiquette. Program is monitored by Fitness Specialists who track the progress of students. Successful completion of the program will grant access (with parental supervision) to the Weight and Cardio Rooms.
Member $20.00

BIRTHDAY PARTIES

ESCAPE to the Arts offers children’s art themed parties that are available for ages 4-12. Call 203-794-1413

SPORTS PARTY includes one hour of a structured sports activity led by a Y staff person followed by 30-45 minutes in a designated party room where you may serve refreshments and open presents. Contact Maria at 203 775 4444 x109

MARTIAL ARTS

Tae Kwon Do – Traditional Tae Kwon Do is a Korean martial art based on self-defense, discipline and focus. Students will develop confidence and discipline while learning how to protect themselves and improve attention levels. The program also develops the inner self using fun and positive reinforcement. Students will have an opportunity to advance through belt ranks.

Location: ESCAPE to the Arts, 293 Main Street, Danbury
Instructor: Gerry Healey is a 3rd Degree Black Belt

Tae Kwon Do – White, Yellow, Orange Belts 6 - 12years
Tues./Thurs.  6:30-7:15 PM
Member: $66  Non Member: $132

Special Abilities Tae Kwon Do 6 - 12years
Fri.  6:30-7:00 PM
Member: $42  Non Member: $84

Tae Kwon Do – Black Belt 13 years-Adult
Fri.  7:00-7:45 PM
Member: $42  Non Member: $84

Location: Greenknoll Branch, Brookfield
Instructor: Brian Douglas is a certified Vllth Degree Black Belt

Tae Kwon Do – All Belts 6 years and up
Mon/Wed 6:45-7:45 PM
AND  Fri  7:00-8:00PM
Member: $104  Non Member: $150
MEASURABLE PROGRESS UNLIMITED SUPPORT
Diabetes Prevention Program
REGIONAL YMCA OF WESTERN

NEW CLASS BEGINS:

September 14th

Wednesdays at 4:15 pm
Brookfield Senior Center
100 Pocono Road
Brookfield, CT 06804

To see if you qualify or for additional information, contact:

LISA O’CONNOR
PROGRAM COORDINATOR
203.775.4444 ext. 135
loconnor@regionalymca.org

YMCA MEMBERSHIP NOT REQUIRED

The YMCA’s Diabetes Prevention Program is a CDC-approved curriculum and part of the CDC-led National Diabetes Prevention Program.
FITNESS B-I-N-G-O

Not your average BINGO! This 5 week program will keep you motivated to stay fit and start the Fall season off with some fun. 5 weeks—play 5 different cards.
Registration begins August 17
Program starts September 12

$20 for the 5 week program. Members who complete all 5 weeks and turn in all 5 cards will receive a T-shirt.

Call Lisa O’Connor with questions:
(203) 775-4444 ext.: 135
loconnor@regionalymca.org

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Commit to be FIT!
10 Week Program

Who can participate?
Members 16 years+
Program dates:
Starts when you’re ready
Program Details:
• 10 weekly meetings with a Coach
• 3 personalized workouts
• Before and after body assessment
• Personal Goal Setting
• Orientation to cardio and strength equipment
Registration Fee:
$60 per person

New Member Special:
$50 if you sign up within your first 2 weeks
**WATER ACTIVITIES**

**Private Swim Lessons** 30 Minutes
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 (one person) Members Non-Members
30 Minute Private Lesson $50 $65
30 Minute Private Lessons – 5 Pack $200 $250
45 Minute Private Lessons – 5 Pack $225 $275

Semi-Private (2 people) Members Non-Members
30 Minute Semi-Private Lesson $80 $95
30 Minute Semi-Private Lessons – 5 Pack $350 $400
45 Minute Semi-Private Lessons – 5 Pack $375 $425

