



**RIVERBROOK REGIONAL YMCA**  
SERVING WILTON, NORWALK, AND REDDING



## **2023 LATE FALL CLASSES**

### **Session Dates:**

**October 23 – December 17 or 21**

**NEW!** Family Membership Priority Registration: 10/07–10/08 opens at 5AM  
General Membership Priority Registration: 10/09 -10/15 opens at 5AM  
Registration opens to everyone 10/16 -10/22 at 5AM

Classes do not run Thanksgiving weekend:  
Thursday, 11/23 – 11/26

**HOW TO REGISTER:** Visit our [Website](#) during your registration segment, click on the register now tab and search your program of interest.

## 6 months – 35 months

### Swim School Swim Lessons

#### SWIM STARTERS: 6 MONTHS – 35 MONTHS

Water Discovery- This Level introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Class Availability:

Water Discovery (6m-18m) – Thursday 9am-9:30am

Water Discovery 1 (6 months – 12 months) – Saturday 9am-9:30am

Water Discovery 2 (13 months – 18 months) – Saturday 9:30am – 10am

Water Exploration- Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and Aquatic Skills.

Class Availability:

Water Exploration (19 months – 32 months) – Thursday 9:30am- 10am

Water Exploration 1 (19 months – 25 months) – Saturday 10am – 10:30am

Water Exploration 2 (26 months – 32 months) – Saturday 10:30am -11am

Water Acclimation 1- Swimmers develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a swimmer's future progress in swimming.

Class Availability:

Water Acclimation 1 (33 months – 35 months) – Thursday 10am-10:30am;

Saturday 11am -11:30 am

Water Acclimation 2- Swimmers develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a swimmer's future progress in swimming. Parents are included less and less in this program to prepare the swimmer for their next level, independent group programming. This class has a maximum of 4 swimmers

Class Availability:

Water Acclimation 2 (34-35 months) – Thursday 10:30am; Saturday 11:30am-12pm;  
12pm-12:30pm

## Fitness

### 0 – 36 months

**Music & Movement (Studio C)** Family Members: Free Member Fee \$75 Non-Member Fee \$175

Toddlers (18-36mos), with their parent or a caregiver, will listen to a story, sing, and play along to music, and then get moving using our tumbling mat, hula hoops, scarves, colorful tunnel and more!

**Class Availability: Thursdays, 10:45-11:15am**

## Gymnastics (Location: Gymnastics Center 644 Danbury Rd.)

There will be **NO classes from 2:30pm on - Tuesday October 31.**

There will be **NO classes on Saturday Dec 2** due to a home meet down at the main Y.

**ALL CLASSES ARE DROP OFF**

All these classes have been prorated.

### Open Gym (Climbing/walking to age 10)

Family Members FREE!      Member Fee: \$10      Non-Member Fee: \$20

Open Gym is a non-instructional 1-hour free play for children walking to 10 years old. Parent or guardian must be on the floor with the child at all times.

Class Availability: Monday and Wednesdays 12:30-1:30

**Parent/tot/ little rollers (18mos – 2.5yrs)** Children must be able to walk, and/or climb. Parent or guardian assistance is required.

Member Fee: \$224.50-256.00      Non-Member Fee: \$324.50-356.00

Class Availability: Mondays 10am-10:45am  
Thursday 9:30-10:15am

**Tiny Tumblers (2yrs-3yrs old)** first independent gymnastics class, children will be introduced to equipment and learn balancing, jumping and positioning.

Member Fee: \$234.50-268.00      Non-Member Fee: \$334.50-368.00

Class Availability: Mondays 11:00-11:45am  
Tuesday 9:45-10:30am  
Wednesday 9:45-10:30am  
Thursday 10:30-11:15am

## 3 years – 5 years

### Swim School Swim Lessons

#### SWIM BASICS: 3 YEARS – 5 YEARS

##### Water Acclimation

Swimmers develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a swimmer's future progress in swimming. *Prerequisite: no swimming experience*

*Class Availability:*

Monday 3:30pm	Monday 4pm	Tuesday 4:30pm	Thursday 4pm	Friday 4:30pm	Saturday 9am	Saturday 11am
Sunday 9am	Sunday 11am					

##### 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 10ft swim, face in water*

*Class Availability:*

Monday 4pm	Wednesday 3:30pm	Thursday 4:30pm	Thursday 5:30pm	Friday 5pm	Saturday 9:30am
Saturday 11:30am	Sunday 9:30am	Sunday 11:30am			

### **Water Stamina**

Swimmers learn 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: 5yds independent freestyle/backstroke with face in*

*Class Availability:*

Monday 4:30pm   Monday 5:30pm   Wednesday 4pm   Friday 3:30pm   Friday 5:30pm   Saturday 10am

Sunday 10am

### **SWIM STROKES: 3 YEARS – 5 YEARS**

#### **Stroke Introduction**

Swimmers develop stroke technique in freestyle and backstroke and breaststroke kick. Water safety is reinforced through treading water and elementary backstroke. *Prerequisite: 15yds competent Freestyle and Backstroke*

*Class Availability:*

Monday 3:30pm	Tuesday 3:30pm	Wednesday 4:30pm	Thursday 4pm	Friday 4pm	Saturday 10:30am
------------------	-------------------	---------------------	-----------------	---------------	---------------------

Sunday  
10:30am

#### **Stroke Development**

Swimmers will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. *Prerequisite: 25yds competent Freestyle, Backstroke, and Breaststroke*

*Class Availability:*

Tuesday 4pm                      Thursday 3:30pm

### **Private / Semi Private Lessons: 3+ years**

#### **Private Swim Lessons**

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

#### **Semi-Private Lessons**

For those swimmers who are 3 years and older. In this program, swimmers will be with a family member/friend of their choosing that has a similar swimmer ability and around the same age. For example, a 3-year-old and 5-year-old that have never been introduced to a pool independently. Swimmer will be in water with an instructor for a 30-minute lesson. Each lesson will be geared to each individual swimmer's learning and starting point. **ALL SEMI-PRIVATE LESSONS MUST BE REGISTERED THROUGH SAMANTHA LUSHER** AT [slusher@riverbrookymca.org](mailto:slusher@riverbrookymca.org) . Maximum of 2 swimmers in each lesson, no exceptions.

*Private/Semi-Private Availability: Please see website on registration day.*

### **ADAPTIVE PRIVATE LESSON PROGRAM: 3 YEARS +**

This program enhances physical fitness, maintain/improve muscle tone and improve flexibility, enhance balance and coordination, while teaching a swimmer how to confidently move through the water. Program can be modified to suit individual needs.

