



Summer Session

June 27 – August 22, 2021

Registration Begins

June 21

June 23

Full Members

All Others

YOUR SUMMER BEGINS HERE

REGIONAL YMCA OF WESTERN CONNECTICUT
regionalyymca.org

At the Regional YMCA, we are following CDC guidelines in regards to COVID-19 safety and precautions.



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.regionallymca.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.

GREENKNOLL HOURS OF OPERATION

Mon-Thurs	6:00 AM- 8:00 PM
Fri	6:00 AM- 4:00 PM
Sat-Sun	8:00 AM-12:00 PM

OPTIONS

Rates are subject to change with 30 days notice

Category	Joiners Fee	Wellness	Wellness Plus
Family	\$0	\$93 monthly	\$109 monthly
Adult Couple	\$0	\$91 monthly	\$107 monthly
Single Parent Family	\$0	\$80 monthly	\$95 monthly
Adult (27-64)	\$0	\$72 monthly	\$83 monthly
Senior Couple	\$0	\$82 monthly	\$102 monthly
Senior Citizen	\$0	\$62 monthly	\$79 monthly
Young Adult (18-26)	\$0	\$42 monthly	\$49 monthly
Teen (13-17)	\$0	\$40 monthly	N/A
Youth (Birth-12)	N/A	\$30 monthly	N/A

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.™

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.



Like us on [Facebook](#)



View us on [YouTube](#)



Follow us on [Twitter](#)



Follow us on [Instagram](#)



A SAFE PLACE FOR LITTLE ONES

SPECIALTY SUMMER PROGRAMS

REGIONAL YMCA OF WESTERN CT | 2021

Summer is a time for kids to be kids. And Y Specialty Summer Programs offer a place to make precious summer days great ones!

Programs run Tuesday, Wednesday & Thursday

- › MINI CHEFS | JULY 6-8 | 9:30-11:30 AM
- › SUPER SCIENCE | JULY 13-15 | 9:30-11:30 AM
- › SUPERHERO ACADEMY | JULY 20-22 | 9:30-11:30 AM
- › LITTLE GARDNER | JULY 27-29 | 1:00-3:00 PM
- › CREATIVE ARTIST | AUGUST 3-5 | 9:30-11:30 AM
- › DIGGIN DINOSAURS | AUGUST 10-12 | 9:30-11:30 AM
- › ALL STAR NINJA | AUGUST 17-19 | 2:00-4:00 PM



Children develop new friendships and have tons of fun in a safe environment that will include:

- › Physical distancing
- › Face mask and hygiene protocols
- › Small group sizes

This is a perfect opportunity for young children to explore and discover new interests. For program descriptions visit our website or call Maria for details!



**RESERVE
YOUR SPOT
TODAY**

AGES	3-6
MEMBER	\$60
NON-MEMBER	\$80

MARIA NEUFELD,
YOUTH, TEEN & FAMILY PROGRAMS
203.775.4444 X109
MNEUFELD@REGIONALYMCA.ORG



REGIONAL YMCA OF WESTERN CT | regionallymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UNPLUG THIS SUMMER



Best Summer Ever

SUMMER CAMP PROGRAMS
REGIONAL YMCA OF
WESTERN CONNECTICUT

the

YMCA

REGIONAL YMCA OF WESTERN CONNECTICUT

Summer Camps

Brookfield

YMCA Camp Greenknoll	203.775.4444
Gators Camp Swim Team	203.775.1077

Bethel

Summer Club at Grassy Plain	203.744.4890
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Registration is OPEN!

For registration information, please visit
www.regionalymca.org/programs/camps

COVID PRECAUTIONS

The regional YMCA is committed to a safer summer for our campers and staff. We are following guidelines from the Office of Early Childhood (OEC) and Centers for Disease Control and Prevention (CDC). For more information, please visit our website.

Register early to be sure your child can unplug this summer!

