



# WILTON FAMILY YMCA 2021 LATE FALL CLASSES

## **Session Dates:**

### **October 25 – December 22**

Member Online Registration starts Monday, 10/11  
Registration opens to everyone Monday, 10/18

Wednesday, 11/24 – *Classes run*

Thanksgiving Weekend: 11/25 – 11/27

*Classes will not run (other than Red Cross Lifeguarding)*

# SWIM SCHOOL

## 6 month – 35 month Group Swim Lessons:

### Cost Per Swimmer:

Member Cost Per Swimmer: \$133

(Family Members use code: FAMSAV133)

Non-Member Cost Per Swimmer: \$266

All group swim lessons will be for those who are 6 months - 35 months at the start of the session. If your swimmer ages up mid-session, they will move to the different level or age bracket in the upcoming session for consistency. Each group will have a maximum of 10 swimmers with parents in the water at a time with COVID precautions for each lesson, if any. Parents/guardians that are not in the water with their swimmer will be asked to sit on the bleachers.

**Water Discovery 1 (6m-12m):** Saturdays 9am

**Water Discovery 2 (13m-18m):** Saturdays 9:30am

**Water Exploration 1 (19m-25m):** Saturdays 10am

**Water Exploration 2 (26m-32m):** 10:30am

**Water Acclimation (33m-35m):** 11am

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## Swim Basics Group Swim Lessons:

### Cost Per Swimmer:

Member Cost Per Swimmer: \$133-177

Non-Member Cost Per Swimmer: \$266-342

**3-5 years - Water Acclimation:** Swimmer develops comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundations that allows for a swimmer's future progress in swimming. [Prerequisite: No Independent Swimming Experience](#)

Monday 3:30pm	Wednesday 4:30pm	Thursday 4pm	Friday 3:30pm	Friday 5:30pm	Saturday 9am	Saturday 11am
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**3-5 years - Water Movement:** Swimmers focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. [Prerequisite: Independent 10 ft swim, face in the water](#)

Monday 4pm	Tuesday 3:30pm	Thursday 4:30pm	Friday 4pm	Saturday 9:30am	Saturday 11:30am
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**3-5 years - Water Stamina:** Swimmers learns how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. [Prerequisite: 5 yds independent freestyle with face in and backstroke](#)

Monday 4:30pm	Tuesday 4pm	Wednesday 3:30pm	Friday 4:30pm	Saturday 10am	Saturday 12pm
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**6-12 years - Water Stamina:** Swimmers learns how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. [Prerequisite: No Independent Swimming Experience](#)

Monday 4pm	Tuesday 5:30pm	Wednesday 5pm	Thursday 4:30pm	Friday 4pm	Saturday 9am	Saturday 11am
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## Swim Strokes Group Swim Lessons:

### Cost Per Swimmer:

Member Cost Per Swimmer: \$133-177

Non-Member Cost Per Swimmer: \$266-342

**3-5 years – Stroke Introduction:** Swimmers develop stroke technique in freestyle, backstroke, and breaststroke kick. Water safety is reinforced through treading water and elementary back stroke. [Prerequisite: 15 yards competent freestyle and backstroke](#)

Tuesday 4:30pm	Wednesday 4pm	Thursday 3:30pm	Friday 5pm	Saturday 10:30a
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**6-12 years – Stroke Introduction:** Swimmers develop stroke technique in freestyle, backstroke, and breaststroke kick. Water safety is reinforced through treading water and elementary back stroke. [Prerequisite: 15 yards competent freestyle and backstroke](#)

Monday 4:30pm	Tuesday 4pm	Wednesday 5:30pm	Thursday 5pm	Friday 4:30pm	Saturday 9:30am	Saturday 11:30am
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**6-12 years- Stroke Development:** Swimmers will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and side stroke. [Prerequisite: 25 yards competent freestyle, back stroke, and breaststroke](#)

Monday 5pm	Tuesday 4:30pm	Wednesday 4pm	Thursday 5:30pm	Friday 5pm	Saturday 10am	Saturday 12pm
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**6-12 years – Stroke Mechanics:** Swimmers refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle. [Prerequisite: 50 yards competent freestyle, backstroke, breast stroke, and 25 yards butterfly kick](#)

Monday 5:30pm	Tuesday 5pm	Wednesday 4:30pm	Thursday 4pm	Friday 5:30pm	Saturday 10:30am
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## Pre-Competitive Swim Practice:

*Swimmers will learn the proper stroke technique of all four competitive strokes, streamlining, and basic diving in preparation for racing starts in a fun and creative environment. Swimmers will participate in mini swim meets each session. [Prerequisite: Try Out](#)*

### Cost Per Swimmer:

Member Cost Per Swimmer: \$352-396

Non-Member Cost Per Swimmer: \$512-576

**6 years – 9 years :** Practices 5-6pm Monday and Wednesday

**10 years – 15 years:** Practice 5-6 pm Tuesday and Thursday

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### Private Swim Lessons:

*For those swimmers who are 3 years and older ONLY. Swimmer will be in the water with an instructor for 30-minute lesson. Each lesson will be geared to each individual swimmers learning and starting point.*

Cost Per Swimmer:

Member Cost Per Swimmer: \$364-468

Non-Member Cost Per Swimmer: \$504-648

*Classes Available: Monday – Friday 3:30pm-6pm; Saturdays 9am – 12:30pm*

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### Semi-Private Swim Lessons:

*For those swimmers who are 3 years and older ONLY. In this program swimmers will be with a swimmer of similar age and ability. Swimmer will be in the water with an instructor for 30-minute lesson. Each lesson will be geared to each individual swimmers learning and starting point. To Register for a semi-private please email [SLUSHER@RIVERBROOKYMCA.ORG](mailto:SLUSHER@RIVERBROOKYMCA.ORG) to set up. Maximum of 2 swimmers per lesson, no exceptions.*

Cost Per Swimmer:

Member Cost Per Swimmer: \$280-360

Non-Member Cost Per Swimmer: \$350-450

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### Adaptive Private Swim Lessons:

*This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Lessons will be adaptive to meet the individuals needs. This program is for all levels of swimmers.*

Cost Per Swimmer:

Member Cost Per Swimmer: \$280

Non-Member Cost Per Swimmer: \$350

*Lessons available Sundays 9am – 1pm*

### Adult Swim Program:

*Adult lessons teach beginners the basic swimming skills, water adjustment and safety. More advanced adults are instructed on improving their swimming abilities by developing better stroke techniques and increasing endurance.*

Cost Per Swimmer:

Member Cost Per Swimmer: \$171

Non-Member Cost Per Swimmer: \$342

*Lessons available Monday 12pm and Tuesdays 5:30pm*

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### Red Cross Lifeguard Classes:

#### New Lifeguard Certification:

The American Red Cross Lifeguard training and certification are imperative to the process of getting hired as a lifeguard. Our detailed training includes both online and in person hands on skills with comprehension on written tests. The certification, which includes First Aid, CPR and AED training is valid for 2 years upon completion and is accepted nationwide. This course is blended learning. [Prerequisites for lifeguard training include: Students must be 15 years of age or older, must pass a pre-course swim](#)

Cost Per Participant: \$450

November 26-28<sup>th</sup> : 9am – 3pm (Registration Closes 11/17)

December 26<sup>th</sup> – 28<sup>th</sup> : 9am-3pm (Registration Closes 12/16)

December 29<sup>th</sup>- 31<sup>st</sup> :9am-3pm (Registration Closes 12/20)

February 21<sup>st</sup> – 23<sup>rd</sup>: 9am-3pm (Registration Closes 2/11)

February 24<sup>th</sup> – 26<sup>th</sup>: 9am-3pm (Registration Closes 2/14)

April 11<sup>th</sup> – April 13<sup>th</sup> : 9am-3pm (Registration Closes 4/1)

April 20<sup>th</sup> – April 22<sup>nd</sup>: 9am-3pm (Registration Closes 4/8)

#### New Lifeguard Certification with Waterfront Skills:

This certification course incorporates both the lifeguard course with the water front skills module. The purpose of the waterfront skills is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in no surf, open-water areas found at public parks, resorts, summer camps and campgrounds. This course is taught using blended learning. [Prerequisites for lifeguard training include: Students must be 15 years of age or older, must pass a pre-course swim](#)

Cost Per Participant: \$575

April 24<sup>th</sup>, May 1, May 8<sup>th</sup> : 9am-3pm (Registration Closes 4/14)

May 24<sup>th</sup> – 26<sup>th</sup> : 9am-3pm (Registration Closes 5/13)

June 7<sup>th</sup> -9<sup>th</sup> : 9am-3pm (Registration Closes 5/30)

June 17<sup>th</sup> – 19<sup>th</sup>: 9am-3pm ((Registration Closes 6/3)

June 21-23<sup>rd</sup> : 9am-3pm ((Registration Closes 6/10)

#### Lifeguard Recertification:

Lifeguard review classes are designed to help you update your skills while also extending your certification for another two years. It is offered for those whose certification is still valid (or within 30 days of expiration) while allowing you to continue to work without a lapse in certification.