Availability: Sunday 9am-12pm

### **PRE-COMPETITIVE SWIM TEAM (A.K.A PRE-TEAM): 5 YEARS – 17 YEARS**

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 in each session. *Prerequisite: Scheduled Try Out*

Monday & Wednesday 5pm-6pm ( ages 5 years – 10 years )

Tuesday & Thursday 5pm-6pm ( ages 10 years – 17 years)

## All About Art Preschool Class

### Ages 3-5

Wednesdays (8 classes) 3:15-4pm – Family \$184  
Y Member \$208  
Non-member \$400

### **\*No Class Wednesday, November 22\***

An art class for your budding artist to paint, draw and create! Each session your child will complete projects based on a theme. A variety of media will be explored in this fun and hands-on class. Taught by Miss Gabby (Certified Art Teacher)

## All About Art Elementary Class

### Age 5-8; Grades K-2

Wednesdays (8 classes) 4:15-5pm – Family \$184  
Y Member \$208  
Non-member \$400

### **\*No Class Wednesday, November 22\***

An art class for your growing artist to paint, draw and create! Each session your child will complete projects based on a theme. A variety of media will be explored in this fun and hands-on class. Taught by Miss Gabby (Certified Art Teacher)

## Fitness

### 3 years – 5 years

**Dance** (Location: Studio B) Family Priority Fee \$161 Member Fee \$182 Non-Member Fee \$350

### **Pre-K Ballet/Tap Combo Class**

Students explore creative movement utilizing props such as tambourines, scarves, and hula hoops. The focus is on following directions. Specific dance skills will be introduced as children become more coordinated. Preferred attire: Ballet & tap shoes, pink or black leotard, and pink tights. Skirts are optional. Hair should be pulled back in a bun or ponytail. **Prerequisite: no dance experience required, but children must be able to follow direction**

**Class Availability: Saturday, 11:15am-12:00pm**

## **Gymnastics** (Location: Gymnastics Center 644 Danbury Rd.)

There will be **NO classes from 2:30pm on - Tuesday October 31.**

There will be **NO classes on Saturday Dec 2** due to a home meet down at the main Y.

**ALL CLASSES ARE DROP OFF**

All these classes have been prorated.

**Flippers (3yrs – 4yrs)** Must be potty trained and able to sit in a controlled environment, listen and follow instruction for 15 mins

Member Fee: \$234.50-268.00    Non-Member Fee: \$334.50-368.00

Class Availability:

Monday 1:45 - 2:30 pm

Tuesday 12:30-1:15pm

Wednesday 10:45-11:30am

Thursday 1:30-2:15 pm

Friday 1pm-1:45 pm

**Combo (3.5yrs-5.5yrs)** A mix of pre-school ages from 3.5-5.5 years old. Must be able to sit in a controlled environment, listen and follow instruction.

Member Fee: \$234.50-268.00    Non-Member Fee: \$334.50-368.00

Class Availability:

Tuesday 10:45-11:30am

Tuesday 1:30-2:15pm

Wednesday 2pm-2:45pm

Thursday 12:30-1:15pm

Friday 3pm-3:45pm

**Twisters (4.5yrs – 5.5yrs)** For the older preschooler- Must be able to sit in a controlled environment, listen and follow instruction.

Member Fee: \$234.50-268.00    Non-Member Fee: \$334.50-368.00

Class Availability:

Thursday 2:30-3:15pm

Friday 2pm-2:45pm

**Intro to Progressive- formally Kindergarten (5yrs-6yrs)** this is a step up from our preschool program to our progressive classes. This 45-minute class is more structured than preschool and teaches basic gymnastics skills.

Member Fee: \$234.50-268.00    Non-Member Fee: \$334.50-368.00

Class Availability:

Tuesday 4:00-4:45pm

Thursday 4:00-4:45pm

Saturday 10:45-11:30am

### Open Gym (Climbing/walking to age 10)

Family Members FREE!

Member Fee: \$10

Non-Member Fee: \$20

Open Gym is a non-instructional 1-hour free play for children walking to 10 years old. Parent or guardian must be on the floor with the child at all times.

Class Availability: Monday and Wednesdays 12:30-1:30

## SPORTS

### 3 years – 5 years

**Soccer Sprouts** (Location: Outside on field or in the gym if too cold or bad weather)

Member Fee: \$208 Non-Member Fee: \$308

GOAL! Come have your child learn the very basics of soccer with a fun and enthusiastic coach! They will pass the ball, dribble, and score some goals as we play fun mini games to keep the group going! *Prerequisite: None*

Class Availability- Min: 3, Max: 6. Times: Wednesdays, 1:45pm – 2:30pm

**T-Ball** (Location: Inside the gymnasium)

Member Fee: \$208 Non-Member Fee: \$308

Learn America's greatest pastime in a fun, non-competitive environment! This class teaches throwing, catching and hitting skills. So, bring your sneakers and water bottle and get ready to hit a home run! *Prerequisite: None*

Class Availability- Min: 3, Max: 6. Times: Mondays, 1:45pm – 2:30pm

**Floor Hockey** (Location: Inside the gymnasium)

Member Fee: \$208 Non-Member Fee: \$308

Slap-shot! Beginner hockey starting with stick handling, passing, and shooting skills. Moving up to basic game play and teamwork. *Prerequisite: None*

Class Availability- Min: 3, Max: 6. Times: Thursdays, 1:45pm – 2:30pm

**Tae Kwon Do Beginner & Intermediate: 4 Years – 9 Years** (Location: Studio C)

Member Fee: \$252 Non-Member Fee: \$352

Come learn the basics of Tae Kwon Do with our veteran instructor! There is so much more than just the physical piece of this sport with Dr. D! *Prerequisite: None*

Class Availability- Min: 3, Max: 10. Times: Fridays, 4:15pm – 5pm

## 6 years – 14 years

### Swim School Swim Lessons

**SWIM BASICS: 6 YEARS – 12 YEARS**

#### Water Acclimation

Swimmers develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a swimmer's future progress in swimming. *Prerequisite: no swimming experience*

Class Availability:

Wednesday 4pm

### **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 10ft swim, face in water*

*Class Availability:*

Monday 4pm      Saturday 10:30am

### **Water Stamina**

Swimmers learn 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: 5yds independent freestyle/backstroke with face in*

*Class Availability:*

Monday      Wednesday      Thursday      Friday      Saturday  
4:30pm      4:30pm      5pm      4pm      11am

## **SWIM STROKES: 6 YEARS – 12 YEARS**

### **Stroke Introduction**

Swimmers develop stroke technique in freestyle and backstroke and breaststroke kick. Water safety is reinforced through treading water and elementary backstroke. *Prerequisite: 15yds competent*

*Freestyle and Backstroke*

*Class Availability:*

Monday      Monday      Wednesday      Thursday      Friday      Saturday  
4:30pm      5pm      4:30pm      4:30pm      4:30pm      11:30am

### **Stroke Development**

Swimmers will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. *Prerequisite: 25yds competent*

*Freestyle, Backstroke, and Breaststroke*

*Class Availability:*

Monday      Tuesday      Friday      Saturday  
4:30pm      4:30pm      5pm      12pm

### **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: 50yds competent Freestyle, Backstroke, and Breaststroke 25yds Butterfly Kick*

*Class Availability:*

Tuesday 4pm      Wednesday 4pm      Friday 5:30pm      Saturday 12:30pm

## **PRIVATE/SEMI-PRIVATE: 3 YEARS +**

### **Private Swim Lessons**

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

### **Semi-Private Lessons**

For those swimmers who are 3 years and older. In this program, swimmers will be with a family member/friend of their choosing that has a similar swimmer ability and around the same age. For example, a 3-year old and 5-year-old that have never been introduced to a pool independently. Swimmer will be in water with an instructor for a 30-minute lesson. Each lesson will be geared to each individual swimmer's learning and starting point. **ALL SEMI-PRIVATE LESSONS MUST BE REGISTERED THROUGH SAMANTHA LUSHER AT [slusher@riverbrookymca.org](mailto:slusher@riverbrookymca.org)** . Maximum of 2 swimmers in each lesson, no exceptions.