* Financial Assistance Applications are due by April 30th



CHILD CARE

Preschool The Y offers a full day and partial day NAEYC Accredited Early Care and Education Program for 3 and 4 year-old preschoolers, enabling parents and family members to go to work knowing their children are in safe, stimulating environments.

Out of School Time 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.

**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.

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](#)

Jun 27 - Aug 22

YOUTH SWIM LESSONS

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



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.

1 Lesson	30 Minute Lesson	Member: \$50	Non-Member: \$65
Package of 5	30 Minute Lesson	Member: \$200	Non-Member: \$250
Package of 5	45 Minute Lesson	Member: \$225	Non-Member: \$275

Semi-Private Swim Lessons

1 Lesson	30 Minute Lesson	Member: \$80	Non-Member: \$95
Package of 5	30 Minute Lesson	Member: \$350	Non-Member: \$400
Package of 5	45 Minute Lesson	Member: \$35	Non-Member: \$425

Call 203.775.4444 to set up a lesson day/time.

SWIM STARTERS - PARENT & CHILD

Water Discovery

6-18 months

Introduces infants and toddlers to the aquatic environment. Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop readiness skills. SWIM DIAPERS REQUIRED.

July 10 - Aug 1

2 CLASSES PER WEEK

Sat. & Sun. 9:35 AM - 10:05 AM

Member: \$116 Non Member: \$240

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. SWIM DIAPERS REQUIRED.

July 10 - Aug 1

2 CLASSES PER WEEK

Sat. & Sun. 9:00 AM - 9:30 AM

Member: \$116 Non Member: \$240



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](#)

Jun 27 - Aug 22

SWIM BASICS – SAFETY AROUND WATER

30 minute class

LEVEL 1 Water Acclimation: 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. Basic safety skills introduced.

July 10 – Aug 1

2 CLASSES PER WEEK

Sat. & Sun.

Member: \$116 Non Member: \$240

9:00 AM – 9:30 AM

9:00 AM – 9:30 AM (class for 7–12 year olds)

9:35 AM – 10:05 AM

11:05 AM – 11:35 AM

11:40 AM – 12:10 PM

POWER SWIM LESSONS

(2 WEEK SESSION – Classes Mon-Thurs)

Member: \$116 Non Member: \$240

July 5 – July 15 session

4:00 PM – 4:30 PM

Aug 2 – Aug 12 session

4:00 PM – 4:30 PM

LEVEL 2 Water Movement: 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.

July 10 – Aug 1

2 CLASSES PER WEEK

Sat. & Sun.

Member: \$116 Non Member: \$240

9:00 AM – 9:30 AM

9:35 AM – 10:05 AM

11:05 AM – 11:35 AM

11:05 AM – 11:35 AM (class for 7–12 year olds)

11:40 AM – 12:10 PM

POWER SWIM LESSONS

(2 WEEK SESSION – Classes Mon-Thurs)

Member: \$116 Non Member: \$240

July 5 – July 15 session

4:35 PM – 5:05 PM

July 19 – July 29 session

4:00 PM – 4:30 PM

Aug 2 – Aug 12 session

4:35 PM – 5:05 PM

LEVEL 3 Water Stamina: Can confidently back float and swim for 10 yards without assistance. Children learn freestyle, backstroke, and intermediate self-rescue skills. Rotary breathing is introduced.

July 10 – Aug 1

2 CLASSES PER WEEK

Sat. & Sun.

Member: \$116 Non Member: \$240

9:35 AM – 10:05 AM

11:05 AM – 11:35 AM

11:40 AM – 12:10 PM

POWER SWIM LESSONS

(2 WEEK SESSION – Classes Mon-Thurs)

Member: \$116 Non Member: \$240

July 5 – July 15 session

5:10 PM – 5:40 PM

July 19 – July 29 session

4:35 PM – 5:05 PM

Aug 2 – Aug 12 session

5:10 PM – 5:40 PM

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](#)

Jun 27 - Aug 22

SWIM STROKES – SKILLS SUPPORT HEALTHY LIFESTYLE

45 minute class

LEVEL 4 Stroke Introduction: 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

July 10 – Aug 1
2 CLASSES PER WEEK

Sat. & Sun.