Cost Per Participant: \$175

November 28<sup>th</sup> : 8am – 3pm (Registration Closes 11/17)

December 28<sup>th</sup> : 8am-3pm (Registration Closes 12/16)

December 31<sup>st</sup> :8am-3pm (Registration Closes 12/20)

February 23<sup>rd</sup>: 8am-3pm (Registration Closes 2/11)

February 26<sup>th</sup>: 8am-3pm (Registration Closes 2/14)

April 13<sup>th</sup> : 8am-3pm (Registration Closes 4/1)

April 22<sup>nd</sup>: 8am-3pm (Registration Closes 4/8)

May 8<sup>th</sup> : 8am-3pm (Registration Closes 4/14)

May 26<sup>th</sup> : 8am-3pm (Registration Closes 5/13)

June 9<sup>th</sup> : 8am-3pm (Registration Closes 5/30)

June 19<sup>th</sup>: 8am-3pm ((Registration Closes 6/3)

June 23<sup>rd</sup> : 8am-3pm ((Registration Closes 6/10)

## **FITNESS**

**FIT KIDZ:** This 45-minute play-based class for ages 8-11 features a skill of the day, age-appropriate exercises, and a fun activity that uses major muscle groups, balance, and fine motor skills. **Tues/Thurs 3:45-4:30 in the ATC; \$250/members, \$350/non-members**

**YOUTH STRENGTH TRAINING:** A certified personal trainer instructs participants on proper exercise techniques, safety and fitness center etiquette. For our youth members (age 12-15) who have a family membership. **Mondays 3:30 or Tuesdays 4:15pm in the upstairs Fitness Center, \$50 for 4 weeks (Session I starts 10/25, Session II starts 11/23)**

**RUNNING ACADEMY:** Become a stronger runner while decreasing the risk of injury.

In this 5-week class, specific running drills are introduced and practiced.

**Mondays, 8:00-9:00am in the ATC; \$125/members, \$185/non-members**

**TRX + :** TRX uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. This unique class takes place in the ATC and mixes the use of TRX straps with resistance bands, medicine balls and kettlebells to create a more fun and effective workout. *Class limited to 5 participants.* **Tuesdays 9:30am, Wednesdays 8am, Thursdays 9:30am or Fridays 8am, \$25/4-week session (Starts 11/2) Available to Riverbrook Regional Y membership only.**

### **SPORTS ZONE VACATION DAY PROGRAM**

Open to our Youth Members (ages 12-16) during days when Wilton Schools are closed. With an emphasis on proper weight-room etiquette and safety, participants get their bodies moving through cardiovascular activities, strength training, plyometric, balance and core exercises.

**10:30 am-12:30pm, \$50/day**

## **PERSONAL TRAINING**

1 session \$80/person or \$120/duet  
5 sessions \$375  
10 sessions \$725  
20 sessions \$1375

## **ASSISTED STRETCH SESSION**

\$40 for 25 minutes

To schedule Personal Training or Assisted Stretch with one of our certified Personal Trainers, contact Rhoda Kasperek at 203-762-8384 x282 or [rkasperek@riverbrookymca.org](mailto:rkasperek@riverbrookymca.org).

## **DANCE**

Explore creative movement, ballet, tap and hip hop in the Y's dance program for ages preschool - 8th grade. All classes below will be ballet, tap and hip hop. Students should purchase the appropriate footwear, leotards and stockings (available on-site for purchase).

**\$150 members/\$230 non-members**

### **Wednesdays**

1:45 - 2:30 preschool and pre-K  
2:45 - 3:30 Grades 3-5  
3:45 - 4:15 Grades 6-8  
4:15 - 5:00 Grades K-2