Private/Semi-Private Availability: Please see website on registration day.



### **ADAPTIVE PRIVATE LESSON PROGRAM: 3 YEARS +**

This program enhances physical fitness, maintain/improve muscle tone and improve flexibility, enhance balance and coordination, while teaching a swimmer how to confidently move through the water. Program can be modified to suit individual needs.

Availability: Sunday 9am-12pm

### **PRE-COMPETITIVE SWIM TEAM (A.K.A PRE-TEAM): 5 YEARS – 17 YEARS**

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 in each session. **Prerequisite: Scheduled Try Out**

Monday & Wednesday 5pm-6pm ( ages 5 years – 10 years )

Tuesday & Thursday 5pm-6pm ( ages 10 years – 17 years)

### **SCUBA PROGRAM: 10+ YEARS**

#### **Prerequisites:**

- Minimum age: 10
- Ages 10-14 will receive Junior Open Water certification. 15-17 with parental Consent.
- 10 min Treading Water/ Float
- 200 yard continuous surface swim OR 300 yard swim with mask, snorkel and fins.

#### **STEP 1: PADI E-LEARNING**

Member Fee: \$220

Non-Member Fee: \$350

PADI eLearning makes it easy to fit SCUBA Lessons into a busy schedule. At your convenience, learn about SCUBA diving principles and terminology whenever and wherever you are. It's your course on your time. Study offline, or online using a computer or mobile device. Your Instructor is ready to answer any questions you may have.

E-Learning Time Commitment: 5-10 hours

#### **STEP 2: CONFINED WATER DIVE**

Member Fee: \$550

Non-Member Fee: \$700

Day 1- begins with a Quick Review Exam, 200 yard swim test and 10 minute treading water. Fit and receive the rental equipment (Wet suit, BCD, Regulator, Fins) Mask and snorkel are personal equipment, which we sell for \$55. This will be yours to keep.

Day 2- 7 hours of in/out of water dive skills. Consists of 5 training dives, in shallow water, deep water, and at the surface of the pool.

*Students will receive a Scuba Mask and Snorkel. This is required equipment. Cannot complete the course without it.*

#### **STEP 3: OPEN WATER DIVE**

Open water checkout dives. Book one of our future dive trips or your own trip using the PADI referral which is valid anywhere in the world.

## **All About Art Elementary Class**

### **Age 5-8; Grades K-2**

Wednesdays (8 classes) 4:15-5pm – Family \$184

Y Member \$208

Non-member \$400

**\*No Class Wednesday, November 22\***

An art class for your growing artist to paint, draw and create! Each session your child will complete projects based on a theme. A variety of media will be explored in this fun and hands-on class. Taught by Miss Gabby (Certified Art Teacher)

## Fitness

### 6 years – 11 years

#### Dance

Fee \$350

Family Priority Fee \$161

Member Fee \$182

Non-Member

#### **Grade K-2 Ballet/Tap Combo Class (Studio B)**

Class is tailored to the current experience level of the group, but students are also assessed individually. Students learn the importance of warming up and foundation work, conditioning, and stretching. Once the basic skills are mastered, simple choreography combinations are introduced. Preferred attire: Ballet & tap shoes, pink or black leotard, and pink tights. Skirts are optional. Hair should be pulled back in a bun or ponytail.

**Class Availability: Friday 4:15-5:00pm**

#### **Grade 3-5 Ballet/Tap Combo Class (Studio B)**

Class is tailored to the current experience level of the group. Students learn to support each other through occasional teamwork-driven activities, such as creating simple choreography and presenting to their peers. Preferred attire: Ballet & tap shoes, pink or black leotard, and pink tights. Skirts are optional. Hair should be pulled back in a bun or ponytail.

**Class Availability: Friday 5:00-5:45pm**

### Teens (12-18)

#### **YOUTH STRENGTH TRAINING** (Location: Fitness Center) Member Fee \$60

A certified Personal Trainer instructs participants on proper exercise techniques, safety, and fitness center etiquette. This 45-min class is for youth members aged 12-15 *who have a family membership* and wish to access the Fitness Center.

**Class Availability: Mondays, 3:30pm    Saturdays 11:00am**

**Intro to Progressive- formally Kindergarten (5yrs-6yrs)** this is a step up from our preschool program to our progressive classes. This 45-minute class is more structured than preschool and teaches basic gymnastics skills.

Member Fee: \$234.50-268.00    Non-Member Fee: \$334.50-368.00

Class Availability:

Tuesday 4:00-4:45pm

Thursday 4:00-4:45pm

Saturday 10:45-11:30am

## **Gymnastics** (Location: Gymnastics Center 644 Danbury Rd.)

There will be **NO classes from 2:30pm on - Tuesday October 31.**  
There will be **NO classes on Saturday Dec 2** due to a home meet down at the main Y.  
**ALL CLASSES ARE DROP OFF**  
All these classes have been prorated.

**Intro to Progressive- formally Kindergarten (5yrs-6yrs)** this is a step up from our preschool program to our progressive classes. This 45-minute class is more structured than preschool and teaches basic gymnastics skills.

Member Fee: \$234.50-268.00    Non-Member Fee: \$334.50-368.00

Class Availability:  
Tuesday 4:00-4:45pm  
Thursday 4:00-4:45pm  
Saturday 10:45-11:30am

### **Progressive (6 yrs. and up) Beginner and Intermediate**

1 hour class  
(See website for descriptions)

Member Fee: \$302.40-345.60    Non-Member Fee: \$402.40-445.60

Class availability  
Monday 2:30-3:30pm  
Monday 4:00-5:00pm  
Wednesday 4:00-5:00pm  
Friday 4:00-5:00pm  
Saturday 11:45am-12:45pm

**Evolution (7 yrs. and up)**  
(See website for class description)

Member Fee: \$302.40-345.60    Non-Member Fee: \$402.40-445.60

Class availability  
Tuesday 2:30-3:30

### **Acro I (age 7 - 10)**

Beginner acrobatic skills for dance, cheer, and gymnastics. Class will include leaping, jumping, strength and flexibility training.

Member Fee: \$268    Non-member Fee: \$368

Wednesday 3-3:45PM

### **Open Gym (Climbing/walking to age 10)**

Family Members FREE!    Member Fee: \$10    Non-Member Fee: \$20

Open Gym is a non-instructional 1-hour free play for children walking to 10 years old. Parent or guardian must be on the floor with the child at all times.

Class Availability: Monday and Wednesdays 12:30-1:30

# SPORTS

## 6 years – 12 years

**Youth Basketball with the ARISE Foundation** (Location: Inside the gymnasium)

For Cost, please email Coach Bryant at [arisefoundation87@gmail.com](mailto:arisefoundation87@gmail.com)

All players welcome! Email Coach Bryant at [arisefoundation87@gmail.com](mailto:arisefoundation87@gmail.com) for more details!