Member:\$136 Non Member:\$280

(At YDAC Facility)
8:00 AM – 8:45 AM
10:15 AM – 11:00 AM

POWER SWIM LESSONS

(2 WEEK SESSION - Classes Mon-Thurs)

Member: \$136 Non Member: \$280

July 19 – July 29 session

5:10 PM – 5:55 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, backstroke, and complete breaststroke. Complete butterfly is introduced. Reinforce safety through treading water. Diving.

July 10 – Aug 1
2 CLASSES PER WEEK

Sat. & Sun.

Member:\$136 Non Member:\$280

(At YDAC Facility)
10:15 AM – 11:00 AM

LEVEL 6 Stroke Mechanics: Swimmers must be able to complete a minimum of 50 yards of freestyle, backstroke and breaststroke with proper technique. Refine stroke technique on all major competitive strokes including complete butterfly, combined with increased endurance. Flip turns are introduced. Diving.

July 10 – Aug 1
2 CLASSES PER WEEK

Sat. & Sun.

Member:\$136 Non Member:\$280

(At YDAC Facility)
10:15 AM – 11:00 AM

Stroke Clinic: Must be a Level 6 or passed Level 6. Each week focuses on a new stroke with video stroke review, dry land warm up and stretch, and in pool stroke drills and technique work. Goal is to improve and refine competitive strokes including Freestyle, Backstroke, Breaststroke, butterfly, I.M., Turns, Starts and Relays.

July 10 – Aug 1
2 CLASSES PER WEEK

Sat. & Sun.

Member:\$136 Non Member:\$280

10:15 AM – 11:00 AM

SAFE & CONFIDENT IN THE WATER



[REGISTER](#)

Jun 27 - Aug 22

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.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

American Red Cross Lifeguard Certification Courses

Become a lifeguard with us at the Greenknoll YMCA!



American Red Cross Lifeguarding and Recertification Courses.

Dates: TBD

**Please contact Alexandra Hall-Heron for more information.
203.775.4444 x133
ahall-heron@regionalymca.org**



36/12 FITNESS CHALLENGE

**Workout 36 times in 12
weeks... June 7th– August 29th**

- Open to Y members only, just \$5!
- 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 work out and pick up your dot; place the dot next to your name on the Challenge boards in the hall

For more information:

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVE HEALTHIER BE STRONGER

Regional Y's 10-pound Challenge

An 8-week incentive program to get started on a brand new you! Work out on your own; walk, bike, kayak, do an aerobics class – it all counts. Members over the age of 16 can participate. All weigh-ins must be completed at the Y. Lose 10lbs. and win a chance for a great **YMCA prize package including (1) one hour Nutrition Consultation!**

WHEN July 5th – August 29th (Raffle Drawing August 30th)

COST Full Members \$10

Y SUPPORT

- Initial Weigh in with a staff member (July 1st – July 6th)
- Weekly weigh ins to stay on track
- Weekly motivational emails including tips & recipes
- Participants who reach their goal will be entered into a raffle to win prizes

QUESTIONS? CONTACT

Lisa O'Connor, Wellness Director
203 775 4444 x 135
loconnor@regionalymca.org





COMMIT TO BE FIT



WHO Members 16 years and up

DETAILS

- 10 weekly meetings with a Coach
- 3 personalized workouts
- Before & after body assessment
- Personal goal setting
- Cardio and strength equipment orientation

FEE

- \$60 per person
- \$50 for new members that sign up within their first 2 weeks!

**10 WEEK
PROGRAM**

Starts when
you're ready!