### **Fridays**

2:45 - 3:30 Grades 3-5  
3:45 - 4:15 Grades 6-8  
4:15 - 5:00 Grades K-2

## **GYMNASTICS**

**All classes will be held at The Wilton Y Gymnastics Center 644 Danbury Road Wilton, CT 06897**

**The Gymnastics Center is NOT at the main Y facility 203-529-3636**

### **Parent/tot/ little rollers (18mos – 2.5yrs)**

Monday 10:00-10:45  
Wednesday 10:00-10:45

### **member/non-member**

\$211.25/\$311.25  
\$236.25/\$336.25

### **Flippers (3.5yrs-4yrs)**

Monday 1:45 - 2:30  
Wednesday 1:45 - 2:30

\$231.75/\$331.75  
\$251.75/\$351.75

### **Twisters (4.5yrs – 5.5yrs)**

Monday 2:45-3:30  
Tuesday 1:45-2:30

\$231.75/\$331.75  
\$251.75/\$351.75

### **Combo (4yrs-5.5yrs)**

Monday	11:45-12:30	\$231.75/\$331.75
Tuesday	12:45-1:30	\$251.75/\$351.75
Wednesday	2:45-3:30	\$251.75/\$351.75

### **Kindergarten (5yrs-6yrs)**

Tuesday	4:00-4:45	\$251.75/\$351.75
Thursday	4:00-4:45	\$251.75/\$351.75
Saturday	10:00-10:45	\$203.75/\$303.75

There will be NO class the Saturday before Thanksgiving Nov 20, class has been prorated.

### **“Cider Mill” Early progressive (7-10 years old)**

Tuesday	2:45-3:45	\$296.75/\$396.75
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### **Progressive (6yrs-10yrs)**

Monday	4:00-5:00	\$266.75/\$366.75
Wednesday	4:00-5:00	\$296.75/\$396.75
Friday	4:00-5:00	\$296.75/\$396.75
Saturday	11:00-12:00	\$233.75/\$333.75

There will be NO class the Saturday before Thanksgiving Nov 20, class has been prorated.

**Pre-team by invite only: must have YMCA membership  
see website for times and pricing**

## **ART CLASS**

### **Little Masters Art Class**

Fridays, 1:45-2:20pm

October 29-December 17 (7 classes)

Member: \$130 Non-member:\$230

### **Ages 3-5**

An art class for your budding artist to paint, draw and create! Each session your child will complete a finished project based on a theme. A variety of media will be explored in this fun and hands-on class. Taught by Miss Valerie and takes place at the Y's main facility. Questions? Please contact Kimberly Fejes at [kfejes@riverbrookymca.org](mailto:kfejes@riverbrookymca.org)



## SPORTS

### Preschool

#### Soccer Sprouts (ages 4-5)

Wednesday 1:45 – 2:30 pm \$176/\$276

#### T-Ball (ages 3 – 5)

Monday 1:45 – 2:20 pm \$133/\$233

#### Bitty Basket-Ball (ages 3 – 5)

Tuesday 1:45 – 2:20 pm \$152/\$252

#### Floor Hockey (Pre-K)

Thursday (7 weeks) 1:45 – 2:20 pm \$133/\$233

#### Tae Kwon Do (ages 3 – 5)

Tuesday 1:45 – 2:20 pm \$232/\$332

#### Pee Wee Indoor Tennis (Pre K)

Monday 3:15 – 4:00 pm \$112/\$212

### Tennis

#### Grades 1 & 2

Monday 4:00 – 5:00 pm \$112/\$212

#### Grades 3 & 4

Monday 5:00 – 6:00 pm \$112/\$212

### Tae Kwon Do

#### (7 weeks)

Beginners & Intermediate Friday 4:10 – 4:55 pm \$203/\$303

(Ages 4 – 9)

Beginners & Intermediate Friday 5:00 – 5:45 pm \$203/\$303

(Ages 10 & up)

Advanced Friday 5:50 – 6:35 pm \$203/\$303

### Martial Arts/White Tiger Karate

Sparring Thursday 4:30 – 5:00 pm \$152/\$252

Juniors Thursday 5:00 – 5:45 pm \$232/\$332

Adult Self Defense Thursday 6:30 – 7:15 pm \$232/\$332

Combo (Sparring/Jr's) \$304/\$404

## **CHRONIC DISEASE PROGRAMS**

Please contact Mary Ann Genuario for more information or to set up an appointment.