*Prerequisite: None*

**Tae Kwon Do Beginner & Intermediate: 4 Years – 10 Years** (Location: Studio C)

Member Fee: \$252 Non-Member Fee: \$352

Come learn the basics of Tae Kwon Do with our veteran instructor! There is so much more than just the physical piece of this sport with Dr. D! *Prerequisite: None*

Class Availability- Min: 3, Max: 10. Times: Fridays 4:10 – 5pm

**Tae Kwon Do Beginner & Intermediate: 11 Years – 15 Years** (Location: Studio C)

Member Fee: \$252 Non-Member Fee: \$352

Advance past the basics of Tae Kwon Do with our veteran instructor! There is so much more than just the physical aspect of this sport with Dr. D! *Prerequisite: None*

Class Availability- Min: 3, Max: 10. Times: Fridays 5pm – 5:45pm

**Tae Kwon Do Advanced: 12+ Years** (Location: Studio C)

Member Fee: \$254 Non-Member Fee: \$354

Hone in on your skills in Tae Kwon Do with Dr. D! A Green belt is required to attend!

*Prerequisite: Green Belt*

Class Availability- Min: 3, Max: 10. Times: Fridays 5:45pm – 6:30pm

## After School Esports Programs

### 7 - 13

#### Minecraft Club

Description: Join an infinite world in Minecraft and meet others looking to go on adventures weekly with an immersive experience that still educates and entertains as you venture to ends of Minecraft and beyond. Designed for ages **7-13**.

13 Slots Available. Held Mondays, Wednesdays, and Fridays, 3:00pm - 4:00pm

Pricing: \$175 non Y member, \$125 Y member

## Club Esports

### 7 - 18

#### CT Storm Rocket League

Description: Rocket League is Car Soccer! Huge emphasis on game mechanics and knowledge with a high skill ceiling to immerse yourself within! Designed for **ages 7-18**.

13 Slots Available. Held Wednesdays, 5:00pm - 6:30pm and Saturday, 1:00pm - 2:00pm

Pricing: \$200 non Y / member, \$150 Y member

### **CT Storm Super Smash Brothers**

Description: Super Smash Brothers is our favorite Fighting Game, with fun gameplay and recognizable Nintendo characters to battle with and against! Our club esports focuses on taking singles players and putting them into a team system by playing crew battles against crews across the country. Designed for ages **7-18**.

13 Slots Available. Held Tuesdays, 5:00pm - 6:30pm, and Saturdays, 12:00pm - 1:00pm  
Pricing: \$200 non Y / member, \$150 Y member

### **CT Storm Fortnite**

Description: Fortnite is the premiere battle royale, and in club esports focuses on strategy, team play, and learning the deep mechanics that make players the best. Designed for ages **7-18**.

13 Slots Available. Held Mondays, 5:00pm - 6:30pm, and Saturdays, 11:00am - 12:00pm  
Pricing: \$200 non Y / member, \$150 Y member

## **After School Esports Programs**

### **7 - 18**

#### **Coding Class - Tuesday**

Description: Coding Class is a great way to start STEM early, with Coach Adam taking a journey into learning how the computers we use daily talk to each other and learn to write something back. Designed for ages **7-18**.

13 Slots Available. Held Tuesday, 4:00pm - 5:00pm  
Pricing: \$180 / non Y member, \$130 Y member

#### **Coding Class - Thursday**

Description: Coding Class is a great way to start STEM early, with Coach Adam take a journey into learning how the computers we use daily talk to each other and learn to write something back. Designed for ages **7-18**.

13 Slots Available. Held Thursday, 4:00pm - 5:00pm  
Pricing: \$180 / non Y member, \$130 Y member

## **After School Esports Programs**

### **10 - 18**

#### **Social Club**

Description: Join Social Clubs and see what your peers are enjoying, with weekly suggestions and objectives from your coaches, enjoy the rich history of games, get a chance to play new titles early and on high performance computers, or bring your own niche titles you've enjoyed to share with your friends! Designed for ages **10-18**.

13 Slots Available. Held Mondays, Wednesdays, and Fridays, 4:00pm - 5:00pm  
Pricing: \$175 non Y member, \$125 Y member

## **Club Esports**

### **11- 18**

#### **CT Storm Overwatch 2**

Description: Overwatch 2 is a team-based environment with huge emphasis on communication, knowledge, and teamwork. Designed for ages **11-18**.

13 Slots Available. Held Tuesdays, 6:30pm - 8:00pm, and Saturdays, 3:00pm - 4:00pm

Pricing: \$200 non Y / member, \$150 Y member

### **13- 18**

#### **CT Storm Valorant**

Description: Valorant is a tactical shooter with emphasis in game knowledge, play making, and strategy. Designed for ages **13-18**.

13 Slots Available. Held Mondays and Thursdays, 6:30pm - 8:00pm

Pricing: \$200 non Y / member, \$150 Y member

#### **CT Storm League of Legends**

Description: League of Legends is the most popular game in the world, with a deep well of possibilities and emphasis on strategy, planning, and team play! Designed for ages **13-18**

13 Slots Available. Held Wednesdays, 5:00pm - 6:30pm, and Saturdays, 2:00pm - 3:00pm

Pricing: \$200 non Y member, \$150 Y member

#### **CT Storm Apex Legends**

Description: Apex Legends is a tactical battle royale, with emphasis on teamwork, strategy, and game mechanics. Designed for ages **13-18**.

13 Slots Available. Held Wednesdays, 6:30pm - 8:00pm and Saturdays, 4:00pm - 5:00pm

Pricing: \$200 non Y / member, \$150 Y member

## **After School Esports Programs**

### **Computers 101 - Tuesday**

Description: Computers 101 is here to teach you the basics of using a computer from hotkeys all the way to building one yourself. Learn the history and modern day equivalents of the systems we take for granted day to day and learn how to maintain and even design your own systems. Designed for ages **13-18**.

13 Slots Available. Held Tuesday, 3:00pm - 4:00pm

Pricing: \$180 / non Y member, \$130 Y member

### **Computers 101 - Thursday**

Description: Computers 101 is here to teach you the basics of using a computer from hotkeys all the way to building one yourself. Learn the history and modern day equivalents of the systems we take for granted day to day and learn how to maintain and even design your own systems. Designed for ages **13-18**.

13 Slots Available. Held Thursday, 3:00pm - 4:00pm

Pricing: \$180 / non Y member, \$130 Y member

## **Open PC Hour**

Description: If you're a Y member already you have 3 hours a month to use the computers to your leisure. You can also pay for more if you would like, for now our times will only be 5:00pm - 6:00pm on Fridays but if interest grows we can make some more time. Designed for any age!