REGIONAL YMCA OF WESTERN CONNECTICUT

2 Huckleberry Hill Rd. Brookfield, CT 06804

203.775.4444 regionalymca.org

FEEL HEALTHIER BE STRONGER



REGISTER

Jun 27 - Aug 22

ADULT PROGRAMS

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 8:00am the day before it is scheduled. Phone and walk-in registration opens at 8:00am the day before a scheduled class.

Full Member: Free

Non Member: N/A

GROUP EXERCISE MENU **subject to change without notice**					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 6:00a-6:45a Brian GYM/OUTDOORS	HIIT 6:00-6:45a Shelley GYM	SPIN 6:00a-6:45a Brian GYM/OUTDOORS	Strength Training 6:15a-6:45a Jane GYM		
Les Mills CORE 6:55a-7:25a Trish STUDIO			Pilates 9:15a-10:15a Debbie via ZOOM		SPIN 8:00a-8:45a Brian GYM/OUTDOORS
Forever Strong 8:00a-8:45a Debbie via ZOOM		Forever Strong 8:00a-8:45a Debbie via ZOOM	Workout with Marisa 9:15a-9:45a GYM	SPIN 8:00a-8:45a Nada GYM/OUTDOORS	Les Mills BODYPUMP 9:15a-10:15a Sharon GYM
Yoga 9:15a-10:15a Debbie via ZOOM	Pilates 9:15a-10:15a Debbie via ZOOM	SPIN 9:00a-9:45a Nada GYM	Les Mills BODYPUMP EXPRESS 30 9:50a-10:20a Marisa GYM	Kickboxing 9:15a-10:15a Marisa GYM	Pilates 9:15a-10:15a Nada via ZOOM
Zumba 10:30a-11:30a Jody/Donnasue Via ZOOM		Les Mills BODYPUMP 10:30a-11:30a Marisa GYM begins 6/16		Les Mills BODYPUMP 10:30a-11:30a Marisa GYM begins 6/18	
					SUNDAY
					SPIN 8:00a-8:45a Ramsay GYM/OUTDOORS
					Zumba 9:00a-10:00a Stephanie GYM
					Yoga 9:30a-10:30a Eileen (S) via ZOOM
					Step Interval 10:15a-11:15a Blythe GYM
Zumba 5:15p-6:15p Alexis GYM		HIIT 5:15p-6:00p Shelley GYM	Yoga 5:30p-6:30p Trish via ZOOM		Yoga 11:45a-12:45p Drew (S) via ZOOM
Les Mills BODYPUMP 6:30p-7:30p Maria GYM		SPIN 6:15p-7:00p Shelley GYM			

FEEL HEALTHIER BE STRONGER



REGISTER

Jun 27 - Aug 22

Class Name	Class Descriptions
Butts & Guts	Focus on core strength. Pilates and yoga-based moves, along with traditional abdominal exercises, to get needed results. <i>Equipment needed: mat or carpet, water</i>
Kickboxing	High Energy cardio-kickboxing is followed by weights and abdominal work. Kick, punch and tone your way to a stronger you! <i>Equipment needed: mat or carpet, weighted object, water</i>
Les Mills Body Pump®	The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! <i>Equipment needed: free weights or barbell and plates if available, mat, water</i>
Les Mills CXWORX®	This is a revolutionary core training program. <i>Equipment needed: Mat or carpet, water</i>
Pilates	Strengthen and lengthen core muscles through controlled movement and breath. Improve balance, flexibility and body awareness. <i>Equipment needed: mat or carpet, towel, blanket or pillow, water</i>
Restorative Yoga	Turn down the fight-or-flight response and tap into the relaxation response with this series of supported postures designed to promote physical and emotional healing at the cellular level. A must for everyone living in a stressful world. <i>Equipment needed: mat or carpet, pillow, towel, water</i>
Rock Solid	Don't be fooled by the shortened duration of this class, as it is designed to strengthen and tone your core and other major muscle groups in a minimal amount of time. Features body weight exercises, resistance work, and strength training. <i>Equipment needed: mat or carpet, water</i>
Forever Strong	This program is designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a small, inflated ball is used for resistance. A chair is used for seated and/or standing support. <i>Contact Debbie Nichols to arrange to borrow free weights, tubing and a ball.</i>
Meditation	Come relax and notice your body and mind, more easily let go of daily stressors and challenges. You will feel calmer. You will be able to focus more clearly and be more creative. You will feel more balanced and comfortable in your skin.
Yoga	Learn the fundamentals of yoga including sun salutations, standing poses, balancing, seated & reclining poses, core isolation & strengthening. Special emphasis is placed on safety, alignment, breath, & learning to quiet the mind & find inner peace. <i>Equipment needed: mat or carpet, pillow, blanket or towel, water</i>