[magenuario@riverbrookymca.org](mailto:magenuario@riverbrookymca.org) or 203-762-8384 x212

**YMCA Right Start Program** - This individualized program gives adult participants the tools they need to start their fitness journey off right!! Participants are provided with 5 personal training sessions with a certified personal trainer and 1 full hour session and three half hour sessions with our Registered Dietician. This program is a personalized program and scheduled at the participants request with the Dietician and the personal trainer. \$600/\$650-By appointment

**YMCA Right Start for the Young Adult Program** - This individualized program gives Youth participants ages 6-17 are given the tools they need to start their fitness journey off right!! This program has a program fee to join. Participants are provided with 5 personal training sessions with a certified personal trainer and 1 full hour session and three half hour sessions with our Registered Dietician. This program is a personalized program and scheduled at the participants request with the Dietician and the personal trainer. Additional sessions may be purchased at a savings. \$600/\$650-by appointment

**YMCA Weight Loss Program** -The YMCA Weight Loss Program is designed to help adults seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable, healthy habits. This program has a fee to join. Each week participants will weigh in, be introduced to a new topic relevant to weight loss, discuss as a group, successes, challenges, suggestions around the weekly topic, and develop goals for the upcoming week. Topics may include nutrition, physical activity, stress and sleep, positive psychology, goal setting and sustainability. Because weight loss is unique to each person, the YMCA Weight Loss Program focuses on helping individuals identify ways to make small, modest changes to their behavior within the context of their own life and in support of their weight loss goals. 12 weeks/1 one-hour session per week-Must be 18 years or older. Wednesday 10:30am-11:30am \$200/\$250

**YMCA Nutrition Sessions** - Sessions are personalized and scheduled to fit into the participant's schedule. Participants meet for one hour in a one-on-one setting. This program fee is an hourly fee. \$110 p/h-by appointment

**Livestrong at the Y** - Livestrong at the YMCA is a safe & effective way for those diagnosed with cancer to regain strength and return to their normal daily routine. This program was developed specifically for cancer survivors through the Livestrong foundation. This 12-week exercise program meets twice a week in the fitness center for one hour. survivors in a small group setting. the 12 weeks, cancer survivors receive a progressive strength training and cardiovascular program in addition to a basic nutrition plan. May be in any stage of Cancer Recovery-Doctors Medical Release-Physician Referral (\$50.00) Tues./Thurs/ 10am-11:15am

**YMCA's Diabetes Prevention Program** - The YMCA'S DIABETES PREVENTION PROGRAM is designed for Adult (18+) individuals who are overweight (BMI >25) with pre-diabetes, confirmed via one of 3 blood tests-A1c,Fasting Plasma Glucose, 2 hour plasma Glucose ,or Pre-diabetic determined by clinical diagnosis of Gestational Diabetes (GDM) during a previous pregnancy, or have 2 or more risk factors The Diabetes Prevention program helps those at risk for developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing their physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease. The year-long program is an Individualized lifestyle change program that is evidence-based and consists of 16 1 hour sessions which meet weekly, plus follow up bimonthly maintenance support for a full year. The goal for the participants is to reach  $\geq 7\%$  loss of body weight through reduction of fat grams in their diet and perform  $\geq 150$  minutes per week of physical activity.

Registration is required \$250.00/\$250.00-Class days times: Monday 7pm or Tuesday 9:30am

**Parkinson Exercise Program** (Formally known as “Delay the Disease”) This program is a functional fitness program designed to empower people with Parkinson’s disease (PD) by optimizing their physical function and helping to delay the progression of symptoms. The goal of this program is to motivate participants to develop a habit of consistent exercise routines best suited to their individual needs. The program is a 8-week program that helps those suffering from the effects of the disease maintain and continue to perform daily living activities and stay independent. Each class includes exercises to improve cardiovascular endurance, strength, flexibility and balance. Participants also work on language and writing skills. Participants in the program work with a certified Parkinson Exercise specialist who will help set realistic goals and create a workout specifically to meet the needs of the participant. The program is offered both on-site and off if needed. Registration is required to attend \*Physician Referral-Medical Release-\$50.00

Tuesday 11:30am-12:15pm this class meets in the gym

**Healthy Weight & Your Child** - Healthy Weight and Your Child delivers 25 sessions over the course of a year. The program includes 8-weekly sessions followed by post core sessions for the remainder of the year. All sessions are two hours in length with the first hour delivered in a classroom setting and the second hour focusing on physical activity. A parent must attend with child.