13 Slots Available. Held Friday, 5:00pm - 6:00pm

Pricing: \$20 non Y member / \$ 0 Y member

## **Outreach**

### **Friends and Buddies**

**Cost: \$75.00 for members / \$95.00 for non-members**

**Open to individuals ages 10 and above**

**Friday's @ 5:00 p.m. – 6:30 p.m.**

Friday, November 3, 17

Friday, December 1, 15

### **Basketball Outreach Program (BOP)**

**Cost: \$125.00 for members/ \$145.00 for no members**

**Open to individuals ages 12 and older**

**Sunday 2:00 PM to 3:00 PM**

Sunday, October 29

Sunday, November 5, 12, 19

Sunday, December 3

Sunday, December 10, 17

### **Special Olympic Gymnastics Team:**

Practice will be Sunday each week beginning October 22<sup>nd</sup>. Practice takes place at the YMCA Gymnastics Center located at 644 Danbury Road, Wilton.

Sunday: 11:00 AM to 12:00 PM

Ages 8 and above per SOCT guidelines'

Registration fee: \$30.00. This covers the SOCT registration fee for the Winter Games in 2024.

**SOCT/ State of CT tournament will take place in Late February or early March 2024.**

# Archery

**ARCHERY: 6 YEARS – 12 YEARS** (Location: YMCA Outdoor Range & Way of the Sword, Ridgefield)

Member Fee: \$160-\$206	Non-Member Fee: \$210-\$256
-------------------------	-----------------------------

## Archery Foundations – 60 min

The next step up from scout or camp archery, this class is designed for kids who are new to the organized rules and NTS process of archery. We will cover the safety procedures, basic shooting technique, and beginner equipment care using a variety of shooting games. Required for any child who hasn't taken classes with us before. *Prerequisite: 8 years or older*

Class Availability:						
		Wednesdays 4:45pm @Way			Saturdays 10:45am @Way	Sundays 10:45am @Way

## Recreational Archery – 60 min

This class is for kids who know the basics and want to take it to the next level but aren't interested in competing. Archers will learn both improved shooting technique and equipment selection and care. We will cover all the technique- and equipment-related topics of Pre-JOAD with games, rather than focusing on the competition rules. *Prerequisite: Passed Archery Foundations*

Class Availability:						
					Saturdays 10am @YMCA 1:15pm @Way	Sundays 12:00pm @Way

## Pre-JOAD – 60 min

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. We will cover all the technique- and equipment-related topics of Rec in addition to going over the competition rules, rather than focusing on games. *Prerequisite: Passed Archery Foundations*

Class Availability:						
					Saturdays 12:00pm @Way	Sundays 1:15pm @Way

## Targets & Treasure – 60 min

Targets & Treasure fuses the social and imaginative nature of games like Dungeons & Dragons with the physical and mental development from archery. By developing empathy, teamwork, and problem



solving, archers will lead their own hero in a session-long adventure, where their success is ultimately tied to their shooting. *Prerequisite: Passed Archery Foundations*

Class Availability:						
					Saturdays 3:45pm @Way	

**Riverbrook Robins JOAD Team – 60 min**

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. Archers will be expected to take part in local tournaments. Registration is for the season, payable at registration or as a monthly draft. *Prerequisite: Passed Pre-JOAD & Coach Approval, Current USA Archery Membership*

Class Availability:						
		Wednesdays 6:00pm @Way		Fridays 5:00pm @Way	Saturdays 2:30pm @Way	Sundays 2:30pm @Way

**League Night – 90 min**

Push your limits at these weekly tournaments! Track your personal bests, improve your focus, and earn USA Archery Achievement Award pins, or even a trophy for the top scores of the season! A la carte rates available. *Prerequisite: Passed Pre-JOAD*

Class Availability:						
	Tuesdays 6:00pm @Way			Fridays 6:00pm @Way		

**ARCHERY: TEENS** (Location: YMCA Outdoor Range & Way of the Sword, Ridgefield)

Member Fee: \$160-\$206	Non-Member Fee: \$210-\$256
-------------------------	-----------------------------

**Archery Foundations – 60 min**

The next step up from scout or camp archery, this class is designed for kids who are new to the organized rules and step-by-step process of archery. We will cover the safety procedures, basic shooting technique, and beginner equipment care using a variety of shooting games. Required for any child who hasn't taken classes with us before. *Prerequisite: 8 years or older*

Class Availability:						
		Wednesdays 4:45pm @Way			Saturdays 10:45am @Way	Sundays 10:45am @Way

**Recreational Archery – 60 min**

This class is for kids who know the basics and want to take it to the next level but aren't interested in competing. Archers will learn both improved shooting technique and equipment selection and care. We will cover all the technique- and equipment-related topics of Pre-JOAD with games, rather than focusing on the competition rules. *Prerequisite: Passed Archery Foundations*

Class Availability:						
					Saturdays 10am @YMCA 12:00pm @WAY	Sundays 1:15pm @WAY

**Pre-JOAD – 60 min**

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. We will cover all the technique- and equipment-related topics of Rec in addition to going over the competition rules, rather than focusing on games. *Prerequisite: Passed Archery Foundations*

Class Availability:						
	Tuesdays 4:45pm @Way				Saturdays 1:15pm @Way	Sundays 12:00pm @Way

**Targets & Treasure – 60 min**

Targets & Treasure fuses the social and imaginative nature of games like Dungeons & Dragons with the physical and mental development from archery. By developing empathy, teamwork, and problem solving, archers will lead their own hero in a session-long adventure, where their success is ultimately tied to their shooting. *Prerequisite: Passed Archery Foundations*

Class Availability:						
					Saturdays 3:45pm @Way	

**Riverbrook Robins JOAD Team – 60 min**

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. Archers will be expected to take part in local tournaments. Registration is for the Indoor season (September-March), payable at registration or as a monthly draft. *Prerequisite: Passed Pre-JOAD & Coach Approval, Current USA Archery Membership*

Class Availability:						
---------------------	--	--	--	--	--	--

		Wednesdays 6:00pm @Way		Fridays 5:00pm @Way	Saturdays 2:30pm @Way	Sundays 2:30pm @Way
--	--	------------------------------	--	---------------------------	-----------------------------	---------------------------

-

### **League Night – 90 min**

Push your limits at these weekly tournaments! Track your personal bests, improve your focus, and earn USA Archery Achievement Award pins, or even a trophy for the top scores of the season! A la carte rates available. *Prerequisite: Passed Pre-JOAD*

Class Availability:						
	Tuesdays 6:00pm @Way			Fridays 6:00pm @Way		

## **15 years – 18 years**

### **Swim School Swim Lessons**

#### **ADULT GROUP SWIM PROGRAM: 18+ YEARS**

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.

*Class Availability: Sunday 12:30pm*

#### **SCUBA PROGRAM: 10+ YEARS**

##### **Prerequisites:**

- Minimum age: 10
- Ages 10-14 will receive Junior Open Water certification. 15-17 with parental Consent.
- 10 min Treading Water/ Float
- 200 yard continuous surface swim OR 300 yard swim with mask, snorkel and fins.

##### **STEP 1: PADI E-LEARNING**

Member Fee: \$220

Non-Member Fee: \$350

PADI eLearning makes it easy to fit SCUBA Lessons into a busy schedule. At your convenience, learn about SCUBA diving principles and terminology whenever and wherever you are. It's your course on your time. Study offline, or online using a computer or mobile device. Your Instructor is ready to answer any questions you may have.