**Adult Learn to Swim – Beginner** 45 Minutes
Full Member: $89  Non Member: $178
Tues. 7:30 PM – 8:15 PM

**Adult Water Volleyball**
Open play with a Lifeguard on duty. In the Therapy Pool.
9/18 – 10/16  Sunday evening  7:00 PM – 9:00 PM
Full Member: $70

**ADULT SPORT & FITNESS**

**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

**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.
Full Member: $125.00

Mon. Fri 10:15 AM – 11:00 AM
Mon. Thurs. 5:30 PM – 6:15 PM

**Fitness B-I-N-G-O**
A five week program to keep you active and trying new things all Fall. Receive a new BINGO card to complete each week. All finishers will receive a free t-shirt. Contact Lisa O’Connor for more info at 203.775.4444 ext 135.
Full Member: $20

**Tai Chi**
Qi Gong, or “energy cultivation” incorporates breathing, meditation and body alignment with stretching and is practiced for its power to prevent and cure many diseases and ailments and for self-defense. The slow, gradual movements help reduce stress, promote longevity and increase balance and core strength. Basic Qi Gong and the Tai Chi 30 movement short form will be introduced. Please wear flat soled shoes and loose, comfortable clothing.
Full Member: $80.00
Sat. 11:45 AM – 12:45 PM

**5K Training**
7 week run/walk training program for anyone training for a 5K.
9/6 – 10/24  Mon. 5:00PM – 6:00 PM
Meet in the Greenknoll Branch Lobby
Member & Non-Member: $25 (proceeds go to our Annual Support Campaign)
Sign up at the Member Service Desk

**RED CROSS COURSES**

**Dates & Times TBD for September**
For info, check our website at www.regionalymca.org or email Laurie at lhoseknecht@regionalymca.org

**Lifeguard Training Course**  $400
Will certify in Lifeguard Training, CPR/AED and First Aid

**RECERTIFICATION Lifeguard Training Course – $175**
Will recertify in Lifeguard Training, CPR/AED and First Aid

**CPR/AED, First Aid Course $100**
Will certify in CPR (for infant child and adult) AED and First Aid

**Indoor Cycling**
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

**Commit to be FIT!**
A NEW 10 week program to help you commit to a workout routine. Receive 3 personalized workouts, 10 weeks of coaching and support before and after body assessment. If you’re looking for support, guidance and a challenge, this is the program for you. Please contact Lisa O’Connor at 203-775-4444 ext 135 to start.

Full Member: $60  Non Member: N/A

**Introduction to TRX and Kettlebell**
Get cardio and strength all in one! Come try this fun class that will include the use of kettlebells and the TRX suspension system to sculpt and strengthen. Proper form and technique will be fundamental along with explosive moves to reduce body fat and increase lean muscle. Please contact Debbie Nichols for more info at 203.775.4444 ext 135 to start.

1 day/week  Member: $63  2 days/week  Member: $125

**TRX Training**
30 minute
Developed by a US Navy Seal, TRX Suspension Training harnesses the way your body naturally moves. Builds strength, flexibility and endurance while burning calories and strengthening your core. Regular training is the fun and dynamic way to improve your performance in daily activities, recreation and sports. Contact Debbie Nichols for start date.

Mon. 6:00 AM – 6:30 AM  Full Member: $102
Mon. 6:35 AM – 7:05 AM  Full Member: $102
Sat. 7:15 AM – 7:45 AM  Full Member: $102

**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: $75.00  Non Member: N/A
HEALTHY LIVING

YMCA Diabetes Prevention Program
The YMCA’s Diabetes Prevention Program is a one year, community based program where participants work in small groups with a trained Lifestyle Coach in a relaxed classroom setting. In 16 sessions, followed by 3 sessions over 6 weeks, and 6 monthly sessions participants learn how to incorporate healthier eating, moderate physical activity, and problem solving and coping skills into their daily lives.

To determine if you qualify or if you would like additional information please contact Lisa O’Connor, YMCA’s Diabetes Prevention Program Coordinator at 203 775 4444 ext.135 or email loconnor@regionalymca.org.