TO QUALIFY, A CHILD MUST:  
☑ Be 7-13 years old  
☑ Carry excess weight (Body mass index of the 95th percentile or higher)  
☑ Receive clearance from a provider to participate in physical activity.  
☑ Have an adult attend ALL sessions with them-  
Registration is required

Saturday 11:30-1:30 \$150/\$200

**“Freedom from Smoking”** The American Lung Association's Freedom from Smoking® (FFS) program is for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses almost exclusively on how to quit, not why to quit. The Riverbrook YMCA is a provider of this program. Please call Mary Ann Genuario for additional information

**YMCA Blood Pressure Management Program** - The Blood pressure self-monitoring program is an evidence-based program designed to help participants with hypertension lower their blood pressure. The program combines four elements: blood pressure self-monitoring, physical activity tracking, nutrition education, and personalized support. Participants meet on-site two times a month for 4 months to record blood pressure, help answer questions and provide support to participants. A monthly nutrition seminar is presented to participants. \*Must be 18 years of age-Must be diagnosed with elevated blood pressure-Must not have experienced a recent cardiac event-(self-defined)-Must not have atrial fibrillation or other arrhythmias-Must not be at risk for lymphedema. Registration is required to participate. \$50/\$50

1st and 3rd Wednesday of each month at 11:30am-12:15pm

## Archery

Classes are held in the back of the Sword, 21 Governor Street in Ridgefield.

Masks are REQUIRED

### **Introduction to Archery Safety**

**Mondays-530p at WAY[\$172/\$222]**

**Wednesdays 430-530p at WAY [\$172/\$222]**

**Saturdays 1045-1145a at WAY[\$154/\$204] (No Class/27)**

**Sundays 1045a-1145pWAY [\$118/\$168] (No Class/7,/28, 12/5)**

This class is designed for kids who are new to the organized rules of archery. We will cover the safety procedures, basic shooting technique, and beginner equipment care using a variety of shooting games. Recommended for anyone who hasn't taken classes with us before.

Ages 8 and up

\*New to the sport of Archery

\* Little to no experience with Archery equipment

\*Little to no experience on an Archery Range

\*Interested in learning basic form and shooting technique

### **Adult Archery**

**Saturdays 930-1030a at WAY [\$170/220] (No Class11/28)**

**Sundays 445-545p at WAY [\$170/\$220] (No Class11/27)**

This is an individually paced class for adults. Regardless of skill level, all archers will be able to improve on the "topic of the day" at their own pace.

Ages 18 and up

\*For adult archers of all skill levels

\*Individually paced instruction

\*Possibly interested in purchasing equipment or competing

### **Recreational Archery**

**Tuesdays 430-530p at[\$190/\$240]**

**Saturdays 12-1pWAY [\$170/\$220] (No Class/27)**

**Sundays 12-1pWAY [\$130/\$180] (No Class/7,/28, 12/5)**

This class is geared towards kids who know the basics but aren't interested in competing. We will cover all the technique- and equipment-related topics of Pre-JOAD with games, rather than focusing on the competition rules.

Ages 8 and up

\*Must have taken Introduction to Archery Safety or have coach's approval

\*Familiar with range safety and proper equipment care

\*Looking to improve form and shooting technique

\*Looking to shoot in an environment

\*Possibly interested in purchasing equipment

### **Pre-JOAD – Introduction to Competitive Archery**

**Fridays 430-6p at WAY [\$202/\$252](No Class 11/26)**

**Saturdays 115-245pWAY [\$202/\$252] (No Class/27)**

**Sundays 115-245pWAY [\$202/\$252] (No Class/28)**

This class is for kids who know the basics and want to take it to the next level. Archers will learn both improved shooting technique, equipment selection and care, as well as the procedures and formats for competitive shooting.

Ages 8 and up

\*Experienced Archers

\*Must have taken Introduction to Archery Safety or have coach's approval

\*Familiar with range safety and proper equipment care

\*Possibly interested in purchasing equipment

\*Looking to improve form and shooting technique

\*Interested in JOAD Achievement Program

\*Looking for a competitive level and/or tournaments

**Wilton Archery Club Team – A JOAD Program**

**Wednesdays 545-715p at WAY [\$253/\$303]**

**Fridays 615-745p at WAY [253/\$303](No Class 11/26)**

**Saturdays 3-430p445-615pat WAY [\$226/\$276] (No Class/27)**

**Sundays 3-430pat WAY [\$226/\$276] (No Class/28)**

Our Junior Olympic Archery Development is for serious shooters only. Archers will learn drills and techniques for their physical shooting technique, as well as their mental game. Archers should expect to take more control of their own development will be expected to take part in local tournaments.

\*Must Have Coach Approval for Participation

\*Comfortable shooting at 18 meters.

\*have current USA Archery Membership

Updated 10/7/2021