E-Learning Time Commitment: 5-10 hours

##### **STEP 2: CONFINED WATER DIVE**

Member Fee: \$550

Non-Member Fee: \$700

Day 1- begins with a Quick Review Exam, 200 yard swim test and 10 minute treading water. Fit and receive the rental equipment (Wet suit, BCD, Regulator, Fins) Mask and snorkel are personal equipment, which we sell for \$55. This will be yours to keep.

Day 2- 7 hours of in/out of water dive skills. Consists of 5 training dives, in shallow water, deep water, and at the surface of the pool.

*Students will receive a Scuba Mask and Snorkel. This is required equipment. Cannot complete the course without it.*

### **STEP 3: OPEN WATER DIVE**

Open water checkout dives. Book one of our future dive trips or your own trip using the PADI referral which is valid anywhere in the world.

### **Private Swim Lessons**

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

### **Semi-Private Lessons**

For those swimmers who are 3 years and older. In this program, swimmers will be with a family member/friend of their choosing that has a similar swimmer ability and around the same age. For example, a 3-year-old and 5-year-old that have never been introduced to a pool independently. Swimmer will be in water with an instructor for a 30-minute lesson. Each lesson will be geared to each individual swimmer's learning and starting point. **ALL SEMI-PRIVATE LESSONS MUST BE REGISTERED THROUGH SAMANTHA LUSHER** AT [slusher@riverbrookymca.org](mailto:slusher@riverbrookymca.org) . Maximum of 2 swimmers in each lesson, no exceptions.

*Private/Semi-Private Availability: Please see website on registration day.*

### **ADAPTIVE PRIVATE LESSON PROGRAM: 3 YEARS +**

This program enhances physical fitness, maintain/improve muscle tone and improve flexibility, enhance balance and coordination, while teaching a swimmer how to confidently move through the water. Program can be modified to suit individual needs.

Availability: Sunday 9am-12pm

### **PRE-COMPETITIVE SWIM TEAM (A.K.A PRE-TEAM): 5 YEARS – 17 YEARS**

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 in each session. **Prerequisite: Scheduled Try Out**

Monday & Wednesday 5pm-6pm ( ages 5 years – 10 years )

Tuesday & Thursday 5pm-6pm ( ages 10 years – 17 years)

## **SPORTS**

### **Teens**

**Youth Basketball with the ARISE Foundation** (Location: Inside the gymnasium)

For Cost, please email Coach Bryant at [arisefoundation87@gmail.com](mailto:arisefoundation87@gmail.com)

All players welcome! Email Coach Bryant at [arisefoundation87@gmail.com](mailto:arisefoundation87@gmail.com) for more details!

**Prerequisite: None**

**Tae Kwon Do Beginner & Intermediate: 11 Years – 15 Years** (Location: Studio C)

Member Fee: \$252 Non-Member Fee: \$352

Advance past the basics of Tae Kwon Do with our veteran instructor! There is so much more than just the physical aspect of this sport with Dr. D! **Prerequisite: None**

Class Availability- Min: 3, Max: 10. Times: Fridays 5pm – 5:45pm

**Tae Kwon Do Advanced: 12+ Years** (Location: Studio C)

Member Fee: \$252 Non-Member Fee: \$352

Hone in on your skills in Tae Kwon Do with Dr. D! A Green belt in required to attend!

*Prerequisite: Green Belt*

Class Availability- Min: 3, Max: 10. Times: Fridays 5:45pm – 6:30pm

## Fitness

### Teens (12-18)

**YOUTH STRENGTH TRAINING** (Location: Fitness Center) Member Fee \$60

A certified Personal Trainer instructs participants on proper exercise techniques, safety, and fitness center etiquette. This 45-min class is for youth members aged 12-15 *who have a family membership* and wish to access the Fitness Center.

**Class Availability: Mondays, 3:30pm Saturdays 11:00am**

## Club Esports

### 7 - 18

#### CT Storm Rocket League

Description: Rocket League is Car Soccer! Huge emphasis on game mechanics and knowledge with a high skill ceiling to immerse yourself within! Designed for **ages 7-18**.

13 Slots Available. Held Wednesdays, 5:00pm - 6:30pm and Saturday, 1:00pm - 2:00pm

Pricing: \$200 non Y / member, \$150 Y member

#### CT Storm Super Smash Brothers

Description: Super Smash Brothers is our favorite Fighting Game, with fun gameplay and recognizable Nintendo characters to battle with and against! Our club esports focuses on taking singles players and putting them into a team system by playing crew battles against crews across the country. Designed for **ages 7-18**.

13 Slots Available. Held Tuesdays, 5:00pm - 6:30pm, and Saturdays, 12:00pm - 1:00pm

Pricing: \$200 non Y / member, \$150 Y member

#### CT Storm Fortnite

Description: Fortnite is the premiere battle royale, and in club esports focuses on strategy, team play, and learning the deep mechanics that make players the best. Designed for **ages 7-18**.

13 Slots Available. Held Mondays, 5:00pm - 6:30pm, and Saturdays, 11:00am - 12:00pm

Pricing: \$200 non Y / member, \$150 Y member

## **After School Esports Programs**

### **7 - 18**

#### **Coding Class - Tuesday**

Description: Coding Class is a great way to start STEM early, with Coach Adam taking a journey into learning how the computers we use daily talk to each other and learn to write something back. Designed for ages **7-18**.

13 Slots Available. Held Tuesday, 4:00pm - 5:00pm

Pricing: \$180 / non Y member, \$130 Y member

#### **Coding Class - Thursday**

Description: Coding Class is a great way to start STEM early, with Coach Adam take a journey into learning how the computers we use daily talk to each other and learn to write something back. Designed for ages **7-18**.

13 Slots Available. Held Thursday, 4:00pm - 5:00pm

Pricing: \$180 / non Y member, \$130 Y member

### **10 - 18**

#### **Social Club**

Description: Join Social Clubs and see what your peers are enjoying, with weekly suggestions and objectives from your coaches, enjoy the rich history of games, get a chance to play new titles early and on high performance computers, or bring your own niche titles you've enjoyed to share with your friends! Designed for ages **10-18**.

13 Slots Available. Held Mondays, Wednesdays, and Fridays, 4:00pm - 5:00pm

Pricing: \$175 non Y member, \$125 Y member

## **Club Esports**

### **11- 18**

#### **CT Storm Overwatch 2**

Description: Overwatch 2 is a team-based environment with huge emphasis on communication, knowledge, and teamwork. Designed for ages **11-18**.

13 Slots Available. Held Tuesdays, 6:30pm - 8:00pm, and Saturdays, 3:00pm - 4:00pm

Pricing: \$200 non Y / member, \$150 Y member

### **13- 18**

#### **CT Storm Valorant**

Description: Valorant is a tactical shooter with emphasis in game knowledge, play making, and strategy. Designed for ages **13-18**.

13 Slots Available. Held Mondays and Thursdays, 6:30pm - 8:00pm

Pricing: \$200 non Y / member, \$150 Y member

### **CT Storm League of Legends**

Description: League of Legends is the most popular game in the world, with a deep well of possibilities and emphasis on strategy, planning, and team play! Designed for ages **13-18**

13 Slots Available. Held Wednesdays, 5:00pm - 6:30pm, and Saturdays, 2:00pm - 3:00pm

Pricing: \$200 non Y member, \$150 Y member

### **CT Storm Apex Legends**

Description: Apex Legends is a tactical battle royale, with emphasis on teamwork, strategy, and game mechanics. Designed for ages **13-18**.