Personal Training
Not seeing results? Stuck in a rut? Or do you just want to get acquainted and more comfortable in the workout areas. Our nationally certified personal trainers can help! No matter what your fitness goals, a personal trainer can maximize your time in the gym and create a plan to help you reach those goals. We offer 30 or 60 minute sessions at very competitive prices.

For more information or to schedule your first session contact Kent Houseknecht, Wellness Center Director at 203-775-4444 ext.148 or khouseknecht@regionalymca.org

Nutrition Counseling
What and how you eat can impact your health and overall wellness. Combine your fitness plan with healthy eating to achieve even more success. Nutrition packages are available to meet with a Registered Dietitian. Packages include a complete nutrition consultation and dietary analysis. Food plans are personalized for you to achieve a healthier lifestyle. Nutrition counseling for weight loss, diabetes, low sodium, gatrointestinal issues, osteoporosis, vegetarian and sports nutrition are all available here at the YMCA. Pricing is based on full membership. Plans are available for couples or families.

One on One Wellcoaching
Work with a Certified Wellness Coach to discover your best self. During sessions, clients will work with their Wellness Coach to set realistic goals to increase self- efficacy and discover strengths to overcome obstacles. Create a blueprint for your wellness vision and take steps toward that vision each session.

CLUBS & INTEREST BASED GROUPS

After Hours Dance Group
This class is a fun, creative way to get your cardio on. Come to learn something new, or just come dance. Contact: Marie Inzero at minzero@regionalymca.org.

Styles Include:
• Line Dancing • Ballroom • Country • Swing • Latin

When: Saturdays 6pm-8pm
Cost: Members: $5  Non-members $10

Togetherness™
Our Y is running a nationwide program called Togetherhood™ which provides Y members with an easy, fun and rewarding way to volunteer for service projects that strengthen the community where we live. The program is led by a committee of Y members that helps organize and run four service projects a year. We are looking for Y members to join our Service Committee.

If you are interested in joining this program, please contact Maureen Farrell at mfarrell@regionalymca.org, (203) 7403432 ext. 236

Help raise funds for our YMCA while you run or walk a 5K!

Join the YMCA 5K Team!
The Y will be creating a team to take part in the Brookfield Halloween 5K Event on October 30. Join us for a great way to have fun and raise funds for our YMCA Annual Support Campaign. Team members are encouraged to wear costumes for the race! Free t-shirt to all who sign up. Kids’ 1K and Adult 5K races.

For more information pick up a flyer at the Member Service Desk or go to www.firstgiving.com/regionalymcaofwesternct/2016runforthey.
**YOUTH CLASSES**

**Little Artists**  
4-6 years  
Explore painting, drawing, cutting, gluing, clay sculpture, constructing with fun materials. Tons of fun!  
Fri. 4:00 PM - 4:45 PM  
Full Member: $125  Non Member: $140

**Drawing & Painting I**  
7-9 years  
Learn basic drawing & painting techniques with colored pencil, pastels, water colors & acrylic paint. Learn about famous artists & create your own masterpieces.  
Wed. 4:00PM - 5:30PM  
Full Member: $160  Non Member: $177

**Cartooning**  
8-12 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.  
Thurs. 5:15PM - 6:45PM  
Full Member: $160  Non Member: $177

**Fantasy Sculpture & Hand Building**  
8-12 years  
If you want to create one of kind pieces of art out of clay that are unique, beautiful & functional, then bring your imagination & let your artistic talent shine through in this Fantasy  
Thurs. 5:15PM - 6:45PM  
Full Member: $160  Non Member: $177

**Drawing & Painting II**  
8-12 years  
Learn color theory, color mixing, & basic drawing/painting techniques with colored pencils, oil pastels, watercolors &d acrylics. Work primarily from photographs. Art history incorporated into painting assignments.  
Fri. 6:00PM - 8:00PM  
Full Member: $195  Non Member: $211  
10-14 years  
Wed. 6:00 PM – 7:30 PM  
Full Member: $160  Non Member: $177