FEEL **HEALTHIER**
BE **STRONGER**



[REGISTER](#)

Jun 27 - Aug 22

GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
SPIN 6:00a-6:45a	HIIT 6:00a-6:45a	SPIN 6:00a-6:45a	Strength Training 6:15a-6:45a	OPEN GYM 6:00a-7:45a	SPIN 8:00a-8:45a	SPIN 8:00a-8:45a	
Les Mills CORE 6:55a-7:25a	OPEN GYM 6:45a-12:30p	OPEN GYM 6:45a-7:30a	OPEN GYM 6:45a-9:00a	SPIN 7:45a-8:45a	Group X 9:00a-10:15a	Group X 8:45a-11:15a	
Volleyball 7:30a-9:00a 1/2 Open Gym		Volleyball 7:30a-9:00a 1/2 Open Gym	Group X 9:00a-10:30a	Volleyball 7:30a-9:00a	OPEN GYM 10:30a-12:00p	OPEN GYM 11:30a-12p	
OPEN GYM 9:00a-5:00p		SPIN 9:00a-9:45a	OPEN GYM 10:30a-12:30p	Group X 9:00a-11:30a begins 6/18	OPEN GYM 11:30a-4:00p		
		Pickleball 12:30p-2:30p 1/2 Open Gym	Pickleball 12:30p-2:30p 1/2 Open Gym				
		OPEN GYM 2:30p-4:00p	OPEN GYM 11:30a-5:00p	OPEN GYM 2:30p-4:00p			
Group X 5:00p-7:30p no open gym	SA 4:00p-4:45p 1/2 Open Gym	Group X 5:00p-7:00p no open gym	SA 4:00p-4:45p 1/2 Open Gym				
OPEN GYM 7:30p - 8:00p	OPEN GYM 4:45p-8:00p	OPEN GYM 7:00p - 8:00p	OPEN GYM 4:45p-8:00p				

**NO PICKLEBALL OR VOLLEYBALL DURING OPEN GYM TIME.

**PICKLEBALL PLAYERS BRING OWN RACKET AND BALLS. MEMBERS ONLY

**Anything highlighted may have half or full court closed due to programs.

**Please change to sneakers before entering the gymnasium.

**No food or drink allowed in the gymnasium. Water only.

**You must be 13 years or older to be in the gymnasium without adult supervision.

** SA = School Age/ Youth Sports paid classes

HEALTHY LIVING PROGRAMS

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. On-going enrollment.
YMCA membership not required.

For details and pricing, please contact Lisa O'Connor at 203.775.4444 ext. 135 or loconnor@regionalymca.org

FEEL HEALTHIER BE STRONGER

[REGISTER](#)

Jun 27 - Aug 22

ADULT PROGRAMS

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.

1 Lesson	30 Minute Lesson	Member: \$50	Non-Member: \$65
Package of 5	30 Minute Lesson	Member: \$200	Non-Member: \$250
Package of 5	45 Minute Lesson	Member: \$225	Non-Member: \$275

Call 203.775.4444 to set up a lesson day/time.