13 Slots Available. Held Wednesdays, 6:30pm - 8:00pm and Saturdays, 4:00pm - 5:00pm

Pricing: \$200 non Y / member, \$150 Y member

## **After School Esports Programs**

### **Computers 101 - Tuesday**

Description: Computers 101 is here to teach you the basics of using a computer from hotkeys all the way to building one yourself. Learn the history and modern day equivalents of the systems we take for granted day to day and learn how to maintain and even design your own systems. Designed for ages **13-18**.

13 Slots Available. Held Tuesday, 3:00pm - 4:00pm

Pricing: \$180 / non Y member, \$130 Y member

### **Computers 101 - Thursday**

Description: Computers 101 is here to teach you the basics of using a computer from hotkeys all the way to building one yourself. Learn the history and modern day equivalents of the systems we take for granted day to day and learn how to maintain and even design your own systems. Designed for ages **13-18**.

13 Slots Available. Held Thursday, 3:00pm - 4:00pm

Pricing: \$180 / non Y member, \$130 Y member

## **Open PC Hour**

Description: If you're a Y member already you have 3 hours a month to use the computers to your leisure. You can also pay for more if you would like, for now our times will only be 5:00pm - 6:00pm on Fridays but if interest grows we can make some more time. Designed for any age!

13 Slots Available. Held Friday, 5:00pm - 6:00pm

Pricing: \$20 non Y member / \$ 0 Y member

# Outreach

## Friends and Buddies

**Cost: \$75.00 for members / \$95.00 for non-members**

**Open to individuals ages 10 and above**

**Friday's @ 5:00 p.m. – 6:30 p.m.**

Friday, November 3, 17

Friday, December 1, 15

## The Roaring Twenties

**Cost: \$135.00 for members/ \$155.00 for no members**

**Open to individuals ages 18 and older**

**Sunday 3:30 PM to 5:00 PM**

Sunday, October 29

Sunday, November 5, 12, 19

Sunday, December 3, 10, 17

\*This cost is for the program registration. Additional cost may occur when we go to offsite events. \*\*

The times may vary depending on the activity of the week!

## Basketball Outreach Program (BOP)

**Cost: \$125.00 for members/ \$145.00 for no members**

**Open to individuals ages 12 and older**

**Sunday 2:00 PM to 3:00 PM**

Sunday, October 29

Sunday, November 5, 12, 19

Sunday, December 3

Sunday, December 10, 17

## Special Olympic Gymnastics Team:

Practice will be Sunday each week beginning October 22<sup>nd</sup>. Practice takes place at the YMCA Gymnastics Center located at 644 Danbury Road, Wilton.

Sunday: 11:00 AM to 12:00 PM

Ages 8 and above per SOCT guidelines'

Registration fee: \$30.00. This covers the SOCT registration fee for the Winter Games in 2024.

**SOCT/ State of CT tournament will take place in Late February or early March 2024.**



# Archery

**ARCHERY: TEENS** (Location: YMCA Outdoor Range & Way of the Sword, Ridgefield)

Member Fee: \$160-\$206	Non-Member Fee: \$210-\$256
-------------------------	-----------------------------

## Archery Foundations – 60 min

The next step up from scout or camp archery, this class is designed for kids who are new to the organized rules and step-by-step process of archery. We will cover the safety procedures, basic shooting technique, and beginner equipment care using a variety of shooting games. Required for any child who hasn't taken classes with us before. *Prerequisite: 8 years or older*

Class Availability:						
		Wednesdays 4:45pm @Way			Saturdays 10:45am @Way	Sundays 10:45am @Way

## Recreational Archery – 60 min

This class is for kids who know the basics and want to take it to the next level but aren't interested in competing. Archers will learn both improved shooting technique and equipment selection and care. We will cover all the technique- and equipment-related topics of Pre-JOAD with games, rather than focusing on the competition rules. *Prerequisite: Passed Archery Foundations*

Class Availability:						
					Saturdays 10am @YMCA 12:00pm @WAY	Sundays 1:15pm @WAY

## Pre-JOAD – 60 min

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. We will cover all the technique- and equipment-related topics of Rec in addition to going over the competition rules, rather than focusing on games. *Prerequisite: Passed Archery Foundations*

Class Availability:						
	Tuesdays 4:45pm @Way				Saturdays 1:15pm @Way	Sundays 12:00pm @Way

**Targets & Treasure – 60 min**

Targets & Treasure fuses the social and imaginative nature of games like Dungeons & Dragons with the physical and mental development from archery. By developing empathy, teamwork, and problem solving, archers will lead their own hero in a session-long adventure, where their success is ultimately tied to their shooting. *Prerequisite: Passed Archery Foundations*

Class Availability:						
					Saturdays 3:45pm @Way	

**Riverbrook Robins JOAD Team – 60 min**

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. Archers will be expected to take part in local tournaments. Registration is for the Indoor season (September-March), payable at registration or as a monthly draft. *Prerequisite: Passed Pre-JOAD & Coach Approval, Current USA Archery Membership*

Class Availability:						
		Wednesdays 6:00pm @Way		Fridays 5:00pm @Way	Saturdays 2:30pm @Way	Sundays 2:30pm @Way

**League Night – 90 min**

Push your limits at these weekly tournaments! Track your personal bests, improve your focus, and earn USA Archery Achievement Award pins, or even a trophy for the top scores of the season! A la carte rates available. *Prerequisite: Passed Pre-JOAD*

Class Availability:						
	Tuesdays 6:00pm @Way			Fridays 6:00pm @Way		

**Adult**

**Swim School Swim Lessons**

**ADULT GROUP SWIM PROGRAM: 18+ YEARS**

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.

*Class Availability: Sunday 12:30pm*

### Private Swim Lessons

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

### Semi-Private Lessons

For those swimmers who are 3 years and older. In this program, swimmers will be with a family member/friend of their choosing that has a similar swimmer ability and around the same age. For example, a 3-year-old and 5-year-old that have never been introduced to a pool independently. Swimmer will be in water with an instructor for a 30-minute lesson. Each lesson will be geared to each individual swimmer's learning and starting point. **ALL SEMI-PRIVATE LESSONS MUST BE REGISTERED THROUGH SAMANTHA LUSHER AT slusher@riverbrookymca.org .** Maximum of 2 swimmers in each lesson, no exceptions.

*Private/Semi-Private Availability: Please see website on registration day.*

### ADAPTIVE PRIVATE LESSON PROGRAM: 3 YEARS +

This program enhances physical fitness, maintain/improve muscle tone and improve flexibility, enhance balance and coordination, while teaching a swimmer how to confidently move through the water. Program can be modified to suit individual needs.

Availability: Sunday 9am-12pm

### SCUBA PROGRAM: 10+ YEARS

#### Prerequisites:

- Minimum age: 10
- Ages 10-14 will receive Junior Open Water certification. 15-17 with parental Consent.
- 10 min Treading Water/ Float
- 200 yard continuous surface swim OR 300 yard swim with mask, snorkel and fins.