**Clay Creations**  
5-7 years  
Build with clay to make animals, cups, name plates and more. Focus on hand building with clay. Works will be glazed and fired..  
Tues. 4:30PM – 5:30PM  
Full Member: $125  Non Member: $140

**Intro to Cooking**  
8-12 years  
Learn the fundamentals of becoming a great chef! Learn proper measuring, accurate following of recipes, the importance of fresh ingredients, etc. Make a delicious, new dish every week!  
Wed. 4:00PM – 6:00PM  
Full Member: $195  Non Member: $211

**Pottery Wheel**  
8-12 years  
Learn the basics of clay and throwing on the pottery wheel. Explore the history of pottery from past to present. Create bowls, vases and dishes which are then fired and glazed.  
Wed. 5:30PM – 7:30PM  
Full Member: $195  Non Member: $211

**Origami**  
8-13 years  
Create an assortment of "Paper Monsters" better known as modular origami models. This fun course strengthens geometric spatial skills, symmetry, proportions & of course, patience. It is more than a hands on origami course, it delves into teaching a deeper understanding of the origins of origami & keeps young minds active.  
Wed. 5:30 PM – 7:00 PM  
Full Member: $160  Non Member: $177

**TEEN & ADULT CLASSES**

**Pottery Wheel**  
13-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.  
Tues. 6:00 PM – 8:00 PM  
Full Member: $195  Non Member: $211

**Drawing & Painting – Teens**  
14-21 years  
Learn basic drawing & painting techniques with colored pencil, pastels, water colors & tempera paint. Learn about famous artists and create your own masterpieces. Supplies not included.  
Wed. 6:30 PM – 8:30 PM  
Full Member: $170  Non Member: $185

**Drawing & Painting – Special Abilities**  
Teen/Adult  
Students with special needs will learn basic drawing & painting techniques with colored pencil, pastels, water colors & tempera paint. Supplies not included and a Parent, Guardian or Aide must accompany the student..  
Wed. 12:00 PM – 2:00 PM  
Full Member: $170  Non Member: $185
ADULT CLASSES

**Watercolor Painting**  
Age 18+  
Learn watercolor techniques & develop your own style through this creative & relaxed class. All ability levels welcome. Supplies not included.  

Tues. 10:30AM – 12:30PM  
Full Member: $170  Non Member: $185

**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. 6:30PM – 8:30PM  
Full Member: $170  Non Member: $185

**Plein Air Landscape Painting**  
Age 18+  
Bring your paints and meet with the instructor in various local locations and to paint outdoors with your subject in full view. Students will learn to capture the spirit and essence of a landscape or subject by incorporating natural light, color and movement into their works. Supplies not included.  

Sat. 8:00AM – 10:00 AM  
Full Member: $170  Non Member: $185

ADULT WORKSHOPS

**Paint, Palettes and Pour!**  
Explore your creative side & have a great time with friends & your favorite beverage while creating beautiful art. Receive step by step instruction from one of our professional artists ensuring you’ll have an awesome experience. All supplies are included and we provide cups, snacks and bottle openers for any beverage you bring.  
Must pre-register.  
Age Restrictions apply.  

Call 203-794-1413 to request subject matter.

Classes are held on the following dates.

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<th>Date</th>
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<td>Thurs. 9/8</td>
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LEARN, GROW & THRIVE
YMCA CHILD CARE

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.
Y ON THE GO
DOWNLOAD THE Y MOBILE APP!

SEARCH “YMCA WESTERN CONNECTICUT”

Download the mobile app to:

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- Share on Facebook & Twitter
- Get Facility Alerts
- Find Programs, Events & Camp Info

Get the app:

[Google play icon]
[App Store icon]
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
246 Federal Road, B-21
Brookfield, CT 06804
203 740 3432