Small Group Water Aerobics

To make it safer for you to exercise and social distance, we are limiting the number of people due to COVID. You must reserve and pay for your spot ahead of time. Please arrive 5 minutes early. Scan in at the Front Desk and check in with the lifeguard. You may bring your own equipment or use our equipment. Kindly give 24 hours notice to cancel by calling 203.775.4444.

Full Member: \$40 for 8 weeks

Power Workout	Mon & Wed	6:00 PM - 6:45 PM
Deep & Shallow Workout	Tues & Thurs	9:00 AM - 9:45 AM
Cardio & Strength	Mon & Wed	11:00 AM - 11:45 AM
Toning & Flexibility	Mon & Wed	10:00 AM - 10:45 AM
Water Yoga	Tues	6:00 PM - 6:45 PM





Just joined? Been a member for a while? No matter how long you've been a Y Member, everyone is allowed one free hour-long session with a certified Personal Trainer to learn the ins-n-outs of the facility and equipment.

- 1-hour session with a certified Personal Trainer
- Learn how to properly and safely use all equipment to suit your individual needs
- Great orientation for new members or refresher for existing members
- Work on strength, tone, power, burn, core and flexibility
- To book a session, speak with the Front Desk or contact Lisa at 203.775.4444 ext. 135 or loconnor@regionalymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



JUMP BACK INTO PROGRESS

Personal Training at the YMCA

NEW CLIENTS ONE TIME SPECIAL

**\$99 for (4) 30 min sessions or
\$199 for (4) 60 min sessions!**

To Get Started Contact:

Lisa O'Connor, Wellness Director
loconnor@regionalymca.org | 203.775.4444 ext 135

**RSVP
NOW**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

WELLNESS COACHING FEES

Members: (3) 45 minute sessions \$95 ∴ **Non Members:** (3) 45 minute sessions \$115

certified / wellcoach®



ABOUT LISA O'CONNOR

Lisa has been a certified wellcoach® since 2014. Lisa has a Bachelor's degree in Community Health from WCSU and is a Certified Health Education Specialist through National Commission on Health Education and Credentialing (NCHEC). She works one on one with members as well as with groups of members working toward a common goal. If you are looking for a new approach to achieving your best self, contact Lisa for more information.

To schedule an appointment call Lisa at 203.775.4444 x 135



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

1 IN 3 AMERICAN ADULTS
HAVE HIGH BLOOD PRESSURE

Only about **1/2** of people have
their condition under control



TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program
Regional YMCA of Western Connecticut

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.

Office hours are held VIRTUALLY

Tues. 9:00 am – 10:30 am

Wed. 10:30 am – 12:00 pm

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

Lisa O'Connor
loconnor@regionalymca.org
203-775-4444 ext. 135

YMCA membership not required.
**GRANT FUNDING AVAILABLE FOR BROOKFIELD
RESIDENTS THANKS TO THE
BROOKFIELD EDUCATION FOUNDATION**





ANNUAL SUPPORT CAMPAIGN

The Regional Y is dedicated to being Brookfield-Danbury's premier community resource, providing a safe, nurturing and secure space for all its members. From tackling the achievement gap to teaching healthy habits for a lifetime, everything the Y does is in service of building a stronger community.

Now, more than ever, your support is critical to:

Sustain the Y

Ensure we remain strong and well positioned to respond to the crisis and emerge stronger than ever.

Strengthen the Foundations of Our Community For All

Ensure access for all to critical YMCA programs and services.

When you donate to the Y, you're supporting programs and services that help strengthen our community. Every gift matters, because every child, every family, and every neighbor matters.

Click [Give Today](#) below or donate on VENMO! [@RegionalYMCA](#)

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

GIVE TODAY to help sustain the Regional YMCA!



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

REGIONAL YMCA OF WESTERN CONNECTICUT

regionallymca.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.

Greenknoll Branch YMCA
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