#### STEP 1: PADI E-LEARNING

Member Fee: \$220

Non-Member Fee: \$350

PADI eLearning makes it easy to fit SCUBA Lessons into a busy schedule. At your convenience, learn about SCUBA diving principles and terminology whenever and wherever you are. It's your course on your time. Study offline, or online using a computer or mobile device. Your Instructor is ready to answer any questions you may have.

E-Learning Time Commitment: 5-10 hours

#### STEP 2: CONFINED WATER DIVE

Member Fee: \$550

Non-Member Fee: \$700

Day 1- begins with a Quick Review Exam, 200 yard swim test and 10 minute treading water. Fit and receive the rental equipment (Wet suit, BCD, Regulator, Fins) Mask and snorkel are personal equipment, which we sell for \$55. This will be yours to keep.

Day 2- 7 hours of in/out of water dive skills. Consists of 5 training dives, in shallow water, deep water, and at the surface of the pool.

*Students will receive a Scuba Mask and Snorkel. This is required equipment. Cannot complete the course without it.*

#### STEP 3: OPEN WATER DIVE

Open water checkout dives. Book one of our future dive trips or your own trip using the PADI referral which is valid anywhere in the world.

# Fitness

## ADULTS

**PREMIUM FITNESS CLASSES** (Location: ATC)  
Fee \$180

Member Fee \$80

Non-Member

### TRX Bootcamp

This small-group training class mixes the use of TRX straps with BOSUs, medicine balls, battle ropes, and kettlebells to create a more fun and challenging workout. Receive personalized attention from a certified Personal Trainer and encouragement from fellow participants.

**Class Availability: Tuesdays 9:30am, Thursdays 9:30am No class on 11/21 or 11/23**

**Parkinson's Exercise Program** (Location: ATC)  
Fee \$160

Member Fee \$60

Non-Member

This 8-week program gives anyone living with Parkinson's Disease the opportunity to work with a certified Parkinson's Exercise specialist to increase muscular strength, cardiovascular fitness, and flexibility. Participants work in small groups to improve gait, balance, speech, and motor skills. A pre- and post-assessment is given to all participants. Medical clearance is required in order to participate.

**Class Availability: Tuesdays 10:30am**

# SPORTS

## Adults

**Tae Kwon Do Advanced: 12+ Years** (Location: Studio C)

Member Fee: \$252 Non-Member Fee: \$352

Hone in your skills in Tae Kwon Do with Dr. D! A Green belt is required to attend!

*Prerequisite: Green Belt*

Class Availability- Min: 3, Max: 10. Times: Fridays 5:45pm – 6:30pm

**Pickleball Beginner Tuesdays:** (Location: Gymnasium)

Member Fee: \$250 Non-Member Fee: \$300

Taught by Pickleball Pro, Steve O'Connell and his colleagues, those new to Pickleball will learn the sport and get to love it through 8 weeks of lessons and game play! *Prerequisite:*

*None*

Class Availability- Min: 4, Max: 12. Times: Tuesdays 9am – 10:30am

**Pickleball Beginner Thursdays:** (Location: Gymnasium)

Member Fee: \$250 Non-Member Fee: \$300

Taught by Pickleball Pro, Steve O'Connell and his colleagues, those new to Pickleball will learn the sport and get to love it through 8 weeks of lessons and game play! *Prerequisite:*

*None*

Class Availability- Min: 4, Max: 12. Times: Thursdays 9am – 10:30am

**Pickleball Intermediate & Advanced Tuesdays:** (Location: Gymnasium)

Member Fee: \$250 Non-Member Fee: \$300

Taught by Pickleball Pro, Steve O'Connell and his colleagues, those who have played on the courts and feel comfortable with the sport, will be able to hone in their skills and compete against others in this clinic! *Prerequisite: Experience in Pickleball.*

Class Availability- Min: 4, Max: 12. Times: Tuesdays 10:30am – 12pm

**Pickleball Intermediate & Advanced Thursdays:** (Location: Gymnasium)

Member Fee: \$250 Non-Member Fee: \$300

Taught by Pickleball Pro, Steve O'Connell and his colleagues, those who have played on the courts and feel comfortable with the sport, will be able to hone in their skills and compete against others in this clinic! *Prerequisite: Experience in Pickleball.*

Class Availability- Min: 4, Max: 12. Times: Thursdays 10:30am – 12pm

**Pickleball In House League Saturdays:** (Location: Gymnasium)

*Days it will run (10/28, 11/4, 11/8, 11/25, 12/16)*

Participant Fee: \$30 per person \$60 per team.

This In House Pickleball League will be a competitive league for teams of 2 to play against other teams and have a tournament on the last day (12/16) to compete for a trophy!

*Prerequisite: Experience in Pickleball.*

Class Availability- Min: 8, Max: 16. Times: Saturdays 10am – 11:30am

## Esports

### Open PC Hour

Description: If you're a Y member already you have 3 hours a month to use the computers to your leisure. You can also pay for more if you would like, for now our times will only be 5:00pm - 6:00pm on Fridays but if interest grows we can make some more time. Designed for any age!

13 Slots Available. Held Friday, 5:00pm - 6:00pm

Pricing: \$20 non Y member / \$ 0 Y member

## Outreach

### The Roaring Twenties

**Cost: \$135.00 for members/ \$155.00 for no members**

**Open to individuals ages 18 and older**

**Sunday 3:30 PM to 5:00 PM**

Sunday, October 29

Sunday, November 5, 12, 19

Sunday, December 3, 10, 17

\*This cost is for the program registration. Additional cost may occur when we go to offsite events. \*\*

The times may vary depending on the activity of the week!

# Archery

**ARCHERY: ADULTS** (Location: Way of the Sword, Ridgefield)

Member Fee: \$160-\$185	Non-Member Fee: \$210-\$235
-------------------------	-----------------------------

## Adult Archery – 60 min

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. *Prerequisite: 18 years or older*

Class Availability:						
					Saturdays 9:30am	Sundays 9:30am

## League Night – 90 min

Push your limits at these weekly tournaments! Track your personal bests, improve your focus, and earn USA Archery Achievement Award pins. A la carte rates available. *Prerequisite: 1 session of class, USA Archery Range Pass if over 18 (contact Coach Zack for details)*

Class Availability:						
	Tuesdays 6:00pm @Way			Fridays 6:00pm @Way		

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
	Pre-JOAD (Teen) 445-545p (Way)	Foundations 445p-545p (WAY)		JOAD 5-6p (Way)	Adult 930-1030a (Way)	Adult 930-1030a (Way)
	League Night 6-730p (Way)	JOAD 6-7p (Way)		League Night 6-730p (Way)	Outdoor Rec 10-11a (YMCA)	Foundations 1045-1145p (Way)
					Foundations 1045-1145p (Way)	Pre-JOAD 12p-1p (Way)
					Rec 12p-1p (Way)	Rec 115-215p (Way)
					Pre-JOAD 115-215p (Way)	JOAD 230-330p (Way)
					JOAD 230-330p (Way)	
					T&T 345-445p (Way)	

Updated 10/18/23